

*The Spa
at
Sandy Lane*

Treatment Key

- F** Suitable for Women
- M** Suitable for Men
- P** Suitable for Pregnant Women
- V** Vegan Products

The Massage Collection

Sandy Lane Massage	9
The Aromatherapy Experience	9
Deep Tissue Massage	9
Sports Massage	10
Sandy Lane Hot Stone Massage	10
Back, Neck & Shoulder Massage	10
Signature Cryotherapy Sports Massage	10

The Specialty Collection

Forest Therapy Body	11
Forest Therapy Body and Face	11
Shiatsu	11
Thai Massage	11
Reiki	11
Foot Zone Therapy	12
Sandy Lane Tanning Treatment	12
The Rhassoul Experience	12

Aromatherapy Associates Facial Collection

Aromatherapy Prescription Facial	13
Rose Radiance Facial	13
Luxury Anti-Age Facial	13

Margy's Monte Carlo exclusively at The Spa at Sandy Lane

Haute Couture Facial	14
Prestige Facial	14
Margy's Lift Up	14
Mini Lift	14

111SKIN Cryotherapy Collection

Signature Cryotherapy Sports Massage	15
Cryotherapy Bespoke Experience	15
Cryotherapy Cellulite Treatment	15
Cryotherapy Energy Facial	16
Master-Masking Experience	16
Black Diamond Facial	16
Black Diamond Cryotherapy Facial	16
Clarity Anti-Blemish Facial	17
Clarity Anti-Blemish Cryotherapy Facial	17

Scrubs and Wraps

Bajan Sugar Cane Scrub	17
Sunburn Cooler	19
Renewing Rose Hydrating Cocoon	19

Pregnancy Treatments Suitable from 2nd Trimester

Real Nurturing for the Mum-To-Be	20
Renewing Rose Hydrating Cocoon	20
Rose Radiance Facial	20
Bajan Head Massage	21
Indian Head Massage	21

Men's Collection

The Refinery Essential Facial	21
Niance Men Refining Scrub	22
Niance Men Revive Stone Massage	22
Niance Men Signature Facial	22
Niance Ultimate Revitalizing Body	22
Brow Grooming	22

Anti-Cellulite and Cryotherapy Collection

The Jet Blitz Experience	23
Cryotherapy Cellulite Treatment	23

Hair and Scalp Collection

Bajan Head Massage	24
Indian Head Massage	24
Shirodhara	24

The Spa Experiences

The Romantic Bliss	26
Signature Romance Ritual	26
The Bajan Indulgence Experience	26
The Shared Experience (2 persons)	26
As You Like It	27
Total Indulgence	27



To Finish

Margaret Dabbs Manicure	28
Margaret Dabbs Pedicure	28
Margaret Dabbs Signature Manicure	29
Margaret Dabbs Signature Pedicure	29
File & Polish Change	29
French Polish Change	29
Margaret Dabbs French Spa Manicure	29
Margaret Dabbs French Spa Pedicure	29
Margaret Dabbs Signature Gelish Manicure	29
Margaret Dabbs Signature Gelish Pedicure	29
Shellac Polish	30
Shellac French Polish	30
Removal/soak off	30

Make-Up

Make-Up Experience	30
Bridal Make-Up (including trial)	30

Waxing

Full Leg	31
Half Leg	31
Bikini	31
Underarm	31
Lip and Chin	31

Eyebrows & Eyelashes

Eyebrow Shape	31
Eyelash Tint	31
Eyebrow Tint	31

General Information	32-34
----------------------------	-------

Product Lines

Aromatherapy Associates

Artisans in the field of Aromatherapy, their founders' vision has remained unchanged for a generation. A simple pursuit - sharing the true power of essential oils and the incredible effects they have at a therapeutic level. Their core range of blends has become a phenomenon in the beauty world, much applauded and they are recognized as leaders in their field. Combining expertly blended essential oils with their unique active botanicals has led to remarkable innovations in body and skincare. The result: beautiful, glowing, healthy skin free from harsh chemicals and unnecessary synthetics. Aromatherapy Associates is B-Corp certified which shows their commitment to putting the planet and people first. They use 100% renewable energy, all products are free of chemicals and all packaging is recyclable.

Margy's Monte Carlo

A comprehensive response to all skin ageing. Simple, straightforward, Margy's range of products is based on the biomimetic properties of the skin's active compounds in order to target the origin of progressive skin degradation. The youth factor in Margy's range of products meets the needs of our ageing skin by playing an active role throughout the different stages of our skin's lifespan. By rehydrating the skin, Margy's skin care products help strengthen the skin's immune system.

111SKIN Collection

111SKIN was established in 2001 by Dr. Yannis Alexandrides, a British and American board-certified cosmetic surgeon. 111 Harley Street is one of London's premier clinics. It combines the most advanced surgical and non-surgical treatments from the US and Europe, focusing heavily on prevention rather than intervention. It was here that Dr. Alexandrides developed the eponymous 111SKIN skincare range, utilising his scientific knowledge and surgical observations to create a line that provided superior, clinical-level results. Contributing to a cleaner and safer planet, all masks are biodegradable and packaging recyclable.



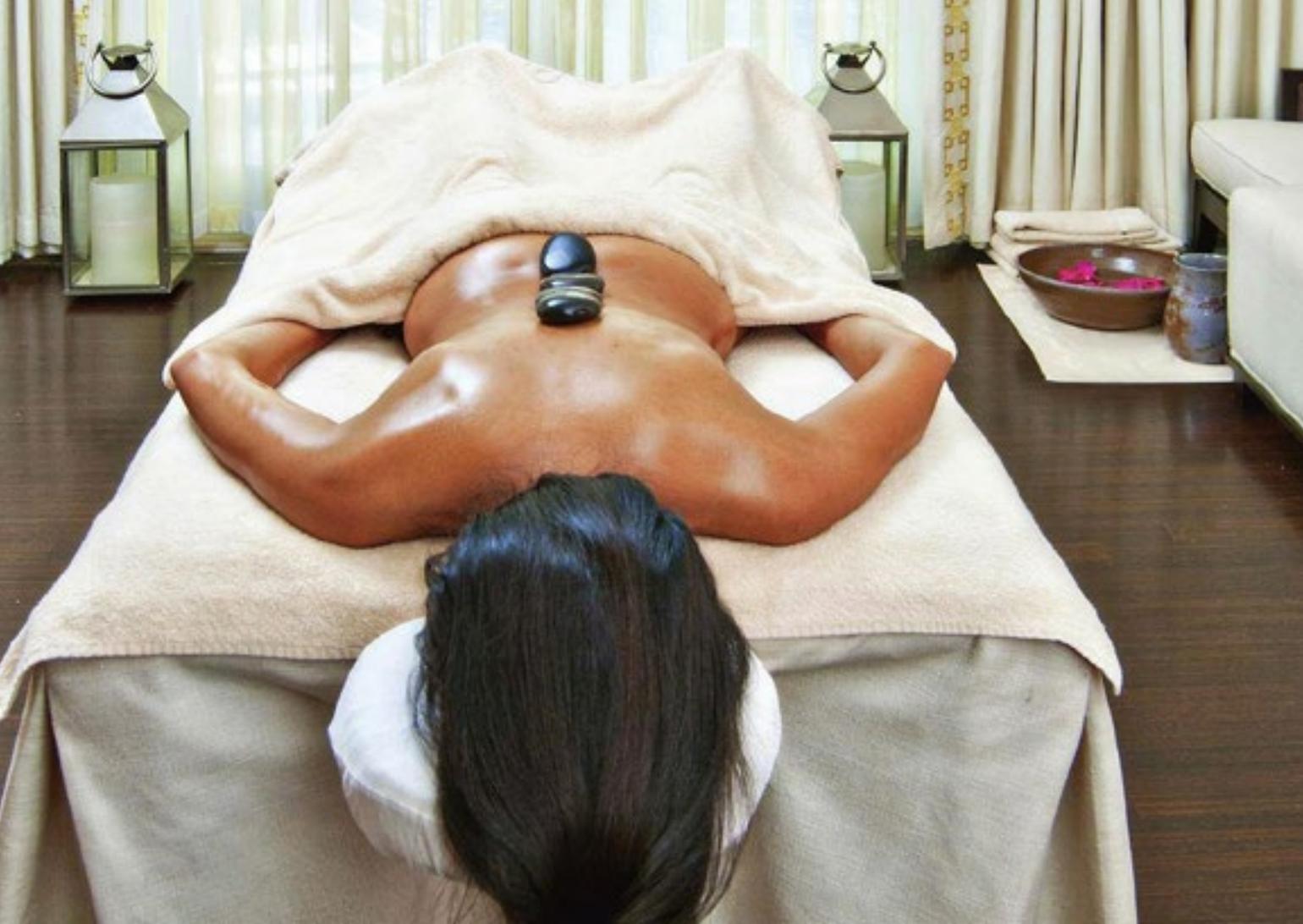
Niance Men

Niance, as a genuine Swiss brand, is synonymous with highly-effective and utterly pure first class skin care. Niance supplies effective products and holistic treatment methods for visibly rejuvenating the skin. It is beauty care with no compromises, the purest formulations and the most innovative active ingredients will deliver a unique anti-ageing effect to your skin.

Margaret Dabbs

Margaret Dabbs London is a globally recognized brand specializing in credible, results driven feet and hand products and manicure and pedicure treatments for both men and women which will provide effective, long lasting anti-ageing for both hands and feet. Their philosophy is simple - your hands and feet are very important to your look and well-being and we give to them the respect they and you deserve. The planet also deserves respect and to this end a vegan line has been introduced, no harsh chemicals or preservatives are used in any of the products and all packaging is recyclable.





The Massage Collection

Sandy Lane Massage

F M

A traditional Swedish full body massage using light to medium pressure to relax aching muscles and stimulate circulation. Your therapist will tailor the treatment to your specifications using our Signature Sunrise and Sunset oils created exclusively for us by Aromatherapy Associates.

60 mins
90 mins

The Ultimate Aromatherapy Experience

F M

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and recharged. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension, and lymphatic drainage helps encourage a healthy circulation. With expert advice from your therapist, you will choose a signature oil blend best adapted to your emotional and physical needs. This intense massage ritual will dissolve your strains and stresses away.

60 mins
90 mins

Deep Tissue Massage

F M

Deep Tissue massage is extremely beneficial for persons who are experiencing muscle tension and need help alleviating areas that are stiff or tight. De-stress muscle oil with black pepper and ginger which are stimulating and bring blood to the muscles to help relax them along with rosemary, a natural pain killer, are used along with deeper pressure and slower strokes to address this built up tension. This massage is extremely effective and will leave you feeling like a new person!

60 mins
90 mins



Sports Massage



While anyone can have a sports massage, this type is specifically geared toward fitness enthusiasts and athletes. This massage helps to warm up muscles and aids in healing when an injury, stiffness or soreness occurs. Like Swedish massage, sports massage therapy focuses on kneading and rolling the soft tissue but uses greater pressure and intensity and incorporates stretching to relieve sore muscles. The therapist will tailor the massage to concentrate on the specific area(s) of concern.

60 mins
90 mins

Sandy Lane Hot Stone Massage



An all-embracing treatment incorporating an intensive hot stone massage and balancing of the chakra points. Warmed aromatic oils, combined with the therapeutic effects of the hot stones, are used to massage the body allowing a sense of deep relaxation.

75 mins

Back, Neck & Shoulder Massage



Using Swedish style massage combined with hot stones and the sublime Sandy Lane Signature Sunrise and Sunset oils, this massage concentrates on areas of tension and leaves the back feeling relaxed and the body de-stressed.

45 mins

Signature Cryotherapy Sports Massage



A localised treatment for tired, achy muscles and muscle recovery for sports injuries, it combines deep tissue massage, sports massage and cutting-edge cryotherapy to relieve tension and revive the body. It can be used on specific areas of concern, or as a whole body therapy.

60 mins
90 mins

The Specialty Collection

Forest Therapy Body



Bring the serenity of nature to your mind, body and skin. Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness and agitation. Forest Therapy's unique essential oil blend and treatment massage will reinforce your intention to feel refreshed, tranquil and grounded.

60 mins

Forest Therapy Body and Face

90 mins

Shiatsu



A sublimely relaxing deep muscle therapy. The ancient "hand music" of Anna Massage, kneading and pressing integrates with Japanese Shiatsu meridian balancing techniques of acupressure, stretching and joint play to rejuvenate and realign the body. Ultimate relaxation inspires the principle of Seijaku, a feeling of peaceful Zen tranquility.

90 mins

Thai Massage



Calms and re-balances using rhythmical compressions on acupressure points and flowing yoga style stretches. The treatment ends with steaming Thai herb-infused compresses applied to the body to release any last traces of muscular tension and leaves you feeling totally relaxed and limber. This treatment is performed on a traditional Thai mattress.

60 mins

** This massage can also be performed as a table Thai Massage.*

Reiki



This holistic treatment activates and balances the body on an emotional, physical and spiritual level. The gentle laying of hands promotes natural healing and leaves a sense of well being.

60 mins

**Treatments available on request.*

Foot Zone Therapy

F M

This ancient Chinese therapy involves working with pressure points across the reflex zones of the feet to leave a sense of wellbeing. Each zone corresponds with vital organs or parts of our body and naturally restores and maintains balance.

60 mins

Sandy Lane Tanning Treatment

F M

This treatment produces an even, natural looking tan up to eight hours without the harmful effects of the sun's rays. Your skin is gently prepared with a white tea, grape seed and walnut shell exfoliator before being sprayed with our tanning solution infused with organic and natural ingredients. We will use the solution best suited to your skin type and colour. Your tan will typically last up to seven days.

45 mins

We strongly recommend that you do not combine with any other Spa treatment. Avoid sunbathing and bathing or showering for 8 hours after application. Wear loose dark clothing immediately after your appointment.

The Rhassoul Experience

F M

A ritual experience that begins with the application of a healing clay being gently applied to the body. Dry heat is then generated within the walls and seats of the Rhassoul to help harden the clay which assists with pulling out impurities from the skin. Aromatic steam is then released to moisten the clay and hydrate the skin and to finish, this is then washed away with a warm, gentle rain shower leaving the skin refreshed and looking radiant.

30 mins

** This can be an add-on before or after your treatment. Speak to the Spa Receptionist at time of booking for recommendation.*

The Aromatherapy Associates Facial Collection

Aromatherapy Prescription Facial

F M

A personalized prescriptive facial using therapeutic essential oil-based products and pressure point massage to boost the complexion, revive your skin texture and leave you looking radiant.

60 mins

Rose Radiance Facial

F M P

If you are looking for a treatment that restores hydration, radiance and glowing skin, this is the treatment for you. Luxurious rose essential oils, long known for their rejuvenating properties, help condition and deeply nourish the skin. The result is a smooth, radiant complexion and a relaxed state of mind.

60 mins

The Luxury Anti-Age Facial

F M P

An intensive treatment for those concerned with the signs of aging. Award winning natural products are used in conjunction with a unique layering of intensive masks, alongside a lifting, plumping and firming massage for visibly instant results. A specialized eye massage using cold stones is utilized to address fine lines and wrinkles and at the conclusion of this treatment, your skin is left looking radiant and toned.

90 mins



Margy's Monte Carlo exclusively at The Spa at Sandy Lane

Haute Couture Facial



Experience a customized facial like no other! Discover a new way of esthetic massage combined with unique mask applications on the face, neck and décolleté using freeze dried Hyaluron Collagen, Vitamin C Collagen and Botolift Collagen. See instant improvements in the skin's texture and tone showing firmer and smoother skin with reduction in fine lines and wrinkles.

120 mins

Prestige Facial



This 90 minute treatment detoxifies and vastly regenerates the cells, tightens the face muscles creating a formidable anti-stress effect. Your skin will look refreshed with an incomparable glow.

90 mins

Margy's Lift Up



This facial aims at improving the general functioning of the skin and boosts the synthesis of collagen. A coconut fibre mask infused with Botolift Collagen helps plump, firm and tighten the skin. You see immediate results!

90 mins

Mini Lift



With the use of a coconut fibre mask infused with either pure Collagen, Hyaluron Collagen, Botolift Collagen or Vitamin C Collagen, the results from this facial are radiant, refreshed looking skin with diminished appearance of fine lines and wrinkles.

60 mins

111SKIN Cryotherapy Collection

Signature Cryotherapy Sports Massage



A localised treatment for tired, achy muscles and muscle recovery for sports injuries, it combines deep tissue massage, sports massage and cutting-edge cryotherapy to relieve tension and revive the body. It can be used on specific areas of concern, or as a whole body therapy.

60 mins

90 mins

Cryotherapy Brespoke Experience



A localised treatment using cooled, purified air that delivers outstanding rejuvenation to relieve fatigued muscles, puffiness and jet lag. This treatment gives instant revitalisation. Every treatment is bespoke for each individual and can be incorporated into any body massage treatment.

30 mins

* This treatment can enhance any body massage and a great targeted treatment to add into your body programme.

Cryotherapy Cellulite Treatment



Stimulating microcirculation and the lymphatic system to improve the appearance of cellulite, this treatment helps to ease and sooth tired legs and achy muscles while contouring the silhouette.

75 mins

Cryotherapy Energy Facial

F M

A fusion of science and holistic therapy using cooled, purified air with our cryotherapy machine, which has outstanding revitalising effects on the skin. This treatment is specifically blended with our powerful 111SKIN Regenerative formulas to revitalise and recharge. Easing facial puffiness and energising the complexion, this facial is perfect for frequent fliers, city dwellers and those with hectic lifestyles.

60 mins

Master-Masking Experience

F M

The ultimate masking treatments to instantly smooth, lift and hydrate for area - specific issues utilising the facial architecture method, inspiring the development of the multi-sectioned masks for targeted results. A must-have treatment before any special occasion. Skin is prepped, beautifully hydrated, plump and illuminated.

30 mins

* Enjoy this experience whilst indulging in your manicure, pedicure or massage.

Black Diamond Facial

F M

A complete anti ageing facial that uses the most potent 111 Skin products that work deeper within the skin's layers to target stubborn signs of ageing. The ultimate anti-oxidant treatment to stimulate collagen production and minimise fine lines, wrinkles and pigmentation whilst nourishing and calming the skin; ideal for dehydrated, sun damaged skin and loss of volume and elasticity.

60 mins

Black Diamond Cryotherapy Facial

F M

90 mins

Clarity Anti-Blemish Facial

F M

This facial can be carried out once a week for 6 weeks to significantly reduce break outs and congested skin or at least once a month to maintain. An effective treatment that reduces skin imperfections and acne. The Clarity Collection would be recommended for homecare to ensure results are maintained in between treatments.

60 mins

Clarity Anti-Blemish Cryotherapy Facial

F M

90 mins

Scrubs and Wraps

Bajan Sugar Cane Scrub

F M

Our signature Sunrise and Sunset oils are carefully blended with locally produced raw brown sugar to exfoliate the skin removing dead cells. The warm oil is absorbed into your skin to leave it feeling soft and silky.

25 mins





Sunburn Cooler

F M

A powerfully soothing and rehydrating treatment for skin that has been over exposed to the elements. The legendary healing powers of lavender cool your overheated skin while peppermint and aloe comfort and soothe. A hydrating mask is applied to the face and while the active extracts get to work, an Ayurvedic scalp massage releases tension in the head for an all-over relaxing, restorative treatment.

60 mins

Renewing Rose Hydrating Cocoon

F M P

If you are looking for an indulgent and lifting treatment to bring back radiance, restore and renew your skin, then this is the treatment for you. This intensely hydrating body ritual includes a gentle exfoliation followed by a layering of hydrating and regenerating creams and oils rich in Damask Rose, renowned for its renewing and moisturizing properties. The products are left to penetrate under a wrap while an Ayurvedic scalp massage works to lift and brighten your spirits.

60 mins



Pregnancy Treatments: Suitable from 2nd Trimester

Real Nurturing for the Mum-To-Be



Feel nurtured and supported in a time of constant change. Choose from a selection of three oils, each safely formulated to be used during pregnancy and each with specific properties to nourish and care for your expanding skin so that you can reduce the risk of stretch marks. This massage will relieve stress and tension and help soothe an aching back. Finally, a relaxing and rejuvenating full scalp and facial massage will complement this top to toe treatment. Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

60 mins

Renewing Rose Hydrating Cocoon



This deeply restorative, pampering, all-over body treatment incorporates exfoliation and the layering of rose based products, which are renowned for their cell renewing properties to immediately restore the skin's quality and appearance. Exfoliation, layering of rich creams and oils and a wrap will improve circulation, reduce swelling and work simultaneously on your physical, mental and emotional needs. You will leave feeling radiant, soft and smooth, with your spirits bright.

60 mins

Rose Radiance Facial



If you are looking for a treatment that restores hydration, radiance and glowing skin, this is the treatment for you. Luxurious rose essential oils, long known for their rejuvenating properties, help condition and deeply nourish the skin. The result is a smooth, radiant complexion and a relaxed state of mind.

60 mins

Bajan Head Massage



Energizing and restorative techniques are applied using richly nourishing hair oil to condition the hair and scalp. This treatment focuses on energy points leaving you feeling uplifted and relaxed.

30 mins

Indian Head Massage



This ancient experience relaxes tones and eases muscle tension in the back, neck, scalp and shoulders. It also aids in the elimination of toxins by stimulating circulation, creating a positive energy flow through the chakras leaving you in a state of tranquility and peace. This treatment is ideal for reduction of jet lag, anxiety and headaches.

60 mins

** This massage is performed in a seated position.*

Men's Collection

The Refinery Essential Facial



A treatment suitable for all skin types, particularly dull skin looking for a deep cleanse. A deep cleansing and brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts. To complement the relaxing properties of this treatment, a relaxing scalp massage is also performed, leaving you with a calm and comforted state of mind. This treatment refreshes and balances, leaving a clean and bright looking skin.

60 mins

Niance Men Refinery Scrub M	A luxury anti-ageing body exfoliation with triple effect: a mechanical, enzymatic and gentle acid-based peeling serves to refine your complexion, detoxify and purify the skin deeply, while balancing all kinds of irregularities. A subsequent treatment with the Premium Glacier Body Serum and the Premium Glacier Body Cream stimulates the lipid metabolism and tones the skin.	45 mins
Niance Men Revive Stone Massage M	This luxury Niance Serpentine stone massage with Niance anti-ageing oil relieves all kinds of physical tensions and allows you to perfectly relax, while advanced ingredients tone your skin and stimulate the lipid metabolism. Feel totally rejuvenated.	60 mins
Niance Men Signature Facial M	This premium treatment for demanding men provides new resilience and firmness. An intensive supply of cells with micro-nutrients and enhanced moisture deposits make fallow or tired complexions a thing of the past. Your eye area enjoys additional luxury care, your complexion gains in smoothness and your skin is given a healthy, beautiful appearance.	60 mins
Niance Men Ultimate Revitalizing Body M	The ultimate anti-ageing body treatment for men! Begin this ritual with a body exfoliation using anti-age peeling with triple effect combining a mechanical, enzymatic and gentle acid-based peel that serves to cleanse your skin deeply, while the ultra precise Premium Glacier Body Serum tones and re-mineralizes the body. To complete this ritual, the deeply relaxing Niance Serpentine stone massage is performed using Niance anti-ageing oils that relieve physical tension and leave the body feeling totally relaxed.	90 mins
Brow Grooming M		15 mins

Anti-Cellulite and Cryotherapy Collection

The Jet Blitz Experience F M	An invigorating warm water jet massage, aimed at stimulating lymphatic circulation and relax aching muscles, excellent for detoxifying.	15 mins
Cryotherapy Cellulite Treatment F	Stimulating microcirculation and the lymphatic system to improve the appearance of cellulite, this treatment helps to ease and sooth tired legs and achy muscles while contouring the silhouette.	75 mins



Hair and Scalp Collection

Bajan Head Massage

F M P

Energizing and restorative techniques are applied using richly nourishing hair oil to condition hair and scalp. This treatment focuses on energy points leaving you feeling uplifted and relaxed.

30 mins

Indian Head Massage

F M

This ancient experience relaxes, tones and eases muscle tension in the back, neck, scalp and shoulders. It also aids in the elimination of toxins by stimulating circulation, creating a positive energy flow through the chakras leaving you in a state of tranquility and peace. This treatment is ideal for reduction of jet lag, anxiety and headaches.

60 mins

**This massage is performed in a seated position.*

Shirodhara

F M

This treatment starts with a 30 minute scalp massage to start the relaxation process by relieving headaches, stress and tension. Pouring of warm medicated herbal oil on the forehead (third eye) follows, to induce a balanced state of peaceful rest for the mind and body. As well as its intense rejuvenating and anti-ageing effects, Shirodhara also improves memory, normalizes sleep patterns and addresses other neurological disorders.

60 mins

**Shirodhara is done in absolute silence in order to induce a deeper state of relaxation.*



The Spa Experiences

The Romantic Bliss



Enjoy each other's company in a beautifully candlelit room with rose petals strewn all around and the beautiful scent of West Indian bay floating through the air. On the conclusion of the one hour couple's massage, you are escorted to the private hydrotherapy area in your treatment suite to relax in your own hydro pool and sip on a refreshing fruit punch.

90 mins

Signature Romance Ritual



This unique treatment will leave you with the warmest memories of your time at Sandy Lane. This bespoke couples treatment begins with a foot ritual in a candle lit room with rose petals and soothing aroma. Side by side full body massages are then performed using our Signature Sunrise and Sunset oils and concludes with a wonderfully relaxing scalp massage. Finally, feast on chocolate covered strawberries and sip on a refreshing mocktail while relaxing in your own private hydro pool.

120 mins

The Bajan Indulgence Experience



Body scrub with coconut oil/coconut gratings and brown sugar
Warm clay wrap in banana leaves
Full body massage with coconut oil
Bajan Lunch from The Spa Café*

2 hrs 30 mins

The Shared Experience (2 persons)



Rhassoul
Sandy Lane Massage
Private hydrotherapy pool (30mins) with complimentary fruit punches

2 hrs 15 mins

As You Like It



Create your own collection by selecting any combination of three treatments.

4 hrs 30 mins

60 minute Sandy Lane Full Body Massage or Aromatherapy Massage
60 minute facial of your choice from the Aromatherapy Associates Facial Collection
Spa Café Lunch*
60 minute Foot Zone Therapy or Renewing Rose Hydrating Cocoon

Total Indulgence



Body Scrub
Sandy Lane Hot Stone Massage
Margy's Minilift Facial
Spa Café Lunch*
Margaret Dabbs Manicure
Margaret Dabbs Pedicure

6 hrs

** Choice of lunch in the treatment room or in The Spa Café. Please place your order for lunch on arrival for your treatment at the Spa Reception Desk.*

** Healthy menu options available in The Spa Café.*

To Finish

Margaret Dabbs Manicure



True to the fusion of health and beauty, nails are treated and returned to optimum condition with the use of the Margaret Dabbs Nourishing Nail and Cuticle Serum with emu oil giving outstanding results with the indulgence of the full range of Margaret Dabbs products. The manicure ends with a wonderful hand and lower arm massage.

60 mins

Margaret Dabbs Pedicure



This 75 minute treatment is renowned for creating the perfect sole. It is a complete overhaul of the feet, addressing the foot in its entirety. The pedicure is performed on a dry foot to ensure exceptionally long lasting results. They are transformed with the safe removal of all dry, dead skin and calluses. Expertly formulated with emu oil for its anti-inflammatory and anti-ageing properties leaving feet looking and feeling 10 years younger.

75 mins

Both the Margaret Dabbs Manicure and Pedicure can be enhanced with a paraffin dip.

Margaret Dabbs Signature Manicure



(includes paraffin dip)

75 mins

Margaret Dabbs Signature Pedicure



(includes paraffin dip)

90 mins

File & Polish Change

15 mins

French Polish Change

30 mins

Margaret Dabbs French Spa Manicure



75 mins

Margaret Dabbs French Spa Pedicure



90 mins

Margaret Dabbs Signature Gelish Manicure



60 mins

Margaret Dabbs Signature Gelish Pedicure



75 mins



Shellac Polish	30 mins
Shellac French Polish	30 mins
Removal / Soak off	30 mins

Please note that times for Signature Manicures and Pedicures can be adjusted to suit if needed.

Make-Up

Make-Up Experience	45 mins
Bridal Make-Up (including trial)	45 mins x 2

Waxing

Full Leg	45 mins
Half Leg	30 mins
Bikini	15 mins
Underarm	15 mins
Lip and Chin	15 mins

Eyebrows & Eyelashes

<p>Please request either wax or tweezers.</p>	15 mins
<p>A sensitivity test must be carried out 24 hours prior to treatment.</p>	30 mins
<p>A sensitivity test must be carried out 24 hours prior to treatment.</p>	15 mins

General Information

Spa Reservations - Ext 2100

Open: 9:00am - 8:00pm

We strongly recommend making your Spa reservations in advance to avoid disappointment.

Allow your personal therapist to design a sequence of treatments which will suit your specific and immediate needs.

Treatment Suites

The Spa at Sandy Lane features 11 personalised treatment suites each with shower, bathroom and either outdoor garden, private hydro pool or skylight.

Hydro Pool, Heat Experiences & Spa Garden

We invite you to come at least 45 minutes before your scheduled treatment to allow sufficient time to enjoy the benefits of these complimentary experiences.

Health Conditions

Please advise the receptionist at the time of booking if you have any health conditions, allergies, or injuries which could affect your choice of treatment. We can ensure your safety and enjoyment.

Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please allow our trained Spa team to advise you on treatments that would be most suitable during this special time.

Spa Etiquette

The Spa environment is peaceful, tranquil and conducive to relaxation. To ensure that all our guests benefit from this serene environment we ask that all Spa users respect other guests rights to privacy and refrain from smoking and using mobile phones throughout the Spa.

Do I Have A Choice Of Therapist?

You do have a choice of male or female therapist. Please indicate your preference to the receptionists. Please note however, that we cannot guarantee the availability of any particular therapist. All of our therapists are trained to provide the highest standard of treatments. Please be advised that no inappropriate behavior or requests will be tolerated.

Cancellation Policy

Cancellations are accepted up to 4 hours or more prior to the start of your appointment without incurring a charge. If notification is given within 4 hrs or less to the start of the treatment, you are charged 50% of the treatment price. If you fail to show up for your treatment, you will be charged in full.



Check-In

We recommend you arrive at least 45 minutes prior to your appointment to allow time to change and take full advantage of our facilities. Appointments begin promptly at the scheduled time. Should you arrive late, your appointment will be shortened to facilitate the next appointment. We recommend that you bring a bathing suit if you wish to experience heat facilities and hydro pool.

Dress Code

Please arrive suitably attired - no bare backs or bare feet are allowed. We provide a robe and slippers in guest lockers and disposable underwear is available for your comfort. For the Thai and Shiatsu massages, we provide loose Thai suits for you to wear however you are also welcome to wear your own loose fitting clothing. Guests booked for a self tanning treatment are also invited to wear their own swimsuit or, if they would prefer, disposable under-garments are available.

Age Requirements

The Spa is an adult only environment. The minimum age requirement for access into the Spa is 16 years. This includes the Gym and Spa treatments.

Spa Reservations: Ext. 2100 Email: sreception@sandylane.com



*The Spa
at
Sandy Lane*

Spa Reservations: Ext. (246) 444 2100 • Email: sreception@sandylane.com

Sandy Lane Hotel, St. James, Barbados, West Indies

sandylane.com