Anti-Cellulite and Detox Collection

- The Jet Blitz Experience
- Hydrotherapy Bath
- Leg, Thigh and Hip Refiner
- Swedana

The Spa Experiences

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

Hair and Scalp Collection

- Bajan Head Massage
- Indian Head Massage
- Shirodhara

The Massage Collection

- Sandy Lane Massage
- The Aromatherapy Experience
- Deep Tissue Massage
- Sports Massage
- Sandy Lane Hot Stone Massage
- Back, Neck & Shoulder Massage

The Speciality Collection

- Shiatsu
- Thai Massage
- Reiki
- Foot Zone Therapy
- Sandy Lane Tanning Treatment
- The Rhassoul Experience

Treatment Key

F Suitable for Women
M Suitable for Men
P Suitable for Pregnant Women

Aromatherapy Associates Facial Collection

- Aromatherapy Prescription Facial
- Rose Radiance Facial
- Rose Infinity Facial
- Deep Cleanse Facial

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

Haute Couture Facial
Prestige Facial
Margy’s Lift Up
Mini Lift

111SKIN Cryotherapy Collection

- Signature Cryotherapy Sports Massage
- Cryotherapy Bespoke Experience
- Cryotherapy Energy Cellulite Treatment
- Cryotherapy Energy Facial
- Master-Masking Experience

Scrubs and Wraps

- Bajan Sugar Cane Scrub
- Sunburn Cooler
- Ultimate Rose Hydrating Cocoon
- The Enrich Body Experience
- Leg, Thigh and Hip Refiner

Pregnancy Treatments Suitable from 2nd Trimester

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

Men’s Collection

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

Anti-Cellulite and Detox Collection

- The Jet Blitz Experience
- Hydrotherapy Bath
- Leg, Thigh and Hip Refiner
- Swedana

Hair and Scalp Collection

- Bajan Head Massage
- Indian Head Massage
- Shirodhara

The Spa Experiences

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

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

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

Aromatherapy Associates
Margy’s Monte Carlo
Product Lines

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 power 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. Continuing expertly blended essential oils with their unique active botanicals has led to remarkable improvements in body and skincare. The result: beautiful, glowing, healthy skin free from harsh chemicals and unnecessary synthetics.

Product Lines

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 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.
Niance Men

Niance, 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.
Sandy Lane Massage  
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.

The Aromatherapy Experience  
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.

Deep Tissue Massage  
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!
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.

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.

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.

The Specialty Collection

Shiatsu

This sublimely relaxing deep muscle therapy provides an individualized guest experience. The ancient “hand music” of Anna Massage, kneading and pressing integrated with Japanese Shinto 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.

Thai Massage

This healing art 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.

* 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.

* Treatments available on request.
Foot Zone Therapy

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

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

The Rhassoul Experience

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. Aromatics 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 recommendations.

Aromatherapy Associates Facial Collection

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

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 Rose Infinity Facial

The Rose Infinity facial harnesses the most advanced natural ingredients with cutting edge technology to reveal younger looking skin and a radiant complexion. The ground breaking Rose Infinity Collection, at the heart of the facial, uses Nobel Prize winning research that works at a cellular level to repair ageing DNA, radically increase moisture levels and stimulate collagen production. Wrinkles and lines are plumped out for visibly smoother, younger looking skin. A gentle, natural enzyme peel works to re-surface and illuminate while enabling other products to penetrate deeper into the skin. Our tailored bespoke massage will help to stimulate circulation and diminish puffiness, while our signature scalp, neck and shoulder massage will melt away any stress and tension.

90 mins

Deep Cleanse Facial

An intensive purifying treatment for oily and combination skin that incorporates steaming and extractions alongside facial massage and a purifying mask. The antibacterial and purifying properties of lavender, tea tree and orange flower will deeply cleanse for super clean and fresh skin.

60 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 decollete 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.

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.

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!

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.

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.

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

Cryotherapy Energy Cellulite Treatment
Stimulating microcirculation and the lymphatic system to improve the appearance of cellulite, this treatment helps to ease and soothe tired legs and achy muscles while contouring the silhouette. A quick fix treatment, it can be incorporated into any other therapy.
Bajan Sugar Cane Scrub
60 mins
Cryotherapy Energy Facial
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 flyers, city dwellers and those with hectic lifestyles.

Master-Masking Experience
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.

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

Sunburn Cooler
60 mins
A powerfully soothing and hydrating 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.

Ultimate Rose Hydrating Cocoon
60 mins
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.

Scrubs and Wraps

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.

Cryotherapy Energy Facial
60 mins
Cane Scrub
60 mins
Sunburn Cooler
60 mins
Ultimate Rose Hydrating Cocoon
60 mins

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

Leading SPAS
<table>
<thead>
<tr>
<th>Service Description</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Enrich Body Experience</td>
<td>90 mins</td>
</tr>
<tr>
<td>Nourish body and soul with this luxurious treatment designed to rejuvenate dry, out-of-condition skin. The sensual fragrance of exotic flowers such as fresh Tuberose, seductive Ylang Ylang and rich Vanilla bring their calming, expansive properties to this treatment. An intensive Salt and Coffee body exfoliation stimulates the circulation and sloughs off dead cells to revive dull tired-looking skin. Your skin will never have felt so amazing.</td>
<td></td>
</tr>
<tr>
<td>A toning and slimming treatment to refine the body contours and eliminate excess fluids, leaving a slimmer silhouette and smoother skin. After body brushing and exfoliation to stimulate the lymphatic system and smooth the skin, a stimulating body massage is performed to target stubborn areas of cellulite. You’ll be wrapped in a mixture of freshwater mud and detox oil to firm and tone the skin, while foot reflex pressure massage encourages the release and elimination of toxins.</td>
<td>75 mins</td>
</tr>
<tr>
<td>A customized programme of 3 treatments is recommended.</td>
<td></td>
</tr>
</tbody>
</table>
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.

Ultimate 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.

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.

Pregnancy Treatments: Suitable from 2nd Trimester

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.

Indian Head Massage
This ancient experience relaxes tension 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.

* This massage is performed in a seated position.

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 clear, 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.
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.

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.

This premium treatment for men provides new resilience and firmness. An intensive supply of cells with micro-nutrients and enhanced moisture deposits make flabby 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.

The Jet Blitz Experience

An invigorating warm water jet massage, aimed at stimulating lymphatic circulation and relaxing muscles, excellent for detoxifying.

After consultation with your therapist, a personal experience is selected for you. The choice of color therapy to coincide with chakra energy points, beautifully scented bath oils and jets that work with areas of concern make this the perfect treatment for total relaxation.

A toning and slimming treatment to refine the body contours and eliminate excess fluids, leaving a slimmer silhouette and smoother skin. After body brushing and exfoliation to stimulate the lymphatic system and smooth the skin, a stimulating body massage is performed to target stubborn areas of cellulite. You’ll be wrapped in a mixture of freshwater mud and detox oil to firm and tone the skin, while foot reflex pressure massage encourages the release and elimination of toxins.

An stimulating massage using detoxifying oils is performed, followed by therapeutic sweating induced by the placing of a steam tent over the massage table to create a private sauna. It increases circulation, speeds up the elimination of toxins, relieves muscle pain and stiffness.
Hair and Scalp Collection

**Bajan Head Massage**
- 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**
- 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**
- 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, normalises 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.

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.

The Bajan Indulgence Experience

Body scrub with coconut oil/coconut gratings and brown sugar
Full body massage with coconut oil
Bajan Lunch from The Spa Café*

The Shared Experience (2 persons)

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

Bridal Bliss

Bridal Make Up and Trial
Margaret Dabbs Manicure and Pedicure

As You Like It

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

Total Indulgence

Hydrobath
Body scrub
The Aromatherapy Experience
Aromatherapy Prescription Facial
Spa Café Lunch*
Margaret Dabbs Manicure
Margaret Dabbs Pedicure

*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

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.

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.

Both the Margaret Dabbs Manicure and Pedicure can be enhanced with a paraffin dip.
Please note that times for Signature Manicures and Pedicures can be adjusted to suit if needed.

**Shellac Polish**
- 30 mins

**Shellac French Polish**
- 30 mins

**Removal / Soak off**
- 30 mins

**Make Up**
- **Make Up Experience**
  - 45 mins
- **Make Up Lesson**
  - 90 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**
- **Eyebrow Shape**
  - 15 mins
- **Eyelash Tint**
  - 30 mins
- **Eyebrow Tint**
  - 15 mins

Please request either: wax, tweezers or threading.

A sensitivity test must be carried out 24 hours prior to treatment.
Consultations
When making any treatment bookings under the Sundari Ayurvedic Product Line, please note that it is recommended to have a Consultation prior to booking treatments due to the fact that these treatments are dosha specific and the therapists can only evaluate what treatments are most suitable, if a consultation is performed.

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.

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.

General Information

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 others guests rights to privacy and refrain from smoking, using mobile phones and pagers 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.

Please note, if you are pregnant or have any health conditions, allergies, or injuries which could affect your choice of treatment, please advise the receptionist at the time of booking.
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: (246) 444 2100  Email: sreception@sandylane.com