

## HAND & FOOT TREATMENTS

### **Cherish Manicure**

Begins with a softening soak of sea salts and essential oils, then nails and cuticles are groomed. Enjoy a soothing lower arm and hand massage with a hydrating lotion. Finish with your choice polish to leave your hands looking their best.

### **Treatment Manicure**

Your hands will be treated with a hydrating scrub, massaged with trademarked anti-aging tranquility body butter for the ultimate hydration and antioxidant.

### **Cherish Pedicure**

Treat your hard-working feet to a cleansing foot soak, followed by nail care essentials and a relaxing lower leg massage using a hydrating lotion. Polish it off with colour of your choice.

### **Tranquility Pedicure**

An anti-aging treatment that is rich and protective. Aromatherapy essential oils nourish your lower legs and leave you with a deep sense of relaxation. Cuticle grooming, callous treatment and polish included.

### **Sports Pedicure**

Foot care is for everyone, taking care of the basics with attention to nails and cuticles. Includes invigorating foot and leg scrub, and massage. Helps alleviate callouses, cracked dry skin and other foot concerns.

*Please bring opened toed sandals to allow polish to completely dry.*

## BODY TREATMENTS

### **Swedish Massage**

This popular ancient massage is a traditional full body massage using long, soothing strokes that promotes relaxation, increases circulation with improved lymphatic drainage and relieves muscle tension.

### **Aroma Touch**

Head to toe rebalancing of energy. Soothes aches and pains, different essential oils selected and placed in sequence engage and rebalance your seven chakras all while enjoying a full body massage. Hot compress adds further benefits from the aromatherapy.

### **Tranquility Pro-Sleep Massage**

Profound relaxation, favouring sleep, stress reduction, and recovery from effects of jetlag. The synergy of a unique blend of essential oils, bespoke Tranquility sound. Ayurvedic and Indonesian Sea Malay manualities, combined soft brushes, gently guide the way to achieve a quiet and peaceful mind and body state.

### **Tranquility Face and Body**

For everyone needing to deeply relax body, mind and soul. Profound nourishment. Improved circulation and oxygenation of the face and body tissues. De-stressing, relaxing, well being treatment.

### **Aromasoul Scrub Ritual (includes face)**

A unique renewing body ritual which reflects the ancient traditions of your choice. Choose from Oriental, Mediterranean, Indian or Arabian cultures. Bestows nourishment, youth and splendor to all types of skin.

## FACIALS

### **Sublime Skin Deluxe Lift**

The ultimate in anti-aging, resurfaces, re-densifies and lifts. This facial treatment stimulates cellular regeneration, bestows fullness and redefines the volume of the face. Provides immediate improvement in tone and luminosity. Recommended for mature, thickened skin, uneven skin tone, wrinkles and visible loss of tone and volume.

### **Sublime Skin Active Lift**

For all skin conditions with wrinkles and visible loss of volume. Stimulates triple action immediate lifting, re-densifying the face oval. Nourishes, illuminates and tones. Deep wrinkles as well as fine lines appear softer and attenuated.

### **Hydramemory Treatment**

24 hour double hydration. A deeply hydrating and antioxidant for face, neck and decolette. Extreme hydration all year round. Great for acclimating to warmer climates. Promotes suppleness and luminosity. For all skin types.

### **Recover Touch**

Neutralize free radicals and nourish the skin tissue while calming and moisturizing. Ideal for dry, sensitive skin. Refreshed skin, restored moisture and softness.

*Customized to individual skin type. Extractions available with select facials.*