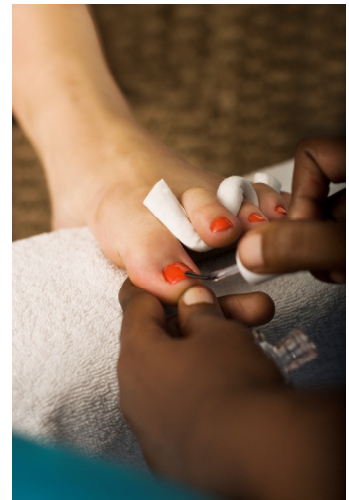




Serenity  
SPA

## SPA BROCHURE



Relax, Refresh, Renew...

Contact us at 423-6220 Ext 6521

All prices are quoted in US Dollars.

A 10% service charge will be added to your treatment costs.

## Our Spa Philosophy

Relax, Refresh, Renew...

At *Serenity Spa* we have adopted a holistic approach to Wellness with the well-being of the individual in mind. Attentive service and professional staff ensure our clients' exercise, nutrition, relaxation and self-awareness goals are accomplished.

The team at *Serenity Spa* is dedicated to service excellence and strive continually to exceed guest expectations. With our clients' in mind, we have created an all-encompassing spa care experience that relaxes, refreshes and renews in a serene, comfortable and welcoming environment!

## Crane Signatures

### Caribbean Four Hand Massage

50 minutes - \$150

80 minutes - \$180

This unique massage offers two therapists working in complete synchrony to remove tension from tight muscles, restore your energy and strengthen your health and wellness. This massage gives you an experience to ease away stress and strains of daily life using traditional Barbadian soothing movements to lull you into a deep state of peace and tranquillity.

### Traveller's Paradise

75 minutes - \$135

This full body massage is the answer for a tired body and muscle tension after a long journey. This tailored massage combining classic Caribbean techniques is great for improving circulation and allowing a powerful sense of well being. This massage concludes with a head and scalp massage while aromatic oil revives your entire body.

### Serenity Escape

75 minutes - \$120

An anti-time treatment designed to repair and restore fatigued or mature skin. Our rejuvenating facial diminishes the appearance of fine lines and wrinkles, improves texture and achieves skin clarity.

## Thai Massage

50 minutes - \$110

This ancient form of Thai bodywork incorporates gentle yoga-style stretches and guided breathing, with choreographed movements to attain fluidity and balance of motion. The technique sends energy freely along the sen pathways (energy meridians), removing tension and facilitating a healthy physical, mental and spiritual balance. Please wear loose, comfortable clothing for freedom of movement.

## Massages

### Caribbean Rhythm

50 minutes - \$120

80 minutes - \$160

A deep powerful massage designed for those who prefer strong massages to reach tension retaining areas of the muscle. This massage targets the deeper layers of muscle and connective tissue and improves flexibility in the muscles.

Perfect for athletes and others who place strenuous demands on their bodies.

Add ons - \$25.00 each: Thai Stems, Hot Stone or Hot Lava Shells

### Lovers' Oasis (couples massage)

75 minutes - \$240

This massage is tailored to your individual needs. Choose one of our signature blends of oils to assist with your journey of well being.

Add ons - \$25.00 each: Thai Stems, Hot Stone or Hot Lava Shells

### Prenatal Massage

60 minutes - \$110

This pre and post natal body treatment has been designed for pregnant and nursing mothers to aid in relaxation and to reduce tonicity of the skin during this special time. This massage leaves the skin toned and the body rejuvenated. This massage is also known to minimize the discomforts that occur during pregnancy. It relieves fluid and pressure due to weight gain, while encouraging healthy circulation and promoting restful sleep patterns. Recommended after the first or second trimester.

Add ons - \$25.00 each: Thai Stems, Hot Stone or Hot Lava Shells

## Express Massages

25 minutes - \$50

Good introduction to massage and perfect for enhancing circulation and relieving tension by targeting specific areas.

- Neck/Shoulder Massage
- Hands/Forearms Massage
- Head Massage
- Legs/Feet Massage

## **Add-ons**

### **Thai stems - \$25**

Heated herbal compresses apply a penetrating moist heat to the body, inducing a state of deep relaxation. The herbs encourage detoxification, pain relief and decrease inflammation all the while emitting a soothing exotic aroma for you to enjoy.

### **Hot Stone Add On - \$25**

This treatment is an excellent add-on to any chosen massage. Your body is massaged with heated basalt stones which remove any soreness in the muscles and facial. With the less aggressive deep tissue techniques used in this massage, it feels great and it works.

### **Hot Lava Shells - \$25**

Heated lava shells encourage deep relaxation. The polished shells are placed on the body to warm the chakras while releasing all the stress and tension stored. The shells are perfect for soothing sore muscles without a lot of invasive pressure.

Arrangements can be made to provide any of the above massages in one of our treatment rooms or in the comfort of your own suite. There will be an additional \$30 charge for in-suite spa services.

## Body Treatments

### Crane Glow

75 minutes - \$150

This treatment is good for the soul; it begins with a fusion of sea salt and oil exfoliation to polish the body to perfection, followed by a full body aromatic massage...a true Crane experience.

### Coconut Treats

45 minutes - \$70

A rich coconut and lime body polish gently exfoliates dead skin cells and hydrates the skin. Emerge from this nutrient loaded body treatment feeling smooth and moisturized.

### Back to Serenity

50 minutes - \$120

A hot towel compress and marine healing mud removes toxins from the back, neck and shoulders, followed by a firm pressure massage on the back. The feet and lower legs are also carefully massaged to improve circulation and uplift your overall well being

## Facials

All facials include face, scalp, hand and foot massages with hot towel aromatic compresses.

### Crane Refresher

60 minutes - \$100.00

Inject life and vitality back into dull, dry skin. This restorative and nourishing facial treatment infuses skin with a veil of collagen, cellular complexes, amino acids, vitamins and natural oils to help increase moisture level and minimize the appearance of fine lines and wrinkles for skin that's brightened, plumped and full of moisture.

### Skin Balancing Facial (For Men)

50 minutes - \$100

Haven or Heaven...our hot aromatic steam softens and rehydrates masculine skin damaged by shaving or sun exposure. Your skin is instantly revived by a gentle cleanse and exfoliation followed by a hydrating masque. This facial is concluded with a calming massage, used to relax your neck and shoulders.

### Youthful Indulgence

45 minutes - \$80

This customised organic facial is directed to promoting clear, healthy skin. It includes double cleansing toner, exfoliation, masque, extractions, face and scalp massage and hydration for the face and neck area.

This treatment is ideal for teens and is a great way to revitalize and maintain a youthful glow.

## Revitalising Eye Treatment

25 minutes - \$30

Firm, tone and revitalize your tired eyes with our unique blend of vitamins and firming botanicals. Our gentle exfoliation will remove dulling debris, while a super-soothing masque will help reduce irritation. Indulge in the soles of your feet being pampered to a divine aromatic towel compress and pressure point massage to completely melt and revitalise your senses.

## Hands & Feet Therapy

### Hot Stone Delight

60 minutes - \$65

Heated stones are placed in the pedicure bowl to relieve tired, sore, achy feet. During the pedicure your feet are treated to a gentle exfoliation, nourishing foot mask and intense pressure point massage to revive tired feet. This pedicure conditions the nails and skin leaving your feet silky and soft.

### Exotic Sea Spa Pedicure

45minutes - \$50

Diminish the effects of dehydrated skin with this intensely moisturising Dead Sea foot soak treatment. Skin will exude healthy glow as your feet will be exfoliated and massaged with a silky hydrating lotion to restore moisture to damaged feet and heels. Cuticles and nails are also groomed in this pedicure.

### Classic Pedicure

30 minutes - \$40

Perfect between regular pedicures or when pressed for time, this quick fix includes nail filing, buffing, moisturising and polish (optional).

### Pedi-Medix

20 minutes - \$25

Hard and dry skin removal followed by a moisturising foot mask.

## **Ocean's Edge Manicure**

45 minutes - \$35

Indulge hands with this tropical temptation featuring a citrus scrub, a hydrating mask and a tropical citrus massage. Soothe your hands with this wonderfully calming treatment, leaving skin energized and pampered. (This manicure is great for men.)

## **Deluxe Almond Manicure**

50 minutes - \$55

Dehydrated nails are conditioned in a warm milk bath which soothes the skin and strengthens the nails. A gentle sweet almond scrub is used to polish the hands, followed by a nurturing mask and hand massage.

## **Classic Manicure**

25 minutes - \$30

Perfect between regular manicures or when pressed for time, this quick fix includes nail filing, moisturising and polish application.

## **Shellac Polish Application**

A Dry Manicure is performed, excess cuticles are removed, nails are filed and buffed, removing any ridges or discoloration. Say goodbye to chips and smudges!

Colour Application 30 minutes - \$30

French Application 45 minutes - \$37

Shellac Removal 15 minutes - \$15

## Add on Hands & Feet Services

### Paraffin Wax

20 minutes - \$20

A hydrating addition to any manicure or pedicure. Sink into the most luxurious heat you've ever felt while locking in the skin's natural moisture and relaxing tired muscles and joints.

Toe Waxing - 10 minutes - \$10

Polish Change - 15 minutes - \$15

French Polish - 10 minutes - \$6

### Waxing Services

Upper Lip - 15 minutes - \$15

Chin - 15 minutes - \$15

Eyebrows - 15 minutes - \$15

Under Arm - 15 minutes - \$25

Full Arm - 40 minutes - \$35

Half Arm - 20 minutes - \$25

Full Leg - 45 minutes - \$55

Half Leg - 30 minutes - \$40

Bikini - 20 minutes - \$30

Back - 30 minutes - \$50

Chocolate Brazilian - 30 minutes - \$80

## Other Services

Eyelash tinting - 15 minutes - \$15

Eyebrow tinting - 15 minutes - \$15

## In-Room Hair Services

Wash, Blow Dry & Style - \$60

Trimming - \$20

Styling - \$30

Wash, Trim, Blow Dry & Style - \$100

Men's Hair cuts & Shave - \$50

Shave only - \$20

## **Spa Etiquette**

### **Opening Hours**

**Monday - Thursday**

9:00 a.m. - 5:30 p.m.

**Friday - Saturday**

10:00 a.m. - 6:00 p.m.

**Sunday**

10:00 a.m. - 4:00 p.m.

### **Appointments**

We advise that you arrive at least 15 minutes prior to your appointment to adequately prepare for your Crane Spa experience. Appointments begin promptly at the scheduled time. Should you arrive late, your appointment is subject to be shortened to facilitate the following appointment.

### **Spa Reservations**

It is recommended that you make reservations in advance. To reserve your appointment please call our spa concierge at 423-6220 Ext 6521 during the hours of 9:00 a.m - 5:30 p.m, Monday-Saturday. For non-resident guests credit card details are required upon reservation.

### **Clothing Apparel**

Please arrive suitably attired - no bare backs or bare feet are allowed. Please refrain from bringing valuables to the spa as Crane Spa will not be held liable for any missing items.

## **The Spa Environment**

At The Crane spa we strive to promote a relaxing and therapeutic atmosphere to you from the moment you arrive until you leave. To ensure that all our guests benefit from this peaceful and serene environment we ask that all Spa users respect others guests rights to privacy and refrain from smoking and using mobile phones throughout the Spa.

## **Cancellation Policy**

Cancellations are accepted up to 4 hours prior to the start of your appointment without incurring a charge. Without this notification you are charged 50% of the treatment price. If you fail to show up for your treatment, you will be charged in full.

## **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. Clear communication with your therapist ensures your satisfaction and enables them to tailor the treatment to your needs.

## **Age Requirements**

We do cater to children between the ages of 8-15 once supervised by an adult. Body treatments and facials are however only available for persons over the age of 16.

## **Gift Vouchers**

Gift vouchers can be prepared according to the specific requests. To order, please contact our spa concierge.