

The Spa<sup>™</sup>  
at Peter Island



Body, soul, sea



## *Online Menu of Services*

*Please contact The Spa at Peter Island with any questions or to make a reservation.*

*Email: [TheSpa@peterisland.net](mailto:TheSpa@peterisland.net) or Direct: 284.495.2000 ext. 470*

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# Guidelines for Spa Guests

## **Spa Reservations**

Reservation agents will be delighted to assist in planning your Peter Island Spa experience, including the best sequence and combination of treatments. The earlier you reserve your appointment the more likely you are to receive your preferred date and time. If you would like lunch, please place your order upon check-in for your spa services.

## **How to Use The Spa**

We would like the spa environment to be relaxing and soothing for everyone. Please respect the right to privacy and a quiet atmosphere for all guests. We ask that you refrain from talking loudly and we ask that you turn off all pagers and cell phones.

## **Arrival Time**

Please arrive a minimum of 30 minutes prior to your spa appointment. We suggest you arrive early so that you may enjoy the spa amenities such as the eucalyptus steam, relaxation lounge, beach and private pool. This will give you ample time to rest in the relaxation lounge, where fresh Peter Island water and teas are available for your pleasure.

## **Cancellation Policy**

Please keep in mind that the treatment times are reserved especially for you. There is a 50% charge for any changes or cancellations to appointments with less than four hours notice or spa packages with less than 24 hours notice. No-shows will be charged in full. As a courtesy to guests, late arrivals will only receive the remaining available appointment time.

## **What to Wear**

Upon arrival you will change into a spa robe and slippers that will be provided to you. Undergarments are not necessary but can be worn if you prefer. Disrobe to the level of your comfort. Our therapists are trained to drape a sheet or towel over your body in a discrete manner so that you are always covered. If at any time you are uncomfortable, please inform your therapist.

## **What to Bring**

We provide all spa guests with daily use of a robe, slippers, towels, and other locker room amenities needed. A private, daily locker is available to you to store your belongings. We suggest that you do not bring valuables to the Spa. There is a safe for use in your room.

### **Treatments and Services**

If you are under a physicians care or on any medication, please inform your therapist or service provider prior to your treatment or session. Furthermore, if you have any physical problems, ailments or existing injuries of any kind, inform your therapist so they may properly care for your needs and prevent possible re-injury. If at any time during a session you feel uncomfortable or would like the therapist or service provider to reduce pressure, stay away from a specific body part or have any other concerns, please immediately inform your therapist so they can adjust their technique.

### **Male and Female Therapists Available**

Both male and female therapists are available. Please advise us in advance if you have a preference.

### **Gratuity**

Gratuities are always left to the discretion of our guests. It is customary to provide an 15% - 20% gratuity for salon and spa services. For groups of four or more 20% gratuity will be added.

### **Spa Facility Usage**

We welcome guests to enjoy our world class spa facility. If you are receiving a spa treatment, our spa amenities and facility are yours for the day.

### **Facility Usage Only**

Resort Guest	<b>\$30 per day</b>
Non-Resort Guest	<b>\$50 per day</b>

### **Spa Hours**

Monday – Sunday (Hours may vary seasonally)	<b>9:00 a.m.–7:00 p.m.</b>
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Please have a credit card number available to hold your reservation if you are not checked into the resort.

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# Menu

The Spa at Peter Island offers a timeless escape, a journey into relaxation, a discovery of Sea and Self. Nestled amidst lush hillsides overlooking the turquoise waters of the Caribbean Sea, a kaleidoscope of tropical delights abounds in this picturesque garden. Revive the senses, rejuvenate the body and soothe the soul. Indulge in one of our deluxe facials or a nourishing body treatment. Getaway for a couple's retreat. Explore our wellness offerings, try something new from our Ayurvedic therapies or simply meditate with yoga, a tonic for harmony and well-being.

Our wonderfully caring professionals will guide you through with nurturing blends of carefully selected curatives that are restorative, healing, yet luxuriously pampering. It is a retreat that captivates, invites reflection, a slower pace... a memorable experience.

If you are unsure of just which spa therapy to sample, please allow us to assist you in selecting the perfect one for you. Please contact us at 284-495-2000 or via our website: [TheSpa@peterisland.net](mailto:TheSpa@peterisland.net). Gift certificates are also available and can be easily acquired for those special occasions.

## *Spa Highlights*

- 10,000 square foot interior set amongst vast acres of lush, undisturbed flora and fauna
- Private men's and women's steam and changing rooms
- 10 Indoor treatment rooms, 2 outdoor bohios, manicure stations and custom designed pedicure thrones
- Raised horizon infinity lounge pool
- Luxury ocean front retreat suites
- Luxury indoor couples suites
- Hair salon, relaxation lounge and retail boutique
- Off-site fitness center
- Ocean-side Jacuzzi
- Tranquility garden and secluded beach
- Meditation area
- Yoga sessions - private or group

## *Treatment Menu Highlights*

- Signature indigenous scrubs and wraps using frangipani & coconut, tropical lime & ginger, honey & sesame, and caribbean coffee
- Relaxing & therapeutic massages
- Ingrid Millet Paris: Caviar, Aromatic, and Brightening Facials
- Pristine Diamond Peel facial treatments
- Microdermabrasion
- Caribbean Kur Odyssey
- After-sun soothers
- Purifying mud re-mineralizers
- Wellness and healing therapies: yoga, ayurvedic, thai, acupuncture and more....

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*All prices and treatments are subject to change.*

## Body Massage

*Our therapeutic massage therapies are designed to deeply relax the body, soothe the mind and promote a nurturing sense of well-being.*

**Custom Massage** 75/90 Minutes | \$160/\$190

A combination of massage modalities to suit you. Try a relaxing Swedish for starters.

**Aromatherapy Massage** 75/90 Minutes | \$170/\$200

Special aromatic oils are blended to meet your specific physical, emotional and spiritual objectives.

**Deep Tissue Massage** 75/90 Minutes | \$180/\$210

A firmer massage designed to relieve aching muscles as well as everyday stress and promote detoxification. The pathway to a clear body and mind.

**Thermal Sand Bundle Massage** 75/90 Minutes | \$180/\$210

*A Peter Island Signature Massage* — Deep penetrating heat, soothing pressure by a sand bundle and aromatic massage. A must!

**Sea Stone Massage** 75/90 Minutes | \$180/\$210

Heated basalt lava stones and long strokes massage with warm aromatherapy oil.

**Prenatal Massage** 50/75 Minutes | \$150/\$190

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## Body Scrubs

*Glow with radiance after these exfoliating treatments. Each body scrub is completed with your choice of a 50-minute full body moisturizing esflurage application or 25-minute full body moisturizing esflurage application.*

**Fresh Coconut Rub** 45/75 Minutes | \$120/\$160

A traditional Island favorite, a gentle cleansing body polish made of freshly shredded coconut, turmeric and other aromatic spices. Perfect for sensitive, sunburned, wind-swept skin.

**West Indian Honey & Sesame Seed Glow** 45/75 Minutes | \$120/\$160

*A Peter Island Signature Treatment* – Sesame seeds gently exfoliate your skin while our golden West Indian honey moisturizes. Your skin will feel invigorated and silky smooth.

**Caribbean Coffee Polish** 45/75 Minutes | \$120/\$160

Delight in the intoxicating aroma of finely ground Caribbean coffee, vanilla and spice oil. This natural scrub will stimulate, smooth and refine your skin while elevating your mood.

**Tropical Lime & Ginger Buff** 45/75 Minutes | \$120/\$160

We combine our local Salt Island salt with the stimulating effects of lime, ginger, lemongrass, and juniper for muscle relief to create a fabulous scrub.

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## Body Wraps

*You will be enveloped in a cocoon of natural emollients that nourish, soothe and soften your skin. While you soak up the nourishing benefits of your wrap, an acupressure face and head massage will coax you into a deeper state of relaxation.*

### **Peter Island Body Re-mineralizer** **75 Minutes | \$180**

Enjoy nature's most complete source of nutrients. After a gentle exfoliation with marine algae salts, relax and luxuriate in steady warmth while your skin detoxifies and hydrates.

### **Frangipani & Coconut Moisturizer** **75 Minutes | \$180**

*A Peter Island Signature Treatment* –This treatment begins with a gentle exfoliation using a cactus fiber cloth. You are then enveloped in a fragrant coconut and frangipani wrap to nourish and moisturize. Enjoy and use the cactus cloth for home care.

### **Cucumber-Aloe Sun Soother** **45 Minutes | \$150**

A soothing fresh cucumber-aloe gel is applied to promote rehydration and healing of dry or sunburned skin. The body is wrapped to seal in moisture and aid in absorption, while a cucumber mask is gently applied to the face. A massage with rehydrating aloe lotion restores the skin's moisture balance and leaves the skin feeling soft and silky.

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## Caribbean Kur Odyssey

<b>Kur Sessions:</b>	<b>With Wrap</b>	<b>2 hours 30 minutes   \$360</b>
	<b>Without Wrap</b>	<b>2 hours   \$260</b>

Indulge your skin in the sea's youth-enhancing benefits. Our Caribbean Kurs are a series of treatments based on the use of natural resources such as thermal mineral water, algae, essential oils and herbs.

Begin your Kur Odyssey under the Vichy shower with a full body exfoliation of sea salts and essential oils, followed by a re-mineralizing body mask. As you cocoon in your wrap, enjoy a soothing acupressure face and scalp massage. After a final rinse under the Vichy, soak in a hydrotherapy tub laden with salt mineral crystals and essential oils. A full body custom massage completes this profoundly relaxing experience.

We invite you to select one of our custom Kurs using the curative blends of pure essential oils and botanicals.

***Ocean Mineral Kur:*** *Combining the richness of sea plants and marine algae with aromatherapy, this treatment is deeply detoxifying at all levels for women and men alike.*

***Tranquility Kur:*** *Drift into tranquility. This calming treatment caresses the senses and melts away tension.*

***Energizing Kur:*** *Gently stimulating essential oils nourish depleted energy, evoking a powerful resource from within.*

***Rehydrating Kur:*** *This treatment series is designed to rehydrate and replenish skin that has been over exposed to the elements.*

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## Hydrotherapy

*All baths include Dry Brush, Vichy Shower and Aroma Body Spritz & Effleurage.*

**Fango Salicyl Mud Bath** 60 minutes | \$100

**Dead Sea Mineral Bath** 60 minutes | \$100

**Aromatherapy Bath** 60 minutes | \$100

Rosemary, Eucalyptus, Pine Needle, Chamomile, Lavender or Golden Fango

**Underwater Massage Therapy – *Destress & Relax*** 60 minutes | \$100

Body detoxification and cellulite reduction

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## Anti-Cellulite Treatment

**Perle De Caviar Seamud Wrap** 60 minutes | \$150

Edema reducing and detoxifying mineral fango treatment

**Ingrid Millet Le Corps Body Treatment** 60 minutes | \$150

Slimming, firming and detoxifying wrap

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## “Island Away...” Packages

*Spend the morning, afternoon, or entire day enjoying one of our Peter Island Spa packages. Surrender to a renewed sense of well-being.*

**Soak Away the Day** 5 Hours | \$560

Embark on a journey of total renewal. Begin with a Custom Kur, which includes an Aromatherapy Body Scrub, an Aromatic Hydrotherapy Soak with sea salts and botanical essences and a 75-minute Custom Massage. After a refreshing Spa Lunch, you will enjoy a Peter Island Signature Facial and pampering Peter Island Perle De Caviar Spa Pedicure.

**Drift Away** 3 ½ Hours | \$385

Your rejuvenation package begins with our Outdoor scalp and foot treatment that includes a foot soak in a cooling mint and floral footbath and a stimulating scalp massage, followed by a 75-minute Custom Massage. This package concludes with a Peter Island Signature Facial.

**Float Away** 2 ½ Hours | \$310

Stimulate the senses and calm the mind as you enjoy the benefits of this hydrotherapy package. After an aromatic body scrub, let your cares float away as you relax in a botanical hydrotherapy tub, followed by a 75-minute Custom Massage that will leave you light as air.

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## *Hands & Feet ~ Therapy & Beauty*

<b>Peter Island Perle De Caviar Manicure</b> Nourish, Moisturize, & Revitalize		<b>60 minutes   \$60</b>
<b>Peter Island Perle De Caviar Pedicure</b> Nourish, Moisturize, & Revitalize		<b>60 minutes   \$95</b>
<b>Kaffir Lime &amp; Lemongrass Hand Therapy</b>	<b>Without Manicure</b>	<b>45 minutes   \$60</b>
	<b>With Manicure</b>	<b>75 minutes   \$90</b>
A relaxing Thai healing, exfoliating, & moisturizing treatment		
<b>Amala Galanga &amp; Lemongrass Foot Therapy</b>	<b>Without Pedicure</b>	<b>60 minutes   \$85</b>
	<b>With Pedicure</b>	<b>90 minutes   \$115</b>
Detoxify, soothe, and relieve aches & strains with this Thai herbal warm compress reflexology treatment.		
<b>Deep Heat Hand Treatment</b> Exfoliation, mask, heated mittens & massage		<b>30 minutes   \$50</b>
<b>Deep Heat Foot Treatment</b> Exfoliation, mask, heated booties & massage		<b>30 minutes   \$50</b>
<b>Extras:</b>		
<b>Paraffin Hand Dip</b>		<b>15 minutes   \$15</b>
<b>Paraffin Foot Dip</b>		<b>15 minutes   \$20</b>
<b>French Pedicure Polish</b>		<b>\$15</b>
<b>French Manicure Polish</b>		<b>\$10</b>

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## *Final Touches*

### **Hair & Makeup**

The Spa at Peter Island offers Customized Hair and Makeup services per individual request. Please contact our Spa Management Team to consult and make reservations for your services at least one week in advance.

#### **Hair**

- Cut and Style
- Evening Style/Special Occasion – Up-Do, Chignon
- Bridal Styling (hair consultation in advance and style day of wedding)

#### **Makeup**

- Special Event Application
- Bridal Makeup (consultation in advance and application day of wedding)

### ***Bridal Party Events Available***

#### **Waxing**

- **Brow Shaping: Tweezing** \$25
- **Brow, Lip, Chin, or Sideburns** \$20
- **Full Face Wax** \$60
- **Neck** \$20
- **Underarm** \$25
- **Arm: Full** \$40
- **Arm: Half** \$25
- **Stomach or Bust** \$15
- **Full Leg: No Bikini** \$65+
- **Half Leg: Upper or Lower** \$40+
- **Bikini: Traditional** \$35
- **Specific Spot** \$20

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# Lifestyle & Wellness

## Ayurveda-Inspired Treatments

*Ayurveda is a 5,000 year old system of traditional medicine native to India, and practiced in other parts of the world as a form of alternative medicine. The word Ayurveda means 'Science of Life.' In Sanskrit, the word Ayurveda comprises the words āyus, meaning 'life' and veda, meaning 'science.' Panchakarma is Ayurveda's foremost detoxification and rejuvenation therapy, providing completely personalized attention and treatment. Ayurveda alternative medicine utilizes various healing modalities to prevent disease, preserve health, and promote longevity.*

### **Ayurvedic Consultation**

**45 minutes | \$80**

The Ayurvedic dosha consultation involves pulse, tongue, facial & nail diagnosis. This in-depth analysis helps determine your body type (Prakruti) and your current state (Vikruti). With this information, recommendations will be made on nutrition, yoga, and purification treatments to maintain balance and enrich a healthy lifestyle.

### **Abhyanga**

**Two Hands**

**75 minutes | \$170**

**Four Hands**

**75 minutes | \$310**

Warm herbal oil is massaged into the skin with a combination of different strokes and intuitive movements that are designed to bring nourishment to the tissues, deep relaxation to the muscles and calmness to the mind. This treatment ends with a steam bath that will leave you feeling clear, rejuvenated and deeply moisturized. The heat and steam help to liquefy and dislodge toxins from the system that have been activated through the Abhyanga treatment.

### **Shirodhara**

**45 minutes | \$140**

Shirodhara is a simple, yet profound treatment that works specifically on balancing and stabilizing the activity of the mind. Warm, doshic-specific oils and herbs are methodically streamed over the third eye. This gives the body and mind an opportunity to journey into deep relaxation.

Reduces stress and tension from the body and mind. Helps balance emotions, pacifies insomnia, depression, panic attacks, and addictions. Deeply conditions hair.

### **Hot Poultice Massage**

**75 minutes | \$180**

Warm essential oil is drizzled over the body. Then, using the warm poultices, comprised of chamomile, lavender, and marigold flowers, a slowly synchronized massage is performed working sore and stiff areas. The fragrant and therapeutic nature of the oil and warm poultice massage makes this a heavenly experience that will leave you feeling rejuvenated, refreshed, and wonderfully relaxed.

### **Bolus Bag Massage**

**75 minutes | \$180**

The Bolus massage begins with the application of medicated warm oil followed by hot formentation using boiled herbal rice bundles (bolus bags). This detoxifying and rejuvenating treatment softens and gives the skin luster, alleviates insomnia, relieves pain and stiffness of joints.

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*All prices and treatments are subject to change.*

## *Ayurveda-Inspired Treatments (continued)*

### **Udwarthanam** **50 minutes | \$130**

This massage, which uses herbal powder, helps to treat obesity and kapha related disorders. It helps in the reduction of cellulite by improving circulation. This exfoliating herbal massage leaves the skin polished and beautiful while nourishing and rejuvenating the entire system.

### **Indian Head Massage** **50 minutes | \$110**

The Ayurvedic herbal back and scalp massage improves circulation to the head, relaxes muscles and nerve conduction and improves hair regeneration.

### **Hastha Pathaabhyanga** **50 minutes | \$110**

The Ayurvedic hand & foot massage has a very relaxing and balancing effect on the entire body.

### **Katibasti ( kati = lower back )** **45 minutes | \$110**

The Katibasti treatment begins with warm medicated oil contained within an herbal paste boundary, followed by massage. It is useful in low back pain associated with spondylosis, disc prolapse, sciatica, and traumatic injuries of the hip and spine.

### **Lepa (Body Wrap)** **50 minutes | \$130**

This traditional Ayurvedic beauty treatment starts with the application of medicated paste on the entire body followed by a moisturizing massage called Lepa. Choose one:

#### ***Detox full body Lepa***

- Neem and Hibiscus Leaf Wrap
- Ayurvedic Herbal Wrap

#### ***Rejuvenation full body Lepa***

- Turmeric and Yogurt Wrap
- Sandalwood Paste Wrap

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## *Ayurveda Packages*

### **Detox Ayurveda Package** **2 hours 15 minutes | \$300**

Detoxifying Ayurvedic therapy includes herbal exfoliation, herbal wrap and Abyanga (herbal warm oil massage), which activates the elimination channel, reducing toxins, resulting in a sensation of lightness and purity. This package is ideal for obesity, skin disorders, and digestive disorders.

### **De-Stress Ayurveda Package** **2 hours 30 minutes | \$350**

De-Stress Ayurvedic therapy is a full body treatment, designed for use in combination with Reflexology, Abhyanga (warm oil massage), and Shirodhara, which leads the Mind, Body and Spirit on an inner journey of deep relaxation and mental purification. This package is ideal for those who suffer from stress, insomnia, and chronic headaches.

### **Rejuvenation Ayurveda Package** **2 hours 15 minutes | \$350**

Rejuvenation therapy helps to promote and preserve health and longevity. This package improves complete physical health and peace of mind. It begins with an Ayurvedic herbal wrap, followed by a medicated warm oil massage with hot poultice bundles and concluded with a warm stream of oil on the forehead (Shirodhara).

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*All prices and treatments are subject to change.*

## Complementary Treatments

### Thai Yoga Massage

90 minutes | \$210

Thai massage is gentle manipulation and massage of the client's body with passive and assisted stretching targeting tissues such as muscles, tendons, ligaments, joints, and other connective tissue awakening the body's energy flow. This is a fully clothed massage performed on a comfortable mat.

### LaStone Massage

75 minutes | \$190

90 minutes | \$210

Heated basalt stones and chilled marble stones coupled with Swedish massage strokes and chakra balancing techniques designed to deeply relax, warm, and restore the energy center of the body.

### Sports Massage

75 minutes | \$170

90 minutes | \$190

Designed to relax and re-energize tired muscles or relieve a particular area aggravated by sports or exercise. It combines classical Swedish style massage with trigger points, compression and various types of percussion movements to reduce soreness.

### Reflexology

50 minutes | \$110

Reflexology is the application of pressure points to the feet and hands with specific thumb, finger and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands with a premise that such work effects a physical change to the body. Highly recommended for people suffering from stress, sleeplessness, chronic backache, and headaches.

### Acupuncture

45 minutes | \$70

Acupuncture is a 3,000 year old modality of traditional Chinese medicine; it is based on a complex theory of energy flow in the body. When fine needles are inserted along meridian pathways, they influence the physiological functions of the body resulting in normalizing deficient, excessive, or unbalanced energy.

### Acupuncture Face Lift

60 minutes | \$130

Acupuncture face lifts can increase collagen production and skin elasticity, tighten the face, improve muscle tone, restore hydration and eliminate toxins found in lymph and tissues. The improved skin tone helps to eliminate the fine lines and puffiness that are associated with signs of aging.

### Iris Diagnosis

45 minutes | \$80

Iridology is a non-invasive, safe and painless diagnostic technique. The iris contains a unique pattern in the delicate fibers, which is mapped into zones representing all the organs, glands and functions of the body. By determining exactly where a particular marking lies, an iridologist will know of a potential health problem and recommend treatments composed of herbal preparations, diet, yoga, and purification.

### Reiki

30 minutes | \$70

Reiki means Universal Life Force Energy. It is one of the more widely known forms of healing through direct application of Chi. The Reiki hand placements coincide with the seven major chakras or energy centers of the physical body. It is believed that Reiki can balance the body, mind and soul.

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*All prices and treatments are subject to change.*

**Private Yoga (maximum two persons)**

**60 minutes | \$80**

Enjoy Private Yoga on our spa beach or garden. Customized for each individual, our comprehensive yoga program, thoughtfully created, optimizes total wellness. Learn about the body/mind relationship as well as breathing techniques.

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## Lifestyle & Wellness Packages

### Detox & Purify

3 days | 275 minutes | \$570

- Welcome Ayurvedic herbal elixir
- Iris diagnosis 45 mins
- Kriya yoga 60 mins
- Herbal powder massage 50 mins
- Herbal wraps 45 mins
- Hot poultice massage 75 mins
- Personalized take home health program

### Relax & Revive

3 days | 275 minutes | \$570

- Welcome Ayurvedic herbal elixir
- Gentle yoga and meditation 60 mins
- La stone massage or Thai massage 90 mins
- Reiki 30 mins
- Ayurvedic hand and foot massage 50 mins
- Shirodhara 45 mins
- Personalized take home health program

### Renew & Rejuvenate

3 days | 285 minutes | \$590

- A 'Welcome' Ayurvedic herbal elixir
- Ayurvedic consultation 45 mins
- Herbal scrub and herbal wrap 60 mins
- Hatha yoga 60 mins
- Bolus bag massage 75 mins
- Shirodhara 45 mins
- Personalized take home health program

### Detox, De-stress & Revitalize

3 days | 195 minutes | \$450

- A 'Welcome' Ayurvedic herbal elixir
- Herbal powder massage and wrap 75 mins
- Shirodhara 45 mins
- Bolus bag massage 75 mins

### Total Ayurveda Experience

7 days | 425 minutes | \$1,100

- A 'Welcome' Ayurvedic herbal elixir
- Ayurvedic consultation 45 mins
- Herbal scrub and herbal wrap 60 mins
- Ayurvedic hand and foot massage 50 mins
- Hatha yoga 60 mins
- Ayurvedic massage (4 hands) 75 mins
- Shirodhara 45 mins
- Bolus bag massage 75 mins
- Personalized take home health program

### Anti-Aging Skin Care Treatments

7 days | 425 minutes | \$1,100

- A 'Welcome' Ayurvedic herbal elixir
- Ayurvedic consultation and iris diagnosis 60 mins
- Herbal wrap 30 mins
- Acu-face lift (2 sessions) 60 mins
- Bolus bag massage 75 mins
- Take home Ingrid Millet caviar essence anti-wrinkle gift
- Herbal powder massage 50 mins
- Shirodhara 45 mins
- Diamond peel duo mask facial 75 mins
- Yoga 60 mins
- Personalized take home health program

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### **Vigour & Vitality**

**7 days | 495 minutes | \$960**

- A 'Welcome' Ayurvedic herbal elixir
- Ashtanga yoga and breathing 60 mins
- Thai yoga massage 90 mins
- Ayurvedic massage 75 mins
- Sports massage 75 mins
- Hatha yoga and breathing 60 mins
- Dynamic yoga 45 mins
- Golden fango hydro tub soak 30 mins
- Personalized take home health program

### **Aging Well**

**5 days | 380 minutes | \$860**

- A 'Welcome' Ayurvedic herbal elixir
- Iris and Ayurvedic consultation 60 mins
- Gentle yoga 60 mins
- Ayurvedic hand and foot massage 50 mins
- Fango mud salicyl (aspirin) hydro tub soak 30 mins
- Ayurvedic massage 75 mins
- Reiki & Indian head massage 60 mins
- Shirodhara 45 mins
- Personalized take home health program

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# Retreat Suites

*Our luxurious Spa Suites, located within the spa, feature private veranda patios, large deep plunge hydrotherapy soaking tubs for two, Swiss shower, two deluxe state-of-the-art treatment tables and private restrooms. Designed for couples seeking highly intimate surroundings, these suites are ideal for enjoying a series of treatments and an opportunity to relax in an uninterrupted atmosphere where couples can rejuvenate their minds, bodies, and spirits.*

## **Suite Retreat**

**5 Hours 30 Minutes | \$570 per person**

This one-day package provides the ultimate in pampering and full body rejuvenation for you and yours. Begin your day with an invigorating body scrub followed by a private Swiss shower. Next, enjoy a soak in your private suite tub with a Signature Peter Island Elixir, followed by your choice of a 75 minute Thermal Sand Bundle Massage or Sea Stone Massage. After enjoying a light spa lunch on your private suite patio, your afternoon commences with a Peter Island Signature Facial and a Peter Island Perle De Caviar Pedicure.

## **Mini Suite Retreat**

**4 Hours | \$430 per person**

This is a great way to spend the morning or afternoon with that special someone. Your package begins with an aromatic body scrub followed by a private Swiss shower for two. Next, enjoy a relaxing cup of our herbal elixir tea and a 75 minute full body massage. This treatment ends with a Peter Island Signature Facial.

## **Seaside Bohio Packages**

**75/90 Minutes | \$160/\$190**

*Escape and indulge in a private seaside Bohio for two. Our serene setting comes complete with private Jacuzzi, private outdoor shower, and sunning terrace. Enjoy a bottle of our select premium champagne and a delightful variety of international cheeses, fruits and biscuits while left in perfect solitude to enjoy the continuous sound of lapping waves and soothing sea breezes while viewing the quiet expanse of Big Reef Bay. The Bohio serves as a perfect backdrop for 30 minutes of undisturbed time together!*

## **Mini Seaside Escape**

**2 Hours | \$265/\$295 per person**

This Bohio experience includes your choice of a 75 or 90 minute Custom Massage.

## **Seaside Escape**

**3 Hours | \$340/\$360 per person**

Indulge with a Tropical Hand & Foot Facial and your choice of a 75 or 90 minute Custom Massage.

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# Facial Renewals

## Ingrid Millet

### *Perle De Caviar*

Perle De Caviar Caviaressence Facial  
90 minutes | \$250

Perle De Caviar Duo Mask Facial  
75 minutes | \$235

Thalasso-Caviar Sculpting Facial  
90 minutes | \$185

Thalasso-Caviar Hydrating Facial  
90 minutes | \$185

Perle De Caviar Beauty Flash Treatment  
30 minutes | \$100

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### *Pristine Diamond Peel*

Diamond Caviar Facial Peel with Collagen  
90 minutes | \$295

Diamond Peel Duo Mask Treatment  
75 minutes | \$295

Diamond Magnolys Facial Peel  
60 minutes | \$225

Peel = Microdermabrasion

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Ingrid Millet Specific Eye Treatment  
will be included in all Caviar Facials.

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*All prices and treatments are subject to change.*

### *Brightening Revitalizing*

Brightening Revitalizing Facial Treatment  
90 minutes | \$225

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### *Source Pure*

Source Pure Anti-Aging Facial Treatment  
60 minutes | \$175

Fresh Oxygenating Facial Treatment  
60 minutes | \$175

Aromasensitive Soothing Facial Treatment  
60 minutes | \$175

Aromatic Beauty Flash Treatment  
30 minutes | \$100

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### *Beauty Enhancers*

Ingrid Millet Caviar Duo Mask  
\$60

Ingrid Millet Caviar Collagen Mask  
\$50

Ingrid Millet Specific Caviar Ampoule  
\$45

Ingrid Millet Eye Treatment  
\$40

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Ingrid Millet Specific Eye Treatment  
will be included in all Caviar Facials.

*All prices and treatments are subject to change.*