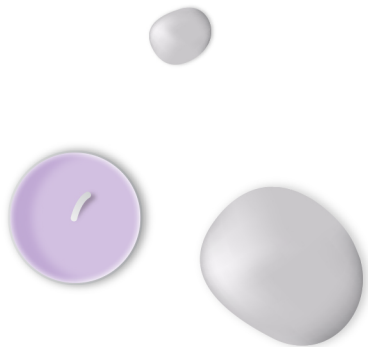


Immerse yourself in the Chakra Spa Lifestyle where you will enter a welcoming and tranquil space to thoroughly relax, rejuvenate and heal you. In our haven each service, amenity and detail at Chakra Spa is created specifically for you our valued and sacred guest.

At Chakra Spa you may rest comfortably in the caring hands of our internationally trained and experienced therapists, who use nothing but highly effective and quality products for all our exciting and therapeutic services.

All of our unique treatments can be tailored to couples. Have a mother/daughter day, birthday, girlfriends getaway or wedding package at Chakra Spa that will be unforgettable. We at Chakra Spa love to bring people together whether it's a corporate group, family or friends. Be sure to also experience the 'Chakra Journey' in our relaxing, comfortable atmosphere with our Chakra Sparty offers, for groups of three or more. Allow us to share this occasion with you and make it memorable.

While you are our guest, allow your personal Spa Concierge to take care of your every need. If there is anything we can do to make your visit a magnificent and memorable one, please feel free to share this with us and we will do what we can to make it happen. This is our promise to you.



ALL PRICES ARE QUOTED IN BARBADOS DOLLARS

#### Reservations:

Advanced reservations are recommended to ensure your preferred treatment or time is available. Same-day reservations and walk-in appointments are always welcomed and will be scheduled based on availability.

#### Cancellations:

If you must reschedule or cancel your treatment, please notify the spa at least four hours before your scheduled appointment to avoid being charged the full service fee.

#### Arrival:

We ask that you arrive 15 minutes prior to your scheduled appointment time to check in, change and relax before your treatment. Should you arrive late, your treatment will be limited to the remaining time available which will lessen its effectiveness and your pleasure. Your treatment will end on time so the next guest is not delayed. The full value of your treatment will be charged. In Room Services: Select services are available in the comfort of your suite at an additional cost of \$50.

#### Mobile Phones:

For the comfort and relaxation of all guests, we kindly ask that you leave your mobile phone in your room or turned off in your locker.

#### Gift Certificates:

Spa Gift Certificates are available in specific dollar amounts or for particular services. They cannot be used for spa retail purchases.

#### Age Policy:

The spa is available to guests 12 years and older. Guests ages 12-17 years must be accompanied by an adult for services.

#### Gratuities & Government Tax:

Gratuities are not included in our prices and are left to your discretion.

A government tax of 17.5% is included in our prices.



#### GENERAL SPA INFORMATION

##### Hours of Operation:

**Sunday: 10 AM - 6PM**

**Monday: Closed**

**Tuesday - Saturday: 9:30 AM - 6:00PM**

**Email: [bookings@chakraspabarbados.com](mailto:bookings@chakraspabarbados.com)**

**Telephone: 435-8690**



# MASSAGE JOURNEYS

## Gift from Sweden (30mins \$120, 60mins \$210, 90mins \$310)

A therapeutic, flowing massage, using the traditional series of stroke techniques. Encourages deep relaxation and focuses on the individual muscles, to relax and rejuvenate the entire body. You have the power to customize this massage to specifically meet your needs within 30 minutes for dedicated treatment to any area or extend to 1 hour for full relaxation.

## Aromatherapy Massage (30mins \$130, 60mins \$230, 90mins \$340)

Let your senses take you on a journey through tranquillity, serenity, relaxation or invigoration with pre-blended aromatic essential oils used during your massage.

## Mother to Be (30mins \$170, 60mins \$245)

Allow the ache in your back, the swelling in your feet or your persistent weariness to gently melt away in the arms of our caring therapists, as they restore balance and calmness to your body.

## Heated Stone Therapy (30mins \$135, 60mins \$250, 90mins \$355)

Heated volcanic basalt stones and chilled marble are perfectly synergized into this massage to achieve an even deeper level of release and relaxation.

## Deep Tissue Massage (30mins \$145, 60mins \$270, 90 mins \$390)

Our deep tissue massage, releases chronic patterns of tension in the body through slow strokes and deep finger pressure on concentrated areas. A good choice for the physically active.

## Treatment for Two

Create a sanctuary for two in our full service couple's suite. All menu options can be booked as a couple's treatment.

## Water Oasis (30mins \$55)

The lovely water oasis offers a great way to relax and unwind as a stand alone therapy or before any massage or body ritual.

# BODY RITUALS

## Chakra Glow Body Scrub (45mins \$135)

A luxurious cocktail of aromatic sea salts, mineral rich Dead Sea Salt, and natural vitamin E, is gently massaged on to the skin to remove impurities, while smoothing and toning to bring back the skin's natural healthy glow. Includes exfoliation and moisturizer application.

## Chakra Body Mask (60mins \$155)

Helps improve the appearance of your skin while gently detoxing. Includes moisturizer application.

## Detox Bath Ritual (\$135)

Eliminate the build up of inflammation and toxins caused by stress and a sluggish lymphatic system naturally with Juniper berry, Bergamot, wild crafted seaweed, grapefruit, lemongrass and ginger

## Muscle Ease Bath Ritual (\$145)

Soothe tense muscles, ease aches and pain with the herbal mint blend of Nettle, peppermint, eucalyptus, rosemary, and marjoram.

## Couples Retreat (\$230)

Enhance your romantic experience with the exotic blend of hibiscus rose, ylan ylan, and sandalwood.

## Relax & Rejuvenate Ritual

Rejuvenate you body and mind with the warm aromas of Lavender, Neroli, frankincense and pomegranate.

Add a Body Scrub or Body Wrap for an additional \$120

# CHAKRA LIFESTYLE

## Interlude (1 hours 45 minutes \$330)

The interlude begins with a lush application of a cleansing herbal salt scrub followed by the hydrating benefits of a rhythmic massage of sculpting movements that will shape and loosen tensed, overworked muscles. It is a delightful repose that will relax, rejuvenate and renew!

## Macho Man (2 hours \$335)

Explore, Recharge, Renew! Indulge for a while with the choice of treats. A stimulating buff will polish and renew the skin followed by a scented massage that is soothing and remedial. Complete with the gentleman's facial. The perfect blend.

## Chakra Synergy (3hours , 45 minutes \$355)

Heated basalt stones and chilled marble are the perfect synergy to release and relax muscles of the back, neck and shoulders. Smooth calluses, hydrate cuticle and strengthen nails with a Luxurious Spa Manicure and Spa Pedicure.

# NAIL BEAUTY

Allow your hands and feet to renew and be revived with one of our exquisite manicures and pedicures. Each manicure and pedicure is inclusive of a soothing bath, relaxing massage, nail trim, buff and polish application.

## Manicures

- Paraffin Manicure (75mins \$105) includes a softening wax blanket.
- Classic Manicure (45mins \$65) refreshing pampering for your hands.
- Gel Manicure (60mins \$85)
- Gel Polish on Natural Nails (45mins \$60)
- French Polish (\$25 Additional)
- Enhancement removal/ soak off (45mins \$30)
- Lacquer Polish Change (\$30)
- Gel Overlay (\$70)

## Pedicures

- Paraffin Pedicure (60mins \$105) includes a softening wax blanket.
- Classic Pedicure (45mins \$90) refreshing pampering for your feet.
- Classic Pedicure with Gel Polish (90 mins \$120)
- Paraffin Treatment (30mins \$25) Citrus exfoliant, a rich moisturizing lotion and a soft wax blanket hydrates dry hands or feet. Enhances any spa treatment.

## Hair removal

- |                         |                            |
|-------------------------|----------------------------|
| Full Face (30mins \$70) | Bikini Line (20 mins \$70) |
| Underarm (15mins \$55)  | Brazilian (45 mins \$110)  |
| Full Arm (40mins \$70)  | Brozilian (45 mins \$120)  |
| Half Leg (30mins \$95)  | Upper Lip (15mins \$30)    |
| Full Leg (45mins \$155) | Chin (15 mins \$30 each)   |
| Eyebrow Tint (\$55)     | Eyelash Tint (\$70)        |

# Facial Luxury

## Chakra Custom Facial (60 mins \$185)

Our Face Mapping analysis takes all the guesswork out of getting results. Not only will your Skin Therapist diagnose your skin's concerns, she'll prescribe a home care and treatment regimen to deliver your optimum skin health in your unique zones.

## Deep Cleansing Facial Treatment (45mins \$160)

Get on-the-spot skin solutions as we thoroughly cleanse and rejuvenate your skin.

## Express Facial (30mins \$85)

Our express facial focuses on the cleansing, brightness and moisture of the skin.

## Teen Smart Facial (60mins \$170)

Bring your teen's skin into balance so breakouts, oiliness and pigmentation are under control. Our teen smart line for teens is free of harsh alcohol, irritating artificial fragrances and colours.

## Back Purification (45mins \$185)

Deep cleanse the back of impurities, remove toxins and combat breakouts with this amazing treatment. De-stress and relax your muscles while purifying your back.

## Vajacials (45 minutes \$85)

Relax and indulge in our vajacial services this includes steaming, cleansing, exfoliating, extractions, mask and moisturizing of the intimate area.

## Add ons

Toe sculpting to Pedicure \$30  
Intimate Brightening mask \$30  
Soak off \$30