



the spa

AT SEVEN STARS





massages

SWEDISH 60 minute \$130, 90 minute \$160

Classic European massage techniques manipulate muscles with the use of massage oils and slow relaxing strokes to increase circulation, flexibility and de-stress.

AROMATHERAPY 60 minute \$135, 90 minute \$165

Similar to the Swedish massage with the benefits of fragrant essential oil extracts from plants which can help reduce muscle tension, insomnia, and poor circulation. This treatment will leave you balanced and recharged.

DEEP TISSUE 60 minute \$140, 90 minute \$180

Massage methods focusing on aligning the deep layers of muscles and connective tissue through kneading and the application of point specific pressure to the areas of concern. The benefits of this treatment include improved range of motion, decreased stress and pain relief.

HOT STONE 60 minute \$135, 90 minute \$165

Smooth heated basalt stones are placed strategically along specific meridian points and used individually to massage the entire body. This smooth rhythmic massage promotes gentle muscle ease and relaxation from the deep penetrating heat of the stones. You can also add your choice of essential oils to enhance the benefits of this relaxing massage.

THE SHIATSU MASSAGE – 60 minute \$140, 90 minute \$180

It is a way of relaxation, but in its main theory shiatsu it is a holistic bodywork. Shiatsu massage uses acupressure techniques which is applied with hands, thumbs, elbows and knees. The acupressure technique has its roots from the acupuncture therapy and Traditional Chinese Medicine.

PRE NATAL 60 minute \$130

A gentle full body massage assisting with fluid retention, lower back pain and other discomforts commonly associated with pregnancy are addressed during this treatment. As an added bonus, we will use a firming body lotion that also helps with stretch marks and spider veins.

COUPLES 60 minute, 90 minute, \$280 – \$340 (Depending on massage chosen)

Choose between a Swedish, aromatherapy or deep tissue massage to be enjoyed side by side in the same room.

JETLAG 30 minute \$80

Massage techniques focused on the back shoulders neck and scalp. Medium to firm pressure is applied to the areas strained by the long plane ride. This treatment is great for people who suffer from tension headaches, stiff shoulder and neck muscles.

REFLEXOLOGY 30 minute \$60

This reflexology massage will focus solely on the treatment of your tired feet. By holding pressure on different points of the feet combined with muscle stripping, we will ease any tension you may be feeling. The treatment ends with a soothing warm scented towel compress leaving you light on your feet.

IN ROOM MASSAGES 60 minute, 90 minute – Additional \$20 per person to chosen massage

Reap all the benefits of a relaxing massage without having to leave your room. Choose between a Swedish, Aromatherapy or Deep tissue massage.

BEACHSIDE MASSAGES – Additional \$20 to chosen massage

Rejuvenate mind and body with an array of soothing massage therapies in the serene and natural setting of our beachside hut.



body treatments by Yon Ka

FLASH SOLEIL 60 minute \$115

Give your face and body a sun kiss glow without compromising the health of your skin due to sun exposure. This treatment includes an exfoliating sea salt scrub, followed by an application of a hydrating self-tanning lotion.

SOIN VELOURS 60 minute \$100

Choose between French Brittany sea salts, mango ginger or vanilla orange sugar scrub to soften and treat your skin. A firming body lotion application is then applied to leave your skin looking and feeling silky smooth. This is the perfect way to prepare your skin for tanning.

PHYTO MARINE 90 minute \$170

This Marine mud wrap starts with a sea salt scrub that will increase circulation of the lymphatic system and prepare your skin for the application of a detoxifying and healing marine mud. This treatment will reduce water retention and slim and contour the body leaving your skin smooth firm and refined.

SUN KISSED SOOTHER 60 minute \$110

If you've spent a little too much time out in the sun and need some skin repair, this is the treatment for you. This treatment begins with a fresh aloe wrap infused with lavender and is followed by a repairing lotion application to treat and heal the skin.

facials by Yon Ka

LE GRANDE CLASSIQUE 75 minute \$120

This deep pore cleansing facial is customized to your skin type and helps to free the skin of toxins and pollutants. Even the most sensitive skin can benefit from this personalized facial.

ALPHA VITAL 60 minute \$115

Using AHA and BHA (fruit acids) to smooth out fine lines and wrinkles, this exfoliating facial is gentle but effective. The Alpha Vital is ideal for removing the unwanted dead skin cells and exposing a fresh new vibrant you.

OPTIMIZER 60 minute \$130

A firming and lifting facial that combat the signs of aging. We help your skin look visibly younger by using a series of micropeels, high quality moisturizers and a firming mask. This anti aging facial will leave your skin feeling smooth and looking youthful.



hands and feet

MANICURE 45 minute \$50

Consists of filing and shaping of the nails, cuticle treatment, massage of the hands and application of polish.

PEDICURE 60 minute \$65

Consists of a botanical foot soak, filing and shaping of the nails, cuticle treatment, massage of the feet and application of polish.

BEAUTE DES MAINS 30 minute \$50

A facial for your hands. This treatment will focus on healing, restoring and revitalizing. It will hydrate and moisturize the hands while enhancing circulation and assist with the elimination of age spots. You will have silky hands with splendid visible results.

BEAUTE DES PIEDS 40 minute \$70

Excellent foot treatment for overworked feet that includes a citrus exfoliation, salt scrub for the calluses, serum application for the nails, massage and thermal mask.

POLISH CHANGE \$18

FRENCH POLISH Additional \$7

specialty treatments

ISLAND DREAM 90 minute \$180

Receive an island aromatic full body massage. Choose from Aromatherapy or Swedish massage while also enjoying the benefits of a mini facial that includes cleansing, toning, exfoliating and moisturizing. The treatment ends with a hot towel compress to the feet.

SIMPLE RELAXATION 90 minute \$180

Receive a half hour massage to the back, shoulders and neck which prepares you to drift off to sleep while enjoying a cleansing facial that will have you refreshed and rejuvenated. A great way to relax and get on island time.

packages

CRÈME DE LA CRÈME 4.5 hours \$315

Reward yourself with this all day package. Your day begins with a 60 minute massage of your choice, followed by a customized facial by Yon Ka. A light lunch and a cup of herbal tea or a drink of your choice, will be awaiting you in our relaxation area. Following your lunch, we will pamper your hands and feet with a full manicure and pedicure.

REJUVENATION 2.5 hours \$255

Everyday our bodies fight against environmental pollutants. Allow our trained therapist to assist your full body rejuvenation. Your therapist will commence this package with a sea salt scrub followed by a detoxifying seaweed mud wrap. After being wrapped up for 20 minutes, your therapist will then perform a massage that promotes the release of lactic acid and increased circulation resulting in a feeling of complete rejuvenation.

BRIDAL PACKAGE 2.5 hours \$195

Let us help to prepare you for your special day. Begin with a Grand Classic Facial followed by a manicure and pedicure. These treatments can be received on the same day or you can spread them out over a course of a few days.



before your spa treatment

As a courtesy to the next guest, we ask that you arrive no less than 10 minutes before your treatment. This will also allow you sufficient time to fill out a health questionnaire and enjoy a cup of herbal tea in our relaxation area.

treatment suggestions

It is recommended that you avoid treatments involving heat and deep pressure if you are pregnant, have high blood pressure, a heart condition, or recent surgeries. It is always advisable to check with your doctor prior to arrival to see if spa treatments can be performed.

- Prior to a facial, men should shave.
- Please do not shave any areas that will be exfoliated, 24 hours before an exfoliation treatment.

We will make every attempt to honor your requests for male or female massage therapists, however we cannot guarantee availability. You will be professionally draped for your treatment so please feel comfortable to undress completely when preparing for your body treatment or massage. Any children under the age of 16 require adult accompaniment.

seven stars custom treatment

Create a treatment or package that suits you. Choose several of your favorite treatments to create your own package or make special requests for a single treatment so that you enjoy every second. If you want a Swedish massage, but you want the whole hour spent on just your hands and feet or if you want an array of treatments that isn't a package on our menu, all you have to do is request upon booking and we will make it happen. After all, it's all about you!

waxing

EYEBROWS	\$22
UPPER LIP	\$15
UPPER LIP AND EYEBROW	\$35
UNDERARM	\$35
ARMS	\$40
HALF LEG	\$45
FULL LEG	\$70
BIKINI	\$35
BRAZILIAN BIKINI	\$50
FULL LEG AND BIKINI	\$100
BACK	\$90
CHEST	\$50



hours of operation

The Spa at Seven Stars Resort is open 7 days a week from 8:00 am to 7:00 pm. Special treatment times can be arranged upon request.

SERVICE CHARGE

All treatments are subject to a 15% service charge.

CANCELLATION POLICY

Should the need arise to cancel or reschedule reservations, a 24 hour advance notice is required. A 48 hour advance notice is required for any spa packages and multiple treatments lasting more than 2 hours. Less than 6 hours notice will result in a 50% charge of service(s) and all no shows will result in a full charge of the service(s).