THE SPA
AT BLUE WATERS

MASSAGES

SWEDISH AT BLUE WATERS
30 / 50 minutes: $90 / $132 add Ila Oils $156

This ancient technique relaxes the body and improves circulation. Our therapists will work on you to enhance body, mind and soul. Stress and tension melts away after this session of pampering.

DEEP TISSUE AT BLUE WATERS
30 / 50 minutes: $96 / $144 add Ila Oils $168

Direct pressure is applied to target muscular tension and manipulate the deep tissues, to aid circulation and push along lymph. This focuses on tension and relieves inflammation.

REFLEXOLOGY
30 / 50 minutes: $78 / $126

Experience the natural healing art of reflexology to create a feeling of wellbeing and relief throughout your entire body. Reflex points are massages to restore energy channels to their natural state.

HEALING STONE THERAPY
60 / 90 minutes: $156 / $252

Warm basalt stones are infused with aromatic oils and then used to massage, restoring balance to the mind and body. The heat generated from the stones along with traditional massage techniques is an experienced not to be missed.

COUPLES MASSAGE
50 minutes: $264

With this treatment, couples will enjoy the luxury of being pampered together. The traditional technique of Swedish massage combined with the aroma of your choice will de-stress and help you to unwind and reconnect with each other.

PRE-NATAL MASSAGE
60 minutes: $144

This nurturing, caring massage was created for expectant mothers. Lower back, hands and feet are treated to specialized massage techniques to reduce swelling and discomfort, and restore peace to the mind and body.

BLUE WATERS TREATMENTS

SIGNATURE MASSAGE
60 minutes: $180

Drawing on the best aspects of massage, this full body treatment includes Reflexology, West Indian head and face massage, Hot Stones and uses Ila Spa essential oils to leave you feeling pampered,relaxed and renewed.

SOOTHE YOUR FEET
45 minutes: $66

Enhance your feet with our luxurious foot treatment that will leave you feeling brand new. Your feet will be soaked, refreshed and renewed with this treatment (polish included).

SPA MANICURE
30 minutes: $48
Paraffin treatment for hands & feet additional $24

Let your hands be pampered by our therapists. Your hands and nails will be treated to the most luxurious of treatments. Finish with a massage and feel your hands glow (polish included).

BRIDE & GROOM

FOR THE BRIDE
3 hours: $360

An indulgent experience designed to relax the bride-to-be. Enjoy a massage, before refreshing yourself with a facial, manicure and pedicure. Afterwards, you'll have your hair and make-up done to finish off this indulgent experience.

FOR THE GROOM
90 minutes: $180

Unwind before that big moment with a 30 minute Swedish massage, followed by a refreshing facial and haircut.

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ILA TREATMENTS

ANANDA FACE THERAPY
60 minutes: $144

Nourishing / Hydrating / Rejuvenating:
For stressed and exhausted skin

Using ila's Glowing Radiance Collection, this divine therapy begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant and honey exfoliation to the face, followed by powerful Rose Damascene Otto and sandalwood oils to stimulate energy to skin cells. Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

JUNIOR FACE THERAPY
40 minutes: $96

Gentle / Calming / Cleansing: For your skin initiation

A 40 minute Ananda Facial with Rose Damascene and gentle Marma massage, warmed poultices and a revitalising mud mask. Specially designed to clean and help restore balance to younger skin.

ENERGIZING & DETOXIFYING RENEWAL SCRUB
60 minutes: $144

This energising full body scrub targets cellulite, stress and exhaustion. Drawing on the ionising properties of Himalayan salt crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirit.

GOLD CELLULAR FACE
90 minutes: $240

Advanced Anti-Ageing / Hydrating / Repairing:
For mature, irritated and rosacea prone skin

This powerful treatment encompasses a blend of the world's most undiscovered ingredients that have been proven to work with the skin to heal and protect from the many natural signs of ageing. Three types of naturally occurring gold and the rarest of frankincense from the Gardens of Ethiopia are delivered into the skin using cleansing and healing lymphatic massage techniques. ila's unique BosTriWell® and Hyaluronic Extract combined with sonic wave therapy instantly increases collagen levels and reduces cell inflammation. Skin is reprogrammed and rejuvenated.

MANIPURA
90 minutes: $192

Calming / Anxiety release: For digestive disorders

This vital body massage re-connects a positive flow of energy, which restores balance and leaves your mind, body and spirit sparkling. The essential oils used have been chosen for their synergistic effect on both mind and body. Juniper berry stimulates the lymphatic system but also works to release negative energy from the aura. Combined with geranium, lemon grass, lavender and patchouli, healing and cleansing of the whole system can take place. Himalayan salt poultices infused with lavender and marigold are used in this treatment on the back of the legs and particularly on the stomach to relax and deeply energise the solar plexus.

MARINE FLORA FACE THERAPY
90 minutes: $180

Skin detox / Tension release / Nutrient dense:
For dry, dull and congested skin

This unique facial combines an effective technique called 'nerve point therapy' which helps calm the nervous system by smoothing out the nerves releasing any tension and stress within the face and using a special blend of active ingredients from the sea. All marine ingredients work within the deeper layers of the skin, they stimulate and strengthen collagen production, re-mineralise with trace elements and vitamins A, B, C, D & E and deeply hydrate.

PEARL & JASMINE BODY RENEWAL
90 minutes: $196

Restoring nervous system / Reconnection / Dazzling:
For brides to be and life's transitions

Fatigue and depletion of energy are increasing challenges many people face today and there is a great need to help restore vitality and energy levels. This mineral-rich Himalayan salt crystal treatment, has the immediate effect of restoring energy, mental clarity, wellbeing and strength. Followed by a gel body wrap to relax and restore the nervous system; stimulating the circulation, regeneration of skin cells and cell growth. This Pearl and Jasmine Renewal is a heavenly full body scrub, which will renew energy and restore mental clarity and wellbeing, once more.

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ILA TREATMENTS

PRANA VITALITY
60 minutes: $144

Energy Boosting / Detoxifying / Positive Mood Enhancer:
For low energy and sluggish circulation

Prana is the life force energy, which fills us with vitality, positivity and joy. Prana flows upwards – the focus of this treatment is to encourage and strengthen this flow with massage techniques, marma therapy and vitality-enhancing essential oils. We use juniper berry, geranium, lemon grass, lavender and patchouli in this treatment to vitalise the solar plexus. Due to the fact that the sun slowly ripens juniper berry and lemon grass, filling them with high levels of prana, it is these essential oils that are most potent.

MARINE FLORA BODY
90 minutes: $192

The focus of all the marine therapies is to deeply relax and cleanse the lymphatic system and re-energise the whole system particularly the immune system which is closely linked to the lymph. Lymphatic drainage techniques and Marma therapy are the techniques used in conjunction with the marine product. The results of these therapies are increased vitality and well-being, detoxification, improved circulation, reduction of cellulite and greatly improved skin tone.

ROSE & ALOE SUN COOLER WRAP
60 minutes: $144

Anti-Inflammatory / Repairing / Soothing:
For sun burn, dehydrated and damaged skin

This healing and reviving treatment cools and replenishes skin that has been over-exposed to the sun by reducing heat in the body. The experience begins with a fine mist of Rose Hydrolat spray enveloping the body, followed by a cooling massage with body cream for Glowing Radiance and rose quartz crystals applied along the meridians to help calm and replenish delicate skin.

The rose and aloe vera gel wrap is gently applied over sensitive skin and then the body is cocooned while rose quartz crystals are massaged over the meridians on the face. This creates a vibrational frequency, which effectively interacts with the human bio energy field, restoring balance, strengthening the skin and correcting imbalances that sunburn causes to our skin and inner being.

ILA CHAKRA WELLBEING
120 minutes: $240

The ultimate ritual for restoring mind, body and soul

The Chakra Well-being Treatment addresses healing to the subtle energy field through the physical body via the lymphatic system, Marma massage and the Light Technique.

Essential oils contain the highest and most subtle form of the plant (the soul), which is light and is present in all living beings. Light is the form of energy, which heals the energy body.

We have chosen the purest essential oils with the highest vibrational energy that resonate on the subtlest level with the energy body bringing healing at a higher frequency that the energy body recognises and responds to. This in turn brings a profound change to the physical body. ila focuses particularly on restoring the well being of the guest through balancing and harmonising the Chakra system.

MENS REJUVENATION FACE THERAPY
60 minutes: $144

Calming / Anti-inflammatory / Renewing:
For hormone imbalance, city living and jetlag

Using ila's Renewed Recovery Collection, this restorative face therapy draws on intensely healing rainforest extracts to rejuvenate skin cells. Lymphatic drainage techniques, warm herbal poultices and an Amazonian mud mask, encourage toxin release, reduce water retention, increase blood supply and boost collagen production. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

BACK TO BALANCE
60 minutes: $108

This deeply soothing back treatment will increase your energy and spiritual enlightenment by awakening the dormant energy in the base of your spine.

Ideal for emotionally exhausted souls, this treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems. Chakra and sound healing activate and channel the Kundalini – the dormant energy at the base of the spine: tension is lifted; negativity is released; and the body is brought back to a state of awareness and balance.

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HAIR THERAPY

SHAMPOO & BLOW DRY / SET	*from $66*
COLOR	*from $102*
HIGHLIGHTS	*from $96*
DEEP CONDITIONING	*$60*
RELAXER	*$96*
MEN'S HAIRCUT	*$36*
LADIES' HAIRCUT	*$36*
LADIES' CUT & FINISH	*$88*
BRIDAL STYLE	*from $84*
PERM	*$96*

WAXING

BIKINI	*from $48*
BRAZILIAN	*from $72*
HALF-ARM	*$48*
FULL-ARM	*$60*
HALF-LEG	*from $48–54*
FULL-LEG	*from $78–90*
UNDERARM	*$36*
LIPS / CHIN / EYEBROWS	*$18*
BACK	*from $60*

OTHER

EAR CANDLING	*from $54*
MAKE UP FOR THE BRIDE	*from $60*
SPECIAL OCCASION	*from $48*

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