

ILA TREATMENTS

ANANDA FACE THERAPY

60 minutes: \$200

*Nourishing / Hydrating / Rejuvenating:
For stressed and exhausted skin*

Deep cleansing facial 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. Specialized Marma massage techniques restore natural luminance, whilst a green marine mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body

JUNIOR FACE THERAPY

40 minutes: \$130

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: \$180 / with 30min massage \$300

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

GOLD CELLULAR FACE

90 minutes: \$300

*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: \$300

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: \$250 / with 30min massage \$370

*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

60 minutes: \$250 / with 30min massage \$370

*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.

We request the courtesy of a 72-hour cancellation notice on all spa packages and a 24-hour cancellation on all spa services. Any missed appointments (and appointments cancelled less than 24 hours in advance) will be charged 100% of the full rate. Any no-show appointments will also be charged 100% of the full rate. Arriving late may require us to cancel or reduce the length of service, with full charges applied. Prices in US Dollars. All services are subject to 17% Gov Tax.

THE SPA

— AT BLUE WATERS —

MASSAGES

THERAPUTIC MASSAGE / DEEP TISSUE MASSAGE

60 / 90 minutes: \$190 / \$260

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: \$120 / \$180

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: \$210 / \$330

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.

PRE-N ATAL MASSAGE

60 / 90 minutes: \$200 / \$270

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.

BAMBOO FUSION MASSAGE

60 / 90 minutes: \$220 / \$340

Indulge in a luxurious massage experience where warm bamboo sticks glide over the body to melt away tension, improve circulation, , support your body's natural healing process, and restore vitality. This deeply therapeutic treatment combines elegance with effectiveness, leaving you feeling balanced, renewed, and utterly relaxed.

BLUE WATERS TREATMENTS

SIGNATURE MASSAGE

60 / 90 minutes: \$225 / \$345

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.

DELUX PEDICURE

60 minutes: \$95

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), with and extended foot massage.

SPA MANICURE

30 minutes: \$60

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).

REST & RELAX PACKAGE

SIDE BY SIDE MASSAGE

90 Minutes: \$400 per person

An indulgent experience designed to enjoy a Signature Aromatherapy Massage followed by a refreshing mini-facial or you can continue your relaxation by opting for a soothing mini-Reflexology instead. This can be done as a couples experience or a solo retreat.

We request the courtesy of a 72-hour cancellation notice on all spa packages and a 24-hour cancellation on all spa services. Any missed appointments (and appointments cancelled less than 24 hours in advance) will be charged 100% of the full rate. Any no-show appointments will also be charged 100% of the full rate. Arriving late may require us to cancel or reduce the length of service, with full charges applied. Prices in US Dollars. All services are subject to 17% Gov Tax.

ILA TREATMENTS

PRANA VITALITY

60 minutes: \$200

*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

60 minutes: \$250 / with 30min massage \$370

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: \$200 / with mini facial \$320

*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: \$350

An Unforgettable Spa Journey for Total Rebalance

Embark on a deeply restorative two-hour ritual designed to awaken, balance, and renew your energy from head to toe.

- Revitalizing Foot Exfoliation – awakens tired feet and prepares your body for healing
- Reflex Massage for Head, Hands & Feet – stimulates energy flow and releases blockages
- Mini Body Scrub – gently renews skin and enhances circulation
- Healing Chakra Massage – targets specific areas of concern to rebalance and harmonize your energy centers
- Mini Facial with Cranial Massage – deeply relaxing, restoring clarity and calm
- Shirodhara Oil Ritual – a warm, continuous stream of oil poured over the forehead to quiet the mind and deepen your sense of inner peace.

MENS REJUVENATION FACE THERAPY

60 minutes: \$200

*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: \$190

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.

THE SPA

— AT BLUE WATERS —

HAIR THERAPY

SHAMPOO & BLOW DRY / SET	<i>from \$90</i>
COLOR	<i>from \$130</i>
HIGHLIGHTS	<i>from \$120</i>
DEEP CONDITIONING	\$75
RELAXER	\$120
MEN'S HAIRCUT	\$55
LADIES' HAIRCUT	\$55
LADIES' CUT & FINISH	\$110
BRIDAL STYLE	<i>from \$200</i>
PERM	\$120

WAXING

BIKINI	<i>from \$60</i>
BRAZILIAN	<i>from \$90</i>
HALF-ARM	\$60
FULL-ARM	\$75
HALF-LEG	<i>from \$70</i>
FULL-LEG	<i>from \$100-150</i>
UNDERARM	\$45
LIPS / CHIN / EYEBROWS	\$25
BACK	<i>from \$70</i>

OTHER

EAR CANDLING	<i>from \$70</i>
MAKE UP FOR THE BRIDE	<i>from \$100</i>
SPECIAL OCCASION	<i>from \$60</i>

We request the courtesy of a 72-hour cancellation notice on all spa packages and a 24-hour cancellation on all spa services. Any missed appointments (and appointments cancelled less than 24 hours in advance) will be charged 100% of the full rate. Any no-show appointments will also be charged 100% of the full rate. Arriving late may require us to cancel or reduce the length of service, with full charges applied. Prices in US Dollars. All services are subject to 17% Gov Tax.