

ABOUT YOUR THERAPISTS

Personal Body Health Care Clinic & School of Holistic Therapies is a registered company and an accredited school with ITEC (International Therapy Examination Council) London, U K and the Ministry of Education, Barbados. ITEC is the largest multi-disciplinary international examining board and their qualifications are widely considered to be of the highest professional standing and recognized worldwide.

Our qualified and experienced therapists nurture and pamper clients with a range of Holistic Therapies to ensure relaxation and rejuvenation of mind and body.

Please note that you will be expected to complete a consultation form before treatment.

Should you have any questions regarding our treatments please do not hesitate to request to speak to a therapist who will be happy to advise you on our range of services and suggest those that may be the most appropriate for your particular needs.

Please ensure to book well in advance for treatments.

CANCELLATION POLICY

Cancellations made less than 4 hours before the appointment will be charged a 50% fee and should you not be available for your appointment unless in an emergency you will be charged the full cost of treatment booked.

Special SPA TREATMENTS

Fairmont
ROYAL PAVILION



Fairmont
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Relax
**REJUVENATE
REDISCOVER**

*your inner glow with a spa
treatment in the comfort
and privacy of your room*

PERSONAL BODY HEALTH CARE

is a registered company. Courteous, qualified and experienced staff nurture and pamper clients with a range of Holistic Therapies to ensure relaxation and rejuvenation of mind and body.

Please contact our concierge to book an appointment **2520/2521**

MASSAGE THERAPY

SOOTHING MASSAGE

60 minutes \$125 USD

A gentle massage that combines various relaxing techniques with energy balancing to promote a sense of well-being and total relaxation.

HOLISTIC SWEDISH MASSAGE

60 minutes \$125 USD

A traditional European massage with light to moderate pressure to increase blood circulation and lymphatic flow.

AROMATHERAPY TREATMENT

75 minutes \$150 USD (15 mins consultation included)

The natural healing of pure essential oils that incorporates the healing powers through the sense of smell and touch, blended to suit each individual.

DEEP TISSUE MASSAGE

30 minutes \$120 USD, 60 minutes \$150 USD

An invigorating massage with the use of integrated massage techniques to release lactic acid which causes blocks in the muscular system.

SPORTS MASSAGE

30 minutes \$120 USD, 60 minutes \$150 USD

Specific massage techniques to relax the overworked muscles, a deep and powerful massage for golfers and sports persons.

REVITALIZE JET LAG MASSAGE

60 minutes \$125 USD

Revitalize the body and improve circulation either before or after travelling. Designed to loosen the tension that is associated with flying. Light body brushing followed with a combination of invigorating and relaxing massage.

"HEAD IN THE CLOUD" MASSAGE

30 minutes \$100 USD, 45 minutes \$140 USD

A relaxing treatment to alleviate stress and tension using massage and pressure points either seated in a chair or lying on the massage bed.

THE ULTIMATE COUPLE'S MASSAGE

60 minutes \$230 USD

A couple's massage is a wonderfully relaxing personal experience. Two people receive massages at the same time, in the same room from two different therapists working in synchronization.

Please note that all prices are quoted US dollars and is subject to 10% service charge and 17.5% VAT.

MASSAGE THERAPY

MUM-TO-BE PRE-NATAL

60 minutes \$125 USD

A highly trained internationally qualified therapist will assist mum to be in this very relaxing but gentle treatment. All clients must be clearly out of their 1st trimester to receive this treatment.

GOLFERS TONIC

30 minutes \$120 USD, 60 minutes \$150 USD

A sports massage that utilizing specific techniques to relax the overworked muscles. Excellent for athletes and walkers. Avoid this treatment if you have varicose veins.

HEAD, NECK BACK, SHOULDERS MASSAGE

30 minutes \$100 USD

Focusing on the upper half of the body, this back massage will take all your stress away.



SPECIALTY MASSAGES

HOT STONE THERAPY

75 minutes \$200 USD

Warm Basalt stones quickly releases muscle tension, improves circulation and eliminate toxins, balance and soothes the mind whilst stimulating and detoxifying.

FOUR HANDED MASSAGE

60 minutes \$230 USD, 60 minutes \$330 USD

A relaxing treatment to alleviate stress and tension using massage and pressure points either seated in a chair or lying on the massage bed.

AROMATIC INDIAN HEAD NECK AND SHOULDER MASSAGE

60 minutes \$125 USD

This is the ultimate luxury, warm oils poured on the head and massaged into the neck and shoulders, melting away stress and tension. Oils are chosen according to client's needs.

SKIN CARE

All facials are customized for your skin's specific needs. A classic treatment of deep cleansing to maintain a healthy complexion, invigorate and revitalize the skin.

DAILY ESSENTIALS

60 minutes \$125 USD

A deep biological facial treatment designed to work at a deeper level to eliminate environmental impurities and physiological waste balancing the varying degree of essential lipids from dry to oily skin as well as ameliorating sensitive, fragile capillaries.

HOMME MEN FACIAL

60 minutes \$125 USD

A customized facial designed to accommodate a man's special needs to relieve razor burns and skin irritations.

BRIGHTENING FACIAL

60 minutes \$150 USD

This facial experience is designed to meet your skincare concerns, products are expertly selected to restore the natural luminosity of your complexion and revitalize your skin.

ANTI-AGING FACIAL

60 minutes \$ 150 USD

The ultimate anti-aging facial. Products used are designed to answer concerns of aging skin (lack luster skin, fine lines, wrinkles). This treatment helps to restore elasticity, boosts the skin's natural ability to stimulate collagen.

NATURAL FACIAL BLISS

60 minutes \$150 USD

Experience protection, hydration and replenishment with our customized organic facial to suit your skin type using natural ingredients from the tropics.

EYE CONTOUR TREATMENT (Add-on)

15 minutes \$15 USD

Targeting the delicate contours of the eyes, this treatment focuses on rehydrating the area thus diminishing fine lines, puffiness and dark circles. This treatment must be added to any facial.

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CARIBBEAN COOLERS

All body treatments conclude with a soothing moisturizer and a gentle massage.

BODY POLISH

60 minutes \$125 USD

A gentle exfoliation, to improve the skin's appearance.

MINERAL SALT SCRUB

60 minutes \$125 USD

A blend of salts with essential oils and algae extract to gently remove dead skin cells, refine the skin to give a smoother skin texture.

BODY WRAP – Desquamers Mud Mask

90 minutes \$200 USD

A light exfoliation followed by the application of a nourishing mud masque and finishing with a moisturizing body massage.

HOLISTIC TREATMENTS

REFLEXOLOGY

60 minutes \$125 USD

Reflex areas on the feet and hands are linked to areas and organs of the body, when gently stimulated alleviate blockages and enable the body's natural healing power rebalancing.

THERMO AURICULAR – (Hopi Ears)

60 minutes \$125 USD

This treatment originates from the Hopi American Indians and has medicinal and spiritual properties. A treatment for stress, headaches, migraine, sinus problems and irritation in the ears. This concludes with a scalp massage and an acupressure facial massage.

LEG TREATMENT

30 minutes \$120 USD

A treatment to energize and invigorate, stimulate circulation, revitalize tired legs and soothe sore muscle.

BACK CLEANSE

60 minutes \$125 USD

75 minutes \$150 USD - with Mask

Exfoliation of the back followed by a nourishing moisturizer and soothing massage.

BLISSFUL SOLE

60 minutes \$125 USD

Exfoliation of the feet, followed by a soothing masque and a foot massage to relieve stress.

HAND CARE

60 minutes \$125 USD

Exfoliation of hands, a soothing mask and massage.

REIKI

60 minutes \$125 USD

Known as Ray-Key, is Japanese for universal life energy. This art of healing does not involve religion in any way; it is simply a hands on contact healing which allows a flow of energy to all levels, to bring about a feeling of well-being.

CHAKRA BALANCING AND ENERGY BALANCING WITH CRYSTALS

60 minutes \$ 125 USD

This treatment is pure relaxation and healing.

PACKAGES

All facials are customized for your skin's specific needs. A classic treatment of deep cleansing to maintain a healthy complexion, invigorate and revitalize the skin.

BODY BEAUTIFUL

2.5 hours \$325 USD

Body Polish
D/Essentials Facial
Holistic Swedish Massage

AROMA INDULGENCE

2.5 Hours \$400 USD

Aromatherapy Salt Glo
Aromatherapy Facial
Aromatherapy Massage

TOTAL LUXURY

3.5 Hours \$500 USD

Body Polish
Body Wrap
Cleansing Facial
Acuroma Massage

HOLISTIC PACKAGE

3 Hours \$350 USD

Aromatic Indian Head, Neck and Shoulder Massage
Chakra Balancing with Reiki and Crystals Reflexology

WEDDING EXTRAVAGANZA

2.5 Hours \$350.00 USD

Body exfoliation
Stress Relief Massage Facial

Bridal Bliss
3 hours \$ 330 USD

Neck, Back, Shoulders Massage

Facial
Luxury Manicure
Luxury Pedicure

Make-up services available on request.

Please note that all prices are quoted US dollars and is subject to 10% service charge and 14.9% VAT.

MANICURE AND PEDICURE MENU

TOUCH AND GO MANICURE

30 minutes \$35 USD

This manicure is a quick fix. Clip, nail shaping, cuticles tidy up and nail polish of your choice.

EXECUTIVE MANICURES (for males)

30mins \$35 USD

Well-groomed hands and nails put the finishing touch to a successful man's appearance. We carry a matted top coat for men.

LUXURY MANICURE

60 minutes \$50 USD

Lavish the hands with this ultimate experience. The natural sugar skin scrub leave your hands feeling smooth and soft with a fresh bright new look. It is completed with a moisturizing finishing butter that envelopes the skin into a protective layer of silky emollients to combat dryness. It also protects against harmful sunrays. With this manicure you can choose any nail polish colour of your choice.

CLASSIC GEL MANICURE

60 minutes \$70 USD

Touch and Go Manicure with your choice of a GELISH nail colour. This type of polish may last for up to 14 days without chipping or fading.

TOUCH AND GO PEDICURE

30 minutes \$60 USD

This pedicure is just an upkeep pedicure for the regular pedicure customer. Toe nails and cuticles tidy-up, bottom of feet exfoliated and feet moisturized with a nail polish of choice.

LUXURY PEDICURE

60 minutes \$80 USD

Enjoy your feet soaking in grapefruit and tea tree to soften and cleanse your hard working feet. Enjoy the A.H.A foot scrub with natural sugar crystals alpha hydroxy acids, vitamins E and with green tea extracts which will aid in removing the dead skin cells from your knee to your toes. Then your feet are wrapped in