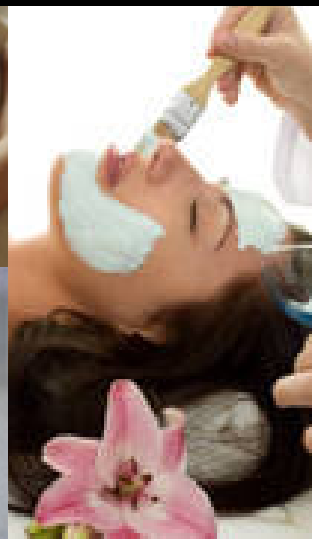
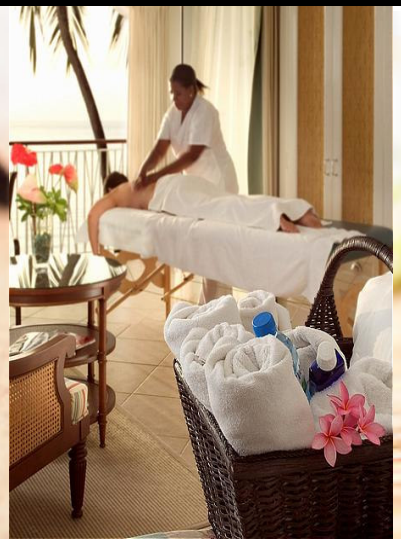
Spa treatments

especially for you…..

THE Fairmont
ROYAL PAVILION





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

Aromatherapy treatment - The natural healing of pure essential oils that incorporates the healing powers through the sense of smell and touch, blended to suit each individual.
75 minutes $145.00 USD

Holistic Swedish massage – A traditional European massage with light to moderate pressure to increase blood circulation and lymphatic flow
60 minutes $125.00 USD

Deep Tissue Massage – An invigorating massage with the use of integrated massage techniques to release lactic acid which causes blocks in the muscular system.
30 minutes $120 USD, 60 minutes $150.00 USD

Sports Massage – Specific massage techniques to relax the overworked muscles, a deep and powerful massage for golfers and sports persons
30 minutes $120.00 USD, 60 minutes $150.00 USD

Soothing Massage – A gentle massage that combines various relaxing techniques with energy balancing to promote a sense of well-being and total relaxation
60 minutes $125.00 USD

Revitalize Jet Lag Massage - 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
60 minutes $125.00 USD

Specialty Massages

HOT STONE THERAPY – Warm Basalt stones quickly releases muscle tension, improves circulation and eliminate toxins, balance and soothes the mind whilst stimulating and detoxifying
75 minutes $200.00 USD

AROMATIC INDIAN HEAD NECK AND SHOULDER MASSAGE
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
60 minutes $125.00 USD

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

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. This concludes with a luxurious hand and foot massage to leave you totally relaxed with glowing skin. All body treatments conclude with a soothing moisturizer and a gentle massage.

Gentlemen's Facial – A customized facial designed to accommodate a man's special needs to relieve razor burns and skin irritations.
60 minutes $125 USD
Body Polish – A gentle exfoliation, to improve the skin's appearance
60 minutes $125 USD
Mineral Salt Scrub – 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
60 minutes $125 USD
Body Wrap – Desquamer Mud Mask – A light exfoliation followed by the application of a nourishing mud masque and finishing with a moisturizing body massage
90 minutes $200.00 USD
Leg Treatment – A treatment to energize and invigorate, stimulate circulation, revitalize tired legs and soothe sore muscles
30 minutes $120.00. USD
Back Cleanse – Exfoliation of the back followed by a nourishing moisturizer and soothing massage.
60 minutes $125.00 USD, With Mask *75 minutes $150USD*
Blissful Sole – Exfoliation of the feet, followed by a soothing masque and a foot massage to relieve stress
60 minutes $125.00 USD
Hand Care – Exfoliation of hands, a soothing mask and massage
60 minutes $125.00 USD

Holistic Treatments

Reflexology
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
60 minutes $125 USD

Thermo Auricular – (Hopi Ears)
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
60 minutes $125.00 USD

Reiki
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
60 minutes $125.00 USD

Chakra Balancing and Energy Balancing with crystals
This treatment is pure relaxation and healing.
60 minutes $125.00 USD

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Packages

Body Beautiful
Body Polish
Facial
Holistic Swedish massage.
3 Hours $325.00 USD
Aroma Indulgence
Aromatherapy Salt Glo
Aromatherapy Facial
Aromatherapy Massage
3.5 Hours $400.00 USD
Total Luxury
Body Polish
Body Wrap
Cleansing Facial
Acuroma Massage
4 Hours $500.00 USD
Holistic Package
Aromatic Indian Head, Neck and Shoulder Massage
Chakra Balancing with Reiki and Crystals
Reflexology
3 Hours $350.00 USD
Wedding Extravaganza
Body exfoliation
Stress Relief Massage
Facial
3 Hours $350.00 USD
Manicures and Pedicures available on request

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.

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