



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

Specialty Massages

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

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 – Desquamers 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



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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



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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dollars and is subject to 10% service
charge and 17.5% VAT.*