



CAMBRIDGE BEACHES

RESORT & SPA

The Ahh in Bermuda

The Ocean Spa Menu of Services

Massage & Holistic Therapy

♥ May be shared together in our Candlelit Couples Suite, prices are per person.

♥ Aromatherapy ~ \$135/\$220 (50/80 minutes)

Aromatherapy combines the power of pure essential oils with a specialized massage, stimulating the nervous system, whilst promoting the circulation and soothing the body. One of our signature oils will be selected to suit your emotional and physical needs. Working from your head to your toes, you will feel deeply relaxed and recharged.

♥ Aroma Stone Massage ~ \$135 (50 mins)

This massage combines warm stones with lavender essential oil to thoroughly de-stress & relax. Focusing on the tension areas, this massage will work on the Back, Neck & Shoulders, scalp and feet.

♥ Ayurvedic Energy ~ \$135/\$220 (50/80 minutes)

This ancient Indian practice of natural healing is recommended to anyone looking to experience a holistic treatment; it brings deep relaxation, rebalances ones energy and helps expel toxins.

♥ Deep Tissue ~ \$135/\$220 (50/80 minutes)

This massage works on the deeper layers of muscle and tissue. Ideal for those looking for a firmer pressure in their massage.

♥ De Stress Muscle Release ~ \$220 (80 minutes)

Deeply restorative treatment, using a specific essential oil blend: Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory. An intensive massage that works through stiff, tight aching muscles to release pain and tension.

♥ Heavenly Reflexology ~ \$220 (80 minutes)

A wonderful combination of relaxing Back, Neck & Shoulder massage followed with Reflexology to give you that heavenly experience.

♥ Hot Stone Massage ~ \$220 (80 minutes)

This relaxing full body massage uses warm therapeutic stones. The heat relaxes & soothes the muscles allowing your therapist to massage without the necessity of deep pressure.

♥ Reflexology ~ \$135 (50 minutes)

Concentrating on the reflex points on the feet, this specific massage helps to release blocked energy from corresponding areas of the body, resulting in a wonderful sense of well-being.

Renew Rose Pregnancy Massage ~ \$135 (50 minutes)

Designed to address the developing needs of the mother to be; this Aromatherapy massage helps to relieve the stresses and strains often arising during pregnancy; using nourishing rose oil to provide a balancing and restful experience.

*Please note we do not perform massage during the first trimester.

Soothe the Soul ~ \$135/\$220 (50/80 minutes)

A fusion of Reiki with traditional massage, this is a wonderful way to experience the benefits of both, the treatment being tailored to your individual needs.

♥Swedish Massage ~ \$120/\$200 (50/80 minutes)

This traditional style massage combines both slow relaxing strokes with therapeutic kneading techniques. It revitalizes the circulation whilst gently relieving areas of stress.

♥Tension Relief ~ \$105 (40 minutes)

Focusing on areas of the upper body that suffer most from the effects of stress and tension.

Thai Yoga Massage ~ \$135/\$220 (50/80 minutes)

Thai Yoga massage is a blend of massage, acupuncture, energy work and gentle yoga stretches; treating the body, mind and spirit, helping to reduce stress and enhance well being.

*Comfortable loose clothing is worn for this treatment.

Body Therapy

Essential Indulgence ~ \$200 (80 minutes)

Combination of Soothing Rose Aromatherapy Back, Neck & Shoulder massage followed by our Essential Rose facial.

*Upgrade to our Age Repair Facial ~ \$20

Aromatherapy Body Booster ~ \$145 (50 minutes)

An all encompassing treatment including exfoliation and deeply hydrating wrap.

Choose from:

Renew Rose: Intensely nourishing with rich oils and creams of Damask rose; leaving you truly pampered and spirits uplifted.

Revive Detox: Sluggish or travel weary; this treatment combines zesty citrus oils to leave you invigorated and energized.

Satin shimmer ~ \$105 (40 minutes)

Gentle exfoliation followed by moisturizing for the body, for an instant embellishing treatment that leaves the skin soft and silky.

Facials

Essential Rose Facial ~ \$125 (50 minutes)

With the benefits of Rose, geranium and evening primrose oil, this facial softens, moisturizes and conditions all skin types, especially dry, delicate and finely textured. This treatment helps to boost circulation and promote cell renewal; the result is a smooth, radiant complexion and a relaxed state of mind.

Age Repair Facial ~ \$145 (60 minutes)

An intensive treatment using the age old properties of Rose and Frankincense to deeply nourish and revitalize the skin. Natural oils of inca inchi and larch extract which stimulate collagen formation help to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.

With a double layering of concentrated masks, the skin is both rejuvenated and beautifully conditioned.

Balance Facial ~ \$125 (50 minutes)

Refine and freshen oily and combination skin with this balancing facial. Essential oils of neroli and orange flower help calm irritated or inflamed skin. Ylang Ylang helps regulate sebum production and Lavender and tea tree provide antibacterial benefits. The skin is remineralised, leaving it looking clean, toned and refreshed.

Manicure & Pedicure

Essential Spa Manicure ~ \$60 (40 minutes)

Have your specific manicure needs addressed, with formula's to nourish, protect and strengthen the nails, providing a flawless finish. Includes polish application.

Ocean Spa Paraffin Manicure ~ \$70 (40 minutes)

Whilst neatening the nails and cuticles, the inclusion of a nourishing paraffin wax treatment will soften and smooth the skin and nails. Regular paraffin hand treatments can help relax joints and relieve pain in the hands. (No application of polish)

Essential Spa Pedicure ~ \$70 (40 minutes)

Indulge your feet with our wonderful Essential pedicure, leaving the nails and cuticles neatened and the feet softened, hydrated and energized. Includes polish application.

Ocean Spa Paraffin Pedicure ~ \$80 (40 minutes)

Indulge in a nourishing paraffin wax treatment: highly effective in soothing and softening calluses on the feet and healing dry cracked skin, especially on heels. Nails and cuticles will also be neatened and deeply hydrated. (No application of polish)

***Whist we do not offer gel polish, should you require soak-off gel removal we can provide this service at an additional \$25 charge. An extra 15 minutes will be required for this service.**

And for the Men...

Refinery Essential Facial ~ \$125 (50 minutes)

A cleansing & brightening facial that leaves the skin looking clean, luminous & hydrated. This facial uses rich, invigorating essential oils & botanical extracts.

Gentlemen's Focus ~ \$200 (80 minutes)

Unwind with De Stress Mind Essential oils for a relaxing back, neck & shoulder massage followed by the Refinery Essential facial.

Sports Manicure ~ \$45 (25 minutes)

Perfect to ensure well-groomed nails; a necessity for the professional male.

Sports Pedicure ~ \$55 (25 minutes)

This is perfect for those who never consider the constant stresses and strains you put on your feet day after day.

25 minute Taster treatments

If you are new to Spa treatments or not sure what to have, or just short of time, why not try one of our 25 minute taster treatments:

Back, Neck and Shoulder Massage~\$80

Radiance Facial~ \$85

Express Manicure~\$45

Express Pedicure~\$55

Indian Head Massage~\$80

Reflexology~\$80

Renew Rose Foot and Leg refresher ~ \$85

Waxing Services

Waxing services and pricing are available on request

Ocean Spa Experiences

(Prices inclusive of gratuity, times are approximate)

Ocean Spa Sampler ~ \$292.50 (2 1/4 hrs)

Back, Neck & Shoulder Massage
Essential Rose Facial / Men's Refinery Facial
Essential Spa Manicure or Essential Spa Pedicure

A Treat for the Soul ~ \$292.50 (2 hrs)

Aromatherapy
Reflexology

Couples Spa Morning ~ \$632 (2 1/4 hrs)

Couples 80 minute Hot Stone Massage
His & Hers Ocean Spa Paraffin Pedicures

Couples Sensual Awakening ~ \$462.15 (80 mins)

Have fun with our unique "Sauna Ritual" where you & your loved one will enjoy private time together, exfoliating with sea salt, nourishing with honey & cooling off before moving onto your 50 minute Couples Massage

Day Spa Passes (non-hotel guests)

Your full or half day Spa Pass includes the use of all spa facilities & Locker rooms.

1/2 Day Pass ~ \$45 (10am - 2pm or 12pm - 4pm)

Full Day Pass ~ \$80 (10am - 4pm)

Our Facilities Include:

Indoor Relaxation Pool, Whirlpool, The Experience Suites which consists of Steam Room, Sauna, Cooling Crystal Mist Room & Rainfall Shower.

Spa Information:

Please contact the Spa for our hours of operation.

For your convenience a 17% gratuity will be added to all Spa services.

We operate a 24hr cancellation policy ~ Credit card details are required to secure all Spa reservations.

A 50% charge will be incurred for late cancellations & 100% for "No Shows".

Please understand we are unable to extend the treatment time for late arrivals.

The Spa welcomes guests of 16 years or over.

The Ocean Spa is proud to work with Aromatherapy Associates, UK

"Pure hands on therapy at its best"

Contact: The Ocean Spa at Cambridge Beaches Resort & Spa, 30 Kings Point Road, Sandys, MA02

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