



*Glo*  
*Spa*

# Massages

## *AromaTouch massage*

We use pure essential oils that revitalize your energy to restore holistic wellness. This massage is ideal for pain, fatigue and chronic discomfort relief. It includes Gong meditation music to take you deeper into blissful relaxation.

**60 minutes: US\$60/EC\$163**

## *Glo Signature Massage:*

Deep tissue rejuvenation massage. A combination of spa therapeutics and advanced bodywork modalities rebalance your awareness and connection to your whole body. It helps it too naturally heal numbness, chronic pain, loss of range of motion, inflammation, and stress to immediately feel improved.

**60 minutes: US\$100/EC\$270      90 minutes: US\$130/EC\$353**

## *Couples massage:*

At the Glo Spa we celebrate your romance with a customized side-by-side massage. Rejuvenate your body, relax your mind with heated stones, soothe away tension. Romantic essential oils that stimulate your senses, improve mood, and reduce stress.

**Available only on Fridays and Sundays**

**90 minutes: EC\$420/ US\$158**

## *Fitness Stretch Massage:*

We use a variety of Deep Tissue, Sports Stretching therapy, and Trigger Point therapy massage to release pain and deeply held tension in the muscles and joints relevant to exercise activities and sports, to hasten your recovery time and allow you to train and exercise at a higher degree of intensity with less chance of injury.

**60 minutes \$170/ US\$63**

## *Addons*

Cannabis Oil- **EC\$30/US\$12**



## *Facials*

### *Cooling Cucumber Aloe facial*

Ideal for sensitive, oily, sunburned or acne-prone skin to soothe, heal and refresh. This treatment is packed with essential vitamins and minerals to remove impurities and restore hydration, botanical exfoliation to polish and tone, and a decongesting tonic masque to tighten and renew your skin. Your refreshing facial includes a relaxing neck and shoulders massage.

**60 minutes: EC\$213/ US\$80**

### *Pore Purifying facial*

*Face, hands and feet*

Reveal smooth radiant skin with our deep pore purifying facial that draws out impurities to leave skin feeling nourished and refined. Includes a therapeutic hands and feet massage.

**60 minutes: EC\$269/US\$101**

### *Feed your skin.*

This revitalizing facial restores a youthful glow to dry, mature or sun damaged skin. Botanical enzymes and antioxidants draw out impurities and dissolve dead skin cells to restore moisture and elasticity. Your pampering facial includes a relaxing massage of your shoulders and upper chest, lymphatic drainage of neck and face, and acupressure, relax tension in forehead, jaw, and underneath the eyes.

**90 minutes: EC\$236/US\$89**

### *Algae Sunburn treatment*

This revitalizing wrap uses an algae masque with cryotherapy to soothe the inflamed skin. With essential oils and soothing gentle massage, this pampering treatments gets rid of redness, burning and improves your overall feeling.

**45 minutes: EC\$188/US\$70**



# *Dominican Body Glo*

## *Dominican Body Coffee Glo*

This treatment stimulates your lymphatic system to draw out toxins in the cells underneath your skin. Botanical exfoliation increases circulation and improves skin texture. After a refreshing shower, your skin is misted with toning and purifying herbal tonics. Your treatment finishes with an uplifting and relaxing Swedish massage with essential oils and Vitamin E to nourish and hydrate your skin

**90 minutes: EC\$260/US\$98**

## *Glo Cocoa Scrub*

Improve skin health while you're being pampered. Local handcrafted cocoa powder rich in anti-oxidants and nourishing oils is blended into brown sugar mixed with warmed Dominica coconut oil, calming essential oils, and local medicinal herbs. After a refreshing shower, your treatment ends with a relaxing customized massage that includes Vitamin E to increase skin nourishment.

**90 minutes: EC\$260/US\$98**

## *Dominica Body wrap*

Botanical mud with natural minerals and trace elements is used to deeply cleanse impurities from skin and gently exfoliate dull skin with hydrating ingredients that leave you feeling firm and refreshed. Your treatment includes lymphatic stimulation to release toxins and reduce inflammation, with a soothing neck and head aromatherapy massage.

**60 minutes: EC\$244/US\$92**

## *Hydrotherapy*

***Experience soothing pain relief and deep relaxation in a hot bath treatment that revives your body mind and spirit, finished with a toning herbal tonic to hydrate your skin.***

## *Ginger Bath*

Increases circulation, promotes sweating, detoxes the lymphatic system, improves the immune system, and relaxes tired, achy muscles.

## *Glory Seeder Bath*

Cooling and soothing for sensitive or itching skin, relieves sunburn.

**60 minutes: EC\$179/US\$67**

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# *Manicures & Pedicures & Waxing*

## *Herbal Detox Pedicure*

Our Spa therapist pampers your feet with expert beautifying nail care and a custom exfoliating product that removes dead skin cells and improves skin health, along with an herbal-infused botanical foot mask that naturally detoxifies and nourishes your skin. This treatment includes a rejuvenating hot stone leg massage, with pressure point and gentle stretching techniques to ensure you leave feeling completely relaxed.

Nail polish available upon request.

**60 minutes: EC\$195/US\$74**

## *Herbal Foot Soak*

This treatment helps draw out toxins to strengthen the immune system. We use a combination of minerals, herbs, hydrating oils, and essential oils to exfoliate dead skin cells, increase blood circulation and relax your feet. Afterwards, your feet are wrapped in warm seaweed to fully draw out the toxins released. Your treatment ends with a moisturizing foot massage.

**45 minutes: EC\$155/US\$58**

## *Buff, Shine & Relax*

Receive a mini pedicure. Have your cuticles buffed, your feet scrubbed and your polish redone in half the time, while relaxing in our natural ambiance.

**30 minutes: EC\$90/US\$34**

## *Herbal Detox Manicure- Glo Signature Manicure*

Nails and cuticles are soaked in herb and mineral warm water, then expertly trimmed, buffed and shaped. Your hands are refined with a botanical exfoliation that removes dull dead skin, followed with a warm restorative clay mask with essential oils to relieve inflammation, increase circulation and soothe your skin. A hand massage with gentle stretching techniques and nail polish ends your treatment.

**45 minutes: EC\$100/US\$38**

## *Add- Ons*

**Repolish application- \$20**

**French tips- \$50**

## *Wax*

Our organic wax soothes and moisturizes your skin, leaving it feeling smooth and supple for weeks afterwards. This treatment starts with dry body brushing and hot stone massage to stimulate your lymphatic system and purge toxins stored in cells underneath your skin, followed by a purifying exfoliation to remove dead skin cells.

**Underarm- EC\$60/US\$23**

**Lip/Chin- EC\$50/ US\$19**

**Half Leg -EC\$85/ US\$32**

**Full leg -EC\$115/US\$44**





# *Authentic Dominican Spa Experience*

## *Massages*

### *Bamboo Massage:*

Warm bamboo canes deliver a very unique massage experience. This massage is ideal to promote circulation, enhancing the flow of oxygen and nutrient rich blood. Helps with recovery and healing.

**60 minutes: EC\$126/ US\$47      90 minutes: EC\$177/US\$66**

### *Hotstone Massage:*

Heated stones are used to release toxins and ease tension from your muscles in combination with Swedish massage strokes and essential oils to completely relax body and mind

**30 minutes: EC\$85/ US\$32      60 minutes: EC\$120/ US\$45**

## *Facials*

### *Belle Visage*

This revitalizing facial restores a youthful glow to dry, mature or sun damaged skin. We use all natural locally sourced and locally produced products to create an invigorating, revitalizing facial, which caters to damaged skin and restores with a healthy glow.

**90 minutes: EC\$200/ US\$75**

## *Hydrotherapy*

### *Detoxifying Sulphur Bath*

Provides relief from aching joints, draws out impurities from the muscles, and moisturizes the skin.

### *Moringa Bath*

Cooling and soothing to reduce swelling, redness and pain.

**60 minutes: EC\$179/US\$67**

Make it a Spa Day- choose 2 or more treatments from the Authentic Dominican Spa Experience and get 20% off your total.

# *Specialized Spa Treatments*

Offered Fridays and Sundays- 48-hour appointment needed

## *Prenatal Massages*

Our expert therapist creates a safe and relaxing massage session that helps alleviate pain and stress in your body, using a custom massage oil to gently calm tension and soothe your skin.

**60 minutes- EC\$150/ US\$56**

## *Reflexology Massages-*

Relieve pressure, de stress your body and calm the entire body with targeted pressure movements.

**45 minutes- EC\$117/US\$44**

## *Reiki Chakra Unwinding*

Prepare to embark on a transformative journey with the ancient Japanese holistic healing technique of Reiki. Channel your inner energy to harmonize your body, mind, and spirit. Our skilled practitioners, through gentle touch, transfer this universal life energy, activating the body's natural healing processes, and rekindling physical and emotional well-being. Experience the serenity of Reiki Unwinding.

**45 minutes- EC\$85/US\$32**

## *Kundalini Yoga*

Ignite your inner energy with Kundalini Yoga, a dynamic practice that combines postures, breathwork, and meditation. Awaken your spiritual consciousness, enhance physical vitality, and achieve mental clarity. Experience a transformative journey that harmonizes mind, body, and soul, fostering a deep sense of peace and well-being.

**45 minutes- EC\$85/US\$32**

## *Wellness Consultations w/ Traditional bush tea ceremony*

Nurture your body and mind with insights from expert Ellen Joseph. Explore clean eating, homeopathic treatments, and stress-free meditation during personalized sessions. Guests staying 4 nights or more receive a complimentary wellness consultation.

**45 minutes- EC\$54/ US\$20**





# **Appointments**

Call: (767) 4461010 / 767 2457916

WhatsApp- 7672457916

## **Resort Guests**

Dial '0' or ext 9609 from your room

## **Hours of Operation**

Monday- Sunday

9:00AM-5:00PM

Last appointment is at 3:45PM for 1 hour and 4:00PM for 30 minute treatments. Last appointment is at 3:15PM for 90 minute and 2:45PM for 120 minute treatments

Thursdays- 9:00AM-5:00PM- Only upon special request with 24-48 hour notice will the spa go until 8:00PM- Cost-US\$25 per treatment. Spa closes after last appointment.

Last appointment is at 6:45PM for 1 hour and 7:00PM for 30 minute treatments. Last appointment is at 6:15PM for 90 minute and 5:45PM for 120 minute treatments

## **Terms and conditions**

By appointment only. All cancellations must be made at least 24 hours in advance. Any appointments which run past closing time due to lateness incur a late fee of US\$25.

Appointments are based on availability. Please schedule at least 24 hours in advance for appointments before 10:00AM and after 3:00PM.

Arrive 15 minutes prior to your appointment. As a courtesy to our clients, late arrivals will receive their remaining appointment time and will be charge the full service.

All prices are in EC and US and are inclusive of applicable taxes and fees.



ReJuV in Nature  
& *Rosalie Bay*

*Naturally Balanced*

