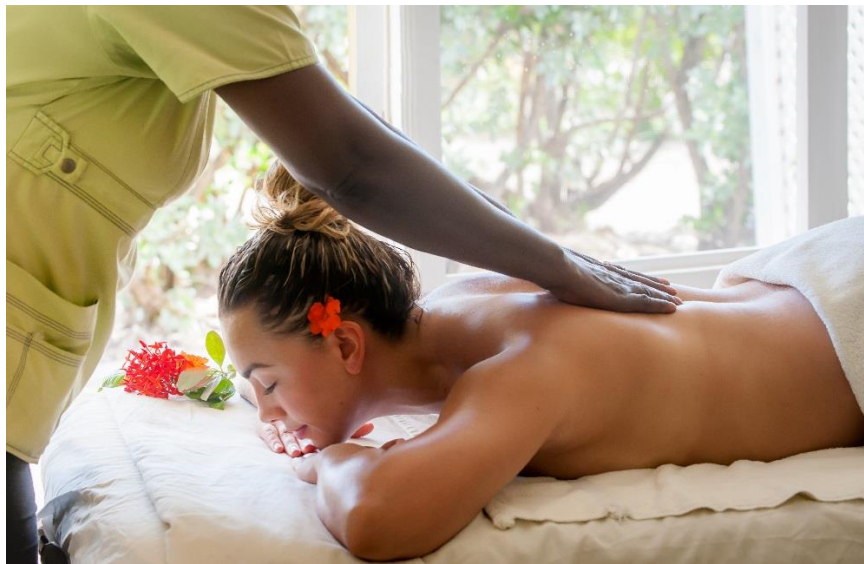




THE PALMS SPA

NISBET PLANTATION, NEVIS

MENU OF SERVICES



Indulge in the serenity of our spa and go away floating in a state of supreme relaxation. Choose from our menu for remedial and pampering benefits. Our treatment room provides an atmosphere of tranquility, privacy and simplicity. Our massage therapists will ensure that your experience is comforting, pleasant and uplifting. You may also choose to have treatments in your cottage.



MASSAGES

Nisbet's Signature Island Breeze

Rejuvenation and total relaxation is the primary aim of this intensely hydrating massage. We recommend this for guests arriving from cold climates or after a sun bath. Indulge in a mixed treatment of warm local coconut oils, lavender oils, chamomile oils and sandalwood oils wrapped in almond or cucumber crèmes. Relax to the groove of local steel pan or string band music as you nourish your body to a healthy glow.

60 minutes: \$125 | 90 minutes: \$165

Refresh & Revive Reflexology

Also known as zone therapy, reflexology is based on the belief that each part of the body is connected through the nerve system to specific nerve endings in the hand and feet called reflex points. Reflexology relies on an inchworm-like massage motion of the thumb to produce light or deep pressure on each zone, concentrating on the tender spots, which often feel like little grains of salt under the skin. An immediate feeling of relief is felt in the body organ area as the congesting waste deposit breaks up thus allowing the body to feel re-energized and renewed.

60 minutes: \$100

Mother Earth Volcanic Rock (Basalt)

Go beyond the physical experience of massage and beyond relaxation. Hot stone massages enter and unify the elements of life: Water, Fire, Air and Earth. These elements are said to overlap with the mental, emotional, physical and spiritual bodies creating a unique experience. This massage promotes deep relaxation, stimulates the circulatory system and promotes self-healing. Extremely balancing, it free ones muscular restrictions and softens the skin, as hot and cold stones rapidly change circulation to increase cell nutrition and motivate the body to detoxify.

80 minutes: \$150

Fanny & Nelson Couples Delight

Double the pleasure and allow us to take you and your partner on a twilight voyage in a candle lit setting. This wonderfully calming experience of aromatherapy massages is followed by a glass of Nevisian Passion, our own special blend of organic fruit juices.

60 minutes: \$200 | 90 minutes: \$295



BODY TREATMENTS

Organic Tomato and Sea Salt Body Scrub

Experience the restorative and hydrating powers of this invigorating salt scrub and enjoy a pleasurable departure of dead cells from the body. The sea salt gives skin a healthy look as it gently exfoliates dry dead skin for a refreshed and radiant glow. The scrub maximizes circulation to let skin breathe, while optimizing the benefits of moisturizer application. Suitable for dry skin.

60 minutes: \$150 | 90 minutes: \$200

Acti-Seaweed or Volcanic Mud Wrap

Your skin will be gently exfoliated before applying warm, acti-seaweed body mud. You will be wrapped for 25 minutes in a Mylar sheet to keep you warm while you enjoy the benefits of a scalp massage. The mud stimulates, firms and moisturizes the body with its seaweed blend. It also aids to stimulate the thyroid gland for slimming, increasing vasodilatation for decongestion and waste elimination. This mud wrap protects and regulates cellular moisture exchanges, rebalances and restores proper hydration to your skin. You'll finish with a refreshing rinse to remove the seaweed/mud from your skin, then a warming massage of body oils.

90 minutes: \$215

FACIALS

Nevis Queen Bee Honey and Papaya Facial

After thorough cleanse and tone, you are gently exfoliated with a homemade Nisbet facial scrub. Next, a soft modeling mask of honey, papaya and lemon is applied. Your skin will feel cool as the mask takes form to hydrate and rejuvenate the skin. Excellent for combination/dry skin types, this unique treatment leaves the skin glowing.

80 minutes: \$140

Gentlemen Only Facial

This customized facial provides deep pore cleansing and toning to restore fitness and vitality to a man's complexion. Get rid of that dull look with a relaxing exfoliation, cleanse and tone, and steam enzyme treatment to help remove impurities and revitalize your skin tone. Finish with a cooling mask massaged into the skin and an oil-free moisturizer that hydrates and protects without clogging your pores.

60 minutes: \$100



MANICURE & PEDICURE

Indulge in an escape which offers you a spa experience you will never forget. Soothe and pamper your hands and feet. Ideal for both men and women.

Palms Manicure (includes polish)

\$45 *additional \$15 for French

Fruity Manicure Mask (includes polish)

After exfoliating dead cells and a gentle massage, submerge your hands into warm mask wax (paraben).

\$60 *additional \$15 for French

Palms Pedicure (includes polish)

\$60 *additional \$15 for French

Fruity Pedicure Mask (includes polish)

After exfoliating dead cells and a gentle massage, submerge your feet into warm mask wax (paraben).

\$75 *additional \$15 for French

Polish Change

\$25 *additional \$15 for French

APPOINTMENTS

Please contact reception to discuss your spa needs and book your treatments.

Rates quoted are subject to 17% VAT, and tipping is at your discretion.

Unused portions of packages are non-refundable.

PLEASE SCHEDULE YOUR SPA TREATMENT 24 HOURS IN ADVANCE

Please give cancellation notice at least 4 hours in advance to avoid half price penalty.

No shows will be charged full price penalty.

Late cancellation will be charged 50% percent.

ALL PRICES ARE IN US DOLLARS AND ARE SUBJECT TO CHANGE WITHOUT NOTICE.

