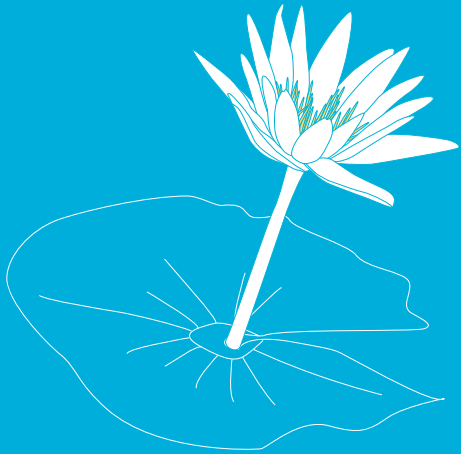


COTTON HOUSE SPA





SPECIALISED BODY TREATMENTS

LIFE SAVING BACK MASSAGE

45 MIN \$135.00

AFTER DEEP CLEANSING AND EXFOLIATION THE BACK IS MASSAGED USING DEEP KNEADING TECHNIQUES, RELEASING TENSION AND MUSCLE TIGHTNESS. A SOOTHING, WARM MUD MASK RELAXES THE MUSCLES AND A NOURISHING BALM LEAVES THE SKIN SOFT, SMOOTH AND REVITALISED.

DETOXIFYING SEA OF SENSES

75 MIN \$175.00

THIS PURIFYING ENVELOPMENT OF WARM MARINE ALGAE IMPROVES CIRCULATION, SPEEDING UP THE ELIMINATION OF TOXINS AND EXCESS FLUID, AND HELPS IMPROVE THE APPEARANCE OF THE SKIN, MINIMIZING THE DIMPLED EFFECTS OF CELLULITE.

MUSCLE RELAXING ESSENCE OF EARTH

75 MIN \$175.00

LYMPHATIC SKIN BRUSHING AND GENTLE EXFOLIATION ARE FOLLOWED BY AN APPLICATION OF MARINE MUD TO SOOTHE AND WARM, EASING TENSION AND TIGHTNESS IN THE MUSCLES, REDUCING ACHES AND PAINS.

BASIC SALT AND OIL SCRUB

30 MIN \$85.00

FOR AN ADDITIONAL \$10.00, CHOOSE FROM FRESH LIME JUICE, ESSENTIAL OILS, OR COCONUT. THIS EXCEPTIONAL SKIN SOFTENING BODY EXFOLIATION USES LOCALLY FARMED SEA SALT, NOURISHING OILS AND LOCALLY GROWN PRODUCE TO LEAVE YOUR SKIN MOISTURISED, SMOOTH AND SOFT

COCONUT AND BROWN SUGAR BODY SCRUB

30 MIN \$85.00

A LUXURIOUS ALTERNATIVE TO THE SALT SCRUB, PAMPER YOUR BODY WITH OUR COCONUT AND BROWN SUGAR TREATMENT. A TOTALLY REMARKABLE EXFOLIATION WHICH LEAVES THE SKIN NOURISHED AND PAMPERED.

MUSTIQUE SIGNATURE TREATMENTS

ALOE AND LAVENDER WRAP

45 MIN \$115.00

ENJOY THIS AMAZING BODY WRAP USING ALOE AND LAVENDER ESSENTIAL OILS TO HELP EASE DISCOMFORT CAUSED BY OVER EXPOSURE TO THE SUN. FEEL THE HEAT SEEP OUT OF YOUR SUNBURNT BODY, WHILST ENJOYING A THERAPEUTIC HEAD MASSAGE. THE TREATMENT CONCLUDES WITH A LIGHT MOISTURISING BALM, WHICH WILL LEAVE YOUR SKIN SOFT AND MOISTURISED. THIS TREATMENT IS GREAT FOR SKIN BLEMISHES, SCARS AND HEALS BURNS.

LIME AND PINEAPPLE

75 MIN \$190.00

BODY SCRUB AND WRAP

INVIGORATE AND DETOXYFY YOUR BODY WITH THIS UPLIFTING COMBINATION OF LOCAL FRUITS. EXFOLIATE WITH A SPECIAL MIX OF LOCALLY FARMED SEA SALT, AND FRESHLY SQUEEZED LIMES, WHICH ARE HIGH IN VITAMIN C. THIS BODY SCRUB HELPS TO REMOVE THE FLAKING CELLS ON THE SKIN'S SURFACE. FOLLOWED BY THE WONDERFUL PINEAPPLE BODY WRAP WHICH INCLUDES LOCAL HONEY AND NATURAL YOGHURT. THIS SOOTHING COMBINATION LEAVES THE SKIN FULLY NOURISHED, GLOWING AND SOFT. THE TREATMENT ALSO INCLUDES A RELAXING FOOT, OR, HEAD MASSAGE WHILST LUXURIATING IN THE PINEAPPLE WRAP.

LUXURY COCONUT EXPERIENCE

1 H 45 MIN \$200.00

EXPERIENCE THIS ULTIMATE BODY TREATMENT, THAT WILL EXFOLIATE, SOFTEN AND MOISTURISE YOUR BODY COMPLETELY. BEGIN THE EXPERIENCE WITH A COCONUT AND BROWN SUGAR BODY SCRUB, ONCE EXFOLIATED, INDULGE IN A COCONUT CREAM WRAP THAT SOFTENS AND MOISTURISES. THE TREATMENT IS COMPLETED WITH A LUXURIOUS BACK MASSAGE, USING COCONUT AND ESSENCE OF YLANG YLANG ESSENTIAL OILS FOR COMPLETE RELAXATION AND WELLBEING.

ALL SIGNATURE TREATMENTS WILL BE ACCOMPANIED BY OUR UNIQUE "CARIBBEAN WELCOME RITUAL" THIS TREATMENT WILL BE PERFORMED AT THE BEGINNING OF ALL SIGNATURE TREATMENTS, AND INCLUDES A CEREMONIAL FOOT RITUAL ACCOMPANIED BY A PRESENTATION TRAY OFFERING LOCAL INGREDIENTS TO REFLECT THE ENVIRONMENT AND STIMULATE THE SENSES !

MASSAGE

SWEDISH MASSAGE 90 MIN \$195.00 • 60 MIN \$145.00

A FULL BODY MASSAGE DESIGNED TO EASE TENSION, RELIEVE STRESS AND PROMOTE A GENERAL STATE OF WELL BEING.

DEEP TISSUE MASSAGE 60 MIN \$155.00

A DEEP AND POWERFUL MASSAGE, INCORPORATING MOVEMENTS THAT REACH DEEP ROOTED MUSCLE TENSION. PREFERABLE FOR THOSE WHO ENJOY A STRONGER PRESSURE.

AROMATHERAPY BODY MASSAGE 90 MIN \$205.00 • 60 MIN \$160.00

EXPERIENCE THE BENEFITS OF BODY AND SCALP MASSAGE. CHOOSE FROM THE RANGE OF ESPA BLENDED ESSENTIAL OILS, RELAXING, FITNESS, RESTORATIVE, ENERGISING, SOOTHING AND DETOXIFYING, ALL AVAILABLE FOR YOU TO CHOOSE FROM.

INDIAN HEAD MASSAGE 25 MIN \$75.00

A DEEP AND INVIGORATING HEAD MASSAGE, THAT ALLEVIATES TENSION, BY FOCUSING ON VITAL ENERGY POINTS, COMBINED WITH INDIVIDUALLY CHOSEN ESSENTIAL OILS. THIS TREATMENT INCREASES CIRCULATION AND LEAVES YOU WITH A FEELING OF WELL BEING.

ESPA CHAKRA BALANCING WITH HOT STONES 1 H 40 MIN \$240.00

ACHIEVING A REJUVENATED SENSE OF EQUILIBRIUM, THIS ALL ENCOMPASSING LUXURIOUS TREATMENT INCLUDES A REFRESHING ALOE AND SPEARMINT BODY EXFOLIATION, FOLLOWED BY A DE-STRESSING AROMATHERAPY MASSAGE USING HOT VOLCANIC STONES. CHAKRAS BALANCE THE SUBTLE ENERGY CENTRES IN THE BODY RENEWING ZEST FOR LIFE.

ISLAND HOT STONE MASSAGE 60 MIN \$195.00

A DEEP BODY MASSAGE USING HOT STONES ON VITAL ENERGY POINTS AND A BLEND OF ESPA ESSENTIAL OILS. THIS TRULY HOLISTIC EXPERIENCE WILL BRING HARMONY TO THE MIND AND BODY.

LUXURY BACK, FACE AND SCALP TREATMENT 90 MIN \$170.00

A TOTALLY LUXURIOUS EXPERIENCE, WHICH INCORPORATES A FULL AROMATHERAPY FACIAL WITH A BACK, FACE AND SCALP MASSAGE, USING ESPA PRODUCTS KNOWN FOR THEIR PURITY AND THERAPEUTIC QUALITIES. A TREATMENT WHICH HELPS TO BRING PEACE AND HARMONY TO THE BODY AND MIND.



SPA PACKAGES

THE DEEP SEA DETOX 2 HRS \$ 295.00

THE COMBINED BENEFITS OF THE DETOXIFYING SEA OF SENSES AND A STIMULATING AROMATHERAPY MASSAGE. USING CLEANSING OILS OF JUNIPER AND CYPRESS LEAVES YOU GLOWING WITH VITALITY.

COTTON HOUSE KARMA 2 HRS \$225.00

PEPPERMINT FOOT TREATMENT, LUXURY BACK FACE AND SCALP TREATMENT.

PURE SPA INDULGENCE 5 HRS 30 MIN \$565.00

THE ULTIMATE SPA EXPERIENCE INCLUDING A SKIN SOFTENING LIME AND PINEAPPLE BODY SCRUB AND WRAP, AROMATHERAPY MASSAGE, LUXURY AROMATHERAPY FACIAL, TRADITIONAL MANICURE, TRADITIONAL PEDICURE AND A SUMPTUOUS COMPLIMENTARY LUNCH AT THE BEACH CAFÉ UP TO THE VALUE OF \$50.00

MEN OF MUSTIQUE 2 HRS 30 MIN \$330.00

THE AROMATHERAPY JUST FOR HIM FACIAL COMBINED WITH THE LIFE SAVING BACK MASSAGE AND GENTS MANICURE. A MUST FOR ALL REAL MEN OF MUSTIQUE.

HOLISTIC HAVEN 2 HRS 15 MIN \$330.00

MUSCLE RELAXING ESSENCE OF EARTH, FOLLOWED BY THE SERENITY OF CHAKRA BALANCING WITH HOT STONES.

FACIAL TREATMENTS

LUXURY AROMATHERAPY FACIAL 55 MIN \$135.00
A TOTALLY LUXURIOUS REJUVENATING FACIAL TREATMENT ESPECIALLY CREATED TO HELP COMBAT THE SIGNS OF AGEING AND SUN DAMAGED SKIN. ADVANCED, NATURAL INGREDIENTS HYDRATE AND PROTECT THE FACE, NECK AND DÉCOLLETÉ, WHILST EXTRA ATTENTION IS GIVEN TO THE DELICATE EYE AREA, LEAVING THE SKIN FRESH, REVITALIZED AND NOURISHED.

LUXURY AGE DEFYER FACIAL 1 H 25 MIN \$155.00
PERFECT FOR MATURING OR SKIN SUFFERING FROM LOSS OF FIRMNESS AND TONE. THIS UNIQUE ESPA FACIAL COMBINES SPECIFIC HANDS-ON MASSAGE TECHNIQUES THAT RELEASE FACIAL TENSION, WITH THE POWERFUL ANTI-AGING ESPA CONCEPT PRODUCTS TO LEAVE THE SKIN VISIBLY SMOOTH, SOFT AND FIRM.

THE SKIN BRIGHTENER 55 MIN \$135.00
IDEAL FOR ENVIRONMENTALLY STRESSED, SUN DAMAGED OR TIRED SKIN. THIS FACIAL INCLUDES A SPECIAL APPLICATION OF SKIN BRIGHTENER, RICH IN NATURAL AHA'S FROM HAWAIIAN ALGAE, WHICH IMPROVE THE RADIANCE, APPEARANCE AND TEXTURE OF THE SKIN.

THE OIL CONTROLLER 55 MIN \$135.00
IDEAL FOR OILY, CONGESTED OR SKINS SUFFERING WITH HORMONAL IMBALANCE. THIS DEEP CLEANSING, OIL-CONTROLLING FACIAL HELPS TO REGULATE OIL SECRETIONS WHILST REFINING OPEN PORES. NATURALLY DECONGESTING AND ANTI-INFLAMMATORY INGREDIENTS, SUCH AS TEA TREE AND WHITE THYME GENTLY YET EFFECTIVELY CALM AND REBALANCE THE SKIN, ENCOURAGING A CLEAR COMPLEXION.

VITAL EYES 25 MIN \$75.00
PERFECT FOR ALL CONCERNED WITH THE FIRST SIGNS OF AGEING APPEARING AROUND THE EYE AREA, THIS BLISSFUL FIRING TREATMENT USES SPECIFIC PRODUCTS RICH IN GREEN TEA AND VITAMIN C, HELPING TO REDUCE THE APPEARANCE OF FINE LINES. VITAL EYES IS A WELCOME TREAT FOR THOSE SUFFERING FROM EYE-STRAIN, PUFFINESS AND DARK CIRCLES. VITAL EYES MAY BE COMBINED WITH ANY FACIAL TREATMENT.

JUST FOR HIM FACIAL 45 MIN \$105.00
ESPECIALLY DESIGNED TO FOCUS ON DEEP CLEANSING, REJUVENATING AND BRIGHTENING THE SKIN. NATURAL ANTI-INFLAMMATORY INGREDIENTS SUCH AS TEA TREE ALLEVIATE SENSITIVITY ASSOCIATED WITH DAILY SHAVING.

JUST FOR KIDS FACIAL 30 MIN \$50.00
A DELICIOUS HONEY, CUCUMBER AND LIME FACIAL - IDEAL FOR A GENTLE CLEANSING OF VERY YOUNG SKINS. GREAT FOR REDUCING TEENAGE PIMPLES AND LEAVES THEIR FACES GLOWING AND RADIANT.

FINISHING TOUCHES

TRADITIONAL MANICURE \$60.00
TRADITIONAL PEDICURE \$70.00
GENTS MANICURE \$45.00
FRENCH MANICURE \$65.00
FRENCH PEDICURE \$75.00
FILE AND POLISH CHANGE \$35.00
COOLING PEPPERMINT/CUCUMBER FOOTBATH (CAN BE COMBINED WITH PEDICURE) \$15.00
PEPPERMINT FOOTBATH WITH EXFOLIATION/MASSAGE \$75.00

NOURISHING HAND OR FOOT TREATMENT 30 MIN \$80.00
CLEANSE, EXFOLIATE, MASSAGE BEFORE BEING DIPPED INTO A WARM PARAFFIN WAX TO ENHANCE HYDRATION. LEAVES SKIN SMOOTH WITH A YOUTHFUL SUPPLENESS.

PARAFFIN WAX 10 MINS \$20.00
CAN BE COMBINED WITH ANY MANICURE OR PEDICURE

TINTING

EYELASH TINT \$40.00
EYEBROW TINT \$30.00
EYELASH/BROW TINT \$55.00
24 H PATCH TEST REQUIRED WITH THE TINTING

WAXING

FULL LEG \$75.00
HALF LEG \$55.00
BIKINI \$30.00
BRAZILIAN BIKINI \$35.00
UNDERARM \$25.00
EYEBROWSHAPE/WAX \$25.00
LIP OR CHIN \$20.00
HALF ARM \$30.00
BACK WAX \$55.00



HOW TO SPA - TERMS AND CONDITIONS

GIFT VOUCHERS

GIFT VOUCHERS ARE AVAILABLE FOR USE AGAINST ANY TREATMENT. GIFT VOUCHERS ARE NON-REFUNDABLE AND MUST BE PRESENTED AT THE TIME OF TREATMENT. VALID FOR ONE YEAR.

MOTHER & DAUGHTER TREATMENTS

DO NOT HESITATE TO CONTACT US. ASK FOR DOUBLE MANICURE, PEDICURE MASSAGE OR FACIAL TREATMENTS IF YOU WANT TO SPEND THE MORNING OR THE AFTERNOON PAMPERING YOURSELVES TOGETHER.

SPA RESERVATIONS

PLEASE CALL EXTENSION 8754, 8215, 8216 OR 8697. BOOKINGS MUST BE SECURED WITH A CREDIT CARD NUMBER. ALL PRICES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

SPA CANCELLATIONS

FOR RESERVATIONS CANCELLED LESS THAN 24 HOURS IN ADVANCE, 50% OF THE COST WILL BE CHARGED. NO SHOWS WILL BE CHARGED FOR THE FULL COST OF THE TREATMENT BOOKED.

GYMNASIUM

FOR RESERVATIONS CANCELLED WITHIN THE SAME DAY OR NO SHOWS, THE FULL AMOUNT WILL BE CHARGED ACCORDINGLY. USE OF THE GYM IS COMPLIMENTARY FOR COTTON HOUSE GUESTS ONLY. APPOINTMENTS ARE ADVISABLE, AS ONLY 4 GUESTS AT ANY ONE TIME MAY USE THE GYM FACILITIES.

GRATUITIES

GRATUITIES ARE NOT INCLUDED IN THE COST OF YOUR SERVICE. GRATUITIES MAY BE ROOM CHARGED AND GIVEN AT YOUR DISCRETION.

HOURS OF SERVICE

THE GYMNASIUM, BOUTIQUE AND SPA WILL BE OPEN EVERY DAY DURING THE MONTHS OF DECEMBER – APRIL FROM 8.00 AM – 7.00 PM, WITH EXCEPTION TO FRIDAY AND SATURDAY EVENINGS CLOSING FROM 6 PM DUE TO MOVIE NIGHT. FROM MAY UNTIL NOVEMBER, HOURS WILL CONTINUE FROM 8 AM – 6 PM.

IN HOUSE TREATMENT

COTTON HOUSE IN-ROOM SERVICE WILL INCUR AN EXTRA CHARGE PER TREATMENT OF US\$ 35.00 DURING OPENING HOURS AND US\$ 65.00 AFTER HOURS. IN-ROOM VILLA TREATMENTS INCUR AN EXTRA CHARGE PER TREATMENT OF US\$ 65.00 DURING OPENING HOURS AND US\$ 95.00 AFTER HOURS.

THESE TREATMENTS ARE ON REQUEST ONLY AND SUBJECT TO AVAILABILITY. TREATMENTS NOT INCLUDED ARE HOT STONE, WAXING, PACKAGES AND BODY WRAPS.

TERMS AND CONDITIONS

RATES ARE INCLUSIVE OF 15% VAT AND SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. THE COTTON HOUSE HAS A NO SMOKING POLICY. WE WOULD ALSO ASK FOR ALL MOBILE PHONES TO BE SWITCHED OFF BEFORE ENTERING THE SPA FACILITIES, TO AVOID DISTURBANCE FOR OTHER GUESTS. THE SPA AND GYMNASIUM ARE NOT SUITABLE FOR NON ACCOMPANIED CHILDREN UNDER THE AGE OF 16 YEARS.