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## IXORA SPA FACT SHEET

### RESORT

This luxury, AAA Four Diamond resort features 52 guest accommodations, as well as a collection of two-, three-, four- and six-bedroom villas, world-class restaurants, two private beaches, a 55-slip marina, and the Ixora Spa.

Scrub Island is fringed by pristine beaches that shelve gently into the Caribbean Sea, with protected coves, nature trails and stunning scenery. Extreme care has been taken into every aspect of development to ensure protection of the island's natural ecosystem. In fact, the island is virtually vehicle-free with resort shuttles serving as the primary form of transportation.

### SPA OVERVIEW

Named for the native tropical shrub, Ixora Spa is perched on a hillside overlooking the crystal-clear waters of the Caribbean Sea, offering a haven to relax, refresh and re-energize. This 3,000-sq.-ft. facility has spectacular treatment rooms offering breathtaking views unlike any other, and highly trained therapists delivering masterful experiences to entice the senses while rejuvenating the mind and refreshing the body.

As a testament to the island's namesake, Ayurvedic Wellness Treatments are a requisite for spa goers seeking a true experience that embraces its cliff-side sense of place. Developed thousands of years ago in India, Ayurveda is one of the world's oldest holistic healing systems and is based on the belief that health and wellness depend on a delicate balance between the mind, body and soul. Spa Director Raja Mannar Chinnaraju skillfully blends the healing powers of Ayurveda in a variety of wellness treatments that leave guests' minds peaceful, muscles relaxed and skin beautiful.

### SPA AMENITIES

Ixora Spa features world-class facilities and amenities, including:

- Three treatment rooms, including two romantic couples' suites and beachfront cabanas
- Relaxation areas, changing areas, private showers and baths
- Infinity pool and relaxation deck overlooking the Caribbean Sea
- New yoga terrace that overlooks the Caribbean
- 15 Life-Fitness exercise machines and free weights at the resort's 24-hour fitness center

## SPA SERVICES

Guests can choose from a wide array of treatments, services and signature Ixora Spa experiences.

**Ayurvedic Wellness Treatments** – These treatments are designed to relax and rejuvenate while improving wellness from the inside out.

- Ayurvedic Consultation – The Ayurvedic Dosha Diagnosis determines your body type (prakruti) and your current state (vikruti). With this knowledge, recommendations will be made on nutrition, yoga and purification treatments to maintain balance and a healthy lifestyle.
- Abhyanga (Traditional Ayurvedic Massage) – Abhyanga – “to anoint” – is Ayurveda’s principal healing tool and the mother of all massages. This whole-body massage with herbal oils is customized to your body type to detoxify, nourish and revitalize. Abhyanga achieves its deepest healing effects by naturally harmonizing mind, body and spirit.
- Shirodhara (Blissful Third Eye Treatment) – Shiro means “head” and Dhara means “stream.” This unique ayurvedic treatment entails warm herbal oil being gently and steadily poured onto the forehead and through the scalp. Designed to ease stress and calm emotions, providing a journey into deep relaxation.
- Herbal Poultice Massage – Warm essential oil is drizzled over the body. Then, heated poultices made of dry lemon grass, peppermint, basil leaves, lavender and marigold flowers are slowly massaged, targeting sore areas.

**Signature Body Scrubs** – Each body scrub experience leaves the skin feeling fresh, smooth, moisturized and soft.

- Exotic Lime & Ginger Salt Glow – Invigorate and revitalize with a sea salt exfoliation with lime and ginger. Your skin is cleansed, polished and softened to perfection, completed with an application of nourishing body lotion that leaves you glowing, vibrant, replenished and flawless.
- Ixora Signature Coconut Frangipani Body Scrub – Frangipani oil is combined with moisturizing coconut to provide the ultimate in indulgence and natural antioxidants. It gently polishes and nourishes the skin, leaving the body feeling smooth and delicately fragranced.
- Purifying Papaya Body Scrub – A refreshing bright blend of succulent papaya is generously applied over the body. Papayas contain an enzyme called papain that is responsible for brightening, exfoliating and nourishing skin.
- Fresh Mango Body Scrub – Escape the stress of the day and awaken your senses with a scrub that features churned mango butter infused coconut, avocado oils and corn meal. Dead skin is gently lifted away while preserving natural moisture.

**Massage Therapies** – Massage services are completely customized to guests’ needs and preferences to melt away muscle tension.

- Signature De-Stress Massage – Allow the power of touch, combined with the healing qualities of aromatherapy, to relax your mind, body and soul. This de-stressing massage energizes the body and assists in

improving the function of the circulatory, lymphatic, muscular and nervous systems.

- Thai Massage – This ancient healing system combines acupuncture, yoga stretches, and trigger point with a firm pressure massage. The body is compressed, pulled, stretched and rocked to bring it into alignment and rebalance the energy flow. Ideal treatment for stiff, tight and sore muscles.
- Deep Tissue Massage – Alleviate high stress levels, ease aching muscles and revive the senses. Dynamic blends of essential oils and levels of pressure are customized to target individual needs. Helps relax, recharge and re-energize, and melts tension away.
- Outdoor Beach Massage – Discover North Beach, our hidden gem tucked away on the far side of the island. Enjoy a relaxing Ixora Signature Massage on your own personal platform surrounded by lush foliage, affording unobstructed views of the crystal-clear Caribbean, coupled with the sounds of the waves to soothe the mind, body and soul.

**Facials** – Technicians will expertly customize each service to specific skin needs using luxurious ELEMIS facial products.

- Ixora Signature Deep Cleansing Facial – After a careful skin analysis, spa technicians design a treatment just for you. Begin with a relaxing de-stress back massage using exotic aroma essential oils followed by a customized facial treatment highlighting ELEMIS products.
- ELEMIS Pro-Collagen Age Defy Facial – Advanced anti-aging facial and eye treatment that is clinically proven to reduce the number of wrinkles by 94% and improve skin firmness by 57% after just one treatment. Receive exceptional results for slowing signs of aging, reducing the appearance of fine lines and wrinkles on the face and restructuring the eye contour. Specialized lifting massage techniques are combined with ELEMIS anti-aging products for maximum treatment efficiency, then further enhanced with a hand, arm and scalp massage.

**Other Offerings** – Ixora Spa also provides a variety of body wraps, acupuncture, nail treatments, express options, packages and private or group yoga.

## RESERVATIONS

Toll Free (U.S.): 877-890-7444

Direct: 813-849-4100

Website: [scrubisland.com/spa-appointment-request/](http://scrubisland.com/spa-appointment-request/)

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## WEBSITE

[scrubisland.com/spa](http://scrubisland.com/spa)

## SOCIAL

[Instagram](#): @scrubisland\_bvi

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- Scrub Island Resort, Spa & Marina -