

ixora

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Ixora Spa proudly features: **ELEMIS**

(284) 394-3440 ext. 4620
scrubisland.com



AYURVEDA DEFINED

One of the world's oldest holistic healing systems. Developed thousands of years ago in India, Ayurveda is based on the belief that health and wellness depend on a delicate balance between the mind, body and soul.

THE TRIDOSHAS

The human body consists of three primary life forces or biological humors; vata, pitta and kapha. These three doshas are called the tridoshas. A balance among these life forces is essential.

VATA derived from the elements of space and air; translates as “wind” or “that which moves things.” The energy of movement and the force governing all biological activity.

PITTA derived from the elements of fire and water; translates as “that which cooks.” The energy of digestion and metabolism in the body.

KAPHA derived from the elements of earth and water; translates as “that which sticks.” The energy of building and lubrication that provides the body with physical form, structure and the smooth functioning of all its parts.

AYURVEDIC WELLNESS TREATMENTS

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.

45 Minutes • \$60

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. **60 Minutes • \$140 (Two Hands) / 90 Minutes • \$200 (Two Hands)**

75 Minutes • \$240 (Four Hands)

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.

45 Minutes • \$150

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.

60 Minutes • \$150 / 90 Minutes • \$210





VASTI

Specially prepared warm herbal oil is poured over specific areas of the body and retained inside an herbal paste boundary. This treatment is followed by a localized herbal oil massage to relieve pain and stiffness.

Choose from one of the following:

Kati Vasti – Lower Back Care

Uro Vasti – Respiratory and Chest Care

Chakra Basti – Digestive Care

Janu Vasti – Knee Care

Greeva Vasti – Neck and Spine Care

45 Minutes • \$110

Add a Full Body Ayurvedic Massage: 90 Minutes • \$200

Indian Style Head Massage

This anti-stress herbal scalp treatment commences with an Ayurvedic back and scalp massage that improves circulation while relaxing muscles and nerves.

45 Minutes • \$110

Udwarthanam (Anti Cellulite Herbal Powder Massage)

Anti-cellulite treatment that massages the body with herbal powder to treat obesity and kapha related disorders. The exfoliating massage leaves your skin polished and beautiful while the herbs nourish and rejuvenate.

60 Minutes • \$130

Lepa (Herbal Body Wrap)

While referring to the dosha types, a herbal powder will be selected and made into a paste that will be applied all over the body with cocooned comforting foil wrap and followed by a herbal oil application.

Vata Lepa – Eases body stiffness and muscle pain

Pitta Lepa – Particularly soothing for sunburn

Kapha lepa – Improves circulation and relieves stress

60 Minutes • \$130

Add a Full Body Ayurvedic Massage: 90 Minutes • \$190





ACUPUNCTURE

This traditional Chinese treatment is excellent for relieving pain and balancing energy levels. Our skilled acupuncturist will take you through a detailed intake and design a customized treatment plan based on their findings.

50 Minutes · \$70

YOGA

A physical, mental, and spiritual practice to lead you to a sense of peace and wellbeing.

■ Gentle Yoga ■ Hatha Yoga ■ Ashtanga Yoga ■ Pre-Natal Yoga

60 Minutes · \$60 Private Class (Max two persons)

Group Class (Three or more) · \$25 Per Person

AYURVEDIC PACKAGES

Purify Me

A combination of gentle exfoliation followed by a dosha inspired herbal body wrap concluding with a purifying warm oil massage (Abhyanga) to eliminate toxins. Ideal for fatigue and muscular pain.

2 Hours · \$250

Relax Me

Designed to focus from head to toe, encompassing an Indian style head massage, foot reflexology, warm oil massage and finishes with Shirodhara. This journey of deep relaxation relieves insomnia and stress while increasing circulation.

2 Hours 15 Minutes · \$275

Balance Me

A holistic approach for wellbeing and peace of mind. Begin with an Ayurveda herbal wrap followed by a warm poultice massage and harmonizing Shirodhara treatment. Helps to balance the body while soothing muscles and joints.

2.5 Hours · \$300

Ixora Wellness 360°

Our signature Ayurvedic package designed specifically for you. Experience a three day retreat highlighted by the following treatments.

Day 1 - Ayurvedic Consultation and Abhyanga

Day 2 - Hatha Yoga, Indian Style Head Massage and Shirodhara

Day 3 - Herbal Poultice Massage and Foot Reflexology
Receive a personalized home health program to take home.

3 Days (2 Hours Per Day) · \$600





MASSAGE THERAPIES

Ixora Signature De-Stress Massage

Allow the power of touch, combined with the healing qualities of warm oil, 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. **60 Minutes • \$130 / 90 Minutes • \$190**

Aromatherapy Relaxing Massage

An all-natural escape from the everyday world. Choose from our special selection of aromatherapy essential oils designed to enhance relaxation and balance. Unique light massage techniques will leave you feeling your best.

60 Minutes • \$140 / 90 Minutes \$200

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.

60 Minutes • \$150 / 90 Minutes • \$210

Hot Stone Therapy Massage

Heat from warm basalt rocks penetrate deep into the muscles to deliver instant relaxation. Muscle tension melts away with this incredibly relaxing massage. **60 Minutes • \$150 / 90 Minutes • \$210**

Sailor's Massage

A combination of hot and cold stones with Swedish and deep tissue techniques to relieve fatigued muscles and soft tissues. Designed for sailing enthusiasts to reach their peak potential.

60 Minutes • \$150 / 90 Minutes • \$210

Prenatal Massage

Promotes relaxation, increases circulation and provides comfort during pregnancy. Relieves tension and alleviates swelling in the hands and feet while uplifting your spirit. **60 Minutes • \$150**

Cabana Massage

Experience complete relaxation in our Deluxe Cabana located at Ixora Spa. Please contact the Spa for more information. **50 Minutes • \$120**

Thai Massage

This ancient healing system combines acupressure, 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. **90 Minutes • \$210**

North Beach Safari (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.

90 Minutes • \$230 Per Person • \$450 Per Couple

Couples Massage Ritual

Strengthen your connection as you enjoy a luxurious relaxing couple's massage, side-by-side in our Deluxe Couple's Room. Choose between our Signature De-Stress, Aromatherapy or Deep Tissue Massage. **60 Minutes • \$280 Per Couple**

90 Minutes • \$400 Per Couple

Frangipani Scalp Massage

Opens up blockages to allow positive energy to flow freely through the body. Frangipani Monoil Oil, known for its highly conditioning properties is used in Tahitian rituals. Excellent for relaxation and to condition dry hair and scalp. **30 Minutes • \$60**

Reflexology

A relaxing and beneficial ancient healing therapy. All organs are connected to reflex points in the feet by constantly flowing energy channels. Massaging these reflex points helps clear any blockage and restores natural energy flow.

30 Minutes • \$60 / 50 Minutes • \$110

Legs and Feet Refresher

Your feet and legs are dry brushed, then exfoliated to improve circulation followed by a nourishing wrap and completed with a relaxing massage to relieve fluid retention and tired aching legs and feet. **45 Minutes • \$80**





FACIALS

Ixora Signature Spa Ritual Facial – experts choice

After a careful skin analysis, let us design a treatment just for you. Begin with a relaxing de-stress back massage using exotic aroma essential oils followed by our customized facial treatment highlighting ELEMIS products.

90 Minutes • \$195

ELEMIS Pro-Collagen Age Defy Facial – for fine lines and wrinkles

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.

75 Minutes • \$175

ELEMIS Dynamic Resurfacing Facial – for aging, acne scarring and uneven skin tones

Dramatically reduce the appearance of fine lines, acne, superficial facial scarring, and uneven skin pigmentation and reveal a renewed level of clarity to the complexion. This clinically proven treatment leaves your skin up to 75% resurfaced and 32% smoother. Further enhanced with a relaxing scalp hand, arm, and décolletage massage.

60 Minutes • \$150

ELEMIS Superfood Pro-Radiance Facial – for aging, stressed and slackened skin

Instantly rejuvenate and plump up the skin with this firming anti-aging facial. Clinically proven to increase moisture levels by 61% and skin elasticity by 40% after just one treatment. Specialized micro-circulatory massage techniques are combined with the powerful proven formulations of Cellular Recovery and the Amino Active Mask to help smooth, sculpt and restore skin radiance and plumpness. Further enhanced by a luxurious hand and arm massage and de-stress scalp treatment.

60 Minutes • \$150

ELEMIS Sensitive Skin Smoother Facial – for sensitive and dehydrated skin

Gentle massage techniques combined with anti-inflammatory actives and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skins. Reduces redness and offers immediate comfort to stressed skin. Further enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in advanced skin-therapy.

60 Minutes • \$140

ELEMIS Deep Cleansing Facial for Men – for stressed, dehydrated and challenged skin

Charged with the new clinically proven “Time Defense Wrinkle Delay and Eye Reviver” for the ultimate skin overhaul with maximum results. Helps to combat the harsh, aging effects of daily shaving and pollution.

60 Minutes • \$130





BODY SCRUBS

Includes dry body brushing, shower and moisturizing lotion application.

Ixora Signature Coconut Frangipani Body Scrub

Frangipani oil is combined with moisturizing coconut to provide the ultimate in indulgence and natural antioxidants. Gently polishes and nourishes your skin while leaving the body feeling smooth and delicately fragranced.

50 Minutes • \$120

Add a back massage: 75 Minutes • \$170

Exotic Lime and 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. Leaving you glowing, vibrant, replenished and flawless.

50 Minutes • \$110

Add a back massage: 75 Minutes • \$160

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.

50 Minutes • \$110

Add a back massage: 75 Minutes • \$160

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.

50 Minutes • \$110

Add a back massage: 75 Minutes • \$160

Aromatherapy Body Glow

Sea salts are combined with aromatherapy essential oils and gently scrubbed in a light circular motion to deeply cleanse, exfoliate and stimulate circulation. Leaves your skin soft and glowing.

50 Minutes • \$100 / Add a back massage: 75 Minutes • \$160

BODY WRAPS

Includes dry body brushing, shower and moisturizing lotion application.

Ixora Signature Aloe and Cucumber Body Wrap

Local aloe is infused with fresh cucumber to create a cool, refreshing body wrap. Applied generously all over the body to unleash the healing properties of aloe vera. Calms sunburn while gently soothing and hydrating skin to minimize peeling.

60 Minutes • \$130

Add a cooling cucumber facial: 90 Minutes • \$190

ELEMIS Musclease Aroma Spa Ocean Wrap

Ease the pains of rheumatism, arthritis, muscle spasm and fatigue with a treatment that detoxifies and deep cleanses the body inside and out. A warm seaweed body mask with a blend of essential oils is applied to the body, followed by a cocooned comforting foil wrap. All while enjoying a deep Thai drainage facial massage and de-stress scalp treatment.

60 Minutes • \$130

Add a back massage: 75 Minutes • \$160

ELEMIS Cellutox Aroma Spa Ocean Wrap

Decongest and stimulate the body's systems with a detoxifying blend of Juniper and Lemon essential oils. Exceptional for reducing the appearance of cellulite and eliminating fluid retention.

60 Minutes • \$130

Add a back massage: 75 Minutes • \$160

Sweet Body Orchid Wrap

This lusciously fragrant, intensely moisturizing body wrap will transport you to the Far East. The velvety texture of the Monoi oil provides extreme hydration. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils leave you feeling relaxed and your skin feeling silkier than ever.

60 Minutes • \$130

Add a back massage: 75 Minutes • \$160





SPA PACKAGES

Island Dream Package

Invigorate and revitalize the body with the Exotic Lime and Ginger Salt Glow, followed by the Ixora Signature Aloe and Cucumber Body Wrap, concluded with our Signature De-Stress Massage.

2 Hours · \$240 Per Person

ELEMIS Absolute Spa Ritual

Choose from one of the unique intensive ELEMIS Advanced Anti-Aging or Skin Solutions facials; customized to suit your skin to achieve dramatic results instantly. Combine it with the powerful effects of the deep tissue massage.

2 Hours · \$280 Per Person

Add a foot and soothing scalp massage: 2.5 Hours · \$330

Couples Caribbean Escape

Spend time with the one you love as you enjoy a luxurious body polish side-by-side. Followed by a 90-minute relaxing aroma massage, and enhanced with a frangipani scalp massage to lull you into a state of total bliss.

2 Hours · \$440 Per Couple

Honeymoon Package

Eliminate dry skin with a luxurious body exfoliation before melting muscle tension away as you are treated to our signature massages. Indulge in a hydrotherapy bath together, while you sip on champagne with chocolate covered strawberries.

2.5 Hours · \$580 Per Couple

Couples Exotic Romance Retreat

Discover a pampering hideaway just for two showcasing three indulgent treatments. Start with a lime and ginger polish followed by a personalized massage focused on your specific needs, and conclude with a tailored facial to refresh the complexion and leave you glowing from head to toe. Bask in our relaxation area while sharing mimosas and a breathtaking view.

2.5 Hours · \$600 Per Couple

Ixora Royal Retreat

Spoil yourself with the ultimate full day spa experience. Your wellness journey includes a floral foot bath in our relaxation area, Aromatherapy Body Glow, an aromatic soak in our hydrotherapy tub, Ixora Signature De-Stress Massage, lunch designed by the resort chef, ELEMIS Sensitive Skin Smoother Facial and concludes with our Royal pedicure.

4.5 Hours · \$460 Per Person · \$900 Per Couple





MANICURES

Ixora Signature Manicure

Treat your hands and arms to a heavenly indulgence with our signature manicure, where your hands are soaked in our exotic aromatherapy water followed by an invigorating exfoliation and massage. Complete this treatment with a choice of nail buffing or polish color of your choice. **50 Minutes • \$65**

Royal Manicure with Paraffin Wax

A relaxing hand therapy that nourishes the skin while strengthening the nails. A gentle exfoliation is followed by a paraffin bath, hand mask and a light massage, leaving hands smooth and soft. This indulgent treatment ends with a choice of polish or high buff shine. **60 Minutes • \$85**

Gel Manicure

Begin with the Signature Manicure with cuticle care. Gel polish is then applied, while hands and arms are gently exfoliated and moisturized. Gels provide 14 days of wear and no drying time is required. **60 Minutes • \$85**

Men's Sports Manicure

Specifically designed for men, this manicure focuses on softening and nourishing the skin and nails; includes aromatic hand soak, nail shaping, vigorous scrub, cuticle care, buffing and a relaxing hand massage. **50 Minutes • \$60**

PEDICURES

Ixora Signature Pedicure

Begins with a cleansing ritual where feet are soaked while nails are groomed and calluses are smoothed. This is followed by our luxurious exfoliating mint scrub and masque complete with a hot towel renewal and a therapeutic mint lotion massage. Concludes with a flawless polish application for a complete nourishing and restorative pedicure experience. **50 Minutes • \$75**

Royal Pedicure with Paraffin Wax

A complete sensory experience providing relief to the soles. Nail shaping, cuticle care and mask, exotic scrub, mask and relaxing foot massage followed by a paraffin treatment and your choice of polish or high buff shine. **60 Minutes • \$85**

Fire and Ice Pedicure

Warm your spirit and cool your stress. Nails and feet are cleansed to perfection before a combination of therapeutic cooling gels and warm stones are used to massage the legs and feet. This pedicure will leave your skin smoother and your nails buffed or polished. **60 Minutes • \$85**

Men's Sports Pedicure

Focused on softening and nourishing the skin and nails; includes aromatic foot soak, nail shaping, vigorous scrub, cuticle care, buffing and concludes with a relaxing foot massage. **50 Minutes • \$70**





WAXING

A full range of waxing treatments are available including:
Eye Brow/Lip, Under Arm, Bikini, Half Leg, Full Leg, Half Arm and Full Arm

Prices are available upon booking.

EXPRESS FACIALS

Mini ELEMIS Dynamic Resurfacing Facial *30 Minutes* • \$75

Mini ELEMIS Pro-Collagen Age Defy Facial *30 Minutes* • \$75

Mini ELEMIS Superfood Pro-Radiance Facial *30 Minutes* • \$75

EXPRESS MESSAGES

Tension Zone Relief Massage

Back, neck and shoulder massage designed to immediately relieve stress and tension.

***30 Minutes* • \$70**

Express Sailor's Massage

Hot and cold stone massage designed to relieve soreness in neck, shoulders and back.

***30 Minutes* • \$80**

EXPRESS SPA COMBO PACKAGES

Total Relaxation

A combination of the Frangipani Scalp Massage followed by foot reflexology to provide balance, relaxation and improved circulation.

***60 Minutes* • \$120**

Face and Body Sensation

Experience the ultimate express duo; a sensational back, neck and shoulder massage combined with a prescribed anti-aging facial.

***60 Minutes* • \$150**

EXPRESS NAILS

Express Manicure

Perfect for freshening up hands and nails, this express manicure includes nail shaping, treatment of cuticles and a choice of polish or high buff shine.

***30 Minutes* • \$40**

Express Pedicure

Ideal for general care of feet and nails, the express pedicure includes a hydrating soak, nail shaping and treatment of cuticles. The treatment ends with a choice of polish application or high buff shine.

***30 Minutes* • \$50**





TREATMENT ENHANCEMENT ADD-ONS

Massage Enhancements | 15 Minutes

Body Massage	\$35
Frangipani Scalp Massage.....	\$25
Foot Pressure Point Massage.....	\$25
Hot Stone Back Therapy	\$25

Facial Enhancements

Under Eye Treatment	\$35
Eyelash Tinting	\$25
Eyebrow Tinting.....	\$20

Nail Enhancements

French Polish.....	\$10
Polish Change	\$20
Paraffin Treatment	\$20
Gel Polish.....	\$35
Gel Polish Removal.....	\$25

Extra Enhancements

Hair Braiding.....	\$3 per braid
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SPECIALTY

Full Moon Special – Please inquire about special spa treatments and packages
Spa services are available in your **Room, Villa or Yacht** – **\$30 surcharge per service**
Personalized tailor made fitness program available upon request.

HOW TO SPA

Hours of Operation: 9:30 am – 7:00 pm daily

Reservations: To schedule treatments you may call our spa directly from a hotel phone by dialing extension 4620, or 284.394.3440 outside of the hotel. We accept most major credit cards and recommend pre-booking your services, although we do welcome walk-ins and will do our best to accommodate you.

Cancellation Policy: A credit card is required for all appointments. To avoid being charged the full price for your scheduled treatments, a 24 hour notice is requested.

Service Charges: For your convenience, a 20% service charge will be automatically added to your final bill. Additional gratuity for exemplary service is at your discretion. Prices and services are subject to change without notice.

Minimum Age Requirement: Spa guests are required to be 18 years or older to receive treatments or utilize the spa facilities. Guests under 18 receiving a teen or children's treatment must be accompanied by a parent or guardian. Swimsuits are required. For further details, kindly contact the spa.

Please plan to arrive at least 15 minutes prior to your scheduled appointment so you can relax and enjoy the facilities. You are welcome to enjoy Ixora Spa's Infinity Plunge Pool, so please bring your bathing suit with you if you care to do so. Regretfully, if you are late for an appointment, we may need to shorten your treatment time to maintain our schedule for the next guest. To keep the serenity of the spa, we ask that you turn off your mobile phone and electronic devices upon arrival.

Valuables: For the safety of your valuable items; we suggest you leave all jewelry and money in the safe provided in your hotel room. Ixora Spa will not assume any liability for valuables.

