

# ixora

S P A



*Ixora Spa proudly features:* **ELEMIS**

(284) 394-3440 ext. 4620  
[scrubisland.com](http://scrubisland.com)



## DISCOVER IXORA SPA

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. Escape to spectacular treatment rooms offering breathtaking views unlike any other while the highly-trained therapists deliver masterful experiences enticing the senses while rejuvenating the mind and refreshing the body.

Discover the natural healing benefits of the island with fresh aloe, mangos and plumeria. When available, Ixora Spa sources flora directly from Scrub Island in its most purest form.

Ixora's Ayurvedic Treatments are a requisite for spa goers seeking authentic wellness experiences that complement its dramatic 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. The team at Ixora Spa skillfully blends the healing powers of Ayurveda in a variety of wellness treatments that will leave your mind peaceful, muscles relaxed and skin glowing.





## 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

**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

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



### KAPHA

**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 • \$190 (Two Hands)**  
**60 minutes • \$220 (Four Hands)**

### Shirodhara (Blissful Third Eye Treatment)

Shiro means Head and Dhara means Stream. This unique ayurvedic treatment starts with an Indian-style head massage followed by 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. **50 minutes • \$140**

### 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. Highly recommended for joint pain, muscular aches, tired and fatigued muscles. **60 minutes • \$140 / 90 minutes • \$200**

### Kati Vasti (Lower Back Care)

Specially prepared warm herbal oil is poured over lower back of the body and retained inside an herbal paste boundary. Followed by a localized herbal oil massage to relieve pain and stiffness in the lower back region, especially for lumbago and sciatica. **45 minutes • \$100 / Add a Full Body Ayurvedic Massage: 90 minutes • \$190**

### Hastha Padha Abhyanga (Ayurvedic Hand & Foot Massage)

Begins with pressure points and provides a relaxing and balancing effect on the entire body. Concludes with a warm herbal bundle compress to ease away stress, tension and tired feet. **45 minutes • \$100**

### 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 • \$100**

### 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**





## ACUPUNCTURE

This traditional Chinese treatment (thin needles inserted into the body) 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** (Detox)

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 • \$220**

### **Relax Me** (De-stress)

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 • \$240**

### **Balance Me** (Rejuvenation)

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 • \$275**

### **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) • \$550**





## MASSAGE THERAPIES

### **Ixora Signature De-Stress Massage**

Allow the power of touch, combined with the healing qualities of superior massage 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.

**30 minutes • \$70 / 60 minutes • \$130 / 90 minutes • \$180**

### **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.

**30 minutes • \$80 / 60 minutes • \$140 / 90 minutes \$190**

### **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.

**30 minutes • \$80 / 60 minutes • \$140 / 90 minutes • \$200**

### **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.

**30 minutes • \$80 / 60 minutes • \$140 / 90 minutes • \$200**

### **Sailor's Massage**

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

**30 minutes • \$80 / 60 minutes • \$140 / 90 minutes • \$200**

### **Balinese Warm Bamboo Massage**

A traditional Balinese technique of a full body massage with heated, silky bamboo cane to roll and knead the tissue. Creates an extreme sensation of relaxation and wellbeing while increasing joint and muscle flexibility.

**60 minutes • \$140 / 90 minutes • \$200**

### **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**





## MASSAGE THERAPIES

### 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.

**60 minutes • \$140 / 90 minutes • \$200**

### Outdoor Beach Massage

Enjoy a relaxing Ixora Signature Massage on the beach patio surrounded by lush foliage, affording un-obstructed views of the crystal clear Caribbean, coupled with the sounds of the waves to soothe the mind, body and soul.

**30 minutes • \$70 / 60 minutes • \$130 / 90 minutes • \$180**

### 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 • \$260 per couple / 90 minutes • \$360 per couple**

### Four-Hands Massage

In a four-hand massage, two therapists work on one client, often using synchronized moves. A four-hands massage can be like experiencing two full body massages at the same time. This massage technique has been confirmed to introduce you to an entirely furthered state of relaxation. Your muscles will notice a deeper movement which helps with providing even more relief to tension.

**60 minutes • \$220 / 90 minutes • \$300**

### 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.

**25 minutes • \$60 / 50 minutes • \$100**

### Legs and Feet Refresher

Your feet and legs are dry brushed, then exfoliated to improve circulation followed by a nourishing wrap and relaxing massage to relieve aches and fluid retention.

**45 minutes • \$80**



## FACIALS

### **Ixora Signature Deep Cleansing 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 deep cleansing facial using ELEMIS products. This treatment will smooth the skin's appearance, reduce pore size and increase hydration. Fine lines will be reduced through exfoliation and stimulating the growth of new skin cells for a more youthful appearance. All ages welcome.

**90 minutes • \$180**

### **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. Age 35+ suggested.

**75 minutes • \$160**

### **ELEMIS Dynamic Resurfacing Facial**

*– for 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. Age 15+ suggested.

**30 minutes • \$75 / 60 minutes • \$140**

### **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. Age 25+ suggested.

**30 minutes • \$75 / 60 minutes • \$140**

### **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. All ages welcome.

**30 minutes • \$75 / 60 minutes • \$140**

### **ELEMIS Purification 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.

**30 minutes • \$75 / 60 minutes • \$130**





## BODY SCRUBS

*Includes dry body brushing, shower and moisturizing lotion application.*

### **Ixora Signature Coconut Frangipani 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 • \$110**

**Add a back massage: 75 minutes • \$160**

### **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. 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 • \$150**

## BODY WRAPS

*Includes dry body brushing, shower and moisturizing lotion application.*

### **Ixora Signature Aloe & 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 cucumber facial: 90 minutes • \$180**

### **ELEMIS Musclease Aroma Spa Ocean Wrap**

Ease the pains of rheumatism, arthritis and fatigue with a treatment that detoxifies and deep cleans. A warm seaweed body mask with a blend of essential oils is applied to the body, followed by a comforting foil wrap. All while enjoying a Thai drainage facial 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 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**





## HYDROTHERAPY BATHS

### Detox Moor Mud Bath

Moor Mud enhances its natural anti-inflammatory abilities, helping to reduce pain and muscle aches, minimize joint inflammation and smooth the appearance of cellulite. This highly-beneficial mud is also recognized for its ability to naturally balance the hormones and is a powerful anti-oxidant.

**30 minutes \$70**

**Add a back massage: 60 minutes • \$120**

### Aromatherapy Bubble Bath

Indulge your senses with the aroma of pure essentials oils as you soak your cares away. Experience the rejuvenation of mind, body and spirit.

**30 minutes \$60**

**Add a back massage: 60 minutes • \$110**

## 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. (Scrub + Wrap + Massage)

**2 Hours • \$220 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. (Massage + Facial)

**2 Hours • \$260 per person**

**Add a foot and soothing scalp massage:**

**2.5 Hours • \$300**

### 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.

(Scrub + Massage + Scalp Massage)

**2 Hours • \$440 per couple**

**\$230 per person**

### 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 an aromatherapy bubble bath together, while you sip on champagne with chocolate covered strawberries.

(Scrub + Massage + Hydrotherapy + Champagne & Strawberries)

**2.5 Hours • \$560 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. (Foot Bath + Body Scrub + Hydrotherapy + Massage + Lunch + Facial + Pedicure)

**4.5 Hours • \$430 per person**

**\$850 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.

**30 minutes • \$40 / 50 minutes • \$60**

### **Royal Manicure**

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 • \$80**

### **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 • \$80**

### **Sports Manicure for Him**

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.

**30 minutes • \$50 / 50 minutes • \$75**

### **Royal Pedicure**

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 wax treatment and your choice of polish or high buff shine.

**60 minutes • \$85**

### **Sports Pedicure for Him**

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

Ixora Spa is proud to use the world renowned Bliss wax.

Half Arm:	\$30	Underarm:	\$20	Lip:	\$15
Full Arm:	\$40	Chest:	\$50	Chin:	\$15
Half Leg:	\$50	Back:	\$60	Eyebrow:	\$20
Full Leg:	\$70	Bikini:	\$40		

## 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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## BRIDAL PACKAGES

At Ixora Spa, we love helping brides look their best for their special day!

From skincare, makeup, lash extensions and more, we welcome the opportunity to pamper you and your bridal party. We also offer special bridal packages to help you look radiant and feel relaxed on your wedding day.

From lessons to special occasions, our skilled on-call makeup artists will work with you to achieve your desired look. Our day-of beauty and day-of relaxation specials make ideal gifts to yourself or for someone special.

## SPECIALTY

**Mobile Spa Services** are available in your room, villa or yacht – \$30 surcharge per service.

**Full Moon Special:** Please inquire about special spa treatments & packages.

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.

### **Gift Certificates:**

Treat someone special to a gift certificate for any spa treatment or our vast array of retail products. Ixora Spa gift certificates are non-refundable and must be presented at the time of treatment or purchase. Certificates can be purchased at the spa or online at [www.scrubisland.com/spa](http://www.scrubisland.com/spa).

### **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.

### **Treatment Time:**

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.

