

i  ora
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DISCOVER IXORA SPA

Nestled into a hillside above the Caribbean Sea, Ixora Spa takes its name from the native tropical shrub that blooms across Scrub Island's landscape. It is a fitting namesake for a place rooted in the natural world. Treatment rooms open to breathtaking views, therapists are masterfully trained, and when available, fresh aloe, mangos, and plumeria are sourced directly from the island.

Ixora's Ayurvedic treatments draw from one of the world's oldest healing traditions, developed in India thousands of years ago and built on the principle that health depends on harmony between mind, body, and soul. In a setting this elemental, that balance feels less like philosophy and more like inevitability. Ixora's therapists bring it to life in treatments designed to quiet the mind, ease the muscles, and leave the skin luminous.



CONTACT US

📞 (284) 394-3440 ext. 4620

🌐 scrubisland.com/spa

PROUDLY FEATURING:

ELEMIS



AYURVEDA **DEFINED**

One of the world's oldest holistic healing systems, Ayurveda was developed thousands of years ago in India and remains as relevant today as ever. At its core is a simple but profound belief: that true health depends on a delicate balance between the mind, body, and soul.

THE **TRIDOSHAS**

In Ayurvedic tradition, the human body is governed by three primary life forces known as the tridoshas. Vata, Pitta, and Kapha each carry their own energy and influence, and it is the harmony among them that defines our wellbeing. Understanding your dosha is the first step toward understanding yourself.



VATA

Derived from the elements of space and air, Vata translates as "that which moves things." It is the energy of movement, the force behind every breath, thought, and biological rhythm in the body.



PITTA

Derived from the elements of fire and water, Pitta translates as "that which cooks." It governs digestion and metabolism, driving the body's ability to process and transform everything it takes in.



KAPHA

Derived from the elements of earth and water, Kapha translates as "that which sticks." It is the energy of structure and lubrication, giving the body its physical form and ensuring the smooth functioning of all its parts.

AYURVEDIC WELLESSE TREATMENTS

AYURVEDIC CONSULTATION

Every Ayurvedic journey begins with understanding. The consultation explores both your natural body type (prakriti) and your current state of balance (vikriti), using that knowledge to guide personalized recommendations across nutrition, yoga, and purification treatments. It is the foundation for everything that follows.

60 minutes • \$150

ABHYANGA • TRADITIONAL AYURVEDIC MASSAGE

Translated as "to anoint," Abhyanga is Ayurveda's principal healing tool and the mother of all massages. A whole body massage with herbal oils customized to your body type, it detoxifies, nourishes, and revitalizes while harmonizing mind, body, and spirit.

60 minutes • Two Hands • \$175 | 90 minutes • Two Hands • \$250 | 60 minutes • Four Hands • \$320

SHIRODHARA • BLISSFUL THIRD EYE TREATMENT

"Shiro" means head. "Dhara" means flow. An Indian-style head massage is followed by a steady stream of warm herbal oil poured gently onto the forehead and through the scalp, easing stress, calming emotions, and guiding the body into deep restoration.

50 minutes • \$185

HERBAL POULTICE MASSAGE

Warm essential oil is drizzled across the body before heated poultices of lemongrass, peppermint, basil, lavender, and marigold are slowly massaged into areas of tension. Deeply therapeutic for joint pain, muscular aches, and fatigued muscles, this treatment works where the body needs it most.

60 minutes • \$185 | 90 minutes • \$255

KATI VASTI • LOWER BACK CARE

A specially prepared herbal paste is applied to the lower back, forming a boundary around it, filled with warm herbal oil that penetrates deeply before a targeted massage works through pain and stiffness in the lumbar region.

45 minutes • \$150 | Add a 90 minute Full Body Ayurvedic Massage • \$240

HASTHA PADHA ABHYANGA • AYURVEDIC HAND & FOOT MASSAGE

Beginning with targeted pressure points, this treatment delivers a deeply relaxing and balancing effect across the entire body. A warm herbal bundle compress brings the session to a close, easing away stress, tension, and the weight of the day.

45 minutes • \$140

INDIAN STYLE HEAD MASSAGE

This anti-stress herbal scalp treatment opens with an Ayurvedic back and shoulder massage before moving to the scalp, where targeted work improves circulation and melts away tension in the muscles and nerves.

45 minutes • \$140

ACUPUNCTURE

Rooted in thousands of years of traditional Chinese medicine, acupuncture uses fine needles placed at precise points in the body to relieve pain, stabilize and balance the flow of vital energy (Qi). Our skilled acupuncturist begins with a detailed intake before designing a customized treatment plan tailored to your needs.

50 minutes • \$80

YOGA & MEDITATION

Yoga practice finds its best setting here. Private sessions are available at your villa, on the yoga deck, or at North Beach, offered in a range of styles to suit every level and intention.

YOGA

Gentle • Restorative • Vinyasa
Hatha • Prenatal

MEDITATION

Guided • Walking
Trataka • Full Moon

60 minutes • Private Class (Up to Two Guests) • \$100 | 60 minutes • Group Class (Three or More Guests) • \$25 Per Person



For your convenience, a 20% service charge is added to all spa services.

AYURVEDIC PACKAGES

PURIFY ME • DETOX

A gentle exfoliation opens the skin before a dosha-inspired herbal body wrap draws out impurities, concluding with a purifying Abhyanga massage to eliminate toxins and restore ease to fatigued muscles and joints.

2 hours • \$300

RELAX ME • DE-STRESS

A head-to-toe journey designed for deep restoration. An Indian style head massage and foot reflexology ease tension from both ends before a warm oil massage and Shirodhara carry you into a state of profound inner peace. Particularly effective for stress and insomnia.

2 hours 15 minutes • \$310

BALANCE ME • REJUVENATE

A holistic sequence for wellbeing and peace of mind. An Ayurvedic herbal wrap is followed by a warm poultice massage before Shirodhara brings the session to a harmonizing close, soothing muscles, settling joints, and restoring the body's natural equilibrium.

2.5 hours • \$350

IXORA WELLNESS 360°

Our signature Ayurvedic multidimensional wellness experience, designed specifically for you. Over three immersive days, a curated sequence of treatments addresses the whole self, guided by the principles of Ayurveda from start to finish.

DAY 1

Ayurvedic Consultation & Abhyanga Massage

DAY 2

Hatha Yoga, Indian Style Head Massage, & Foot Reflexology

DAY 3

Herbal Poultice Massage & Shirodhara

A personalized home health program accompanies you beyond your stay.

3 days (2 hours per day) • \$750



MASSAGE THERAPIES

IXORA SIGNATURE DE-STRESS MASSAGE ★

The power of touch, combined with the healing qualities of superior massage oil, works to relax the mind, body, and soul. This signature massage energizes the body while supporting the circulatory, lymphatic, muscular, and nervous systems.

30 minutes • \$90 | 60 minutes • \$160 | 90 minutes • \$230

AROMATHERAPY RELAXING MASSAGE

A natural escape from the everyday. Choose from a curated selection of aromatherapy essential oils designed to enhance relaxation and restore balance, delivered through light massage techniques that leave you feeling entirely yourself again.

30 minutes • \$105 | 60 minutes • \$175 | 90 minutes • \$250

DEEP TISSUE MASSAGE

Dynamic blends of essential oils and customized levels of pressure target the body's deepest areas of tension, alleviating stress, easing aching muscles, and reviving the senses. Every session is tailored to your individual needs.

30 minutes • \$115 | 60 minutes • \$185 | 90 minutes • \$265

HOT STONE THERAPY MASSAGE

Warm basalt stones deliver penetrating heat deep into the muscles, releasing tension and melting away stress in one of the spa's most incredibly relaxing treatments.

30 minutes • \$115 | 60 minutes • \$185 | 90 minutes • \$265

SAILOR'S MASSAGE

Designed for those who spend their days on the water, this treatment combines hot and cold stone therapy with Swedish and deep tissue techniques to relieve fatigued muscles and soft tissues. Built to help sailing enthusiasts recover and perform at their best.

60 minutes • \$185 | 90 minutes • \$265

BALINESE WARM BAMBOO MASSAGE

A traditional Balinese technique using heated, silky bamboo cane to roll and knead the tissue in a full body treatment. The result is an extraordinary sense of relaxation and improved joint and muscle flexibility that lingers long after the session ends.

60 minutes • \$185 | 90 minutes • \$265

PRENATAL MASSAGE

Designed to promote relaxation, improve circulation, and provide comfort throughout pregnancy. This nurturing treatment relieves tension, reduces swelling in the hands and feet, and leaves you feeling restored and uplifted.

60 minutes • \$195

MASSAGE THERAPIES

THAI MASSAGE

This ancient healing system brings together acupressure, yoga-inspired stretches, trigger point work, and firm pressure massage to compress, pull, stretch, and rock the body back into alignment. Particularly effective for stiff, tight, and sore muscles.

60 minutes • \$185 | 90 minutes • \$265

NORTH BEACH WELLNESS EXPERIENCE

Take your treatment outside. The Ixora Signature Wellness Massage comes to North Beach, where a private cabana becomes your sanctuary for the session. Gentle exfoliation, stretching, and reflex point stimulation are delivered to the sound of the waves, accompanied by a selection of wine or beer, a fresh cut fruit plate, and water. When the treatment ends, the cabana is yours for the rest of the day.

60 minutes • \$420 | 90 minutes • \$490 | Couples • 60 minutes • \$640 | Couples • 90 minutes • \$750

REFLEXOLOGY

Rooted in ancient healing tradition, reflexology works from the feet outward. Energy channels connect every organ in the body to reflex points in the feet, and targeted massage along these points clears blockages and restores the body's natural flow.

25 minutes • \$90 | 50 minutes • \$140

COUPLES MASSAGE RITUAL

Side by side in our deluxe couples' room, where you and your partner choose from the Signature De-Stress, Aromatherapy, or Deep Tissue Massage for a shared experience of unhurried relaxation.

60 minutes • \$345 | 90 minutes • \$460

LEGS & FEET REFRESHER

Beginning with dry brushing and exfoliation to stimulate circulation, this treatment moves into a nourishing wrap and relaxing massage that relieves aches and reduces fluid retention from the legs and feet.

45 minutes • \$140



FACIALS

IXORA SIGNATURE DEEP CLEANSING • EXPERTS' CHOICE ★

No two skins are the same. After a careful analysis, your therapist designs a treatment entirely around you, beginning with a relaxing back massage using exotic aromatic essential oils before moving into a customized deep cleansing facial with ELEMIS products. Pores are refined, hydration is restored, and fine lines are reduced through exfoliation that stimulates the growth of new skin cells for a visibly more youthful appearance. All ages welcome.

90 minutes • \$255

ELEMIS PRO-COLLAGEN AGE DEFY • FINE LINES & WRINKLES

Clinically proven to reduce the number of wrinkles by 94% and improve skin firmness by 57% after just one treatment. Specialized lifting massage techniques are combined with ELEMIS anti-aging products to slow the signs of aging, reduce fine lines and wrinkles, and restructure the eye contour, further enhanced by a hand, arm, and scalp massage. Age 35+ suggested.

75 minutes • \$230

ELEMIS DYNAMIC RESURFACING • ACNE SCARS & UNEVEN SKIN TONES

Clinically proven to leave skin up to 75% resurfaced and 32% smoother, this treatment dramatically reduces the appearance of fine lines, acne, superficial scarring, and uneven pigmentation, revealing a renewed clarity to the complexion. Further enhanced with a relaxing scalp, hand, arm, and décolletage massage. Age 15+ suggested.

30 minutes • \$105 | 60 minutes • \$170

ELEMIS SUPERFOOD PRO-RADIANCE • AGING, STRESS & LOSS OF SKIN FIRMNESS

Clinically proven to increase moisture levels by 61% and skin elasticity by 40% after just one treatment, this firming anti-aging facial instantly rejuvenates and plumps the skin. Specialized micro-circulatory massage techniques are combined with Cellular Recovery and Amino Active Mask formulations to smooth, sculpt, and restore radiance, further enhanced by a luxurious hand and arm massage and de-stress scalp treatment. Age 25+ suggested.

30 minutes • \$115 | 60 minutes • \$185

ELEMIS SENSITIVE SKIN SMOOTHER FACIAL • SENSITIVE & DEHYDRATED SKIN

Gentle massage techniques combined with anti-inflammatory actives and a restructuring Japanese silk mask work to rebalance delicate, fragile, and sensitive skin, reducing redness and offering immediate comfort to skin under stress. Further enhanced by a luxurious hand and arm massage and de-stress scalp treatment. All ages are welcome.

30 minutes • \$105 | 60 minutes • \$170

ELEMIS PURIFICATION FACIAL FOR MEN • STRESSED & DEHYDRATED SKIN

Gentle massage techniques combined with anti-inflammatory actives and a restructuring Japanese Silk Mask work to rebalance delicate, fragile, and sensitive skin, reducing redness and offering immediate comfort to skin under stress. Further enhanced by a luxurious hand and arm massage and de-stress scalp treatment. All ages are welcome.

30 minutes • \$105 | 60 minutes • \$170

For your convenience, a 20% service charge is added to all spa services.

BODY SCRUBS

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

IXORA SIGNATURE COCONUT FRANGIPANI SCRUB ★

Frangipani oil and moisturizing coconut come together in one of the spa's most indulgent treatments. Rich in natural antioxidants, this gentle scrub polishes and nourishes the skin, leaving the body smooth and delicately fragranced.

50 minutes • \$150 | Add a 75 minute Back Massage • \$210

EXOTIC LIME & GINGER SALT GLOW

Sea salt, lime, and ginger combine for an invigorating exfoliation that cleanses, polishes, and softens the skin to perfection. A finishing application of nourishing body lotion leaves you glowing and replenished from head to toe.

50 minutes • \$150 | Add a 75 minute Back Massage • \$210

PURIFYING PAPAYA

A bright, refreshing blend built around the natural power of papaya. The enzyme papain works to brighten, exfoliate, and nourish the skin, revealing a clearer, more luminous complexion with every application.

50 minutes • \$150 | Add a 75 minute Back Massage • \$210

FRESH MANGO

Churned mango butter, coconut, avocado oils, and corn meal become one in a scrub that awakens the senses and gently removes dead skin cells while preserving the skin's natural moisture. A grounding, sensory escape from the day.

50 minutes • \$150 | Add a 75 minute Back Massage • \$210

AROMATHERAPY BODY GLOW

Sea salts blended with aromatherapy essential oils are worked into the skin in gentle circular motions, deeply cleansing, exfoliating, and stimulating circulation. The result is skin that feels genuinely renewed.

50 minutes • \$140 | Add a 75 minute Back Massage • \$185

BODY WRAPS

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

IXORA SIGNATURE ALOE & CUCUMBER ★

Local aloe and fresh cucumber are blended into a cool, refreshing wrap applied generously from head to toe. The natural healing properties of aloe vera calm sunburn, soothe irritation, and restore hydration to minimize peeling, leaving skin noticeably softer.

60 minutes • \$160 | Add a 90 minute Cucumber Facial • \$230

ELEMIS CELLUTOX AROMA SPA OCEAN WRAP

A detoxifying blend of juniper and lemon essential oils works to decongest and stimulate the body, targeting the appearance of cellulite and reducing fluid retention.

60 minutes • \$160 | Add a 75 minute Back Massage • \$210

ELEMIS MUSCLEASE AROMA SPA OCEAN WRAP

Designed for those living with the aches of rheumatism, arthritis, or fatigue, this deeply therapeutic treatment detoxifies and deep cleans through a warm seaweed body mask infused with essential oils, sealed in a comforting foil wrap. A Thai drainage facial and de-stress scalp treatment complete the experience.

60 minutes • \$160 | Add a 75 minute Back Massage • \$210



SPA PACKAGES

ISLAND DREAM PACKAGE

A three-step journey that invigorates from the inside out. The Exotic Lime & Ginger Salt Glow opens the skin pores before the Ixora Signature Aloe & Cucumber Body Wrap restores and hydrates, concluding with our Signature De-Stress Massage to ease away anything left behind.

2 hours • \$290

ELEMIS ABSOLUTE SPA RITUAL

A powerful pairing of skin and body work. Choose from ELEMIS' Advanced Anti-Aging or Skin Solutions facials, customized to your skin for dramatic, immediate results, combined with the restorative effects of a deep tissue massage.

2 hours • \$320 | Add a Foot a Soothing Scalp Massage • 2.5 hours • \$350

COUPLES CARIBBEAN ESCAPE

A side by side experience designed for two. A luxurious body polish opens the session before a 90-minute aromatic massage carries you both into deep relaxation, enhanced by a frangipani scalp massage that brings the journey to a blissful close.

2 hours • \$550 per couple • \$320 per person

HONEYMOON PACKAGE

Begin with a luxurious body exfoliation before melting into our signature massages, designed to release every last point of tension. The experience concludes with a shared aromatherapy bubble bath and a glass of champagne alongside chocolate-covered strawberries.

2.5 hours • \$700 per couple

IXORA ROYAL RETREAT

The ultimate full-day spa experience, designed to be savored. A floral foot bath eases you in before an Aromatherapy Body Glow, aromatic hydrotherapy soak, and Ixora Signature De-Stress Massage restore the body from the outside in. A chef-designed lunch precedes an ELEMIS Sensitive Skin Smoother Facial, and the day concludes with our Royal Pedicure.

4.5 hours • \$550 per person • \$1,000 per couple

MANICURES

IXORA SIGNATURE MANICURE ★

Treat your hands and arms to a heavenly indulgence with our signature manicure. Hands are soaked in exotic aromatherapy water, followed by an invigorating exfoliation and massage. Complete the treatment with your choice of polish color or high buff shine.

30 minutes • \$50 | 50 minutes • \$80

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 light massage, leaving the hands smooth and soft. This indulgent treatment ends with your choice of polish or high buff shine.

60 minutes • \$110

GEL MANICURE

Begin with the Signature Manicure with cuticle care before gel polish is applied while hands and arms are gently exfoliated and moisturized. Gels provide long lasting wear with no drying time required.

60 minutes • \$110

SPORTS MANICURE FOR HIM

Specifically designed for men, this manicure focuses on softening and nourishing the skin and nails. Includes an aromatic hand soak, nail shaping, vigorous scrub, cuticle care, buffing, and a relaxing hand massage.

50 minutes • \$80

PEDICURES

IXORA SIGNATURE PEDICURE ★

Every detail is tended to from the start, with feet soaked, nails groomed, and calluses smoothed before the treatment begins. An exfoliating mint scrub and masque follow, complete with a hot towel renewal and therapeutic mint lotion massage. Concludes with a flawless polish application for a completely nourishing and restorative pedicure experience.

30 minutes • \$60 | 50 minutes • \$90

ROYAL PEDICURE

A complete sensory experience providing relief to the soles. Nail shaping, cuticle care, exotic scrub, mask, and a relaxing foot massage are followed by a paraffin wax treatment, concluding with your choice of polish color or high buff shine.

60 minutes • \$120

SPORTS PEDICURE FOR HIM

Focused on softening and nourishing the skin and nails. Includes an aromatic foot soak, nail shaping, vigorous scrub, cuticle care, buffing, and a relaxing foot massage.

50 minutes • \$85

WAXING

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

HALF ARM	\$40	UNDERARM	\$40	LIP	\$15
FULL ARM	\$60	CHEST	\$70	CHIN	\$15
HALF LEG	\$70	BACK	\$80	EYEBROW	\$20
FULL LEG	\$110	BIKINI	\$60	BRAZILIAN	\$80+

TREATMENT **ENHANCEMENTS**

MASSAGE ADD-ON | 15 MINUTES

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

FACIAL ENHANCEMENTS

Under Eye Treatment	\$45
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EXTRA ENHANCEMENTS

Hair Braiding	\$5 Per Braid
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NAIL ENHANCEMENTS

French Polish	\$20
Polish Change	\$30
Paraffin Treatment	\$30
Gel Polish	\$45
Gel Polish Removal	\$25

BRIDAL **PACKAGES**

Ixora Spa is honored to be part of your most memorable moments. From skincare and makeup to lash extensions and beyond, our team is here to pamper you and your entire bridal party, leaving everyone feeling radiant and restored on your wedding day.

Our skilled on-call makeup artists work with you one on one to achieve your desired look, whether for the big day or any special occasion along the way. Day-of beauty and relaxation offerings also make thoughtful gifts for the people who matter most.

SPECIALTY

MOBILE SPA SERVICES:

Available in your room, villa, or yacht. A \$50 surcharge applies per service.

FULL MOON SPECIAL:

Inquire with our team about seasonal treatments and packages designed around the full moon.

PERSONALIZED FITNESS PROGRAMS:

Available upon request, tailored to your goals and schedule.

HOW TO SPA

HOURS OF OPERATION:

9:00 am – 5:00 pm daily

RESERVATIONS

To schedule treatments, call our spa directly from any resort phone by dialing extension 4620, or reach us at 284.394.3440 from outside the resort. We accept most major credit cards and recommend booking in advance, though walk-ins are always welcome, and we will do our best to accommodate you.

CANCELLATION POLICY

A credit card is required for all appointments. To avoid being charged the full price of your scheduled treatment, please provide at least 24 hours' notice.

GIFT CARDS

Give the gift of Ixora. Gift certificates are available for any spa treatment or retail product and can be purchased online at scrubisland.com/spa. Gift certificates are non-refundable and must be presented at the time of treatment or purchase at our outlets.

MINIMUM AGE REQUIREMENT

Spa guests must be 18 years or older to receive treatments or use spa facilities. Guests under 18 receiving a teen or children's treatment must be accompanied by a parent or guardian.

TREATMENT TIME

We recommend arriving at least 15 minutes before your scheduled appointment to settle in and enjoy the facilities, including Ixora Spa's infinity plunge pool. Please bring your swimsuit if you plan to take a dip. Should you arrive late, we may need to shorten your treatment time out of respect for the next guest. To preserve the serenity of the spa, we kindly ask that all mobile phones and electronic devices be turned off upon arrival.

VALUABLES

For your peace of mind, we recommend leaving all jewelry and valuables in the safe provided in your hotel room. Ixora Spa cannot assume liability for personal items brought to the spa.

SERVICE CHARGES

A 20% service charge will be added to your final bill. Additional gratuity for exceptional service is always at your discretion.