**Massages**

**Five Element Aroma Massage**
- 60 mins: $205
- This personalized full body massage focuses on any areas of concern to leave you feeling relaxed and refreshed. A Five Element essential oil blend will be used during the treatment specific to your needs and lifestyle. Wood for Rejuvenation, Fire for zest, Earth for Balance, Metal for Detoxifying or Water to Soothe.

**Rosemary and Ho-Leaf Deep Tissue Massage**
- 60 mins: $215
- 90 mins: $305
- Combining stimulating Ho Leaf, Lemongrass, Nutmeg and Rosemary with deep tissue massage, this concentrated treatment will unravel tension in tense and tight muscles, relieve deep stress and enhance the body’s circulation.

**Oriental Balancing Massage**
- 60 mins: $215
- 90 mins: $305
- Therapeutic, warming and invigorating, this spirited massage integrates Thai herbal compresses with stretches and acupressure. Helps to energize the body’s flow of Qi, release tense muscles and promote a feeling of optimum well-being.

**Frankincense Scalp Massage**
- 30 mins: $100
- This relaxing scalp treatment begins with an acupressure massage to calm and centre the mind. Frankincense is used with your chosen Five Element oil blend to nourish the scalp and leave you in a state of total bliss.

**Wave Synergy Couples Massage**
- 60 mins: $375
- Reconnect with your partner and spend quality time together as you unwind, relax and restore with our romantic couples experience that will bring you back to harmony. This indulgent treatment for two includes a relaxing scalp massage followed by a back massage featuring a sensual essential oil blend that will leave you both feeling energized and invigorated. Finally, a refreshing and restorative facial will leave you both blissfully happy and looking your best.

**Good to Go Massage**
- 30 mins: $100
- A massage for when time is short and you are on the run. Your chosen Five Element oil will alleviate all aches and pains leaving you good to go.

**Facials**

**Age Support Peptides Facial**
- 60 mins: $225
- Retain your youthful looks with this transformational facial that addresses the key underlying causes of physiological ageing and delivers both immediate and long lasting results. With deep cleanse and exfoliation used to repair and revitalize, the skin’s tone, elasticity, radiance and moisture levels are profoundly improved.

**Cool and Clear Tea-Tree Facial**
- 60 mins: $210
- An intensive detoxifying facial that harnesses the power of natural botanicals including Tea-Tree, Frankincense, Tea and Amazonian Clay to eliminate toxins and drastically reduce blemishes and breakouts to restore a clear, clean and balanced complexion.

**Moisture Replenish Collagen Facial**
- 60 mins: $210
- Blend those lines and wrinkles. Reduced skin hydration is one of the major causes of pre-mature ageing. Hydrating botanicals are used to improve the absorption of nutrients for skin that is plumped, firm, nourished and intensively moisturised. Perfect après flight to combat the signs of dry, mature and exhausted skin.

**Radiance and Vitality Vitamin C Facial**
- 60 mins: $210
- Skin brightening ingredients including Vitamin C, AHAs, Manuka Honey and Kombuchka dramatically enhance skin tone and texture for a complexion that looks and feels smoother and more radiant.

**Gentlemen’s Facial**
- 60 mins: $210
- Designed specifically for the needs of male skin for a refreshed, clear and revitalized complexion. Natural botanicals are used to exfoliate before a nourishing mask is applied to protect against environmental damage.

**Waves Express Men’s & Women’s Facial**
- 30 mins: $100
- The perfect introduction to all of the other luxury and pampering full hour facials, just enough to give you the perfect mini boost but you are left wanting more!

**Wraps**

**Aloe and Cucumber Skin Cooler**
- 60 mins: $195
- Cool and soothe sun drenched skin with an Aloe and Cucumber wrap. While cocooned in this comforting wrap relax and let your thoughts drift away as your therapist performs a gentle scalp massage followed by an application of an exotic oil blend. Skin is left nourished and deeply hydrated.

**Clay Detox Body Wrap**
- 75 mins: $210
- Reduce fluid retention, invigorate circulation and remove toxins with this warming wrap using Purifying Kaolin Clay infused with Green Tea, Grapefruit and Juniper Berry. While the natural botanicals work their magic, feel the tension melt away as you enjoy a relaxing scalp and feet massage. Once the mask is removed, a detoxifying massage is performed followed by a circulation boosting serum to leave you revitalized.

**Scrubs**

**Waves Salt Scrub with Pink Grapefruit and Rosemary**
- 30 mins: $100
- Designed exclusively for Waves, this scrub uses natural exfoliating Himalayan Salt infused with Pink Grapefruit to eliminate toxins and Rosemary to improve circulation and stimulate the mind. This is followed by the application of a cooling tropical infusion for super soft, healthy skin from head to toe.

**Macadamia and Papaya Body Scrub**
- 30 mins: $120
- Reveal radiant and glowing skin with our Sea Salt, Sugar & Papaya scrub infused with Macadamia to nourish and hydrate. Finally, a cooling Watermelon & Cucumber moisturiser is applied for long lasting hydration and a subtle glow.

**Coconut Shell Cream Body Scrub**
- 30 mins: $120
- Designed for all skin types with this gently exfoliating scrub treatment. Coconut Shell Cream Body Scrub is applied to delicately buff and polish for smooth skin. Your chosen Five Element Oil is then applied to deeply nourish and hydrate while creating a bespoke aromatherapy experience.

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All prices are quoted in BDS dollars and are VAT inclusive.
**Manicure and Pedicures**

**Express Manicure:** 30 mins $55
A basic shape and buffing of the nails, followed by a light soak and moisturization of the cuticles and your choice of nail polish.

**Waves Manicure:** 45 mins $100
Your hands and arms will feel refreshed as Essie’s exfoliating scrub with aloe vera and milled loofah gently exfoliate dead cells and prepare the hands for intense moisturizing. Intensive hand lotion containing a nourishing blend of coriander and glycerin is used to maintain moisture and leave the hands feeling soft and supple.

**Waves Deluxe Manicure:** 60 mins $120
This luxurious manicure is a facial for the hands. Cleansing, exfoliation, a relaxing hand massage and Essie’s Softening Hand Masque containing Vitamin E and botanical extracts are applied to prepare the hand and nails for the paraffin dip that will seal in the moisture and leave them feeling fully nourished.

**Express Pedicure:** 30 mins $75
A light soak of the feet is followed by a basic shaping and buffing of the nails, moisturization of the cuticles and your choice of nail polish.

**Waves Pedicure:** 60 mins $115
This pedicure uses aloe vera and milled loofah combined with a delightful citrus scent to gently buff away dead skin cells to reveal softer skin. Get ready to walk on sunshine as Essie’s Feet in the Clouds Leg and Foot Creme is applied which contains royal jelly extract and shea butter and offers extreme hydration to thirsty skin. Your feet will feel baby soft.

**Waves Deluxe Pedicure:** 75 mins $130
Renew your feet by indulging in this luxurious pedicure that will soften any rough and dry patches using a citrus scented exfoliant followed by a relaxing foot massage and application of Essie’s Softening Foot Masque. To complete this ritual, paraffin is applied to nourish and moisturize the feet and release any tension and will give you the feeling that you are walking on air.

**File and Polish Change:** 20 mins $35
**Gelish Manicure:** 75 mins $135
**Gelish Pedicure:** 90 mins $145

**Waxing**

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**Age Requirements**
Guests must be 17 years of age or older to receive spa treatments.

**Complimentary Treatments offered in Room Packages**
Spa inclusions are subject to room category booked and minimum length of stay.

- Express Facial
- Frankincense Scalp Massage
- Good To Go Massage
- Waves Salt Scrub with Pink Grapefruit & Rosemary
- Express Manicure
- Express Pedicure

**Signature Spa Packages**

- **The Waves Signature Bespoke Ritual** 2hrs $300
Experience an energizing treatment to revitalize the senses as two therapists work in harmony to exfoliate the body using Macadamia and Papaya Scrub. The bespoke oil contains containing Rosemary and Frankincense. This ritual concludes with a simultaneous head and foot massage leaving the mind uplifted, the body energized and the skin exotically fragrant.

- **Pamper for Ladies** 3hrs 45 mins $555
  - Macadamia & Papaya Body Scrub
  - Aloe and Cucumber Skin Cooler
  - Express Facial
  - Waves Manicure
  - Waves Pedicure

- **Waves Sampler**
  - Muscle Melt Back & Shoulder Massage
  - Frankincense Scalp Massage
  - Express Manicure
  - Express Pedicure

- **Luxury for a Day** 5 hrs 30 mins $765
  - Rosemary & Ho-Leaf Deep Tissue Massage
  - Clay Detox Body Wrap
  - Radiance and Vitality Vitamin C Facial
  - Waves Deluxe Manicure
  - Waves Deluxe Pedicure

**Health Conditions**
Please advise the Receptionist at the time of booking if you have any health concerns that may affect the treatment that you are choosing. Appropriate recommendations will then be made to suit.

**Cancellation Policy**
No charge is incurred if appointments are cancelled 4 hours or more prior to the start of the treatment time. A 50% charge is incurred within 4 hours of the start of the treatment and if there is a no show the treatment is charged in full.

**Check In**
We recommend you arrive at least 30 minutes prior to your treatment time so you may change and take full advantage of the use of the sauna, steamroom and relaxation area. We recommend you bring a swimsuit to enjoy the facilities as the area is coed. Should you arrive late, your treatment will be shortened to allow the therapist to be on time for their next appointment.

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