



## **VIDA SPA ♦ Healing & Beauty**

*Regenerate your body, mind and soul. Experience our calm space and the healing hands of a professional therapist, accompanied by aromatherapy, herbal water, tea, candles, and relaxing music.*

### **MASSAGE**

#### ***Vida Deluxe Signature Massage // 80 min \$100***

An exquisite fusion of Deep Tissue Massage and Swedish Massage. This treatment is complemented with a delicate scalp massage and revitalizing facial mask.

#### ***Hot Stone Massage // 50 min \$85 / 80 min \$120***

This ancient healing massage uses elements of nature to relieve tension and provide a deeper level of relaxation. Warmed natural stones are placed strategically on all chakra points and massaged all over the body to help relieve pressure and melt away stress.

#### ***Swedish Massage // 50 min \$75 / 80 min \$110***

A perfect treat after yoga and a day of nature. This classic relaxing massage combines gentle circular movements and strokes that increase blood circulation and help reduce tension.

#### ***Deep Tissue Massage // 50 min \$75 / 80 min \$110***

Slow, firm pressure is applied to areas that need extra attention. This therapeutic massage is not recommended for first-time spa clients.

#### ***Lymphatic Massage // 50 min \$75 / 80 min \$110***

Gentle rhythmic pressure and soft finger strokes stimulate circulation and open small blood vessels and lymph nodes. This technique helps to mobilize body fluids to promote the elimination of waste substances and toxins in the body. Two to three sessions recommended for best results.

#### ***Back, Shoulder & Neck Massage // 50 min \$75***

Your tension will melt away under the moderate pressure and circular movements of this massage, improving circulation and your general well-being.

#### ***Reflexology // 50 min \$75***

This oriental pressure technique concentrates on specific points of the soles of your feet to re-establish the body's flow of energy and release toxins.



## **FACE & BODY**

**Vida Deluxe Facial** // 50 min \$80 / 80 min \$100

Created to revitalize the skin, smooth lines, and restore radiance and smoothness. Includes a cleansing, exfoliation, mask, and facial massage.

**Body Polish** // 60 min \$90

The therapist's hands teamed with an exfoliating formula packed with antioxidants and skin-soothing properties helps stimulate blood flow and heal dry skin, promoting increased circulation and the movement of energy throughout the body. Rinse off in our Spa shower then enjoy a 30 minute massage.

**Moisturizing Body Wrap** // 60 min \$95

Nurture your skin from head to toe with one of two deeply moisturizing options. The therapist will apply product from the neck down and wrap all areas in plastic. Enjoy a blissful scalp massage and moisturizing facial while your body reaps the benefits of this treatment.

### **After Sun Aloe**

A sun lover's best friend. Soak in the healing and restorative properties of fresh picked Aloe Vera. Combined with cooling peppermint essential oil, your skin will feel refreshed as your mind drifts. Choose to add Aloe Vera to your facial as well, to soothe and moisturize your skin.

### **Coconut Apple**

For a bright and youthful skin complexion, dried coconut is used to exfoliate your whole body while the green apple's antioxidants and rich vitamin content nurture, protect and revitalize your skin. Choose to add green apple to your facial as well to even skin tone and fight fine lines.

## **HANDS & FEET**

**Vida Manicure** // 45 min \$50

Begins with an essential oil scrub to nourish and hydrate, followed by nail and cuticle grooming. Enjoy a hand + arm massage to seal in moisture and finish with a polish or natural buffing.

**Vida Pedicure** // 60 min \$65

Begins with an exfoliation while you relax during an aromatic soak, followed by nail and cuticle grooming. Be pampered with a leg + foot massage and finish with a polish or natural buffing.

**Classic Mani-Pedi** // 80 min \$85

This hand and foot treatment includes exfoliation, cuticle treatment, nail filing and shaping, ending with a polish of your choice or natural buffing.

**Gel Polish Removal** // \$15



## **VIDA +**

*Upgrade your chosen Spa service for some extra pampering!*

### **Ionic Detox // 30 min \$40**

This cleansing foot bath uses modern methods to detoxify the body. A series of timed positive + negative ions are emitted into the water to invigorate, recondition and synchronize the body's natural flow.

### **Tired Feet // 30 min \$40**

This is an ideal treatment after a day of intense activity. Gentle stretches and massage will help relax muscles and drain excess fluids and a natural cucumber and olive oil mask will soften and moisturize.

### **Mini Facial // 25 min \$40**

Includes a cleansing, exfoliation, mask, and a delicate facial massage.

### **Scalp Massage // 25 min \$25**

A relaxing massage using acupressure that focuses on the scalp, face, and neck.

### **Back, Shoulder and Neck Massage // 25 min \$40**

### **Reflexology // 25 min \$40**

## **VIDA PACKS**

### **Lovers in India // 2 hr 45 minutes \$220**

Exclusive use of the Tea Room + couples hydromassage bath + two 50 minute massages + strawberries, chocolate and a bottle of champagne

### **Rejuvenate // 1 hr 45 min \$140**

50 minute Swedish massage + mini facial + ionic detox

### **After Sun // 1 hr 50 min \$155**

50 minute Swedish Massage with lavender + body wrap paired with reflexology and a scalp massage

### **Detox // 1 hr 45 min \$140**

50 minute lymphatic massage + reflexology + ionic detox