



THE SPA

SOUTH BANK

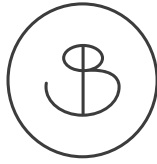
Treatment MENU



TEL: 649 941 2500 EXT. 6020 | spa@southbankresort.com

SOUTHBANKRESORT.COM





THE SPA

SOUTH BANK

Immerse yourself in a sanctuary of relaxation at South Bank, where the soothing embrace of the ocean is at the heart of every experience. Our treatments are Inspired by the calming rhythms of the sea.

From soothing massages to revitalizing facials, each experience is meticulously designed to transport you to a state of pure relaxation and bliss.

Let the gentle sounds and essence of the sea guide you on a journey to ultimate relaxation and renewal.



Signature JOURNEYS

OCEANSIDE SERENITY

100 MINUTES | \$319

Uplift your spirit with an all-encompassing spa experience. Begin your journey with a holistic massage to nourish and hydrate new skin, balance your chakras to bring peace of mind and body. Achieve ultimate serenity with a Pro-Glow Brilliance facial providing hydration, nutrition, and repair to your skin, resulting in a radiant complexion.

Foot Ritual, Body Massage (50min), Pro-Glow Brilliance Facial (50 min), Refreshment

ESSENCE OF CARIBBEAN

80 MINUTES | \$265

Restore your skin's luster with a hydrating tropical coconut oil massage. This treatment uses a blend of essential ingredients to suit your individual needs, leaving your skin soft and supple whilst releasing stress with a scalp massage, followed by a Caribbean coconut hair wrap.

Foot Ritual, Body Massage (50 min), Coconut Hair Wrap (30 min), Refreshment

ISLAND SUN

100 MINUTES | \$299

Warm volcanic stones applied to the skin heat your muscles, allowing your therapist to work deeper to relieve tension. The warmth of the stones and the therapeutic scent of aromatherapy oils make for an intoxicating combination, followed by a reflexology foot therapy.

Foot Ritual, Body Massage (50min), Reflexology foot therapy (50 min), Refreshment

Facial Journeys

PRO GLOW SMOOTH

50 MINUTES | \$165

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

PRO GLOW RESURFACE

50 MINUTES | \$165

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimizes the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

PRO GLOW BRILLIANCE

50 MINUTES | \$165

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant and healthy.

PRO GLOW GENIUS

75 MINUTES | \$245

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking. An unsurpassed, line fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.



Individual Journeys

BODY TREATMENTS

BALINESE

50 MINUTES \$179 | 80 MINUTES \$259

A soothing and relaxing deep tissue massage using gentle long strokes, kneading, skin rolling, pounding, stretching and acupressure to stimulate blood flow, release toxins from the body and remove muscle tension.

DEEP TISSUE

50 MINUTES \$179 | 80 MINUTES \$269

Personalized to focus on the deeper layers of tissue, using an array of massage techniques to release stored tension and encourage optimum circulation. It ensures relaxation for deep-seated muscles.

HOT STONE

50 MINUTES \$179 | 80 MINUTES \$269

Heated volcanic stones and a stunning blend of essential oils are used in this massage. The heat from the stones helps to relieve muscle or joint tension and increase blood circulation creating a balance of calm and wellbeing. This treatment is perfectly designed to promote a profound state of relaxation.

AROMATHERAPY

50 MINUTES \$169 | 80 MINUTES \$259

Discover the ancient art and allure of aromatherapy with this gentle and soothing massage style. This pampering massage includes a pressure point facial massage and slow flowing movements.

REFLEXOLOGY FOOT THERAPY

50 MINUTES | \$139

Focused on the reflex zones of your feet and lower legs, this restorative treatment releases tension and helps to reduce water retention. The ideal treat to relieve tired feet after a long journey.

Individual Journeys

BODY TREATMENTS

MOTHER TO BE

50 MINUTES | \$169

Starting with a foot ritual to release tension in the feet, this massage focuses on the legs, lower back, shoulders and neck. Suitable for three to six-month pregnancy.

- EXCLUSIVELY FOR IN VILLA -

BODY NECTAR NOURISHING WRAP

60 MINUTES | \$175

The velvety texture of Frangipani Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

EXOTIC CLEANSING FRANGIPANI SALT SCRUB

30 MINUTES | \$105

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Your wrap experience includes a stress release fusion of hand and scalp massage.



Couple Journeys

COUPLE SIGNATURE MASSAGE

50 MINUTES \$185 | 80 MINUTES \$289 PER PERSON

Created for couples to share memorable moments together. Commence with a coconut foot exfoliation followed by our signature healing massage with coconut oils to melt your stress away. Complete with a glass of champagne.

Foot Ritual - Body Massage – Champagne

HOT STONE DUO

80 MINUTES | \$529 PER COUPLE

Promoting a profound sense of relaxation, our couples' hot stone experience offers a beautiful combination of warm volcanic stones and therapeutic aromatherapy oils. A full body massage is further complemented with a pressure point foot massage bringing lightness to the feet and legs.

Foot Ritual - Body Massage - Foot Massage - Refreshment

UNDER THE STARS

50 MINUTES \$229 | 80 MINUTES \$365 PER PERSON

A romantic customized massage under the stars using a variety of techniques to meet your specific needs. Enjoying the fantasy-like ocean setting of your villa's terrace surrounded by the sounds of water and tropical aromas. Complete with a glass of champagne.

Foot Ritual - Body Massage – Champagne

Junior Experiences

AGES 7 - 15 YEARS

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BACK NECK AND SHOULDER

30 MINUTES \$89 | 50 MINUTES \$149

After a day of adventure, relax with a soothing back, neck and shoulder treatment.

NOURISHING FACIAL

30 MINUTES \$89

Following a specialized facial massage, the skin is fed with nourishing treatment that will bring back that healthy, dewy look to the skin.

RELAXING FOOT AND ANKLE

30 MINUTES \$79

Allow your feet to be totally pampered with a pressure point massage using a soothing foot lotion to hydrate, calm and ease your tired feet.

* Junior experiences must be reserved alongside an adult treatment.



Treatment Enhancers

Enhance your treatment by selecting one or more of our carefully created service enhancements.

ELEMIS EYE TREATMENT

INDIAN HEAD MASSAGE

COOLING FOOT REVIVAL

COCONUT OIL HAIR AND SCULP TREATMENTS

EXPRESS FACIAL

30 MINUTES \$99 PER ENHANCEMENT**

** Enhancements must be scheduled and enjoyed in combination with a body or facial treatment.

Weekly Spa Journeys

Dedicate a little time to yourself on your getaway to unwind. We have your massage essentials packed nicely for you leaving you feeling relaxed and rebalanced.

THREE DAYS RENEW

\$479 PER PERSON

Experience a sense of renewal with our three-day massage package. The Renewal package allows you to combine any three of your preferred 50 minute massages from our Individual Journey treatments.

FIVE DAYS RENEW

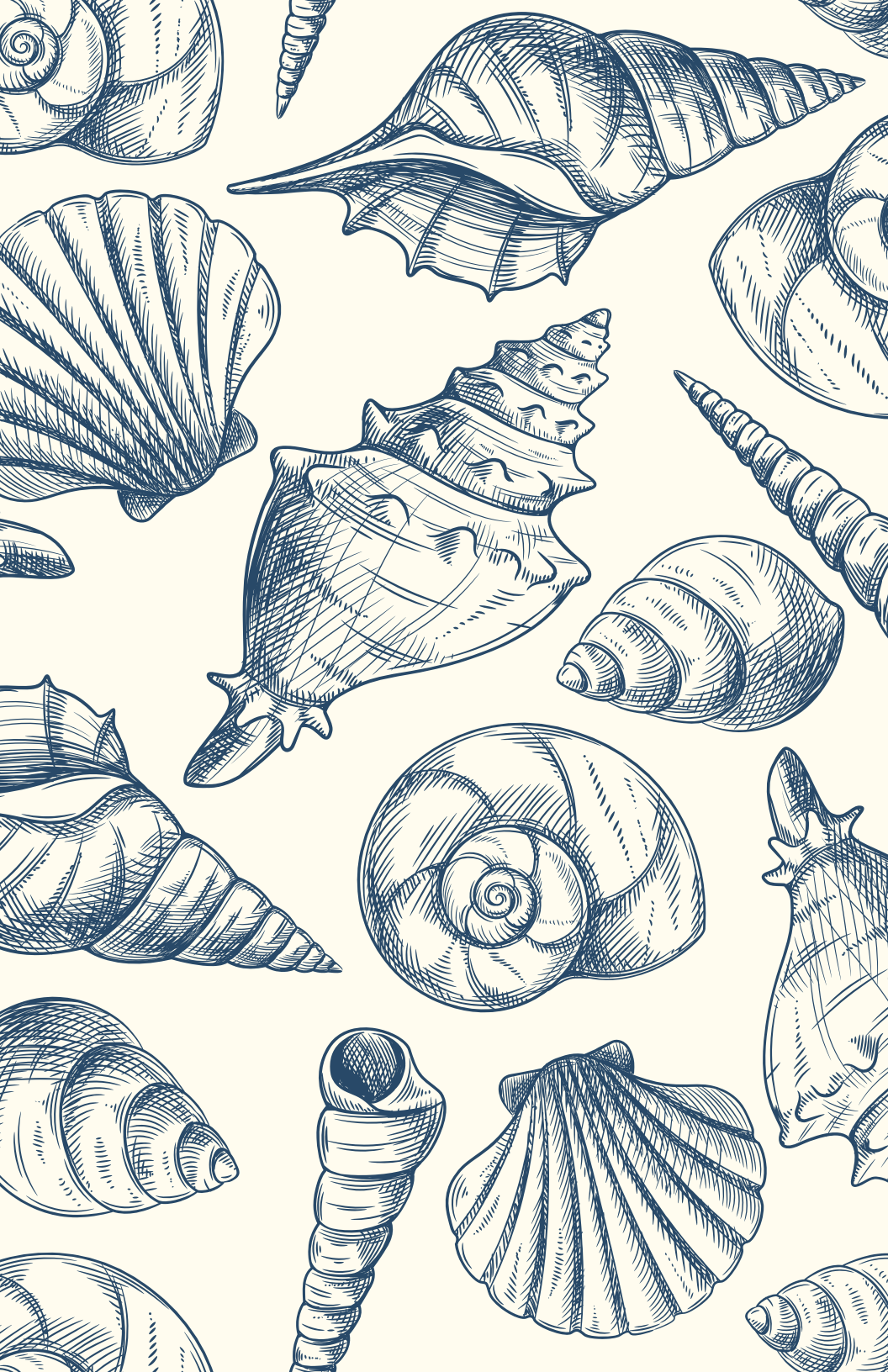
\$1,049 PER PERSON

Revive your mind and body with one of our popular spa packages. The Revive package allows you to combine any of your preferred 50 minute massages for five days and two 50 minute facials. Massages available from our Individual Journey treatments.

SEVEN DAYS RETREAT

\$1495 PER PERSON

The perfect spa package to complement your getaway. Fully retreat with our seven-day spa package. Combine any of your preferred 50 minute massages for seven days with three 50 minute facials. Massages available from our Individual Journey treatments.



Manicure and Pedicure

EXCLUSIVELY FOR IN VILLA

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Elevate your experience with our bespoke in-villa manicure and pedicure services, curated with meticulous attention to detail.

CLASSIC MANICURE

45 MINUTES \$65

A hand treatment with nail reshaping, gentle buffing, cuticle treatment, and gentle exfoliation to promote a natural finish for the nails.

CLASSIC PEDICURE

60 MINUTES \$75

A foot treatment with nail reshaping, gentle buffing, cuticle treatment, and gentle exfoliation of the soles to remove dry skin and encourage a natural finish to the nails.



Spa Etiquette and Information

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SPA HOURS OF OPERATION

South Bank Spa is operational from 10:00 AM TO 7:00 PM, with the last treatment bookable at 6:00 PM. Early and late hours available on request.

RESERVATIONS

Treatments are based on availability. We recommend reserving your treatments well in advance to guarantee your preferred timing. Please contact your Butler or Front Desk to make a reservation or visit the Spa reception.

CANCELLATION POLICY

No-shows or cancellations within 4 hours will incur a 50% charge. Rescheduled appointments are subject to availability.

HOW TO SPA

We encourage you to arrive 20 minutes prior to your treatment time to enable you to enjoy the full use of the exclusive facilities. Please be advised that late arrival will result in a reduction of your treatment time.

GUEST ADVICE

For the well-being of our guests, the consumption of alcohol is restricted to specific spa treatments. For your safety, we reserve the right to refuse entry to any guests who are under the influence of alcohol.

Spa Etiquette and Information

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SPA ETIQUETTE

The spa environment is one of relaxation and tranquility. We appreciate you turning off your mobile phone or electronic devices. To respect the relaxation and privacy of our guests, we kindly request that you speak quietly. Smoking is not permitted in the Spa.

AGE REQUIREMENTS

The minimum age to access the spa and experience treatments is 16 years old. To inquire about treatments for younger guests, please consult our Spa Reception for available options.

HEALTH CONDITIONS

Kindly advise us of any health conditions, special preferences, allergies, or injuries that could affect your treatment when making a reservation.

IN VILLA TREATMENTS

Enjoy spa treatments in the privacy of your villa by special request and at an additional cost of 25% of the menu price per person. Please ask our Spa Reception or any of the Guest Services Team Members for available options.

PRICING AND GRATUITY

A 12% value-added tax, plus a 10% service charge, will be added to each spa service. Prices are subject to change without prior notice. Gratuities are not included. Gratuities for exemplary service are discretionary.



GRACE BAY RESORTS
HANDMADE EXPERIENCES SINCE 1993

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