



Blue Haven Spa

True Blue Bay Boutique Resort

TREATMENT LIST

For Grenadians and SGU Students



Massages

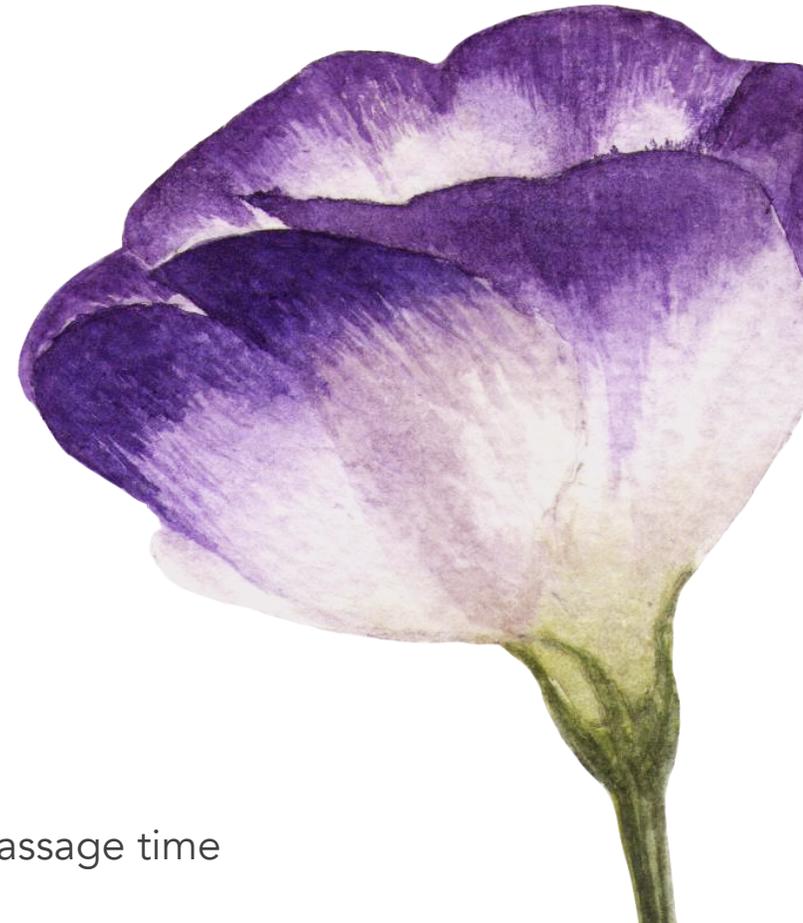
Relax in our Blue Haven Massage Rooms while our therapist pamper you with aromatherapy, soothing music and their healing touch.

Benefits of Massage

Massage eases muscle pain by increasing and improving blood circulation. Helps soothe anxiety and depression. Improves sleep quality. Massage boost patients' white blood cell count (which plays a large role in defending the body from disease). Massage relieves migraines and tension headaches, relieves stiff shoulders and overworked arm muscles and lower back pain.

 Full Body (60 mins)	EC\$150
 Mint Full Body (60 mins)	EC\$155
 Deep Tissue (60 mins)	EC\$180
 Head Neck and Shoulder (30 mins)	EC\$70
 Back (30 mins)	EC\$80
 Mint Back (30 mins)	EC\$85
 Indian Head Massage (30 mins)	EC\$80
 Foot Massage (30 mins)	EC\$70
 Sports Therapy (60 mins)	EC\$200
 Hot Stone (60 mins)	EC\$200
 Aromatherapy (60 mins)	EC\$200

Please ask about adding additional massage time



Body Treatments



True Blue Body Scrub..... EC\$70 (40 mins)

Our signature body scrub is designed to cleanse, exfoliate and get rid of dead skin cells leaving the skin soft, smooth and glowing. The scrub is made right here in the spa and includes sugar, coconut oil, essential oil, and home made conditioner. This treatment includes a light massage after the scrub and a shower.

Benefits

-  Leaves skin with a beautiful healthy glow
-  Promotes easy tanning
-  Promotes the regeneration of new and healthy skin cells reducing the aging process
-  Increases blood circulation

Heavenly Body Wrap..... EC\$70 (50 mins)

Enjoy being wrapped in organic clay mud or chocolate to increase the blood circulation and lymphatic system thereby helping the body get rid of toxins. Body wrap includes a light massage and shower.

Benefits

-  Leaves skin soft and moisturized while toning loosened skin
-  Purifies skin all over your body by pulling out toxins
-  Helps reduce the appearance of scars
-  Reduces acne around the body
-  Reduces appearance of cellulite
-  Decreases excess water from your body leaving you feeling less bloated.

Soaks



Relax and immerse yourself in a beautiful mixture of our homemade blend of sea salts, essential oils and other specialty ingredients. Perfect for relaxing tired muscles, releasing tension in the body and create an overall feeling of tranquility. (30 minutes)

 Tea Soak.....	EC\$60
 Calming Cocoa Soak.....	EC\$70
 Oat-Lavender Soak.....	EC\$70
 Minty Soak.....	EC\$70
 Ginger Detox Soak.....	EC\$70
 Seasonal Soak.....	EC\$70

Facials



 **Signature Facial**.....**EC\$85**
(50 mins)

Our organic facial provides a deep cleansing technique using natural products from the island to suit your skin type. Products such as cucumber, yogurt, Grenadian honey, mango, Grenadian Chocolate, and aloe vera, leaves your skin vibrant and radiant. Facial includes arm massage while the mask sets.

 **Prescriptive Facial** **EC\$110**
(60 mins)

Let our skilled spa therapists do a skin analysis to pick out the best Pevonia skin products for your face. Facial includes a face steam, extractions and a arm massage while the mask is setting.

Beauty Bar

-  **Signature Manicure** **EC\$65**
-  **Gel Manicure** **EC\$80**

(60 mins)

Treat your hands to an hour of pampering. Choose from our large assortment of nail colors as we file and shape your nails, scrub and massage your hands while enjoying the relaxing surroundings.

-  **Signatur Pedicure** **EC\$90**
-  **Gel Pedicure** **EC\$105**

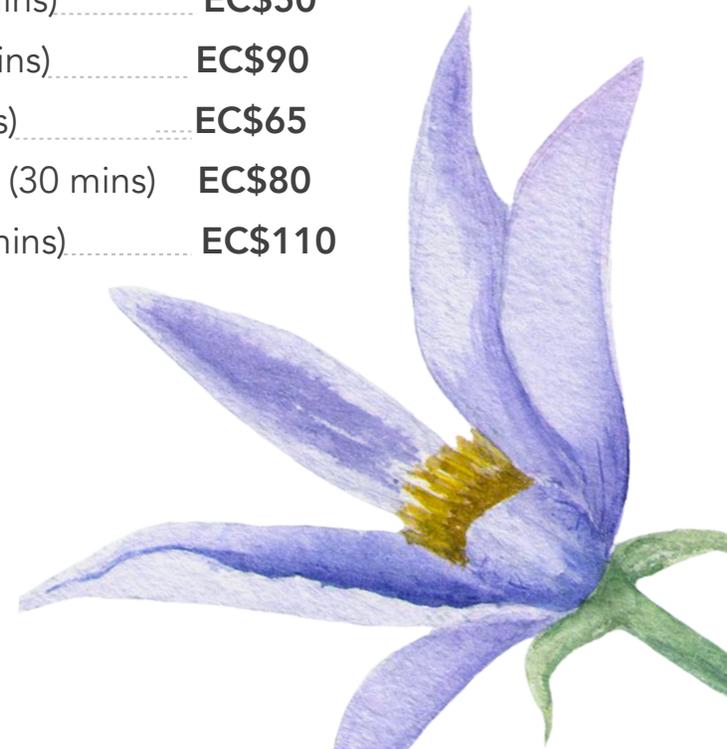
(60 mins)

Give your feet some love at our popular pedicure station. Our therapist will leave your feet feeling soft and radiant after our one hour pedicure treatment

-  **Express Manicure (30 mins)** **EC\$50**
-  **Express Pedicure (30 mins)** **EC\$50**
-  **File and polish (30 mins)** **EC\$20**
-  **Polish Change (30 mins)** **EC\$20**
-  **Gel Soak (30 mins)** **EC\$30**

Waxing

-  Eyebrow (20 mins) **EC\$20**
-  Upper lip/chin (10 mins) **EC\$10**
-  Full face (30 mins) **EC\$45**
-  Full arm (40 mins) **EC\$70**
-  Under arm (10 mins) **EC\$30**
-  Half arm (30 mins) **EC\$40**
-  Stomach (30 mins) **EC\$40**
-  Chest (30 mins) **EC\$40**
-  Back (30 mins) **EC\$60**
-  Half leg (30 mins) **EC\$50**
-  Full leg (60 mins) **EC\$90**
-  Bikini (30 mins) **EC\$65**
-  In-betweenie (30 mins) **EC\$80**
-  Brazilian (60 mins) **EC\$110**





Built for Two

Enjoy treatments for two at a discounted price.

 **Couples Full Body Massage**
EC\$290
(60 mins)

 **Couples Back Massage**
EC\$150
(30 mins)

 **Couples Pedicure** **EC\$170**
(60 mins)

 **Couples Body Scrub** **EC\$130**
(60 mins)