



THE  
SPA

AT LADERA RESORT



## WELCOME TO LADERA

We invite you to relax and unwind. Spend some time rejuvenating yourself and we will provide you with the atmosphere in which to de-stress, re-tune and gear up for an enjoyable St.Lucian holiday.

This information brochure features many relaxing and therapeutic treatments, including a wide variety of beauty therapy services for your enjoyment.

Our professionally trained therapists will put you at ease immediately and rouse all your senses with an exceptional spa experience. Our goal is to ensure that your visit to Ladera Resort and The Spa is healthy, serene and gratifying.

Make that perfect inclusion to your holiday and ensure that you partake in some of our first-rate treatments.

While we welcome walk in appointments on occasion, we highly recommend that you book ahead.

We look forward to meeting you!

*The Spa Team*

Dial 4 on your resort mobile to reach us!



## Massage Therapy

### Swedish Massage

A relaxing and therapeutic massage to relieve tired muscles and increase circulation. Recommended for those who have never had a massage.

**50 minutes**  
**90 minutes**

### Anti Stress Massage

Specialized massage techniques in the neck, head, face, back and feet pin point areas of discomfort caused by stress, muscle strain and over exertion.

**50 minutes**  
**90 minutes**

### Deep Tissue Massage

This massage attracts people suffering with intense body pain. It is a neuro-muscular massage, which works the trigger points and pain-referral areas of the body.

**50 minutes**  
**90 minutes**





### Massage your mate

This is your opportunity to learn how to massage your mate. We will teach you the secrets of massaging the back, neck and shoulders, to relieve tension and stress from your partner.

**90 minutes**

### Reflexology

Experience the scientific art, based on an Ancient therapy where zones and reflex areas in the feet corresponds to all body parts, organs and glands. The stimulating technique improves blood circulation and unblocks nerve impulse that aids the body in its healing process

**45 minutes**

### Aromatherapy Massage

The ultimate soothing experience for drainage of the lymphatic system. A Full body massage using a blend of essential oils derived from natural plants introduced via the skin and senses. Natural plant essences are used to enhance the skin and body.

**60 minutes  
90 minutes**



### Hot Stone Massage

Harnessing the properties of heated volcanic stones, aromatherapy oils are placed on them and put on key energy points of the body to harmonize the spirit. Then, in a firm rhythmic massage sequence which mimics the strong but steady stream of flowing water, the stones give up their power and warmth to tired and tensed muscles, promoting inner peace and releasing muscular tension.

**75 minutes**

### Thai Massage

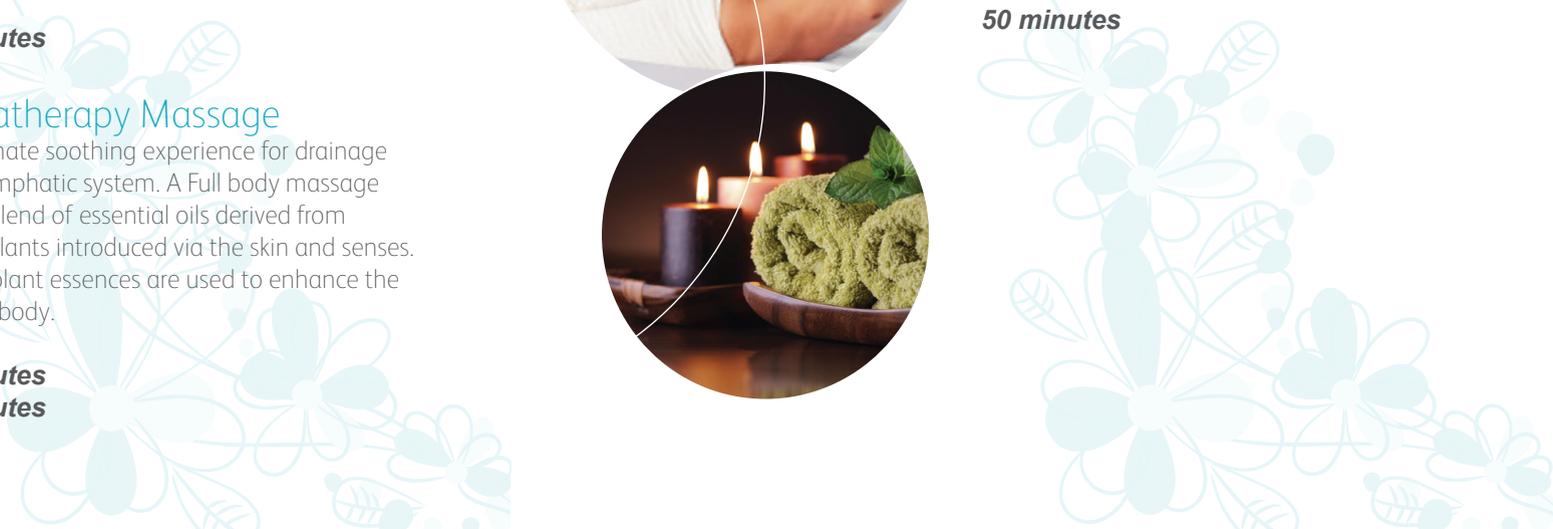
An interactive manipulation of the body using passive stretching and acupressure . This ancient art of body therapy, uses techniques to align the skeletal structure , increase flexibility and relieve muscle and joint tension, thereby balancing the body's energy system. The effect is uniquely relaxing as well as energizing.

**50 minutes  
90 minutes**



### Prenatal Massage

**50 minutes**



## Back massage & Couples Massage

### Back Massage

Swedish Massage focusing on the stressful areas of the back, neck and shoulders.

**30 minutes**

### Couples Massage

enjoy your massage side by side with the one you love. A blend of the Swedish and Deep Tissue Massages will make the experience memorable.

**50 minutes**

**90 minutes**



## Sulphur Mud Treatment

**Experience an exclusive outdoor treatment!**

One of our therapists will accompany you to the Sulphur Springs on the world's only drive-in volcano, five minutes away from the resort, where the body will thank you. On arrival, take a dip into the largest hot tubs nature has to offer. Don't mind the foul smell, the water is full of minerals, salts and enough nutrients to make your skin feel alive again.

Then feel the richness of the volcanic mud on your skin, as the therapist applies it all over your body and face (optional). This black volcanic mud contains nutrients to hydrate, revitalize and nourish your skin. It is also very therapeutic and is excellent for conditions such as arthritis, swollen joints, fatigue and stress, to name a few. Sip a cup of hot, herbal tea, as nature goes to work on your entire body. Feel your skin tingle as dead skin cells are scrubbed away giving you silky soft skin. You are guaranteed to leave the Sulphur Springs a totally relaxed individual.

Please note that you are to make reservations at The Spa at least 8 hours prior to this treatment. Black swimwear should be worn, or something that is "not so precious" to you.

**Transportation leaves Ladera at 4:30pm**

**And arrives at the volcano at 4:40pm**





## Facials

### Signature Ladera Facial

A prescriptive and customized facial to help maintain a healthy complexion. A melody of nature's best: grapefruit, aloe vera or honey extract cleanses the skin. Thereafter, a customized ampoule, a relaxing facial massage and mask treatment, rejuvenates and illuminates the complexion.

**50 minutes**

### Island Escape

Apple and Blackberry Facial Splendor. Escape into an exotic tropical bliss of aromatic fruity apple and blackberry sensations caressing your skin. Evoke your skin and mind to unwind with Sothy's exclusive Caribbean apple facial massage, cool blackberry peel-off mask and a finishing tropical nourishing gel.

**50 minutes**

### Paraffin Facial

A deep pore cleansing treatment for any skin type which includes a gentle exfoliating peel to remove dull surfaces and a warm paraffin mask to rejuvenate the skin.

**50 minutes**



### Firming & Collagen Lifting

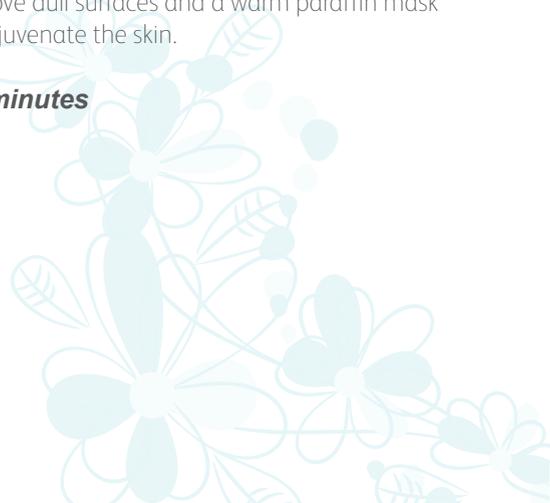
This customized anti-aging facial packs a powerful punch of peptides, antioxidants, and firming collagen hyaluronic filling agents. Start the reversal of aging with a mineral microdermabrasion of volcanic rocks and salicylic which prepares the skin. After the patented elasticity revealer is massaged, a collagen lifting mask plumps and repairs, instantly revealing a more youthful skin.

**80 minutes**

### Volcanic Renewal Facial

After diving all day in search of buried treasure in the island, come and delight in the treasure at the Spa. Crushed rubies and sapphires will exfoliate while they work to resurface and brighten your complexion. Glycolic and salicylic will work to clear impurities, followed by a hydrating massage and oxygenating mask. Like a diamond in the rough, you will resurface with radiant glowing skin.

**60 minutes**



## Gentleman's Oasis

An aromatic blend of essential oils and malt extract of volcanic rock combined with a series of relaxing massages to ensure a deep sense of well being and relaxation. The skin is immediately bright, clean and refreshed.

**60 minutes**

## Facials add-on

### Beautiful Eyes

Ophthalmology tested all natural treatment to soothe and refresh the eyes. This calming anti-aging and revitalizing treatment uses special enzymes. It diminishes dark circles and creates an overall feeling of relaxation. A combination of ginseng, cornflower and chamomile to reduce puffiness, and diminish dark circles to create an overall feeling of relaxation.

**40 minutes**



## Waxing

Full Leg wax  
Half Leg/back/chest wax  
Lip Wax  
Chin Wax  
Eyebrow Shaping  
Under Arm Wax  
Bikini Wax



## Manicures & Pedicures

Standard Manicures  
Standard Pedicures  
French Manicures  
French Pedicures  
Paraffin Manicure  
Paraffin Pedicure

### Polish Change

Manicure and Pedicure

French Manicure & French Pedicure

## Hair Braiding

Full head braiding starting at -  
Individual Braids -



## Body Scrubs

Sloughing Sea salt Scrub. . .

### Island Spices Buff

An exotic exfoliation option that's good enough to eat. Delicious spices and essential oils of Ginger, Nutmeg, Orange and Cinnamon veil the body following the removal of this marvelous marmalade. Silky smooth skin prevails.

**60 minutes**

### Sensorial Body Buff

The journey of smooth, soft skin commences with an invigorating sweet and salty exfoliation, customized with your choice of essential oils. The application of an aromatic, nourishing lotion leaves skin velvety soft and revitalized.

**60 minutes**

### Hanakasumi Ritual

Your journey commences with a warm exfoliating cream with cherry blossom and rice powder. Inspired by Japanese bath tradition, an exfoliating towel massage softens skin and invigorates the body. A unique foot massage based on reflexology revives vital energy complete with a full body massage of melted aromatic shea butter, bringing blissful relaxation.

**60 minutes**



## Body Wraps, Detoxing/Cleansing Wrap

### Hydrating Wrap

**50 minutes**

### Detoxing Wrap

**50 minutes**

### Relaxing Wrap

**50 minutes**

### Botanical Wrap

**50 minutes**



## Spa Packages

### Hibiscus Package (4 treatments)

- 1 Swedish Massage
- 1 Body Scrub
- 1 Manicure
- 1 Pedicure

### Bougainvillea Package (4 treatments)

- 1 Deep Tissue Massage
- 1 Body Wrap
- 1 Facial
- 1 Body Scrub

### Bird of Paradise Package (6 treatments)

- 1 Hot Stone Massage
- 1 Body Wrap Deluxe
- 1 Paraffin Manicure
- 1 Paraffin Pedicure
- 1 Reflexology Massage
- 1 Signature Ladera Facial

### Gingerlily Bliss Package (5 treatments)

- 1 Hot Stone Massage
- 1 Body Wrap Deluxe
- 1 Anti-stress massage
- 1 Paraffin Manicure
- 1 Paraffin Pedicure

**Customized packages  
can also be arranged**

## General Information

### The Spa

at Ladera is located in close proximity to the reception area. There we provide a peaceful, relaxing atmosphere for those seeking to unwind from everyday stress. We provide a comprehensive range of Spa services, which include: massage therapy, facials, body scrubs, body wraps and reflexology, among other beauty treatments.

### Check in

Please arrive at the Spa at least 5 minutes prior to your scheduled appointment. This will allow time to check and prepare for your service.

### Personal Items

Please do not bring any valuables, such as jewelry to the Spa. We recommend that you secure your valuables in the safe provided in your room. The Spa is not responsible for any lost items while at the facility.

### Reservations

We suggest that you make your spa appointment at least 8 hours in advance. We welcome walk-in appointments but they are accepted based on availability.

### Cancellation Policy

Spa treatments are reserved for you. We ask that you notify us at least 5 hours in advance if you need to cancel or reschedule. 100 % of the value of the service will be charged to your room if less than 5 hours notice is given for a change or cancellation. Any spa package requires 24 hours notice.

### Service Charge/Tax

There is a 15 % service charge and 10 % VAT

### Safety Standards

In accordance with International Spa Industry standards, certain medical conditions may prohibit the use of some treatments.

### Insuite

selected massages can be done in the comfort of your room at an additional cost of US\$25 per person.

***ALL guests are required to fill out a medical questionnaire that will be provided by The Spa. All questions must be answered accurately and truthfully. This questionnaire is held in strict confidence between you and The Spa.***

If you have any questions regarding our treatments, please do not hesitate to contact The Spa. We will be happy to advise you on our range of services and suggest those that may be most appropriate for your needs.



[www.ladera.com](http://www.ladera.com)



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