

L O N E S T A R

S P A







**QUITE SIMPLY,
OUR PHILOSOPHY IS
PAMPERING YOU.**

Spend hours or a day in the privacy of your room, where a host of unique therapies are delivered for you to enjoy in serenity. Escape with the wide selection of spa treatments designed to bring balance to your body and mind on your holiday.



SPA EXPERIENCES

Experience the ultimate
indulgence with the
following spa rituals.
Now is your time to relax.

Private Journey

This romantic escape was designed for couples to unwind together and enjoy an Aromatherapy Footbath, before indulging in a side by side Body Harmony Massage and Frangipani Facial.

120mins \$490

Legendary Oasis

Experience the revitalizing benefits of the Caribbean Body Polish with a 30 minute Lomi Lomi Massage. Included in this ritual is a relaxing warm towel compress.

90mins \$240

Just Wonderful

Bask in the pleasures of an Aroma Stone Therapy Massage, then emerge radiant from your Enzyme Facial. Followed by a luxurious and pampering Hand and Foot Treatment.

135mins \$300

Body Work ~ Gents Escape

Soothe overworked and tired muscles with a Deep Tissue Massage, then cleanse and exfoliate deep into the skin's pores with an Urban Cleanse for Men Facial.

110mins \$240

Divine Destination (Mother to be)

Prepared to be pampered with a Nurturing Mother-to-be Massage, followed by a rejuvenating Visible Radiance Facial. This journey of joy includes a Nourishing Frangipani Hair and Scalp Massage.

120mins \$230



MASSAGES

Give yourself the gift of hands-on healing. A massage does so much more than just feel good. It helps your body to eliminate toxins through the lymphatic system, gives your circulatory system a boost of energy, and brings about a state of peace and harmony.

Body Work ~ (Deep Tissue Massage)

30/50mins \$70
\$150

This therapeutic deep tissue massage targets your problem areas with firm pressure, isolated stretching and manipulative strokes. This effective treatment is perfect for persons who suffer with chronic pains, sports-related aches, or anyone who likes firm deep pressure. Walk away from this treatment feeling invigorated and relieved.

Closer to Heaven ~ (Kahuna Relaxing Ritual)

50mins \$140

Lose yourself in our signature indulgent experience designed to balance your mind and soothe your soul. Using a combination of long flowing connecting strokes and gentle stretching this massage achieves vitality and flexibility and encourages harmony. Perfect for Jet lag.

Indulgence Warm Stone Massage

50/80mins \$130

Perfect for aching muscles that need de-stressing. Heated basalt stones are used to perfection as an extension of the therapist's hands, combined with classic Swedish techniques for an intensive treatment. This deeply grounding massage brings unity back to your body.

Built to Last ~ Couples Massage

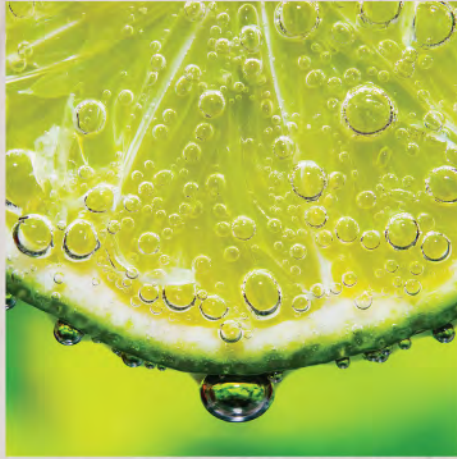
50mins \$280

Relax side by side with the one you love. This blissful massage promotes togetherness and serenity. All tension is melted away with the divine massage techniques and pure essential oils used to take you both on a sensory journey.

New Beginnings ~ Pregnancy Massage

50mins \$135

Prenatal therapy is a great way to help with the back pain associated with pregnancy. It is a healthy way to reduce stress and relieve fluid retention and pressure due to weight gain, it encourages healthy circulation, and promotes restful sleep patterns. It's a soothing experience for both mum and baby.



FACIALS

Combine deep relaxation with beautiful results and your answer will be all our skin care facials. All treatments begin with our signature tranquillity welcome ritual.

Age-less Beauty ~ *mature skin*

70mins \$150

Rediscover healthy and vibrant skin with this enriching treatment. This anti-aging face and eye treatment instantly firms, rejuvenates and plumps up the skin while helping to reduce dark circles. Specialized massage techniques are combined with powerful formulations and an active Mask to help smooth, sculpt and restore skin radiance. This amazing treatment is further enhanced by a luxurious arm, foot and scalp massage.

Oil Defence Facial ~ *oily to combination skin*

50mins \$130

Stamp out spots, minimize your pores and super-soothe your skin with this deep cleansing facial. A gentle exfoliating enzyme peel and pre-extraction masque effectively bring impurities to the skin's surface for easy, gentle removal. This treatment is completed with a nourishing hand massage.

Performance Facial ~ *perfect for all skin types*

40mins \$120

Unwind with this renewing treatment. Your facial includes: cleansing, Microdermabrasion for a deeper exfoliation and a nourishing mask. Specialty serums are also used to improve the skin's texture leaving it renewed and radiant. This treatment ends with a mint warm towel compress on the feet and soothing foot massage.

Gents Facial

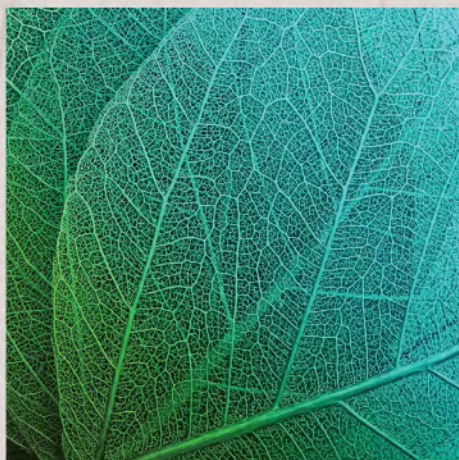
40mins \$110

Take care of your face with this performance treatment to remove impurities, rebalance excessive oil production, and leave the skin with a clarified, matte finish. This facial includes deep cleansing, exfoliation, clay or hydrating mask as well as attention to the sensitive areas that often result from shaving and sun exposure. A back massage concludes your experience.

Youthful Glow ~ *Teen Facial*

40mins \$95

Balance things out with this treatment designed for younger skin and the changes it faces. This is a great way to introduce positive skin care habits for a lifetime of healthy skin. Suitable for 11 years old and up.



FACIALS ENHANCERS

These treatments can
be added to any facial
or enjoyed on their own.

Cell Shock Renewal ~ Treatment

Stimulate cellular regeneration. This anti-ager improves the appearance of fine lines and wrinkles.

20mins \$50

Blissful Eyes

Fine lines are plumped with our unique blend of vitamins. This treatment reduces swelling, puffiness and dark circles. The eyes are simply revitalized.

20mins \$50

Hibiscus Peel

An intense firming mask is applied to the face and neck. This powerful peel soothes skin texture and deeply hydrates the skin.

20mins \$50

BODY BEAUTY

Polish Me

An exotic exfoliation ritual to invigorate and bring vitality to your body. Your skin will be polished and smoothed to a glow and completed with an application of an exotic conditioner to moisturize the skin.

70mins \$155

Choose from:

Uplifting Orange Sugar Scrub, Detoxifying Lime and Ginger Salt Glow. This treatment includes a 20 minute massage.

Sun Glow Ritual

Enjoy an invigorating exfoliation treatment followed by an application of our sunless tan crème for a delicious bronzed glow on the face and body. This treatment gives you the tan you desire and promises you a radiant sun kissed look within two to three hours.

40-60mins \$120



UNIQUE SPA COLLECTIONS

A unique collection
of treatments
exclusively created for our
Lone Star guests!

A Journey Together

Couples Side by Side Rose Petal Massages,
Facials and Foot Bath Rituals

140mins \$450

Fuel Me Up

Lomi Lomi Massage, Hydrating Facial, Frangipani
Manicure and Pedicure

165mins \$345

Polish Me

Body Exfoliation, Jet Lag Massage and
Eye Treatment

105mins \$280

Recharge

Hydrating Scalp Ritual, Regenerating Facial,
Blow Dry

110mins \$240

Polish

Lone Star Signature Lava Shell Massage with
Facial Cleanse included

90mins \$190



SALON SERVICES

Nail Care

Honey & Citrus Manicure

60mins \$55

Relax your senses while your hands soften in a milk bath of lemon slices, the nails are filed, cuticles are cleaned, hands are exfoliated with a gentle fruit and sugar blend to soften and rejuvenate your skin. This treatment restores even skin tone to give your hands a more youthful glow.

Frangipani & Coconut Hand Ritual

20mins \$30

An effective therapeutic treatment to soothe, repair and rejuvenate your hands. Your hands are exfoliated and a pressure point massage follows. Your cuticles are nourished and hands are refreshed with a cucumber mask. On completion of this treatment your hands will feel softer and fully hydrated.

Honey & Citrus Pedicure

55mins \$70

Relax your senses while your feet soften in a milk bath of lemon slices, the toenails are filed, cuticles are cleaned, feet are buffed and exfoliated with a gentle fruit and sugar blend to soften and rejuvenate your skin. Feel uplifted with a soothing foot massage to conclude. Polish is included.

Warm Stone Pedicure

50mins \$95

Reward your feet with this luxurious and pampering treatment, inclusive of a custom pedicure with a nourishing mask. Enhanced with a warm stone massage using various techniques to relax the feet at the deepest level. Leave feeling rejuvenated and balanced.

Frangipani & Coconut Foot Ritual

20mins \$50

A cool and refreshing mineral foot bath is infused with lemon and mint to bring your tired feet alive. A brown sugar exfoliation follows to refresh the skin and a 15 minute pressure point massage on the lower legs and the feet brings your treatment to a blissful end.

ADD ON SERVICES

Callus and Dry Skin Removal	15mins	\$15
Gel Polish Removal	10-20mins	\$25
Essie Gel Polish Application	15-20mins	\$45
Toe Waxing	5-10mins	\$10
Shape and Polish	10-15mins	\$20



WAX OFF

Remove your unwanted hair
with our quick and painless
methods.

BIKINI

Bikini Wax	\$40
basic hair removal of the bikini area	
Extended Bikini	\$50
shaped hair removal from the bikini area	
Brazilian	\$70
a vertical strip is left in the bikini area	
Hollywood	\$85
complete hair removal of the bikini area	

LEGS

Half Leg	\$60
smooth upper or lower leg hair removal	
Full Leg	\$130
smooth leg waxing from top to bottom	

ARMS

Forearm	\$25
removal of hair from lower arms and wrists	
Full Arm	\$35
removes unwanted hair from your arms	
Underarm	\$20
removes unwanted hair from your underarms	

FACE

Eye Brows, Lip Wax & Chin Wax	\$20
Full Face	\$45



LONE SPA FITNESS

Embrace the peace and tranquility of our natural outdoor studio, as the peaceful sounds of the ocean create a superb space for you to relax your spirit and clear your mind. Rejuvenate and energize your senses to the pulse of the Caribbean.

Yoga & Pilates

Yoga and Pilates is about the pursuit of optimal wellness. All sessions will help you to advance and enhance your lifestyle. For ultimate benefits, we suggest you adopt the guidance you receive and complement it with sensible nutrition, therapies, relaxation and meditation.

One on one session	60mins	\$100
Couples session	60 mins	\$180
Groups 3-6 persons or more	60mins	\$25
Groups 7 persons and over	60mins	\$20
Kids below the age of 17 and accompanied by an adult	60mins	\$15

Personal Training

Stay in Shape on your Holiday!

Our Certified Trainers use a progressive model of personal training, providing small consistent improvements each session to progress you quickly to your goals.

Along with a structured fitness programme you will also receive nutrition advice. The combination of diet and fitness is the quickest way to your ideal body.

Personalized one hour sessions	60mins	\$50
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Cancellations must be made at least 4 hours prior to the start of the session otherwise there will be a charge of 20% of the total amount due for the session.



SPA TIPS

In order to help us serve you better, please take a moment to read the following:

Opening Hours:
8:00 AM to 7:00 PM

All prices are quoted in US dollars
and are inclusive of Value Added Tax.

Reservations

To reserve your day of luxury kindly contact our reception as they will ensure you are well looked after.

Can't Make It ~ Running late?

In the unfortunate event that you need to cancel or reschedule your appointment, in order to avoid a 25% cancellation fee we request that you cancel your booking at least 5 hours in advance. Gratuity for exemplary service is discretionary. Prices and services are subject to change without notice.

Health Conditions

Please advise upon making your reservation if you have any allergies, health conditions or recent injuries. Your safety is our focus so we recommend you to communicate to your therapists your requirements.

Age Requirements

We provide services to children 7 to 15 only with supervision of an Adult.

Gift Certificates

Gift certificates are available and are redeemable within 6 months of purchase, contact front desk to purchase a spa package for that special someone.

Lonespa Wedding Day ~ Make-up & Styling

Your special day requires special attention. Allow us to tailor our services to create lasting memories for you and to meet the needs of your wedding party. Prices vary by wedding party size. You can request the full Weddings Menu from our front desk on or before arrival.







The Lone Star Boutique Hotel & Restaurant
Mount Standfast, Barbados
t: (246) 629 0599 f: (246) 419 0597
www.thelonestar.com

All prices are quoted in US dollars
and are inclusive of Value Added Tax.