



Discover Sea & Self

**A Menu of Spa
Treatments and Services**

Daily: 9 am – 7 pm

The Spa at Peter Island

It is the indigenous sense of the exotic and the ability to commune with abundant nature that places tropical spas in a league of their own. These relaxed centers of rejuvenation uplift our spirits even before we place one foot into a treatment room.

Overlooking the turquoise sea of the Caribbean, The Spa at Peter Island is enveloped in a sense of calm, where time has no role to play. With an emphasis on soulful well-being, natural curatives and understated elegance, spa guests will experience deeply nurturing treatments in a world far away from the ordinary.

Gracious, soft spoken and highly trained, the staff's incomparable service and sincere desire to make the experience of every guest pleasurable and memorable is one of the biggest keys to the spa's overall success. Unhurried attention to detail will help us to exceed the expectations of savvy spa guests.

The Spa at Peter Island adopts an earthy ambiance in tune with the beautiful Caribbean Sea embracing it. Abundant fresh flowers and the luscious fragrance of the aromatherapy candles in the reception area enhances one's sense of tranquility upon entering the quietly elegant spa, offering just the right introduction for the tropical scrubs, massages and water treatments about to be experienced. Can't decide on which tantalizing treatment to indulge in? Guests are always welcome to escape to a private bohio for a Signature™ Peter Island body treatment on an isolated patch of beach. Ocean breezes and healing hands move in rhythm to the sound of the waves on a luminous blue sea.

Relaxation with all its attendant touch, sound, scent and scenery is the therapeutic antidote adopted at [The Spa at Peter Island](#).

Guide for Spa Guests

Spa Reservations

We recommend making a spa reservation for all services in advance to ensure preferred times. The earlier you reserve your Spa/Salon appointment, the more likely you are to receive your preferred day and time. If you would like lunch delivered from Deadman's Beach Bar and Grill, please inform us when making your reservations. Lunch is available from 12:30 PM to 2:30 PM.

How To Use The Spa

We would like the spa environment to be relaxing and soothing for everyone. Please respect the right to privacy and a quiet atmosphere for all guests. We ask that you refrain from talking loudly and we ask that you turn off all pagers and cell phones. If you are uncertain about any of the guidelines, please feel free to contact the Spa Director at your convenience. We are here to assist you and make your spa visit the escape your body has been thirsting for.

Arrival Time

Please arrive a minimum of 30 minutes prior to your spa appointment. We suggest you arrive early so that you may enjoy the spa amenities such as the eucalyptus steam, beach and private pool. This will also give you ample time to rest in the relaxation lounge, where there are fresh amenities for your pleasure.

Cancellation Policy

Please keep in mind that the treatment times are reserved especially for you. There is a 50% charge for any changes or cancellations to appointments with less than 4 hours notice or spa packages with less than 24 hours notice. No-shows will be charged in full.

As a courtesy to guests, late arrivals will only receive the remaining available appointment time.

What To Wear

Upon arrival you will change into a spa robe and slippers that will be provided to you. Undergarments are not necessary but can be worn if you prefer. Disrobe to the level of your comfort. Our therapists are trained to drape a sheet or towel over your body in a discrete manner so that you are covered to a level of your comfort. If at any time you are uncomfortable, please inform your therapist.

What To Bring

We provide all spa guests with daily use of a robe, slippers, towels and other locker room amenities needed. A private, daily locker is available to you to store your belongings. We suggest that you do not bring valuables to the Spa. There is a safe available for use in your room.

Treatments and Services

If you are under a physician's care or on any medication, please inform your therapist or service provider prior to your treatment or session. Furthermore, if you have any physical problems, ailments or existing injuries of any kind, inform your therapist so they may properly care for your needs and prevent possible re-injury. If at any time during a session you feel uncomfortable or want the therapist or service provider to reduce pressure, stay away from a specific body part or have any other concerns, please immediately inform your therapist so they can adjust their technique.

Male and Female Therapists Available

Both male and female therapists are available. Please advise us in advance if you have a preference. If you do not have a preference we will schedule you with the therapist that is available.

Gratuities

Gratuities are always left to the discretion of our guests. It is customary to provide an 18% - 20% gratuity for salon and spa services provided. A gratuity box is located at the front desk for your convenience if you would prefer to leave a cash gratuity.

Ferry Fees

If you have a Spa service that is a minimum of 60 minutes, the ferry fees are complimentary.

Facility Fees

It is our mission to provide a tranquil setting for all guests seeking to retreat and relax at our facility. For this reason, the spa is for exclusive use of guests receiving treatments. Should you want to experience our spa setting and do not have any spa appointments, we extend the opportunity, at a minimal fee.

Signature Series

Our Signature Treatments are services especially customized and exclusive to The Spa at Peter Island Resort.

Pricing

Spa treatments and pricing are subject to change without notice. Applicable pricing will be that effective on date of appointment(s).

Menu

Be enveloped in a sense of calm. Where self meets the beautifully surreal turquoise sea. Time plays no role in your soulful journey. Peruse our selection of indigenous remedies for beauty and well-being while your every whim is attended by a genuinely caring staff. We invite you to partake in nature's deeply nurturing care in a tropical paradise far away from the ordinary.

The Spa at Peter Island caters to individuals, couple's romance retreats, women and men's personal growth groups, executive conference retreats, and of course, our local community. We recommend allowing our spa coordinator to plan your spa day in advance to ensure the experience you desire.

Gift certificates for spa experiences or spa sundry gift items are available and artfully presented in a gift box. Please see our website www.peterislandspa.com, descriptive menu, or call 284-495-2000 for an extended menu with more spa and salon details.

Spa Highlights

- 10,000 square foot Spa Facility
- Men's and Women's Changing Rooms and Private Steam Rooms
- 10 Indoor Treatment Rooms, Outdoor Bohios, Manicure Stations and Pedicure Thrones
- Raised horizon infinity lounge pool
- Luxury ocean front retreat suites
- Luxury indoor couples suites
- Hair Salon, Relaxation Lounge and Retail Boutique
- Off-Site Fitness Center
- Ocean-side Jacuzzi
- Tranquility Garden
- Private one mile long beach

Treatment Menu Highlights

- Signature scented frangipani and coconut treatments
- Therapeutic massages, body scrubs and wraps with fresh local ingredients
- Customized facials
- Caribbean Kur Odyssey
- After-sun treatments and soothers
- Purifying mud re-mineralizers

Body Massage

Our therapeutic massage therapies are designed to deeply relax the body, soothe the mind and promote a nurturing sense of well-being.

Custom Massage

75/90 Minutes

\$150/\$170

Our experienced therapists will tailor this massage specifically for you by giving special attention to your sore or tense areas.

Aromatherapy Massage

75/90 Minutes

\$160/\$180

Special aromatic oils are blended to meet your specific physical, emotional and spiritual objectives.

Deep Tissue Massage

75/90 Minutes

\$170/\$190

A firmer massage designed to relieve aching muscles as well as everyday stress and promote detoxification. The pathway to a clear body and mind.

Prenatal Massage

50/75 Minutes

\$115/\$165

Tailored specifically to the needs of pregnant women and their changing bodies, prenatal massage is an effective therapy promoting better function of muscles and joints, improving circulation and overall body tone.

Thermal Sand Bundle Massage

75/90 Minutes

\$170/\$190

A Peter Island Signature Massage — Deep penetrating heat, soothing pressure by a sand bundle and aromatherapy massage. A must!

Sea Stone Massage

75/90 Minutes

\$170/\$190

Heated basalt lava stones and long massage strokes with warm aromatherapy oil induce you into deep relaxation.

Seaside Bohio Massage

75/90 Minutes

\$15 Additional per person with massage of choice

By yourself or with a friend, enjoy a relaxing customized massage in one of our private bohios overlooking Big Reef Bay.

Body Scrubs

Glow with radiance after these exfoliating treatments. Each body scrub is completed with your choice of a 45-minute light moisturizing massage or 25-minute light moisturizing massage.

Fresh Coconut Rub

45/75 Minutes

\$115/\$155

A traditional Island favorite, a gentle cleansing body polish made of freshly shredded coconut, turmeric and other aromatic spices. Perfect for sensitive, sunburned, and wind-swept skin.

West Indian Honey & Sesame Seed Glow

45/75 Minutes

\$115/\$155

A Peter Island Signature Treatment – Sesame seeds gently exfoliate your skin while our golden West Indian honey moisturizes. Your skin will feel invigorated and silky smooth

Caribbean Coffee Polish

45/75 Minutes

\$115/\$155

Delight in the intoxicating aroma of finely ground Caribbean coffee, vanilla and spice oil.

This natural scrub will stimulate, smooth and refine your skin while elevating your mood.

Tropical Lime & Ginger Buff

45/75 Minutes

\$115/\$155

We combine our local Salt Island Salt with the stimulating effects of Lime, Ginger, Lemongrass and Juniper for muscle relief to create a fabulous scrub.

Balnotherapy Soak

20 Minutes

\$45

Prior to your massage, add a soak in our private hydrotherapy tub.

Thalasso Mud Bowls Alfresco

All the time you'd like

\$20 per Bowl

A Peter Island Signature Treatment - If you would like a little "down time" by yourself or with a loved one, this is a great treat. We will give you a beautiful bowl of our hand mixed, mineral rich Thalasso Mud to take out to the pool or down to the beach to enjoy your own private mud scrub. We will even give you instructions on this easy, ready-to-enjoy process . . . slather the mud on your body, anywhere you like, bake in the sun to dry, then rinse in the sea. A natural body remineralizer with you as the therapist.

Body Wraps

You will be enveloped in a cocoon of natural emollients that nourish, soothe and soften your skin. While you soak up the nourishing benefits of your wrap, an acupressure face and head massage will coax you into a deeper state of relaxation.

Peter Island Body Re-mineralizers

75 Minutes

\$165

Enjoy nature's most complete source of nutrition. After a gentle exfoliation with marine algae salts, relax and luxuriate in steady warmth while your skin detoxifies and hydrates.

Frangipani & Coconut Moisturizer

75 Minutes

\$165

A Peter Island Signature Treatment –This treatment begins with a gentle exfoliation using a cactus fiber cloth. You are then enveloped in a fragrant coconut and frangipani wrap to nourish and moisturize. Keep the cactus cloth for home care between spa visits

Caribbean Kur Odyssey

Indulge your skin in the sea's youth-enhancing benefits. Our Caribbean Kurs are a series of treatments based on the use of natural resources such as thermal mineral water, algae, essential oils and herbs.

Kur Sessions

2 hours 30 minutes

Without Wrap: 2 hours

\$285

\$235

Begin your Kur Odyssey under the Vichy shower with a full body exfoliation of sea salts and essential oils, followed by a re-mineralizing body mask. As you cocoon in your wrap, enjoy a soothing acupressure face and scalp massage. After a final rinse under the Vichy, soak in a hydrotherapy tub laden with salt mineral crystals and essential oils. A full body massage completes this profoundly relaxing experience.

We invite you to select one of our custom Kurs using the curative blends of pure essential oils and botanicals. They include a Ocean Mineral Kur, Tranquility Kur, Energizing Kur, or Rehydrating Kur.

(These treatments are not recommended for those with thyroid conditions.)

Facial Revivals

“Clean, balanced, translucent skin begins deep within the sea.”

Peter Island Custom Facial

75 Minutes

\$150

A *Peter Island Signature Treatment* – For those guests seeking a more customized facial, this deep cleansing regimen will regenerate, revitalize, and renew the skin. After a gentle face cleansing, active ingredients are transported into the skin cells with specially selected masks and nourishing creams. A relaxing neck and shoulder massage adds to this personalized treatment.

Gentlemen's Conditioning Facial

75 Minutes

\$150

Our nourishing Gentlemen's Facial begins with an aromatic hot towel compress followed by a gentle, deep pore cleansing. A toning massage of the face and scalp, neck, shoulders, arms and hands will leave you revitalized.

Sun Kissed Soother

60 Minutes

\$110

This calming facial is excellent for sunburned or dry skin that is in need of some TLC. The facial mask uses extracts from natural fruits to provide deep hydration and help the skin regenerate new cell growth.

Hands & Feet Beautification

Peter Island Sea Spa Manicure

60 Minutes

\$65

A *Peter Island Signature Treatment* – A revitalizing sea salt hand soak is followed by a gentle apricot seed and peppermint extract exfoliation. Then your hands and forearms are softened with a calming and cooling cream mask. Traditional grooming and polish concludes this luxurious manicure.

Peter Island Sea Spa Pedicure

75 Minutes

\$95

A gentle cleansing wash and a hydrotherapy soak initiate this treatment to soften calluses and cuticles. A gentle exfoliation with apricot seeds and peppermint extracts will leave feet soft and refreshed. And finally a sumptuous lower leg and foot massage with a hydrating body silk lotion will leave your feet and skin feeling silky smooth. A beautiful finishing polish completes this ultra deluxe pedicure.

“Soak Away...” Packages

Spend the morning, afternoon, or entire day enjoying one of our Peter Island Spa packages. Surrender to a renewed sense of well-being.

Soak Away the Day

5 Hours

\$525

Embark on a journey of total renewal. Begin with a Custom Kur, which includes an aroma therapy body scrub, an aromatic hydrotherapy soak with sea salts and botanical essences and a 75-minute Custom Massage. After a refreshing spa lunch, you will enjoy a Peter Island Custom Facial and pampering Peter Island Sea Spa Pedicure.

Drift Away

3 ½ Hours

\$355

Your rejuvenation package begins with our Outdoor Head and Toes treatment that includes a foot soak in a cooling mint and floral footbath and a scalp massage, followed by a 75-minute Custom Massage. This package concludes with a Peter Island Custom Facial.

Float Away

2 ½ Hours

\$300

Stimulate the senses and calm the mind as you enjoy the benefits of this hydrotherapy package. After an aromatic body scrub, let your cares float away as you relax in a botanical hydrotherapy tub, followed by a 75-minute Custom Massage leaving you light as air.