

PINK SANDS

HARBOUR ISLAND

It Is Time To *Relax*. Pink Sands Wellness Services.

OFFERED SERVICES

**Services are provided in our on-site treatment room*

***Prices listed include taxes and fees*

Aromatherapy Massage

A relaxing massage infused with custom blends of essential oils to enhance well-being, invigorate the senses, and work holistically for a balance of mind & body.

60min \$245/90min \$315 **

Swedish Massage

A customized massage that blends percussion, kneading, vibration, tapping and rolling to energize the body and work through the muscle to improve overall health.

60min \$231/90min \$301 **

Sport Massage

A Pink Sands Sports Massage can help relieve tight muscles and stress for a perfect day on the beach. This deep tissue massage will increase elasticity and reduce muscle tension.

60min \$245/90min \$315 **

Pink Sand Signature Massage

A personalized, holistic massage that involves the use of different manipulative and customized techniques to move muscles and soft tissue, improve blood circulation, offer stress relief, and total body rejuvenation. This integrative massage includes a combination of techniques, supported stretching, and aromatherapy.

60min \$273/90min \$343 **

Head & Foot Massage

A 60 minute experience designed specifically to relieve headaches, migraines, and insomnia problems, we focus solely on the head and feet to provide a massage tailored to deep healing and relaxation.

60min \$231 **

Thai Massage

A full body massage that combines deep tissue pressure, muscle and joint stretching, and gentle adjustments of the body into yoga-like poses. For thousands of years, Thai massage has been a traditional form of alternative medicine in Thailand. This massage is performed on a bed or flat surface, please wear loose fitting clothing during the session.

60min \$245/90min \$315 **

Body Scrub with Local Coffee or Coconut

Enjoy a full body exfoliation using a locally sourced coffee or coconut blend to remove dead skin cells and rejuvenate the body. This handmade scrub is worked into the skin as a natural exfoliant so you feel soft, supple, and nourished.

45min \$196 **

***Antioxidants found in coffee, may increase collagen production, which may help reduce signs of skin aging and defined as pigmented spots and wrinkles.**

Private Yoga / Stretch / Meditation

60 minute private sessions available in guest room or on our pink sand beach upon your request.

60min \$210 **

Complimentary Morning Yoga / Stretch class

Offered 5 days a week for Pink Sands Resort guests, as weather permits.

Speak with the front desk for full weekly schedule



TO SCHEDULE A WELLNESS SERVICE CALL THE RESORT FRONT DESK

+1 (242) 333 2030 OR EMAIL WELLNESS@PINKSANDSRESORT.COM

LATE CANCELLATIONS, within 24 hours of your scheduled service time will be charged the full amount of the service.

** PRICES LISTED INCLUDE ALL TAXES AND FEES **