



PINK SANDS

HARBOUR ISLAND

It Is Time To *Relax*.

Pink Sands Wellness Services.

OFFERED SERVICES

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

**Rates include all taxes and fees*

Pink Sand Signature Massage

A personalized, holistic massage that involves the use of a variety of 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 \$287/90min \$357

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 \$266/90min \$336

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

Thai massage is an ancient healing practice that combines acupressure, stretching, and assisted yoga poses. This unique therapy promotes flexibility, relieves tension, and restores energy flow. It's perfect for improving circulation and enhancing overall well-being. Please wear loose fitting clothing for the session.

60min \$266/90min \$336

Hot Stone Massage

Experience the ultimate relaxation as warm, smooth stones are placed on key points of your body and used to deliver a deeply therapeutic massage. The soothing heat melts away tension, eases muscle stiffness, and promotes overall balance and rejuvenation. Perfect for stress relief and deep relaxation.

60min \$266/90min \$336

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. Your choice of 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.***

Pre-Natal Massage

Available upon request, utilizing pure organic oils.

60min \$245/90 min \$315

Private Yoga / Stretch / Meditation

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

60min \$210



SCHEDULE A WELLNESS SERVICE CALL THE RESORT FRONT DESK
+1 (242) 333 2030 OR EMAIL WELLNESS@PINKSANDSRESORT.COM

Cancellations or changes must be made at least 24 hours prior to your scheduled time to avoid a 100% cancellation fee being charged to your account

**updated 24 Jan 2025*