



ESPA

AT BAHAMAS

Experiences

Look and feel your absolute best.



Take Your Time or Fast-Track Your Spa Experience

With breathtaking ocean views and outstanding facilities, ESPA at Baha Mar is the ultimate spa escape. Spend an afternoon luxuriating in stunning sauna and steam rooms, lay back in social lounges or reset in solitude in the relax zones—the opportunities for total bliss are endless.

However, if time is a little tighter—yet you still want to reap the potent benefits of an ESPA treatment—we can fast-track your spa experience and even double-up your therapists to achieve outstanding results in half the time.

ESPA at Baha Mar Signature Treatments

SEASHORE SERENITY • 2 hours | \$360

Using rhythmic massage movements, this treatment embraces a powerful combination of essential aromatherapy oils and gently heated Tiger Clam shells to warm muscles and allows stress to drift away. Skilled therapists' hands use the shells to release deep-seated knots with trigger-point techniques before a deeply relaxing scalp massage using cool rose quartz crystals to revitalize both mind and body, brings you gently back to Earth.

EASTERN INFLUENCE • 2 hours | \$360

East meets West in this true fusion of global principles and methods. A cleansing body scrub infused with powerful essential oils smooths the skin and prepares for the body massage with warm herbal poultices. The traditionally styled Chinese poultices are filled with locally grown medicinal herbs and plant extracts including cinnamon, eucalyptus and hibiscus, bringing warming and muscle-relaxing benefits while essential oils of Bay and Clove soothe aches and restore balance. A gentle facial poultice massage helps promote cellular regeneration and complete the sensation of total well-being.

PIED À HEAVEN • 60 minutes | \$200

It's a little-known fact that our feet hold the key to unlocking total body relaxation. This specific foot and lower leg massage takes inspiration from the master Chinese foot reflexology treatment using reflex zones and points to inspire total body relaxation.

RIVIERA ROMANCE — a ritual to share • 90 minutes – for two | \$540

Romance is alive and well, awaiting your arrival at your private spa suite. You will be greeted with Champagne cocktails, chocolate-dipped strawberries and a divine foot ritual to welcome you both for this truly distinctive treatment. Your only decision is whether to choose a body or facial-focused treatment—then allow your personal therapist to do the rest. The precise products, speed and pressure will be skillfully determined to ensure you enjoy nothing but the most memorable experience and very best results.

ESPA Advanced Body Treatments

ESPA ICONIC BACK, FACE & SCALP TREATMENT • 90 minutes | \$250

Often-imitated, never matched. The original ESPA Back, Face and Scalp massage combines exfoliation and volcanic hot stone massage to target the three principle relaxation points. Starting with a gentle body polish to smooth skin followed by a hot stone back massage to soothe muscles and remove stress, the facial and soothing scalp massage complete the treatment for the ultimate ESPA experience.

LIFT & FIRM BODY TREATMENT • 60 minutes | \$180

This highly effective, stimulating treatment targets cellulite, fluid retention, uneven skin texture and tonicity. Using potent marine extracts combined with deep detoxifying bodywork and specialized abdomen massage techniques, this treatment helps promote cleansing and purification of the colon and delivers excellent results. Focused on the hip, thigh and abdomen area, this is ideal for those concerned by the appearance of cellulite.

NEW BEGINNINGS • 60 minutes | \$180 or 90 minutes | \$250

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, while helping to hydrate, relax, restore and revitalize.

ESPA Advanced, Results-Driven Facials

Our facials are world-renowned for defying the effects of a life lived. Reduce lines and wrinkles visibly. Rejuvenate your joie de vivre and let your age remain a beautifully well-kept secret.

Delivering what your skin really needs, all of our tailored facials include:

- An in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye
- A detailed consultation
- Cleansing, exfoliation, steam and extraction where necessary
- A treatment-specific massage, mask, intensive serum and moisturizer, chosen to achieve optimal results

To maintain the ultimate in healthy, radiant skin we recommend a facial once a month.



LIFESTAGE™ INTENSIVE LIFT FACIAL • 90 minutes | \$250

Our most effective age-defying facial targets all the visible signs of aging. Unique Natural Encapsulation Technology (NET) releases ten powerful active ingredients, stage by stage, to liberate your skin from signs of stress and strain, to prolong cell vitality, safeguard elasticity and make your skin look great and feel wonderful.

This luxurious facial uses our award-winning LifeStage product range to help minimize wrinkles, immediately improve hydration levels and reduce the appearance of pigmentation, large pores and redness, to leave skin visibly more plump and firm.

Includes: Deep brush cleanse, Skin Radiance Mask, specialized age-defying, contouring and lifting facial massage technique, professional Lifting & Smoothing Mask, the ultimate LifeStage product range

SKIN UNIQUE FACIALS • 60 minutes | \$180

Damaged and dull skin tones are a thing of the past with our uniquely personalized, intensive facials. Following a detailed SkinVision™ skin analysis, which enables your therapist to see conditions not visible to the naked eye, products are selected to specifically suit your individual skin needs and address particular areas of concern.

Whether to hydrate, desensitize, brighten, lift and firm or purify, your expert therapist will choose the perfect ESPA skincare products, including an intensive booster serum, to achieve maximum results.

Includes: Deep cleansing, exfoliation, steam and gentle extraction (where needed), a treatment-specific massage & mask

Complement your Skin Unique Facial treatment with the following:

ESPA EYE LIFT • 30 minutes | \$80

The perfect antidote to the signs of aging around the delicate eye area. An effective firming and hydrating treatment that helps to reduce the appearance of fine lines and relieve tension from eye strain and computer screen-triggered headaches.

Includes: Facial cleanse, eye area-specific exfoliation, massage, eye mask, application of our Lift & Firm Intensive Eye Serum

ESPA “For You” Massage

What better way to get precisely what your skin and spirits need than selecting your favorite elements and creating the perfect massage:

1. Choose your time: 60 minutes \$170 | 90 minutes \$240
2. Choose your pressure: gentle, medium or firm
3. Choose your style of massage

AROMATHERAPY – A relaxing massage using a blend of individually chosen oils. Your therapist will select from: Detoxifier, De-stressor, Muscle Relaxer, Jet Lag Recovery, Immune Booster, Energizer

SWEDISH – Using traditional stimulating movements and a nourishing calendula-infused oil

DEEP MUSCLE – A powerful hot stone massage designed to alleviate deep-seated tension and muscular stress

RELAXATION – Warm oil is poured onto the center of the back to commence this soothing, indulgent massage

Supercharge your massage with the following additional experiences:

HOT STONES – The ultimate massage booster, volcanic stones allow the therapist to easily untie any muscular knots

POULTICES – Traditional massage method using warm herbal poultices infused with indigenous herbs to complement the selected essential oils and give a deep therapeutic respite

SKIN-SOFTENING PARAFFIN WAX – Can be applied to either hands or feet in specialist mitts or booties to deeply nourish and smooth, as well as ease joint discomfort

All Aboard the ESPA Express

If time is short or you want to boost your treatment experience with a targeted solution, then ESPA Express is for you. To speed things even more, we can double-up treatments where therapist availability allows.

If taken to complement another treatment • 30 minutes | \$80

If taken alone • 30 minutes | \$100

PERSONALIZED EXPRESS FACIAL – Every ESPA personalized facial includes a consultation, SkinVision™ analysis, cleansing, exfoliation, personalized facial mask and finishes with an application of a booster serum to suit your skin. The ideal pre-party skin treat.

ESPA EYE LIFT – Perfect for those who are concerned with signs of aging around the eyes.

SCALP MASSAGE – Including the neck and shoulders, this massage focuses on your key areas of tension.

BACK, NECK & SHOULDER MASSAGE – This massage is tailored to address particular areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs.

SALT & OIL SCRUB – This exceptional skin-softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage.

INVIGORATING FOOT TREATMENT – This revitalizing treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

HOT SHOT – Rejuvenate the body with a hot stone back massage to unwind and re-energize.

ESPA for Men

Developed specially for men, ESPA treatments and products work hard and fast to ease sore muscles, soothe irritated skin and leave you feeling suitably energized or relaxed. In the unlikely event you can't find a male-specific treatment that fulfills your needs, almost everything on the ESPA menu works equally as well for men and women.

ICONIC BACK, FACE & SCALP TREATMENT • 90 minutes | \$250

Renowned as our 'Hero' treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas—the back (physical stress), the face (skin stress) and the scalp (mental stress), making it the ideal treatment for anyone.

Includes: Back exfoliation, back massage with or without hot stones, facial and scalp massage

MANKIND FACIAL • 60 minutes | \$180

An effective facial designed to deliver immediate results to tired-looking skin and reduce fine lines and wrinkles.

Includes: Brush cleanse, steam and extraction if required, face, neck and shoulder massage, clay mask, application of brightening and age-defying products

GOLFER'S TONIC • 60 minutes | \$180

After a long day on the green, this treatment soothes aching muscles and targets the back, neck, legs and feet.

Enjoy a refreshing foot soak and scrub followed by a therapeutic leg and foot massage. The back is then massaged with tension-releasing essential oils and hot stones—the perfect therapy to restore energy to a weary body.

Includes: Foot soak and exfoliation, foot and leg massage, back massage with hot stones

Barefoot and Beer

Men's hands and feet deserve world-class care, too. We've created a no-nonsense range of manicure and pedicure treatments to leave you buffed to perfection.

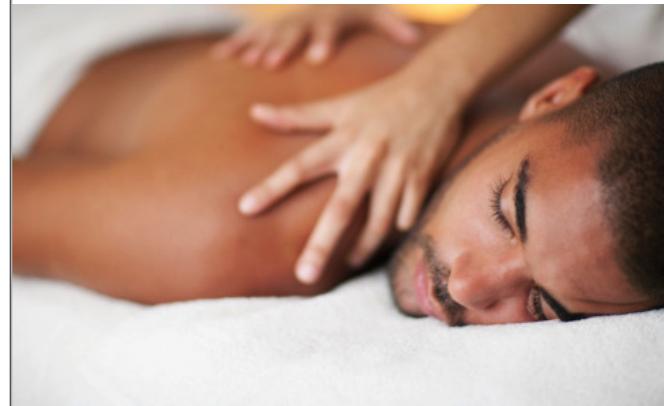
Indulge yourself in our lively lounge environment while you enjoy sports or news on an iPad with your choice of an ice-cold beer or barista coffee.

MAN-I GROOMING • 30 minutes | \$40

Plain-talking hand care. Nails are trimmed, cuticles tidied, hands and arms massaged to improve circulation and hydrate the skin, before finishing with a smoothing buff to give nails a visibly healthy and natural-looking finish.

SOLE MATE • 45 minutes | \$50

Banish hard skin and get your feet Haviana® worthy. Hard skin will be softened and gently removed, nails trimmed and conditioned, completed with a purposeful foot and leg massage to hydrate and smooth skin – feet feel revitalized and ready for the beach.





Mojitos and Manicures

Glamorous and chic, our hand and foot treatments are the ultimate grooming luxury.

ELEGANT MANI-SPA • 60 minutes | \$60

Relax in our chic studio with a Bahamian cocktail (or fresh juice mock-tail) while we craft and create glamorous nails. Nails will be shaped, cuticles tidied and hands massaged with rejuvenating creams, oils and nourishing masks to reveal dazzling hands and nails.

Includes: Nail analysis, shaping, cuticle work, massage and mask, application of nail lacquer

CHIC PEDI-SPA • 60 minutes | \$70

Sip on a Champagne cocktail (or a fresh fruit smoothie) as you enjoy a full-body vibrational massage in our state-of-the-art pedicure throne as your feet luxuriate in warm bubbles and essential oils. Feet and legs will be buffed, nourished and polished to reveal gorgeous toes and silky smooth feet, ready to hit the beach.

Includes: Foot soak, nail analysis, exfoliation, nail shaping, cuticle work, massage and mask, application of nail lacquer

SUPER TREATS • \$30

Upgrade your Mani or Pedi service to 90 minutes of pure bliss with any of the following super treats:

- Relaxing hot stone massage
- Super-nourishing paraffin mask
- Gel nail finish for flawless nails that last two weeks or more

Teen Scene

Designed especially for our teen guests aged between 13 and 18 years, these treatments offer a spa experience with a fun twist, all to be enjoyed with family or friends.

FAB FACIAL • 60 minutes | \$160

Bespoke care for teenage skin. A detailed skin analysis leads to prescriptive selection of products to best suit your skin needs and your expert aesthetician will gently cleanse, exfoliate and massage face, neck and shoulders before applying a cleansing mask. While the mask works its magic a relaxing scalp massage also conditions hair and scalp for glossy locks.

COOL BACK • 45 minutes | \$120

Skin-smoothing back treatment. Occasionally the back can become congested. This treatment helps to clear blockages, balance oil production, smooth and calm the skin. Deep cleansing, exfoliation and massage restore radiance to make the back beautifully beach ready.

SKINCARE WORKSHOPS • from 30 minutes | \$100

Our skin workshops allow you exclusive time with your own dedicated skin-care consultant. Benefit from a detailed skin analysis with personal guidance and advice from your expert aesthetician.



Mocktinis and Manicures

MANI MAGIC • 45 minutes | \$50

Beautify hands with this conditioning treatment to remove dry skin, tidy cuticles, shape nails and finish with a healthy natural buffed shine or application of color.

PEDI HEAVEN • 45 minutes | \$50

The perfect pedi to smooth skin and make feet beautifully beach-ready. Exfoliation and nail shaping prepare for an application of color to suit your unique look and mood.

ESPA

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FOR MORE INFORMATION, PLEASE VISIT ESPAATBAHAMAR.COM

*We recommend you arrive 60 minutes in advance of your treatment
so that you can change, relax and enjoy the spa facilities.*

RESERVATIONS

242 788 7800 or espa@bahamar.com