

A close-up photograph of a person's hand holding a pink and white striped seashell. The person's face is partially visible in the foreground, looking towards the shell. The background is a clear blue sky. A semi-transparent grey box is overlaid on the right side of the image, containing the text 'ESPA' and 'AT BAHAMAS' below it.

ESPA
AT BAHAMAS

ESPA will take you on a journey tailored completely to your needs. From mental clarity, heightened focus & uplifted mood to deep relaxation, restful sleep and intense muscle relief.

The potent power of the Bahamian bush is woven throughout our results driven therapies to bring about balance of body & mind, restore rhythm and ignite your intuition.

BREATHE, TRUST & LET GO AT ESPA.



ESPA BODY THERAPIES

Rediscover inner calm and physical wellbeing. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energized with renewed focus and lasting positivity.

FOR CLARITY OF MIND AND HEIGHTENED FOCUS

ESPA Inner Calm Massage 50/80 minutes

Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalized to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energize, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored. Includes: Breath work, full body aromatherapy massage, scalp massage

ESPA Mindful Massage 80 minutes

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique in every way, guided breathing and visualization combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

Includes: Breath work and visualization, massage to metamorphic zones of the feet, full body massage, scalp massage with warm Rose Quartz Crystals

ESPA Strength & Resilience Massage 80 minutes

Transform mind & body, release muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalizing massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

Includes: Yogic stretching, reflex zone foot massage, back massage, sinus release, scalp massage

Rhythmic Balance 50/80 Minutes

The ultimate indulgent experience for those who find it difficult to unwind. Using long, sweeping movements, two therapists then connect to commence the four handed, tension-releasing body massage involving the pouring of warm oil and use of hot volcanic stones. A balancing and soothing therapeutic scalp massage completes the treatment, for ultimate relaxation and total bliss.

Includes: Four handed massage with hot stones and scalp massage

FOR DEEP-SEATED TENSION AND MUSCLE RELIEF...

ESPA Deep Muscle Massage 50/80 minutes

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialized massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energized. Includes: Targeted massage, focusing on areas of concern, scalp massage

ESPA Golfers Tonic 50 minutes

Re-energize tired, aching backs, feet and legs after a hard day on the green. Feet are first treated to a soothing soak and scrub before the legs and feet are massaged with an individually selected pure essential oil blend. Next, the back is exfoliated and treated to a deeply restorative massage with Hot Stones. Includes: Foot soak, foot and leg massage, back exfoliation and massage with hot stones

ESPA Swedish Massage 50/80 minutes

Revive your body and enliven your spirits with this massage. Traditional Swedish massage with pure, nourishing oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe. Includes: Full body Swedish massage, scalp massage

ESPA Targeted Hip and Thigh Treatment 50 minutes

Transform the appearance of your hips, thighs and legs with this revitalizing, results-focused treatment. Working swiftly and effectively, powerfully detoxifying actives combine with targeted massage to instantly diminish cellulite and fluid retention, dispel toxins and boost circulation. Skin looks smooth, supple and beautifully toned. Includes: Skin brushing hip, thigh and abdominal areas, salt & oil scrub with iced mitt removal, detoxifying and lymphatic drainage massage techniques, deep cleansing abdomen massage, body moisturizer application to the areas treated

ESPA Hot Stone Massage 50/80 minutes

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated. Includes: Full body aromatherapy massage with hot stones, scalp massage





ESPA FACIALS – TRUST IN NATURAL BEAUTY

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our ESPA Experts create a truly personalized, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting, skin looks clear, radiant and inner calm is blissfully restored.

ESPA Ultimate Lift & Firm Facial 80 minutes

Restore youthful vitality and improve skin texture and firmness with this advanced facial. Using Tri-Active™ ingredients combined with specialized facial massage lifting techniques, this facial helps combat the signs of aging, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

Includes: Skin analysis with SkinVision™ lamp, triple cleanse, steam and extraction (if required), specialized age-defying, contouring and lifting facial massage, Lift & Firm Mask, scalp massage

ESPA Inner Beauty Facial 50 minutes

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

Includes: Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, steam and extraction (if required), facial massage, personalized mask, scalp massage

ESPA Deep Cleansing Facial 50 minutes

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aromatherapeutic oils relax your mind. Skin looks clear, smooth, energized, while inner calm is restored.

Includes: Skin analysis with SkinVision™ lamp, triple cleanse, exfoliation, steam and extraction (if required), facial massage, personalized mask, scalp massage

EXPERIENCE THE ESPA BESPOKE THERAPIES TO TRULY LET GO

The ESPA bespoke therapies take the influence of the powerful Bahamian Bush and the potency of the ocean to create an experience like no other. These wellness driven exclusive treatments will restore your inner calm and alleviate deep seated tension while leaving with a sense of resorted inner rhythm and balance.

OPTIMAL RELEASE 110 minutes

Release physical and emotional tension and re-invigorate mind and body with this advanced Oriental-inspired massage. Ideal for those experiencing deep-rooted tension, stiff joints and a busy mind, free-flowing massage is used to stretch tight muscles and joints, alleviate aching limbs and clarify the mind, so you emerge energized.

Includes: Foot ritual, body exfoliation, facial cleanse, full body joint-release massage incorporating stretching, scalp massage

If time is of the essence you may prefer this bespoke therapy to be performed in 80 minutes.

Includes: Full-body joint-release massage incorporating stretching, scalp massage

SEA SHELL SERENITY 110 minutes

Encompassing nature's most powerful actives; sun, sea and therapeutic essential oils. Our expert therapists will use warmed tiger clam shells coupled with innovative massage techniques to diminish tension and restore balance to the mind and body.

Includes: Full-body massage with aromatherapy oils and warmed tiger shells, scalp massage

If time is of the essence you may prefer this bespoke therapy to be performed in 80 minutes.

Includes: Full-body massage with aromatherapy oils and warmed tiger shells, scalp massage

RHYTHM OF LOVE 80 minutes

The heart beat is the natural rhythm of soul – togetherness is the rhythm of love. Awaiting your arrival at our private suite...

Includes: Side-by-side body or facial-focused therapy

FOOT HAVEN 50 minutes

This Specific foot and lower leg massage uses the relax foot zones and pressure points to inspire total body relaxation. Your experience will begin with a grounding foot ritual and exfoliation, followed by a specialized massage utilizing pressure point techniques to bring about complete relaxation.

Includes: Foot ritual, lower leg and foot exfoliation, massage with pressure points

BAHAMIAN INFLUENCE 110 minutes

The fusion of the potent Bahamian Bush meets the eastern practice of poultice massage. Your body is cleansed using powerful essential oils and restoring salts of the sea to prepare for a full body and facial massage using poultice containing the incredible powers of the Bahamian Bush to bring about a sense of clarity, peace and ultimate relaxation.

Includes: Cleansing body scrub, full-body and facial massage with herbal poultices, scalp massage

If time is of the essence you may prefer this bespoke therapy to be performed in 80 minutes.

Includes: Full-body and facial massage with herbal poultices and scalp massage

ESPA BACK, FACE & SCALP TREATMENT 80 minutes

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalized facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

Includes: Back exfoliation, back massage, inner beauty facial, scalp massage





MOMENTS OF ESCAPE

When time is of the essence, choose an ESPA moment of escape to help you relax and unwind. To enhance any 50 or 80 minute therapy, add an ESPA moment of escape.

ESPA Salt & Oil Scrub 25 Minutes

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.
Includes: Skin brush - salt & oil full-body exfoliation

ESPA Back, Neck & Shoulder Massage 25 Minutes

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalized to your unique needs, targeted massage to relax tense muscles, re-energize your body and calm your mind.
Includes: Massage to the back, neck and shoulders

Invigorating Foot Treatment 25 Minutes

This revitalizing treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage – ideal after a challenging day of golf or after a long flight.
Includes: Foot and lower leg exfoliation, foot massage

ESPA Eye Lift 25 Minutes

Perfect for those who are concerned with signs of aging around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches.
Includes: Consultation, facial exfoliation, SkinVision Analysis, massage focused on eye area, firming eye mask, firming serum



NAIL CARE

Advanced Manicure 50 minutes

This replenishing and deeply indulgent treatment leaves hands radiantly smooth and nails immaculately conditioned. Cuticles are treated using a personally selected oil blend, hands and arms are massaged, followed by a softening and hydrating heat treatment. For the perfect finishing touch, nails are buffed or polished as preferred.

Essential Manicure 45 minutes

This hand treatment includes a deep cleanse and exfoliation followed by warm soak in a restorative nail bath. For the perfect finishing touch, nails are buffed or polished as preferred.

Advanced Pedicure 60 minutes

This deeply nourishing treatment restores softness, beauty and energy to overworked feet. Cuticles are neatened using a personally selected oil blend, legs and feet are treated to a relaxing acupressure point massage to ease areas of tension, a softening, and hydration heat treatment. For the perfect finishing touch, nails are buffed or polished as preferred.

Essential Pedicure 50 minutes

This foot treatment includes a deep cleanse and exfoliation followed by warm soak in a restorative nail bath. For the perfect finishing touch, nails are buffed or polished as preferred.

Gel Lacquer*

Please note that guests with gel lacquer that requires soak-off are kindly requested to book additional time for proper, safe removal.

An additional charge will be applied for removal of gel

SPA OPENING HOURS

Monday to Sunday 9am – 8pm

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our reservations team who will be able to guide you to the perfect experience for you. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

ARRIVAL TIME

We recommend you arrive up to 15 minutes in advance of your treatment so that you can change, relax, and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

SPA FACILITIES AND ACCESS

The following spa facilities are available when scheduling a 60 minute or more spa service at ESPA Baha Mar: spa changing area, sauna, steam room, Unisex area inclusive of; Experience showers, Sauna and Steam and an Ice fountain, and relaxation areas.

GYM

A state-of-the-art gym equipped with the Technogym cardiovascular and strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine. The gym is available to hotel guests only.

NAIL SALON

A glamorous salon dedicated to manicures and pedicures. Guests who have booked a nail treatment only will be escorted directly to and from the Nail Salon.

PREGNANCY

We have specially designed treatments for expectant women from your second trimester onwards or for nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment not canceled at least 48 hours prior to your scheduled time. Late arrival may shorten your treatment time.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. The spa is a mobile phone and smoke free zone.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, recent surgeries, pregnancy and medical treatment which could affect your choice of treatment when making your spa reservation.

AGE REQUIREMENTS

For the use of spa and fitness facilities guest must be 18 years or older. Please contact the reservations team for details on treatments available for our younger guests.

GIFT CERTIFICATES

Give the gift of endless possibilities with an ESPA gift certificate. Please contact the reservations team for details. Please note Gift certificates are non-refundable.

SPA PRODUCTS FOR HOME

To continue your spa experience at home, most products used in our treatments are available at ESPA Baha Mar Boutique.

VALUABLES

ESPA Baha Mar accepts no responsibility for loss of valuables and jewelry at any time on the spa premises.

LOST PROPERTY

All lost property found on the premises should be handed in at ESPA Baha Mar reception. Items will be stored for one month, if they are not collected within this time they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.

PRICES

All prices are quoted in BSD and are subject to change at any time. For your convenience, a 20% service charge and VAT will be added to your bill for all services. The service charge will be distributed to the spa therapists and support staff who served you during your spa experience.

FOOD AND BEVERAGE

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest who appears intoxicated will be denied access to the spa.

ESPA

AT BAHAMAR

RESERVATIONS

242 788 7800

espa@bahamar.com

We recommend you arrive 15 minutes in advance for your treatment so that you can change, relax and enjoy the spa facilities.

Please note that all express treatments must be booked with another massage or facial greater than 50 minutes in duration.

ESPA BODY THERAPIES

ESPA INNER CALM MASSAGE
80 min \$240 50 min \$170

ESPA MINDFUL MASSAGE
80 min \$250

ESPA STRENGTH & RESILIENCE
80 min \$250

ESPA RHYTHMIC BALANCE
80 min \$500 50 min \$340

ESPA DEEP MUSCLE
80 min \$250 50 min \$180

ESPA MUSCLE REVIVER
40 min \$150

ESPA GOLFERS TONIC
50 min \$180

ESPA CLASSIC SWEDISH
80 min \$230 50 min \$160

ESPA TARGETED HIP & THIGH
50 min \$180

ESPA HOT STONE MASSAGE
50 min \$180

ESPA BESPOKE EXPERIENCE

OPTIMAL RELEASE
110 min \$360 80 min \$250

SEA SHELL SERENITY
110 min \$360 80 min \$250

BAHAMIAN INFLUENCE
110 min \$360 80 min \$250

FOOT HAVEN
50 min \$200

ICONIC BACK, FACE, & SCALP
80 min \$250

RHYTHM OF LOVE
80 min \$540

ESPA FACIAL THERAPIES

ULTIMATE LIFT & FIRM FACIAL
80 min \$250

ESPA INNER BEAUTY FACIAL
50 min \$180

DEEP CLEANSING FACIAL
50 min \$180

MOMENTS OF ESCAPE

SEA SALT & OIL SCRUB
25 min \$80

BACK, NECK
& SHOULDER MASSAGE
25 min \$80

INVIGORATING FOOT REMEDY
25 min \$80

ESPA EYE LIFT
25 min \$80

NAIL CARE

ADVANCED Manicure
50 min \$60

ADVANCED Pedicure
60 min \$80

ESSENTIAL Manicure
45 min \$50

ESSENTIAL Pedicure
50 min \$50