ESPA
AT BAHA MAR

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.

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 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 Fortifying and 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, to boost your energy levels and support your immune system. You emerge stronger and more resilient, ready to face life's unexpected journeys.

Includes: 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. A balancing and soothing therapeutic scalp massage completes the treatment, for ultimate relaxation and total bliss.

Includes: Four handed 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 MASSAGE THERAPIES

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; advanced massage 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 Deep Muscle Massage 50/80 minutes

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialized massage alleviates 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 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 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 aching muscles and awakens the body from top to toe.

Includes: Full body Swedish massage, scalp massage

ESPA Hot Stone Massage 50/80 minutes

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

Includes: Full body massage with hot stones, scalp massage

ESPA Lymphatic Drainage Massage (MLD) 60 minutes

A gentle, rhythmic massage technique designed to stimulate the lymphatic system, reduce fluid retention, and promote detoxification. This specialized treatment helps improve circulation, boost immunity, and relieve swelling or heaviness, leaving you feeling light, refreshed, and revitalized. Ideal for post-surgery recovery, wellness maintenance, or anyone seeking a soothing, restorative experience.

This service can be booked as a series of appointments. For additional details, please contact ESPA.

ESPA Exuma Salt Massage 60/90 minutes

A full body stress relief massage with a focus on tailoring what the body needs, inclusive of a warm de-stress foot soak, designed to target areas prone to stress and tension.

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.

The Deluxe HydraFacial 60 minutes

The Hydrafacial Experience uses Vortex Fusion Technology which works like a vacuum to penetrate inner pores and increase the effectiveness of the treatment. Our Deluxe treatment includes our patented 3 step process to Cleanse, Exfoliate and Hydrate adding a Super Serum Booster to treat different skin concerns as well as the use of Red or Blue LED Light Therapy.

The Platinum HydraFacial 90 minutes

Builds upon the Deluxe treatment including a booster and LED Light therapy and additionally includes Lymphatic Drainage for the face - which is known to lift and contour, providing an instantly sculpted look. Incredible for reducing puffiness and redness as well as detoxifying and optimizing skin health.

ESPA Ultimate Lift & Firm Facial 80 minutes

Restore youthful vitality and improve skin toxicity 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 SIGNATURE THERAPIES TO TRULY LET GO

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 to prepare for a full body and facial massage 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 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

MARGARET DABBS LONDON™

Margaret Dabbs London is the globally recognised brand that fuses together the best of medical science and podiatry, with the best of beauty to produce a unique and unrivalled range of effective, results-driven, credible yet luxurious clinic treatments and retail products for Feet, Hands & Legs.

Margaret Dabbs London™ Express Manicure 45 minutes

Our Express Manicure is a quick no-nonsense manicure which is performed on dry skin with expert techniques to medical standards of hygiene by utilizing sterilised, single-use tools created by Margaret Dabbs Flawless filing, buffing and cuticle work is carried out with a selection of award-winning professionally formulated products from the Margaret Dabbs London Fabulous Hands range.

Margaret Dabbs London™ Express Pedicure 45 minutes

Our Express Pedicure is a quick no-nonsense pedicure which is performed on dry skin utilising expert techniques to medical standards of hygiene by utilizing sterilised, single-use tools created by Margaret Dabbs. Flawless filing, buffing and cuticle work is carried out with a selection of award winning professionally formulated products from the Margaret Dabbs London™ Fabulous Feet range.

Margaret Dabbs London™ Fabulous Hands Manicure 60 minutes

Our unique, anti-ageing expert manicure treatment, giving long lasting results and deep hydration, with the indulgence of the full range of Margaret Dabbs London™ Fabulous Hands professionally formulated products. Performed on dry skin with expert techniques to medical standards of hygiene by utilizing sterilised, single-use tools created by Margaret Dabbs to provide optimum results for men and women alike. The manicure finishes with a beautiful creamy scrub and a relaxing hand and lower arm massage – simply the best, most thorough manicure you can find.

Margaret Dabbs London™ Fabulous Feet Pedicure 60 minutes

Our luxury Supreme Pedicure is an outstanding treatment which transforms the feet to give you feet that look and feel brand new. Results driven products and tools transform the skin of the feet and the condition of the toenails. Finishing with an exfoliation, reviving foot soak, and a revitalising, hydrating foot massage. Feet are left looking renewed and younger, soft, silky, illuminated and light.

Margaret Dabbs London™ PURE Gold Luxury 60 minutes

Our advanced luxury vegan friendly pedicure with expert treatment techniques. The PURE overnight hand mask is applied to the hands with a luxury treatment glove to visibly plum and re-charge the skin whilst the pedicure is being performed. A mask of PURE cracked heel treatment balm is smoothed onto the feet and covered with the luxury hemp socks and The PURE colloidal Gold Elixir is indulgently massaged into the hands, feet, and legs. Leaving the skin with a luminous golden glow. The most opulent Spa Pedicure yet.

Margaret Dabbs London™ PURE Supreme Manicure 60 minutes

Our unique anti-ageing expert manicure treatment gives exceptional treatment results, with a focus on treating nails and cuticles and uses our award-winning Margaret Dabbs London PURE Hands product range. Including results-driven vegan PURE Nourishing hand lotion, PURE Overnight Hand Treatment Mask and PURE Exfoliating Hand Scrub that instantly brightens dull, dry, skin in minutes. Formulated with concentrated, cruelty-free active botanicals and natural plant extracts, our powerful vegan hand products are exactly what you need to soothe, hydrate, and nourish the skin of the hands. The manicure is finished with a delightful lower arm and hand massage and with your choice of nail polish.

Margaret Dabbs London™ PURE Supreme Pedicure 60 minutes

Performed on dry skin and utilizing sterilised professional tools created by Margaret Dabbs, with the indulgence of expert products from the Margaret Dabbs London Fabulous Feet range. Our outstanding luxury pedicure treatment focusses on foot health and returns the foot and toenails back to a more youthful appearance. Extra attention is given to the skin with foot filing and hard skin removal and provides long lasting treatment results. Using the full range of Margaret Dabbs London PURE Feet; our vegan friendly range of foot products are enriched with powerful active botanicals and natural plant extracts, scented with gorgeous Bergamot and Petitgrain and formulated to transform the way your feet both look and feel. Finish with a nail polish if you wish to add some colour.

Gentlemen's Manicure 30 minutes

Performed on dry skin with expert techniques to medical standards of hygiene by utilizing sterilised, single-use tools created by Margaret Dabbs as the results are much longer lasting and safer for the therapist to undertake in order to achieve optimum results. Flawless filing, buffing and cuticle work is carried out with the indulgence of some of the key professionally formulated products from the Margaret Dabbs London™ Fabulous Hands range.

Gentlemen's Pedicure 30 minutes

Our male pedicure is performed on dry skin with expert techniques to medical standards of hygiene by utilizing sterilised, single-use tools created by Margaret Dabbs as the results are much longer lasting and safer for the therapist to undertake in order to achieve optimum results. Professional grade filing, buffing and cuticle work is carried out while utilizing some of the key professionally formulated products from the Margaret Dabbs London™ Fabulous Feet range.

Illuminating and Refining Masque Treatment 60 Minutes

This luxurious and results-driven leg treatment refreshes and lightens the legs whilst also improving circulation and skin elasticity. This treatment leaves your legs looking visibly silky, slender and illuminated with firmness and tone improved.

Detoxifying and Toning Masque Treatment 70 Minutes

This outstanding Black Leg Masque Leg Treatment is designed to relieve the feeling of heavy legs. It works to help stimulate the circulation, as well as soothing, firming, and cooling the skin and lightening the legs. Perfect for tired, this fabulous treatment leaves your legs feeling lighter, sleeker and slender.

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.

SIGNATURE BODY ENDERMOLOGIE® TREATMENTS

Discover the next generation of wellness and body contouring at ESPA Baha Mar. Featuring the innovative Cellu M6 Infinity® by LPG®, our spa treatments combine advanced endermologie® technology with personalized care to deliver non-invasive solutions for the body, face, and overall wellbeing. The perfect mix of Tech & Touch.

Includes reusable **LPG® ENDERMOWEAR – PATENTED TECHNOLOGY**
LPG® Endermowear is an exclusive technical outfit that allows for deep massage and optimal visibility of tissue during Endermologie® treatments. Light and breathable, this personal outfit permits a more intense impact and ensures perfectly comfortable treatment.

Body Cellulite Smoothing 50 minutes *Ask about package pricing.*
This advanced anti-cellulite treatment targets stubborn fat deposits, smooths cellulite and enhances the shape of your legs, improves skin texture and helps define, sculpt and tone your figure for a firmer, smoother appearance. Enhanced with LPG skincare, available exclusively at Baha Mar, this body treatment helps amplify visible results while leaving the skin feeling firmer, softer, and beautifully polished. Visible results in just 3 sessions.

Body Detox & Lymphatic Renewal 30 minutes
This revitalizing lymphatic sculpting massage uses Endermologie® technology to help stimulate circulation, activate lymphatic flow, and reduce the look and feel of water retention. Designed to target areas prone to puffiness, especially the stomach and legs, this gentle treatment helps ease bloating, refresh tired legs, and support the body's natural detox process. Perfect before a day at the pool, dinner plans, a night out, or a special event at Baha Mar, this treatment leaves guests feeling lighter, smoother, more energized, and confident in their skin.

Vitality Jet Lag Reset Protocol 40 minutes
Calm the nervous system. Restore sleep. Release travel tension. Arrive at Baha Mar feeling restored with this deeply relaxing sleep and stress protocol designed to help calm the nervous system, ease jet lag, and reset the body after travel. This restorative treatment supports deeper, higher-quality sleep while helping release muscle aches, stiffness, and tension, especially in the neck, shoulders, and back.

Deep Tissue Recovery 50 minutes
Experience the restorative power of LPG® Endermologie® with this advanced deep tissue treatment designed to relieve muscular tension, accelerate recovery, and enhance overall performance. Using patented mechanical stimulation technology, this non-invasive therapy targets deep connective tissues and muscle fibers to improve circulation, reduce muscle soreness, and promote the elimination of metabolic waste.

Ultimate Silhouette Reset 45 minutes *Ask about package pricing.*
Sculpt, smooth, and restore balance. An advanced body treatment designed to refine contours, tone the body, and support natural fat reduction for a smoother, more sculpted-looking silhouette. Using targeted reflex activation and specialized lymphatic drainage, this revitalizing experience helps boost circulation, encourage the body's natural elimination process, and visibly improve the appearance of skin texture and firmness.

BODY ENHANCEMENTS

All body enhancements must be added as part of an LPG experience.

Thigh Slimming 10 minutes
Reduce saddle bags, smooth cellulite, and improve the contour of inner or outer thighs.

Natural BBL 10 minutes
Naturally lift and firm the glutes, improve skin elasticity, and reduce dimpling.

Waist Contouring 10 minutes
Sculpt and refine the waistline for a more defined hourglass figure.

SIGNATURE FACIAL ENDERMOLOGIE® TREATMENTS

Designed to enhance skin tone, support contouring, and promote deep relaxation, each Endermologie® treatment is tailored to your individual goals,creating a luxurious, results-driven experience that leaves you feeling renewed from the inside out.

Bespoke Face ENDERMOLOGIE® Treatment 30 minutes

A fully customized facial experience designed around your skin's unique needs. Using patented LPG Endermologie® technology, this non-invasive treatment helps naturally stimulate collagen, elastin, and hyaluronic acid to visibly firm, lift, and refresh the skin. This results-driven facial helps tighten and tone the complexion, sculpt the appearance of facial contours, smooth the look of fine lines and wrinkles, and enhance overall radiance an skin vitality. Enhanced with LPG's skincare line, exclusively available at Baha Mar, this luxurious facial amplifies visible results while leaving the skin nourished, luminous, and beautifully renewed.

ENDERMO™ Glow booster 30 minutes

A refreshing lymphatic massage for the face designed to awaken tired, travel-worn skin and restore a luminous, healthy-looking glow. Using LPG Endermologie® technology, this gentle facial treatment helps reactivate microcirculation and support lymphatic drainage to encourage toxin elimination, reduce puffiness, soften the look of dark circles, and smooth visible signs of fatigue. This treatment also helps stimulate the skin's natural production of hyaluronic acid for deep hydration, leaving the complexion looking plumped, refreshed, and beautifully smoothed while helping protect against environmental stressors and signs of aging. Enhanced with LPG's skincare line, exclusively available at Baha Mar, this facial leaves skin feeling lighter, brighter, hydrated, and radiant.

Skin Toning 80 minutes

This complete non-surgical face lift is designed as an anti-aging treatment (face, neck, décolleté, hands) features a unique combination of exfoliation, mechanical cellular stimulation, and exclusive facialist maneuvers. It evens out and brightens the complexion, while lifting and redefining facial contours. By visibly filling in wrinkles and enhancing skin firmness, this treatment reveals smoother, lifted, and rejuvenated skin. Enhanced with LPG's skincare line, exclusively available at Baha Mar, this luxurious facial amplifies visible results while leaving the skin nourished, luminous, and beautifully renewed.

FACE ENHANCEMENTS

All facial enhancements must be added as part of an LPG experience.

Eye Lift & Puffiness Relief 10 minutes

Smooth fine lines, reduce under-eye bags, and refresh tired eyes.

Wrinkle Smoother 10 minutes

Target fine lines around the mouth, forehead, and crow's feet.

Jawline Contour & Lift 10 minutes

Define jawline for a lifted and refined profile.

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 50 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 24 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. No pets are permitted in ESPA.

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 facilities, guests must be 18 years or older. For use of the fitness facilities, guests 13 – 17 must be accompanied by a parent/guardian of 18 years or older during their workout. 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 and non-transferable.

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 jewelery 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 BODY & MASSAGE THERAPIES

ESPA HOT STONE MASSAGE
50 min $200 80 min $265

ESPA INNER CALM MASSAGE
80min $250 50min $180

ESPA MINDFUL MASSAGE
80min $265

ESPA FORTIFYING & RESILIENCE
80min $260

ESPA RHYTHMIC BALANCE
80min $500 50min $350

ESPA DEEP MUSCLE
80min $265 50min $195

ESPA MUSCLE REVIVER
45min $150

ESPA GOLFERS TONIC
50min $265

ESPA CLASSIC SWEDISH
80min $245 50min $175

ESPA TARGETED HIP & THIGH TREATMENT
50min $265

FOOT HAVEN
50 MIN $200

HIMALAYAN SALT STONE
50 min $200 80 min $265

LYMPHATIC DRAINAGE
50 min $200

ESPA FACIAL THERAPIES

ULTIMATE LIFT & FIRM FACIAL
80 min $255

ESPA INNER BEAUTY FACIAL
50 min $190

DEEPCLEANSING FACIAL
50 min $190

DELUXE HYDRA FACIAL
60 min $280

PLATINUM HYDRA FACIAL
90 min $350

ESPA BESPOKE EXPERIENCES

OPTIMAL RELEASE
110 min $380 80 min $280

SEA SHELL SERENITY
110 min $360 80 min $265

BAHAMIAN INFLUENCE
110 min $360 80 min $265

ICONIC BACK, FACE, AND SCALP
80 min $270

RHYTHM OF LOVE
80 min $540

MOMENTS OF ESCAPE

SEA SALT & OIL SCRUB*
25 min $99

BACK, NECK & SHOULDER MASSAGE*
25 min $99

INVIGORATING FOOT REMEDY*
25 min $99

ESPA EYE LIFT*
25 min $99

SIGNATURE BODY ENDERMOLOGIE® TREATMENTS

BODY CELLULITE SMOOTHING
50 Min $300

BODY DETOX & LYMPHATIC RENEWAL
40 Min $200

VITALITY JET LAG RESET PROTOCOL
40 Min $240

DEEP TISSUE RECOVERY
50 Min $300

ULTIMATE SILHOUETTE RESET
45 Min $250

ENDERMOLOGIE® BODY ENHANCEMENTS

THIGH SLIMMING
10 Min $60

NATURAL BBL
10 Min $60

WAIST CONTOURING
10 Min $60

SIGNATURE FACIAL ENDERMOLOGIE® TREATMENTS

BESPOKE FACE ENDERMOLOGIE® TREATMENT
30 Min $180

ENDERMO™ GLOW BOOSTER
30 Min $180

SKIN TONING (PRO LIFT*)
80 Min $350

ENDERMOLOGIE® FACE ENHANCEMENTS

EYE LIFT & PUFFINESS RELIEF
10 Min $60

WRINKLE SMOOTHER
10 Min $60

JAWLINE CONTOUR & LIFT
10 Min $60

MARGARET DABBS LONDON™

EXPRESS MANICURE
45 min $60

EXPRESS PEDICURE
45 min $70

EXPRESS PEDICURE WITH SHELLAC
50 min $90

FABULOUS HANDS MANICURE
50 min $70

FABULOUS HANDS WITH SHELLAC
60 min $80

FABULOUS FEET PEDICURE
60 min $80

FABULOUS FEET PEDICURE WITH SHELLAC
60 min $90

PURE SUPREME MANICURE WITH TREATMENT GLOVES
50 min $80

PURE GOLD LUXURY PEDICURE
60 min $100

PURE SUPREME PEDICURE
60 min $80

NAIL CARE

HAND MASSAGE*
20 min $50

GENTLEMEN'S MANICURE
30 min $50

GENTLEMEN'S PEDICURE
30 min $70

ILLUMINATING AND REFINING MASQUE TREATMENT
60 min $170

DETOXIFYING AND TONING MASQUE TREATMENT
70 min $190

THE LUXURIOUS FOOT & LOWER LEG MASSAGE*
30 min $50

* Treatments must be scheduled with a massage or facial greater than 50 minutes in duration.

Endermologie® enhancements must be booked with a full LPG experience and cannot be made as a standalone treatment

ESPA
AT BAHA MAR

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.