



# TAMARIND HILLS

RESORT AND VILLAS - ANTIGUA

## The Tamarind Spa

Welcome to The Tamarind Spa, your tropical escape, a space of serenity and curated treatments.

Nestled within the serene Tamarind Hills, our spa is a sanctuary of calm where our services are designed to help you reconnect with yourself, rejuvenate your body, and radiate an inner glow that lingers long after your visit.

Let the essence of Tamarind Hills elevate your senses as you unwind, restore, and indulge in the art of self-care and relaxation.

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## SKIN CARE & FACIALS

*The Tamarind Spa is proud to use Murad Skincare, where innovative science meets wellness to deliver transformative, high-performance solutions. Developed by a dermatologist and guided by a holistic philosophy, Murad products not only improve skin health but also nurture overall well-being.*

### **Tamarind Glow Lifting Facial**

Elevate your skincare experience with our professional grade microcurrent lifting technology. This transformative facial visibly rejuvenates, lifts, tones and firms the skin after just one treatment. Rediscover the alchemy of professional-grade technology combined with human touch for results that speak for themselves.

**60 min – \$165**

### **Tamarind Rejuvenation Facial**

Target the visible signs of ageing and restore a youthful, energised glow. This uber-relaxing treatment incorporates our signature de-stress and drainage facial massage, boosting circulation, reducing puffiness, and facial tension.

**60 min – \$170**

**Enhance your results** with the replenishing and revitalizing LED Red Light Therapy upgrade, designed to stimulate collagen, smooth fine lines, and reduce inflammation for a visibly firmer, more radiant complexion.

**15 mins \$45**

### **Tamarind Energy Boost Micro Fusion Facial**

Recharge and transform tired, dehydrated skin. Harnessing microcurrent technology, this treatment delivers a potent boost of energy at the cellular level, stimulating collagen production, reducing fine lines, enhancing tone, and deeply infusing potent serums for maximum hydration and glow for a luminous complexion. It's like a rejuvenating power nap for your skin!

**60 min – \$170**

### **Tamarind Ultrasonic Peel for Glowing Skin**

Revive a lackluster, uneven textured skin with our advanced Ultrasonic Power Peel—an exfoliating facial to smooth and refine the skin. This treatment effectively lifts away dulling, dead skin cells, excess oils, and impurities for a deep-clean, refreshed complexion. The result? A skin that feels smoother and looks visibly fresher and healthier.

**60 min – \$170**

### **Tamarind Radiance Recovery Facial**

Soothe, calm, and restore your skin with our ultra-gentle treatment designed to reduce redness, cool irritation, and replenish moisture, making it the perfect post-sun saviour. Infused with natural antioxidants and anti-inflammatories, this facial helps to rebalance, hydrate, and strengthen the skin barrier. Enhancing the experience, a soothing massage using cool stones helps to reduce inflammation and encourages lymphatic drainage, leaving your complexion refreshed, comforted, and radiant.

**60 min- \$165**

### **Treatment enhancement**

The facial treatment can be enhanced with orange LED light therapy, known for stimulating cellular activity in the skin, encouraging natural healing and regeneration.

**15 mins \$45**

### **Spa Enhancements (facial treatment add-on services)**

Light Energy Boost – Discover the power of the innovative 3-in-1 LED Light Mask to calm, soothe and energise, leaving your skin visibly refreshed and glowing.

**15 mins \$45**

### **Tamarind Escape Head Massage**

Melt away stress and tension with this deeply relaxing scalp and head massage. Using soothing techniques that help release built-up tension, improve circulation, and promote a sense of calm and clarity.

**10 mins \$30**



## MASSAGE THERAPY

### **Tamarind Harmony Therapeutic Massage**

Classic relaxation massage infused with a powerful blend of botanical extracts and essential oils works together to provide a soothing, aromatic experience. Let calming sounds and warm hands ease you into serenity.

**60/90 min – \$150/\$210**

### **Deep Sea Muscle Melt**

Relieve tension and muscle knots with our Deep Tissue Massage. This treatment targets deeper layers of muscle and connective tissue to release stress. This massage uses firm pressure and slow strokes, leaving you feeling renewed and relaxed.

**60/90 min – \$160/\$220**

### **Tamarind Essence Aromatherapy Massage**

This sensory journey blends gentle, flowing massage techniques with the healing power of pure essential oils. Designed to calm the mind, uplift the spirit, and restore inner balance, this deeply relaxing treatment harmonizes body and soul while capturing the tranquil essence of island life. Ideal for stress relief, improved circulation, and a deeply restorative experience.

**60/90 min – \$160/\$220**

### **Island Warmth Hot Stone Massage**

Sooth both body and spirit with the calming embrace of therapeutic heat. Heated stones are expertly placed and massaged across the body, gently easing tension, enhancing circulation, and inviting deep relaxation. Ideal for melting stress and restoring balance in paradise.

**60 min - \$170**

### **Pregnancy Massage**

A soothing, nurturing massage designed specifically for expectant mothers. Gentle techniques help relieve tension in the back, hips, and legs while improving circulation and promoting deep relaxation. Perfect for easing the physical and emotional changes of pregnancy.

**60 min - \$150**



### **Reflexology Massage**

An ancient healing therapy focusing on pressure points in the feet that correspond to specific areas of the body. This deeply relaxing treatment helps restore balance, improve circulation, and release built-up tension—leaving you feeling refreshed and revitalized from head to toe.

**60 min - \$160**

### **Tamarind Escape Head, Neck and Scalp Massage**

Melt away stress and tension with this deeply relaxing neck, scalp and head massage. Using soothing techniques that help release built-up tension, improve circulation, and promote a sense of calm and clarity.

**30 min - \$60**

## **BODY TREATMENT**

### **Sea Radiance Body Scrub**

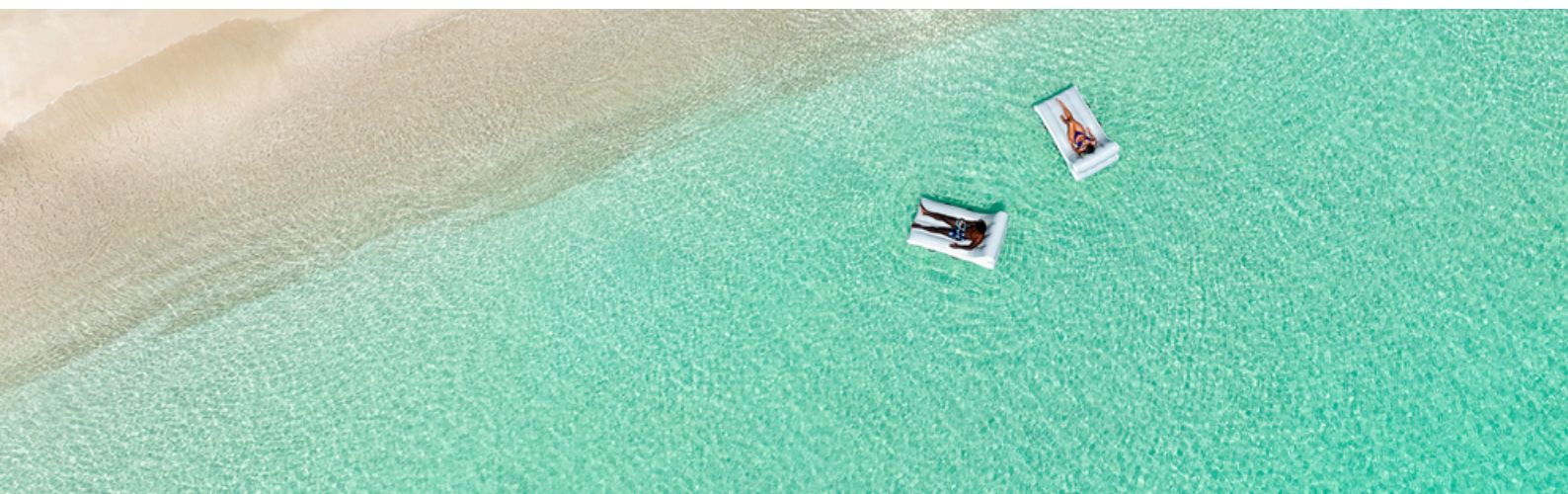
Reveal your glow with this luxurious full-body exfoliation. Powered by triple-crystal Dead Sea salts, this treatment buffs away dull skin, boosts circulation, and leaves you tingling with renewal. Nourishing oils of Jojoba, Avocado, and Peach deeply hydrate for a satin-smooth finish. Cruelty-free and gentle enough for sensitive skin, it's your fast track to radiant, island-ready skin.

**45 min - \$120**

### **Spa Enhancement Glowing Skin Boost**

Elevate your body treatment with a revitalizing skin boost. This quick enhancement features a gentle cleanse, hydrating mask, and nourishing moisturizer to refresh and awaken tired skin. The perfect finishing touch for a complete head-to-toe wellness experience.

**15 min - \$40**



## SIGNATURE PACKAGES

*Indulge in expertly curated experiences designed to restore balance, rejuvenate your skin, and melt away stress. Each package combines our most-loved treatments into seamless rituals that celebrate island serenity and holistic wellness. Whether you're seeking deep relaxation, radiant skin, or head-to-toe renewal, there's a perfect escape waiting for you.*

### **Island Renewal Ritual**

**2:45 hrs - \$415**

Awaken your senses and renew your glow with this luxurious full-body ritual.

*Includes Tamarind Glow Lifting Facial, Sea Radiance Body Scrub and Island Warmth Hot Stone. Regular Value \$455 - You Save \$40*

### **Tamarind Serenity Escape**

**2:15 hrs - \$320**

A soul-soothing combination of calming massage, circulation-boosting facial, and a peaceful head massage to restore inner balance.

*Aromatherapy Massage, Rejuvenation Facial, Escape Head Massage. Regular value \$360 - You Save \$40*

### **After-Sun Skin Recovery**

**1:30 hrs - \$220**

Soothe, hydrate, and restore sun-exposed skin with this calming, anti-inflammatory combo.

*Radiance Recovery Facial, Tamarind Escape Head Massage, Orange LED Light Therapy. Regular Value \$240 - You Save \$20*

### **Glow and Go**

**2 hrs - \$300**

Get glowing from head to toe with this energizing skin-smoothing and hydrating combo.

*Ultrasonic Peel Facial, Sea Radiance Body Scrub, Glowing Skin Boost. Regular Value \$330 - You Save \$30*

### **Head-to-Toe Reboot**

**3:20 hrs - \$440**

Recharge muscles, refresh skin, and polish your look with this powerful rejuvenation ritual.

*Deep Sea Muscle Melt Massage (90 mins), Energy Boost Micro Fusion Facial, Sun-Kissed Pedicure. Regular Value \$470 - You Save \$30*

### **Tropical Touch Trio**

**2 hrs - \$190**

A feel-good beauty experience for your hands, feet, and mind.

*Tropical Paradise Manicure, Sun-Kissed Pedicure, Escape Head, Neck & Scalp Massage. Regular Value \$210 - You Save \$20*



## HANDS & FEET

### Tropical Paradise Manicure

Treat your hands to the care they deserve. Our classic manicure includes nail shaping, cuticle care, and a relaxing hand massage, finished with the polish color of your choice for a clean, elegant look.

**40 min – \$70**

### Sun-Kissed Pedicure

Give your feet a refreshing escape. This treatment features a warm soak, exfoliation, nail and cuticle grooming, and a revitalizing massage, and the polish color of your choice, leaving your feet feeling fabulous.

**50 min – \$80**

### Additions:

|                            |             |
|----------------------------|-------------|
| <b>Gel polish</b>          | <b>\$20</b> |
| <b>Regular Nail Polish</b> | <b>\$15</b> |
| <b>Gel polish removal</b>  | <b>\$20</b> |

## WAXING SERVICES

*Achieve smooth, long-lasting results with our professional waxing treatments. We offer gentle and effective hair removal for the following areas:*

|                  |                  |
|------------------|------------------|
| <b>Lip-Chin</b>  | <b>\$20-\$20</b> |
| <b>Underarms</b> | <b>\$30</b>      |
| <b>Full Legs</b> | <b>\$90</b>      |
| <b>Half Legs</b> | <b>\$60</b>      |
| <b>Bikini</b>    | <b>\$40</b>      |
| <b>Brazilian</b> | <b>\$65</b>      |

*Looking to wax another area? Just ask—our team will be happy to assist and provide pricing.*

## SPA ETIQUETTE & GUEST INFORMATION

At our spa, your comfort, well-being, and peace of mind are our highest priorities. To help us provide you with the best possible experience, we kindly ask that you review the following information:

### **Spa Hours**

We are open daily from 09:00 a.m. to 5:00 p.m., Monday through Friday and from 09:00 a.m. to 1:00 p.m on Saturday. Hours may vary slightly with the season.

### **Reservations**

Appointments can be made directly at the Spa upon arrival or call +1 268-562-7380. To secure your preferred time, we recommend booking in advance whenever possible.

### **Arrival Time**

Please arrive at least 15 minutes before your scheduled skin or massage appointment to allow time for check-in and to begin your experience relaxed and unhurried.

Late arrivals will result in a shortened treatment time, with the full cost applied.

### **Cancellations & Rescheduling**

Cancellations made less than 24 hours in advance will be charged 50% of the treatment price.

Cancellations made 2 hours or less, or in the case of no-shows, will be charged in full. Rescheduling 6 hours or less from your appointment may incur a 50% charge; rescheduling 2 hours or less will incur the full treatment cost.

### **Gratuities**

Our team is dedicated to delivering exceptional service. If you feel we've met or exceeded your expectations, gratuities are warmly appreciated.

### **Client Care & Health Considerations**

Before your skin and waxing treatment, you'll be asked to complete a brief consultation form to help us tailor your experience with awareness of any health concerns or special needs.



**What to Wear**

For all treatments, underwear is required to be worn, disposable underwear is available upon request. For waxing services, appropriate coverage will be maintained throughout the service. Our therapists are trained to ensure your privacy and dignity at all times. We ask that you remain respectful and courteous to our professional spa team.

**Personal Valuables**

For your peace of mind, we recommend leaving valuables in your room/villa, as the spa cannot assume responsibility for lost items.

**Mobile Phones & Quiet Environment**

To preserve a peaceful atmosphere for all guests, we kindly ask that mobile phones be silenced or turned off while in the spa. Please speak softly and respect the tranquility of those around you.

**Minimum Age Policy**

For the comfort and safety of all guests, spa treatments are typically reserved for individuals aged 16 and older. Guests under 18 may require a signed parental consent form and must be accompanied by a guardian for certain services.

**Pregnancy & Medical Conditions**

If you are pregnant, have high blood pressure, or any serious medical condition, please inform our team when booking your appointment. We offer specially adapted treatments for expectant mothers after the first trimester.

**Payment**

We accept cash, all major credit cards, or you may charge your treatment to your room/villa. A 15% ABST (Antigua and Barbuda Sales Tax) will be automatically applied to all spa services.

We thank you for your kindness, respect, and cooperation, and we look forward to providing you with a serene and rejuvenating spa experience.





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SMALL  
LUXURY  
HOTELS  
OF THE WORLD™