

CAYO ESPANTO

A PRIVATE ISLAND

MASSAGE THERAPIES

Swedish Massage

A traditional full-body massage incorporating Swedish strokes. Pressure ranges from light to moderate and is customized based on individual needs. (60 min) \$100 (90 min.) \$150

Deep-Tissue Massage

For those who enjoy a deep massage. Deep tissue massage releases muscular adhesions and restores your body's natural function. (60 min.) \$120 (90 min.) \$170

Aromatherapy Massage

Choose an aroma to relax, revitalize, uplift or balance your spirits. Aromatherapy essential oils treat your mind and body as you enjoy a full-body Swedish massage. (60 min.) \$105 (90 min.) \$155

Hot Stone Massage

Healing by nature with basalt stones. Warm stones are integrated into a full-body massage allowing the warmth of the stones to penetrate deep into your muscles, melting away tension and stress. (75 min) \$165

Ear Candling

Ear candling is a centuries-old practice used to relieve pressure and soothe the ear where a cylinder is placed in your ear and lit at the opposite end creating a gentle vacuum. You'll feel calmer and more relaxed with the special properties from the cylinder available in everything from paraffin to lavender to sage. (45 mins.) \$100

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SPA THERAPIES

Coconut Ginger Glow

Smells as delicious as it sounds... this sugar body polish will give life to dull, dry skin as well as provide and seal in moisture. Your skin will be further lavished with a warm coconut milk bath, leaving a glow that lingers long after your treatment. (45mins) \$120

Citrus Drench

Drench your skin with energizing nutrients. An ideal body treatment for sun enthusiasts, shea butter and antioxidants will soften the skin as you relax in a moisturizing body wrap providing an intense, deep hydration. (60 mins) \$120

Sea Weed Scrub

Take pleasure in a seaweed scrub to relax the muscles and the mind. This seaweed scrub will increase circulation, exfoliate and rejuvenate the skin, and aids in the reduction water retention, restore elasticity, and rejuvenates the skin. (45min) \$110

Sunburn Relief

Nourish your skin with a cooling blend of Aloe and Seaweed smoothed over the entire body. As the nutrients penetrate the skin, a massage for your face, scalp and feet will leave you feeling pampered. This luxurious sea treatment is especially soothing following a day in the sun and salt water. (45 min)\$150

Mayan Coffee Scrub & Cocoa Wrap

Indulge in an exotic blend of coffees from the Mayan Mountains of Belize. The invigorating aromas of coffee and chocolate awaken your senses while freshly ground coffee exfoliates your skin. Your body is then cocooned precious in raw cocoa which helps slow down the natural aging process putting back a natural radiance and healthy glow in your skin. (60 min) \$ 130

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FACIALS

Tropical Enzyme Facial

This deliciously luxurious treatment is made with purifying papaya and pineapple extracts. Local brown sugar exfoliates and moisturizes leaving your face feeling clean and fresh! (45 min) \$75

Moor Facial

This Gentle facial was formulated with a combination of vitamins and minerals to provide a unique revitalizing, anti-stress treatment. (45min) \$75

Men's Facial

for stressed skin due to shaving, travel and environmental pollution. Enjoy the face, eye and scalp massage while the powerful cleansing and essential oils leave you with clean, hydrated and calm skin. (45 min) \$75

Chocolate Mousse Facial

Super Moisturizing and antioxidant rich facial, featuring organic cocoa powder, oatmeal and honey. Great for all skin types! (45 min) \$75

Pumpkin Hydrating Facial

A delicious anti-aging facial treatment that will leave your skin feeling soft, hydrated and youthful. The Pumpkin Moisture Mask restores your skin and helps reverse sun damage (45 min) \$75

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NAILS

Classic Manicure

A traditional manicure including a nourishing soak, gentle exfoliation, hydrating hand massage, and full nail care, including polish. (25 min.) \$25

Classic Pedicure

A traditional pedicure including a softening soak, a gentle sugar scrub, hydrating foot massage, and full nail care, including polish. For those who require light pedicure. (35 min.) \$45

Spa Manicure

A warm mineral soak and exfoliating salt scrub revives the skin while a purifying masque warms and soothes tired hands. Nourishing cream is massaged onto hands and arms to complete this rejuvenating hand treatment. Full nail care and polish included. (50 min.) \$55

Spa Pedicure

A warm mineral soak stimulates circulation while a salt scrub softens dry skin and a purifying masque warms and soothes tired feet. Hydrating foot lotion is massaged onto the feet and legs and full foot and nail care completes this revitalizing foot treatment. Full foot and nail care and polish included. (50 min.) \$65

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SPECIAL PACKAGES

Chocolate Affair...

For two! Enjoy Side by side a Mayan Coffee scrub & Cocoa wrap, Swedish Massages using organic cocoa oil followed by a Chocolate Mousse facial! \$590

Couples Escape

For Her... Coconut Ginger Glow, Swedish Massage, Facial and a Classic Pedicure
For Him... Coconut Ginger Glow, Swedish Massage, Men's Facial and a Classic Pedicure

At the end of the treatment a bottle of wine will be served accompanied by a selection of cheese and fresh fruits (3.5 hrs)

\$620

Mommy To Be

Spa treatments are wonderful ways to promote deep relaxation and feeling of wellbeing during your pregnancy. Treatments can also help to replenish and hydrate your skin at a time when it may be hard for you to physically reach parts of your body. The following treatments are appropriate for most women who are expecting. As with any special activity during your pregnancy, please consult with your physician prior to receiving any spa treatments to be sure that they are permitted.

This treatment is best done seaside to help induce the relaxing trance caused by the gentle caress of the island breezes and the calming sounds of the lapping sea. Our special Coconut Ginger Glow allows for gentle exfoliation, followed by a soothing pre- natal massage to relax the body and mind. Then a Spa Pedicure that will assist with the circulation in your legs. You will look more radiant and you'll feel wonderful too! (3hrs)

250