
INDULGE

SPA



RELAX • REJUVENATE • REFRESH

Galley Bay
Resort & Spa
ANTIGUA

SPA INDULGE

RELAX • REJUVENATE • REFRESH

We offer a comprehensive range of face, body and beauty essentials. Treatments to promote Relaxation, Rejuvenation and Refresh body and mind. Your personal therapist can work with you to design a bespoke programme of treatments to address your specific needs. Most of the choices on our treatment list are suitable for both men and women and can also be experienced in our Couples treatment rooms in complete seclusion.

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FACIAL THERAPIES

Pevonia provides effective skincare solutions for women and men of every age and every skin type.

INDULGE RITUAL

60 MINS

FOR ALL SKIN TYPES

A facial that helps you cleanse, hydrate and add radiance to your complexion. We adapt this to suit your skin type. Ideal to add any upgrade treatment.

REFRESHING HYDRATION

60 MINS

PLANTOMER MASK

Visibly enhances your skin's texture and maximizes hydration. This refreshing lift off mask treatment soothes, heals, strengthens and deeply hydrates, leaving skin tight, refreshed, vital and healthy with an exceptional glow.

LUMINOUS RENEWAL

60 MINS

"C" & SEA MASK

A Vitamin Supplement for radiant skin. Blending a potent concentration of stabilized Vitamin C with the latest high-tech formulation of pure Freeze-Dried Seaweed, this mask reduces fine lines, strengthens skin's elasticity, provides relief for sun damaged skin and restores a youthful appearance with a luminous glow.

TIMELESS REJUVENATION

60 MINS

MYOXY CAVIAR™ & PEARL MASK

The most advanced defense against aging. This opulent anti-aging treatment lavishes your skin with pure Caviar and Pearl Extract. This luxurious mask improves elasticity, increases skin oxygenation, and suppleness. Promoting rejuvenation, it visibly resurfaces and dramatically reduces facial expression lines and wrinkles.

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FACIAL THERAPIES CONT/D..

RENEW RADIANCE

60 MINS

ANTI-FREE RADICALS MASK

Repair your skin while deeply nourishing and replenishing. This unique mask is delightfully scented with lavender. It gradually becomes soothingly warm, and then cools to a refreshing chill. This change of temperature serves to increase the absorbency of all active ingredients, while Micronized Vitamins work as anti-free radicals. This mask provides the skin a tighter, more radiant & rejuvenated appearance.

SOOTHE SENSITIVITY

60 MINS

RS2 CALMING MASK

This alleviating treatment provides soothing relief and visual results to dilated capillaries, congestion, blotchiness and irritability, using comforting and healing ingredients such as Green Tea, Chamomile and Licorice. Your complexion feels velvety smooth and deeply hydrated, with improved texture and refined pores.

YOUTHFUL VITALITY - PEVONIA

60 MINS

SKIN FIT FOR HIM

Counteract the aging process with a proven-effective advanced treatment specifically formulated for men.

REPAIR/ UPGRADE TREATMENT

EYE CONTOUR TREATMENT

30 MINS

Excellent for smoothing fine lines on the fragile eye zone. Eye Contour Freeze-Dried Treatment intensely reduces congestion, stress and fatigue, while combating the signs of aging.

CRYO-COLLAGEN TREATMENT

30 MINS

With pure collagen repairs your delicate eye contour.

GINKGO BILOBA MASK

30 MINS

Decongests puffy eyelids and alleviates dark circles.

SPA BODY TREATMENTS

Pevonia combines the repairing benefits of a rejuvenating body treatment with a de-stressing massage for an incredible Spa journey.

EXFOLIATE

45 MINS

INDULGE SEA SALT GLOW

Glow is the keyword for this deep cleansing exfoliating treatment. Feel stress melt away as your skin is gently massaged using a blend of aromatic sea salts, mineral salts and essential oils to remove impurities, dead skin cells and stimulate circulation. Your skin is brought back to superb radiance and prepared for further body treatments.

DE-STRESS

45 MINS

AROMATHERAPY COCOON

Breathe in tranquility while your body relaxes and stress slips away. Natural herbal essential oils are applied in a warm, aromatic treatment, chosen to stimulate your body's own ability to release stress and restore peace and well-being to your body, mind and soul.

TROPICAL HARMONY

60 MINS

PAPAYA-PINEAPPLE CRÈME FRAICHE EXFOLIATION & WRAP

This two-step treatment includes a rejuvenating Papaya and Pineapple exfoliation, followed by a delightful wrap of Crème Fraiche natural butter enriched with a restorative Vitamin A and Pomegranate extract. Blended with anti-aging and firming ingredients, this luscious Crème Fraiche formula glides smoothly all over the skin. The skin is deeply nourished and renewed.

TROPICAL RETREAT

60 MINS

MANGO-PASSION FRUIT YOGHURT EXFOLIATION & WRAP

This two-step treatment unites the tropical extracts of Mango and Passion Fruit and infuses them with the repairing power of Vitamin C. The resultant creamy formulation prompts a quick and deep absorption of the rejuvenating ingredients. The skin emerges revived, refreshed, smoother, firmer and brighter.

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SPA BODY TREATMENTS

INDULGE COCONUT COCOON

90 MINS

An exclusive indulgence for couples. An initial enticing body polish using grated coconut to regenerate and refresh, followed by being cocooned in a wrap of coconut milk to rejuvenate and completed with a luxurious coconut oil massage to relax.

WATER LILY AFTER-SUN SOOTHING WRAP

45 MINS

The ultimate after-sun soother. This treatment is specifically formulated to desensitize, moisturise, decrease skin temperature, and reduce the burning and redness associated with over exposure to the sun.

INDULGE AU NATURALE WRAP

60 MINS

This aloe - cucumber medley is designed to reduce the discomfort associated with overexposure to the sun. The touch of cool marble stones, coupled with the restorative qualities of aloe vera and cucumber provides the body instant relief.

MASSAGE BODY TREATMENTS

ECLECTIC MASSAGE

60 / 90 MINS

An original blend of techniques customise to suit individual client who enjoy the benefits of multiple modalities including Deep Tissue Massage, Swedish Massage and Thai Massage. Select 90 min option to include Hot Stone Therapy.

COUPLES MASSAGE

60 / 90 MINS

Treatment is conducted in either the romantic setting of one of Spa Indulge's open treatment pods or the seclusion of our air conditioned cottage. This treatment is fully customisable by the client. Couple selects from any of our massage offerings.

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MASSAGE BODY THERAPY CONT/D...

SWEDISH MASSAGE

60/35 MINS

This type of massage is still the most effective in relieving aches and pains, particularly in the neck and back. It increases circulation and promotes a sense of well being.

DEEP TISSUE

60/35 MINS

A deep and meaningful all over body massage treatment designed to work on stiff, tight and fatigued muscles and joints. Involves specialised and intensive deep tissue techniques to warm, manipulate and ease the muscles.

RELAXING MASSAGE FOR MOTHER-TO-BE

60 MINS

From the soles of the feet to the scalp, a totally relaxing experience that helps to relieve tension as well as eliminating water retention. A special treatment for a special time.

AROMATHERAPY

60/35 MINS

Aromatherapy combines the physical and emotional effects of gentle massage with the medical and psychotherapeutic properties of essential oils. It not only alleviates stress and improves mood but it also is a successful treatment for many minor disorders for which doctors cannot always find a gentle solution.

REFLEXOLOGY

45 MINS

This is a holistic therapy working on the feet. Stimulation of the reflex zones corresponding with every organ and structure of the body can have a positive effect on stress levels, aid our general health and boost energy.

INDIAN HEAD MASSAGE

35 MINS

A therapeutic and relaxing treatment, massaging the scalp, releases tension throughout the body, alleviates headaches and produces a complete sense of calm.

HOT STONE THERAPY

60/90 MINS

Using basalt stones, the stones elicit a re-energizing response from the body. This treatment is a mind, body and spirit experience where you will reach the point of ultimate relaxation, along with pain relief, stress relief and rejuvenation of the mind.

BEAUTY ESSENTIALS

HANDS & FEET

MANICURE	45 MINS
NATURAL NAIL MANICURE	30 MINS
DELUXE MANICURE (INC. MASK FOR HANDS)	60 MINS
FRENCH MANICURE	60 MINS
PEDICURE	45 MINS
NATURAL PEDICURE	30 MINS
DELUXE PEDICURE (INC MASK FOR FEET)	60 MINS
FRENCH PEDICURE	60 MINS
POLISH CHANGE	30 MINS

WAXING

Using the warm wax method, regular removal will weaken hair growth and help to soften the skin.

EYEBROWS	NECKLINE
LIPS	BACK
UNDERARMS	FEET
HALF	ARM HANDS
FULL	ARM FULL LEG
HALF LEG	

HAIR SERVICES

Hair styling services include luxury shampoo and condition, followed by a blow dry and advice on home care.

BLOW DRY	MEN'S CUT
CUT & BLOW	DRY MEN'S CUT
HAIR UP BRIDAL	STYLING

HOW TO SPA

RESERVATIONS AND CANCELLATIONS

Please try to book spa treatments in advance.

Clients who wish to change or cancel an appointment are requested to provide 24 hours notice otherwise 50% of the treatment will be charged. If you do not arrive for your treatment we will charge the full treatment price.

ATTIRE

Wear whatever is comfortable. Robes and slippers will be provided.

BEFORE YOUR TREATMENT

We ask that you allow enough time for your experience and arrive 15 minutes prior to your appointment in order that we can record your current Spa needs and details, offer you refreshment and the opportunity to relax on the terrace before your treatment.

TREATMENT CONSULTATIONS

Our consultations are confidential and complimentary and will be carried out before any treatment.

SPECIAL CARE AND AWARENESS

If you have any medical conditions, are pregnant or breast feeding, have any allergies, injuries, skin complaints or infections, please discuss with your therapist prior to making your booking, as this may direct your treatment options.

YOUR FEEDBACK

Whilst we endeavour to anticipate your every need, we understand that visiting a spa is a personal experience. Please let your therapist know if there is any way your experience can be enhanced. We kindly request that you complete a 'feedback form' after your therapy.

PERSONAL VALUABLES

The Spa accepts no responsibility for the safety of your valuables and we ask that they be removed prior to your visit.

PAYMENT

We accept cash, or the bill can be charged to your room.

INDULGE

RELAX REJUVENATE REFRESH

RELAX – in the heart of the Galley Bay gardens on the edge of the lagoon.

REJUVENATE – enjoy open air treatments with cool breezes and a chorus of birds.

REFRESH – body and mind in a tropical paradise in the Caribbean.

RELAX YOUR BODY • REJUVENATE YOUR MIND • REFRESH YOUR SOUL

We are here to look after our guests so they receive the ultimate experience.

Please call or visit the Spa to book time to *Indulge*.

Indulge Galley Bay Ext 114