

b

NAILS

- Manicure Express | \$40
- Pedicure Express | \$60
- Mani Deluxe | \$55
- Pedi Deluxe | \$70
- Acrylic Full Set | \$85 and Fills | \$65
- Kids 10 & under - Mani | \$35 Pedi | \$45

ADD-ONS

- French - Mani | \$15 Pedi | \$20
- Dazzle Dry Polish | \$20
- Polish Change - Hands | \$25 Feet | \$30
- Gel Polish - Hands | \$35 Feet | \$45
- Gel removal - Hands | \$15 Feet | \$20
- Acrylic & Hard Gel Soak-off - Hands | \$30 Feet | \$35
- Nail Art & Repair (per nail) | \$10
- Hot Stone - Hands | \$20 Feet | \$25

BEAUTY

Waxing

- Lip/Chin | \$22
- Sides of Face | \$25
- Nose/Ears | \$25
- Full Leg | \$80
- Half Leg | \$60
- Under Arm | \$32
- Full Arm | \$45
- Basic Bikini | \$65
- Bikini Plus | \$70 Brow | \$25
- Bikini Plus | \$70
- Brazilian Bikini | \$80
- Back | \$60
- Men's Chest | \$45
- Stomach | \$25

Tinting

- Eye Lash Tinting | \$30
- Eye Brow Tinting | \$25

TREATMENTS

ADD-ONS

Massage

- Hot Stones | \$30
- Exfoliating Foot Scrub | \$30

bamford

AT THE ISLAND HOUSE

PAYMENT

VAT at 10% is applied to all bills. Gratuity is not included.  
Please note we are a cashless environment

CANCELLATION

We require valid credit card details to confirm all appointments  
and at least 12 hours notice for cancellation or rescheduling to  
avoid being charged the full price for your treatment.

Please arrive at least 10 minutes prior to your scheduled appointment.

SPA@THE-ISLAND-HOUSE.COM  
1-242-698-6300  
MAHOGANY HILL, WESTERN ROAD

bamford

AT THE ISLAND HOUSE

b

WE OFFER A SELECTION OF CAREFULLY CURATED FACIAL AND BODY TREATMENTS, EACH DEVOTED TO RESTORING AND NURTURING YOUR WELL-BEING THROUGH TARGETED, HOLISTIC METHODS. A FUSION OF ANCIENT TRADITIONS, OUR TREATMENTS WORK BOTH PHYSICALLY ON THE BODY AS WELL AS CALMING THE MIND TO BALANCE YOUR OVERALL WELL-BEING.

## BAMFORD FACIALS

BAMFORD SKINCARE IS MADE USING THE FINEST NATURAL AND ORGANIC INGREDIENTS FOR BEAUTIFUL SKIN. THE POWERFUL ACTIVE INGREDIENTS WORK ALONGSIDE OUR CAREFULLY DESIGNED HOLISTIC FACIALS TO ACHIEVE TARGETED VISIBLE RESULTS.

## CHOOSE YOUR TIME:

**90 MINUTES \$225**

An indulgent version of our 60 minute facial which also includes a foot bathing ritual and 25 minute back massage using hot stones to release tension.

**60 MINUTES \$185**

These treatments include facial reflexology to help stimulate cell regeneration, Jade stones which aid circulation and cold Moonlight stones to soothe and tone.

**AWAKEN | Resurfacing Facial**

A resurfacing radiance boost using a powerful fruit acid elixir and exfoliating mask. Designed to leave skin smoother and glowing. Particularly recommended for sun damage, uneven texture or between seasons.

**REJUVENATING | Restore Facial**

A deeply hydrating treatment using a rejuvenating mask made with soy stem cells and hyaluronic acid. Designed to lift and firm the skin and help reduce the appearance of fine lines. Particularly recommended for dry skin or mature skin.

**DETOXIFYING | Purity Facial**

A detoxifying cleansing treatment using steam to extract impurities. Designed to brighten, balance the skin microbiome and reduce the effects of pollution.

Recommended for oily pigmented or menopausal skin.

**MEN'S | Signature Facial**

Designed for male skin using the Bamford Grooming Product range, the treatment includes a deep cleanse and steam followed by facial reflexology to help stimulate cell regeneration. The treatment finishes with a mask chosen by your therapist to address your individual needs.

b

## BAMFORD SIGNATURE TREATMENTS

**Bamford B-Vibrant Body Treatment | 90 min: \$300**

A revitalising experience to energise the body, awaken the senses and increase positivity. A refreshing foot bathing ritual followed by sound therapy works to rebalance the energy channels. Gentle full body exfoliation, using a warm botanic sugar polish will rejuvenate the skin and increase circulation. Cold Jade stones and an Indian head massage using cool, clarifying Citrine crystals stimulate marma points to the full body, this is also combined with soothing breathwork, to focus the mind and leave the body relaxed yet invigorated.

**Bamford B-Silent Treatment | 90 min: \$300**

This treatment is devoted to relaxing and preparing your body for sound, restful sleep. The process begins with a deeply relaxing foot bathing ritual. This is followed by a therapeutic back massage using Thai stretching, scalp and reflex zone treatments. The Bamford temple balm is then applied to the forehead to complete the treatment and encourage peaceful sleep.

**Bamford Jade Hot & Cold Stone | 90 min: \$300**

Jade is a symbol of purity and serenity. This profoundly relaxing full-body treatment uses a combination of hot volcanic and cold Jade stones to work deep into your muscles. The treatment includes a firm back massage, working down the body, and ends with a neck and shoulder massage. You will experience a deep release of tension and feel a sense of balance and harmony in body and mind.

**Bamford Back/Neck/Shoulder | 30 min: \$140**

A focused deep massage directed at the most common areas of tension in the body. Swedish massage techniques are used to work into the muscle groups of the back, neck and shoulders.

## CUSTOMIZED TREATMENTS

**Master Massage Therapy | 60 min: \$210  
90 min: \$300**

Addresses each client's individual needs, a unique and specialized blend of therapeutic modalities are incorporated, including neuromuscular/sports/orthopedic massage, active isolated stretching and strengthening, myofascial release, Swedish/deep tissue or reflexology.

**Osteopathic Manual Therapy (OMT) | 60 min: \$210  
90min: \$300**

Working primarily through the neuromuscular skeletal system, this personalized holistic approach includes myofascial release to relieve pain and motion restrictions, hot stones to bring blood flow, and cupping to release toxins and encourage lymphatic drainage.

**Reflexology | 60 min: \$180**

A natural healing art based on the principle of applying pressure on the clients' feet, hands and ears which correspond to every gland and organ of the body.

**Deep Tissue Massage | 60 min: \$190  
90min: \$300**

This therapeutic signature massage uses deep tissue techniques to increase circulation, soothe tight muscles and strengthen areas of concern, leaving you feeling restored and revived. Specific pressure points are targeted to help rebalance the body, relieve tension and encourage profound relaxation.

**Customized Swedish Massage | 60min: \$190  
90min: \$300**

Full body massage. The therapist employs a combination of modalities to achieve improved range of motion, a reduction of pain and stress and enhanced well being.

**Pre-Natal Massage | 60 min: \$190  
90 min: \$300**

The pre-natal massage uses only the most gentle, unscented oils, and is adapted to entirely suit your needs positioning your body for optimal comfort and easing aches and pains, whilst lifting the spirit. Perfect for expectant mothers in their second and third trimester.

**Couples Massage | 60 min: \$380 per couple**

A couples paradise. This treatment employs a combination of modalities to achieve improved range of motion, a reduction of pain and stress leaving you both feeling rejuvenated.