

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**
- Gel/Dazzle Dry Polish | **\$20**
- Polish Change - Hands | **\$25** Feet | **\$30**
- Gel Polish Change - 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** Brow | **\$25**
- Sides of Face | **\$25** Basic Bikini | **\$65**
- Nose/Ears | **\$25** Bikini Plus | **\$70**
- Full Leg | **\$80** Brazilian Bikini | **\$80**
- Half Leg | **\$60** Brazilian Bikini Plus | **\$100**
- Back | **\$60** Under Arm | **\$32**
- Men's Chest | **\$45** Full Arm | **\$45**
- Stomach | **\$25**

Tinting

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

TREATMENTS

ADD-ONS

Massage

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

Dermalux Flex MD Light Therapy

Add 30 minutes under this ground-breaking medical device powered by proprietary LED technology to any of our facials for added rejuvenation and to help skin conditions.

- 30 minutes | **\$100**

bamford

AT THE ISLAND HOUSE

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

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 \$255

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.

DERMALUX FLEX MD THERAPY | 45 min: \$160

This therapy is designed to rejuvenate the skin and help improve the complexion by treating skin conditions such as acne, pigmentation, redness and psoriasis as well as aid in the production of collagen. You will begin with a consultation and cleanse, followed by 30 minutes of light therapy using this gold standard of professional, portable LED Phototherapy. Whilst you are under the light you will enjoy the benefits of reflexology, followed by hydration to complete the treatment.

PACKAGES

LED Light Therapy is most effective when applied consistently in regular intervals. We encourage at least 6 sessions for best results.

6x MD TRI-WVE DERMALUX FACIAL | **\$800**

12x MD TRI-WVE DERMALUX FACIAL | **\$1,600**

LED LIGHT THERAPY

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. 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.

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, and is followed by a therapeutic back massage using Thai stretching, scalp and reflex zone treatments. The Bamford temple balm is then applied to complete the treatment.

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.

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.

Bamford Exfoliation | 60 min: \$150

A gentle exfoliation that sweeps away dead cells to reveal glowing skin beneath. This treatment offers a full body massage with a warm blend of pure sea salt brown sugar, rich oils and skin butters.

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.