

## Adam & Eve (Spa Packages to Share)

**Body Sensation** 2 hrs 10 mins  
Our signature package is ideal for the tandem 'his and her' spa experience. Aroma Reflex Foot Ritual ~ Jacuzzi ~ Aromatherapy Massage or Fancy Foot-work ~ Natural Defence Facial or Gents Purifying Facial.

**Energise** 1 hr 50 mins  
A revitalising combination to invigorate both body and mind. Aromatherapy Footbath ~ Lavender Body Wash ~ Coffee Body Scrub ~ Jacuzzi ~ Muscle Ease Massage or Aromatherapy Massage.

**Ocean Breeze** 1 hr 50 mins  
Cleansing, refreshing and supremely smooth! Aromatherapy Footbath ~ Lavender Body Wash ~ Seasonal Salt Scrub ~ Jacuzzi ~ Aromatherapy Massage.

## Ladies Only

**Delight** 1 hr 20 mins  
An ideal combination for the woman who wants to look and feel great. Enjoy a blissfully relaxing Aromatherapy Massage followed by a nourishing mini Natural Defence Facial.

**Natural Defence Facial** 50 mins  
A cleansing and rejuvenating facial that is rich in anti-oxidants. We use natural hand-made products to nourish and preserve the skin, and protect it from ageing environmental factors. The highlight is a mandarin facial massage which also manages to squeeze in some therapeutic benefits.

## Gents Only

**Vitality** 1 hr 20 mins  
The men's must-have treatment combination. Start with an invigorating Muscle Ease Massage and finish with a cleansing mini Gents Purifying Facial.

**Gents Purifying Facial** 50 mins  
Created for the gents, this all-natural facial is designed to meet the specific needs of a man's skin. After a deep cleanse, exfoliation and massage of the face, neck and shoulders, pure aloe vera gel is smoothed onto the skin to hydrate and calm redness associated with shaving, leaving the complexion smooth, toned and in top form.

## Body

**Aromatherapy Massage** 1 hr 20 mins or 50 mins  
Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. Using a combination of different techniques, this massage is powerfully soothing and relaxing. A tonic for the soul, it can also help to improve the circulatory, lymphatic, muscular and nervous systems. Choose your favourite from our four Aromatherapy oil blends.

**Muscle Ease Massage** 50 mins  
This deep tissue sports massage is an effective way to assist with muscle relaxation. It is designed to increase flexibility, relieve muscle tightness and improve circulation and recovery time.

**Fancy Foot-work** 50 mins  
The most blissful ride your feet will ever take you on. It's like reflexology without the "ouch". Based on the same therapeutic principles of its ancient ancestor, this foot massage will help to release toxins and restore your body's energy flow. And it feels like bliss at its celestial best.

**Express Massage** 50 mins  
For those of you on a tight schedule, this short but effective massage will help to relieve tension and stress, allowing you to return to your day feeling relaxed and revitalised. It focuses on the shoulders, back and neck to loosen and relax the muscles that carry the stress of everyday living. Firm pressure helps to ease any muscle stress from exercise or repetitive activities.

## Absolute Escape

*Enjoy daily indulgence at Body Senses with an Absolute Escape. Every day offers a luxurious spa experience to make your stay with us unforgettably wonderful. Enjoy the experience, delight in the great value. Make the most of your precious holiday time and return home feeling refreshed, rejuvenated and glowing with good health and vitality.*

### 2-DAY PACKAGE

Day 1 ~ Aromatherapy Footbath & Aromatherapy Massage or Muscle Ease Massage, 1 hr

Day 2 ~ Natural Defence or Gents Purifying Facial, 50 mins

### 3-DAY PACKAGE

Day 1-2 As per 2 Day package

Day 3 ~ Aromatherapy Footbath, Lavender Body Wash, Seasonal Salt Scrub & Jacuzzi, 1 hr

### 5-DAY PACKAGE

Day 1-3 As per 3 Day package

Day 4 ~ Fancy Foot-work, 50 mins

Day 5 ~ Energise, 1 hr 50 mins

## Aromatherapy Massage Oil Blends

### Harmony

Mandarin, Lavender and Bergamot oils to balance body and mind. Strengthening and rejuvenating.

### Island Spice

A spicy mix of Clove, Ginger and Nutmeg oils to stimulate, revitalise and brighten your spirits.

### Mandara

Sandalwood, Patchouli, Cananga and Ylang-Ylang oils. Our signature blend is romantic and uplifting.

### Tranquility

A stress reducing blend of Lavender, Vetiver and Cananga oils to impart a sense of serenity. An effective jetlag tonic.