

NAME _____

HOUR _____

THERAPIST _____

TREATMENT _____

CONTACT US AT DISCOVERY MARIGOT BAY
PO BOX MG 7227 - MARIGOT ST LUCIA W.I.
T:1 758 458 5300 - F:1 758 458 5299
LAPLISPA@DISCOVERYSTLUCIA.COM
GUESTS PLEASE DIAL EXT 3200

CONTACT US AT DISCOVERY MARIGOT BAY

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LAPLISPA@DISCOVERYSTLUCIA.COM



SPA



DISCOVERY AT MARIGOT BAY

HOW TO SPA

OPENING DATE/TIME
MON-SUN 7.00AM-7.00PM

ARRIVAL TIME

You are encouraged to arrive 15 minutes prior to your appointment time to enjoy the exclusive facilities at The Spa. Please understand that late arrivals may result in a reduction of treatment time.

SPA TREATMENTS

The specialised ESPA treatments are designed to care for your every need. All treatments and Spa Programmes will be available to residents of The Hotel.

All Spa Programmes are available for non-residential Day Spa guests and include use of the spa experiences. Non-resident guests wishing to book from the main treatment list may reserve a booking for a minimum treatment time of two hours. Non-resident bookings must be confirmed or secured with a credit card.

SCHEDULING AN APPOINTMENT

To schedule an appointment please speak with our specialist Spa reception team who will guide you to the right choice. In-house guests can press The Hotel Spa button on your room telephone, or use EXT... From outside the Hotel please call...

To ensure your preferred time and service is available advanced booking is advised.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquillity. Please respect all Spa Guests' right to privacy and serenity. In light of this the Spa is a mobile phone, pager and smoking free zone.

The Spa will provide abundant towels, slippers, shower caps and all amenities required for use during your visit.

The minimum age requirement for access and treatments in The Spa is 16.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or Spa Programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

HOMECARE

To continue your Spa regime and experience at home, all ESPA products used in the treatments are available from the Spa Reception.

GUEST PLEASE DIAL 3200 - FROM OUTSIDE THE HOTEL PLEASE CALL 458 5300 x 3200



LAPLI
SPA

TREATMENT MENU

THE LAPLI SPA INVITES YOU TO ENJOY THE ULTIMATE SPA EXPERIENCE. DECADENT AND LUXURIOUS SURROUNDINGS CREATE THE PERFECT TRANQUIL ENVIRONMENT TO RELAX AND UNWIND.

ESPA HAS CREATED A RANGE OF SOPHISTICATED TREATMENTS INFLUENCED BY EAST AND WEST TO BRING HARMONY TO THE MIND AND BODY.

COMMITTED TO THE QUALITY, PURITY AND INTEGRITY ESPA'S ADVANCED NATURAL SKIN CARE PRODUCTS ARE COMBINED WITH PROGRESSIVE THERAPY TECHNIQUES TO DELIVER LUXURIOUS TREATMENTS WITH OUTSTANDING RESULTS. AS INNOVATORS WE BRING YOU THE MOST EFFECTIVE TREATMENT TECHNIQUES FROM AROUND THE WORLD, AND THEN ENSURE THAT THE BENEFITS CAN BE CONTINUED AT HOME.

INDULGE YOURSELF; **THE LAPLI SPA** IS READY TO SPOIL YOU.



THE ESPA ESSENTIAL BODY MASSAGE

A MASSAGE CAN BE ROUTINE OR INDIVIDUAL. IT CAN BE A LIFESAVER, OR STANDARD. THE ESPA MESSAGE IS ESSENTIAL, PROFESSIONAL AND SPECIFIC.

THE ESPA DETOX MASSAGE

Detoxifying Body oil is a cleansing blend of citrus oils, uplifting Grapefruit and Eucalyptus combined with Cypress and Juniper Berry, which is known to have natural diuretic properties. The perfect treatment to support a weight-loss programme and to counterbalance over indulgence.

THE ESPA BODY TONER MASSAGE

Restorative Body Oil is rich in essential oils of Palermosa, Borage and Wheatgerm which are known to help improve skin tonicity and firmness. The skin is nourished and hydrated.

THE ESPA MUSCLE RELAXING MASSAGE

The body is massaged with Fitness Oil and soothes away aches and pains. A rich essential oil blend of Cloves, West Indian Bay, Rosemary and Peppermint help ease joint pain and the discomfort of stiffness, and relax and calm the muscles.

THE ESPA STRESS RELIEVING MASSAGE

Whatever the cause of your stress, this full body massage is ideal to be taken towards the end of the day when the desire to relax can be fulfilled by sleep. Essential oils of Frankincense, Myrrh and Ylang Ylang have deeply relaxing, calming properties to soothe and de-stress.

SPORTS AND FITNESS MASSAGE

This full body treatment is suitable pre or post exercise to help increase circulation and warm muscles, preventing strains and relieving aches and pains. Ideal for anyone involved in sports, fitness or heavy physical work.

SWEDISH MASSAGE

A truly traditional massage with regulated pressure is excellent for releasing knots and tensions in the body. Stimulating effleurage and long, strong movements effectively ease tired aching back and limbs.



ESPA INTENSIVE FACIALS

TOTALLY FOCUSED ON NATURALLY IMPROVING THE CONDITION OF THE SKIN AND ENHANCING ITS APPEARANCE, ALL ESPA FACIALS INCLUDE SPECIALISED DOUBLE CLEANSING TECHNIQUES, GENTLE EXFOLIATION, ACUPRESSURE FACIAL MASSAGE AND A DEEP CLEANSING AND INTENSIVE FACE MASK. WHILST THE MASK IS TAKING EFFECT, EXPERIENCE A RELAXING AND THERAPEUTIC ORIENTAL HEAD MASSAGE WITH PINK HAIR AND SCALP MUD AND THEN ENJOY SPECIFIC MOISTURISING AND SKIN PROTECTION TO SUIT YOUR NEEDS.

THE ESPA SKIN BRIGHTENER

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin.

This facial includes a special application of Skin Brightener, rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet; plus other skin regenerating products rich in anti-oxidants, which are skin softening, smoothing, and visibly improve the radiance, appearance and texture of the skin.

THE ESPA OIL CONTROLLER

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance.

This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. Cleansed with Foaming Facial Cleanser with Yucca, Sugar Beet and Honey, this facial includes naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme this gentle yet powerfully effective treatment helps soothe and calm, rebalance the skin and encourage a clear complexion.

THE ESPA DE-SENSITISER

A specifically gentle facial for truly sensitive, fragile skins which are prone to redness and irritation.

Soothing, de-sensitising natural plant extracts and aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skins helping to reduce sensitivity and to calm high colour, leaving the skin calmed, nourished and comfortable.

THE ESPA RE-HYDRATOR

Ideal for dry, dehydrated, flaky skin requiring hydration and moisture, an excellent regenerating boost for normal and dry skins.

Careful cleansing and exfoliation greatly helps the skin to improve the absorption of nourishing and moisturising masks, facial oils and creams, which are specifically chosen for their deeply re-hydrating benefits. This facial leaves the skin smooth, soft, supple and nourished.

THE ESPA EYE LIFT

Perfect for all skin types who are concerned with those first signs of ageing, which appear around the eye area. The Eye Lift is a welcome treat for those suffering from eyestrain and computer headaches and contact lens wearers. A blissful firming and hydrating treatment using specific products rich in Seaweed Extract, Green Tea and Vitamin C, which help to reduce the appearance of fine lines and protect against the environment.

The Eye Lift may be added to any facial treatment.



THE ESPA ULTIMATE BODY WRAPS

NOT JUST A BODY WRAP BUT ALSO A LIFE ENHANCING EXPERIENCE WHICH INCLUDES LYMPHATIC SKIN BRUSHING, BODY EXFOLIATION, A FULL BODY RUB WITH SPECIFIC AROMATHERAPY OILS BEFORE THE COMPLETE ENVELOPING BODY WRAP OF ALGAE, MARINE MUD OR OSHADI CLAY. ULTIMATE TRANQUILITY IS ACHIEVED WITH A MIND CALMING ORIENTAL HEAD MASSAGE.

THE ESPA WRAPS

The body wrap is designed to comfortably raise the temperature and induce perspiration to help eliminate toxins and increase the effects and the absorption of the oils and the wrap.

This sophisticated menu of individual wraps uses a choice of warmed Marine Algae, Marine Mud, or Oshadi Clay combined with essential oils, blended to meet your specific needs.

- Marine Algae is known for its hydrating, detoxifying properties and is particularly beneficial when needing to speed up the elimination of toxins prior to the absorption of essential oils and plant extracts
- Marine Mud has nourishing and skin conditioning properties and is ideal for dry, dehydrated skin requiring nourishment and re-stabilising.
- Oshadi Clay is mixed with ginger, liquorice and mustard seed which warms and hydrates the skin, beneficial for aching muscles and joints and adds extra heat to the treatment.

*Each wrap may be combined with a corresponding body massage for the ultimate body experience, to give maximum benefit for skin, body and mind.

THE ESPA DETOXIFIER

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid, and helps improve the appearance of the skin, minimizing the dimpled appearance of cellulite.

THE ESPA BODY TONER

The Body Toner is a luxurious way to help restore skin tonicity, ideal after weight loss or pregnancy; deeply nurturing and moisturizing, this wrap leaves the skin smooth, toned and nourished.

THE ESPA SKIN HYDRATOR

The Skin Hydrator brings true re-hydration to dry, sensitive or flaky skin, leaving it plump, hydrated and soft. Pure luxury, excellent after a holiday and wonderful preparation for a special night out.

THE ESPA MUSCLE RELAXER

The Muscle Relaxer is soothing and warming, and eases tension and tightness in the muscles helping to ease mobility and reduce aches and pains.

THE ESPA STRESS RELIEVER

Stress comes in many forms, but comfort, warmth and a tension relieving wrap will restore equilibrium, peace of mind and bring deep relaxation to body and spirit.



BODY SPECIFICS

ESPA SALT AND OIL SCRUB WITH RAIN MASSAGE

An experience that will leave your skin smooth and revitalized. Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity. As well as exfoliating, the oils will be slowly absorbed to help restore lost vitality and protect against dryness. Combined with the stimulating and rejuvenating qualities of a Fresh Water Massage, this treatment will leave you feeling cleansed and refreshed.

Choose from Detoxifying, Invigorating or Relaxing salt and oil blends, and perfect prior to an aromatherapy Essential Body Massage.

ESPA PURIFYING OCEAN SHOWER

A stimulating Sea Salt Body Exfoliation softens the skin and prepares the body for an application of warm Ocean Algae that stimulates the circulation and flushes away toxins. Invigorating and refreshing, a Warm Water Massage completes this purifying experience.

ESPA COOLING ALOE AND SPEARMINT BODY POLISH

A Complete exfoliation which will cleanse and revive the skin will invigorating the entire body; excellent as a preparatory treatment (prior to other treatments and therapies)



ESPA MAN

ESPA GENTLEMAN FACIAL

This deep cleansing man facial helps to regulate oil secretions whilst refining open pores. Cleansed with Foaming Facial Cleanser with Yucca, Sugar Beet and Honey, this facial includes naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme this gentle yet powerfully effective treatment helps soothe and calm, rebalance the skin and encourage a clear complexion.

SPORTS AND FITNESS MASSAGE

This full body treatment is suitable pre or post exercise to help increase circulation and warm muscles, preventing strains and relieving aches and pains. Ideal for anyone involved in sports, fitness or heavy physical work.

ESPA PURIFYING BACK TREATMENT

The back is cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, then calmed with a deep tension releasing aromatherapy massage and a soothing mud mask. This quite exceptional treatment leaves the mind clear, back tension eased and the skin soft, smooth and revitalized.



BATH RITUALS

ESPA BATHING CEREMONY; SINK INTO SOOTHING WATERS PREPARED WITH AROMATIC ESSENTIAL OILS AND FRAGRANT PETALS AS YOU INDULGE IN AN ESPA BATHING CEREMONY, AND EXPERIENCE ONE OF LIFE'S ANCIENT PLEASURES.

A UNIQUE BLEND OF INDIVIDUALLY CHOSEN ESPA BATH OILS, MINERAL SEA SALTS AND PETALS ENVELOPE THE BODY AS AROMATHERAPY CANDLES BATHE THE ROOM IN SOFT CANDLELIGHT. ESPA SOOTHING EYE PADS REAWAKEN AND SOOTHE TIRED OR SUN WEARY EYES AND PREPARE YOU. IDEAL BEFORE AN AROMATHERAPY BODY MASSAGE.

DETOXIFIER

Naturally cleansing oils of Citrus and Juniper combined with Mineral Sea Salts help to reduce fluid retention and the build up of toxins by stimulating lymphatic drainage, to leave you feeling clean from the inside out.

MUSCLE RELAXER

A warming blend of Clove, West Indian Bay and Rosemary relieve muscle aches and pains and ease stiff joints.

SOUND SLEEPER

Specially blended soothing oils of Frankincense, Myrrh and Ylang Ylang deeply relax and calm the mind and body. Ideal towards the end of the day to promote a restful, sound sleep.

IN ROOM SPA EXPERIENCE

Let the Spa come to you. One of our professional therapists will prepare a bath ritual of your choice and whilst relaxing in the comfort of your bath, your therapist will prepare the treatment area to continue the experience with an Aromatherapy Body Massage to suit your needs.





LAPLI

Monday-Saturday 9am-7pm
Sunday 9am-5pm



LAPLI

Espa Essential Body Massage and Body Therapy

Back and Shoulder Massage	75US	30 min	Espa Sports and Fitness Massage	120 US	1 hour
Espa Detox Massage	120 US	1 hour	Reflexology	100 US	1 hour
Espa Body Toner Massage	120 US	1 hour	Couples Massage	220 US	1 hour
Espa Muscle Relaxing Massage	120 US	1 hour	Swedish Massage	145 US	1 hour 30 min
Swedish Massage	120 US	1 hour	Thai Massage	170 US	1 hour 30 min
Hot Stone Massage	145 US	1 hour	Chakra Balancing with Hot Stones	175 US	1 hour 55 min
Espa Stress Relieving Massage	120 US	1 hour	Blissful Back, Face and Scalp Massage	165 US	1 hour 45 mi

Espa Intensive Facials and Advanced Specialized Facials

Espa Skin Brightener	105 US	1 hour	Espa Re-Hydrator	105 US	1 hour
Espa Oil Controller	105 US	1 hour	Espa Age Defyer	150 US	1 hour 25 min
Espa De-Sensitizer	105 US	1 hour			

Espa Ultimate Body Wraps

Espa Detoxifier	130 US	1 hour 15 min	Espa Muscle Relaxer	130 US	1 hour 15 min
Espa Body Toner	130 US	1 hour 15 min	Espa Stress Reliever	130 US	1 hour 15 min
Espa Skin Hydrator	130 US	1 hour 15 min			

Waxing and Tanning

Lip or Chin	15 US		Full Arm	45 US	
Eyebrow shape/wax	20 US		Half Leg	45 US	
Bikini	30 US		Full Leg	65 US	
Underarm	25 US		Back or Chest	65 US	
Half Arm	30 US		Buff & Bronze	105 US	

LAPLI SPA Local Treatments

Cocoa Massage	120 US	1 hour	Fruit Facial	100 US	1 hour
Aloe Vera Wrap	100 US	1 hour	Cocoa Wrap	105 US	1 hour
Purifying Seamoss Wrap	100 US	1 hour	Cocoa Body Polish	60 US	30 min
Pedicure	35 US	30 min	Manicure	30 US	30 min
French Pedicure	40 US	30 min	French Manicure	35 US	30 min

All prizes are subjected to a 10% service charge

Enjoy your relaxing treatment in the comfort of one of our indoor air-conditioned treatment rooms or al fresco in the Zen Garden.
(Ask your Therapist)

For more information make enquiries at the Spa or dial 3200

Contact: Discovery Marigot Bay - PO Box MG7227 - Marigot St. Lucia W.I. - Phone: 1 758 458 5300 - Fax: 1 758 458 5299
Email: laplispa@discoverystlucia.com Website: www.discoverystlucia.com