

Senses Spa & Fitness Center

Radisson®





## Senses Spa & Fitness Center

Discover a luxurious retreat with the charm of Bahamian hospitality and a lifestyle to enchant and renew your vitality and spirit. Wake up your senses to create a unique sensory journey.

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### SIGNATURE OFFERINGS

#### Total Senses Massage

50 minutes - \$210

The ultimate massage. Relax while two massage therapists work in sync. Four hands work out the worries and stress of your day. A light-rain Vichy shower massage completes your treatment.

#### Sense of Peace Wrap

75 minutes - \$155

Get the peace and tranquility you deserve as you get lost in the natural aromas of this tropical experience. You can't help but feel balanced and relaxed after you are gently exfoliated, honeyed and lavendered down, wrapped and hydrated.

#### Sense of Joy Wrap

75 minutes - \$155

Enjoy the serenity of a luxurious body masque while you are gently exfoliated. Let go and take flight as you are uplifted with our customized body masque and rose oil. Enjoy a cooling scalp and foot massage while wrapped. This wrap concludes with an application of our organic, hydrating lotion.

#### Pure Sense Facial

80 minutes - \$155

Take a trip to the Bahamian countryside for a facial customized just for you. Organically grown active products are introduced to your skin. Close your eyes, feel the sensations and inhale the aromas. Your facial includes a hand, foot, and scalp-reviving massage. This facial will leave your skin radiant and revitalized.

#### Bahamian Wrapsody

130 minutes - \$210

This wrap, bath, and massage is the ultimate Bahamian tonic. Your skin is naturally exfoliated with freshly squeezed limes, followed by an envelopment of rum, aloe vera, and island spice oil. A Bahamian bath and massage completes your treatment.

#### Seasonal Facial

50 minutes - \$110

Experience this custom-tailored deep-cleansing facial using seasonally available organic fruits, herbs, flowers, and exotic spices. We use their vitamins and nutrients to create facial treatments that are good enough to eat. Your skin will reveal a healthy, natural, and youthful glow with the benefits this natural preparation provides. Contact the spa to learn which facial is currently in season.

## Perfect Sense Massage

Each of our massages were created to relax your body and soothe your spirits. Our therapists like to say they have a heavenly touch.



### Swedish Scents Massage

50/80 minutes - \$105/\$145

This classic massage uses European techniques and penetrating acupressure to improve circulation and promote relaxation. Customized to your specific needs.

### Swe-thai Sense Massage

80 minutes - \$160

Swe-thai is a magical combination of the ancient healing techniques of Thailand and the deeper, more specific Swedish massage strokes. Sink into a deep state of relaxation while your body's energy flow is unblocked and your muscles are stretched and treated with a variety of rhythmical movements.

### Stone Sense Massage

50/80 minutes - \$130/\$150

Therapeutic and relaxing, this treatment alleviates stiffness and soreness while restoring energy and balance. Smooth, warmed basalt stones glide across your body in long, flowing strokes. The stones' heat, relaxes the muscles and has a soothing effect on your emotions. Simultaneously, other stones are placed on your body's energy centers, deeply infusing muscles with heat to melt away tension.



**Sense of New Beginnings (Mother-to-be) 50 minutes - \$120**

Specially designed for mothers-to-be, this massage promotes relaxation, increases circulation, and provides comfort during your wondrous time of change. This massage helps to reduce back and neck pain associated with pregnancy. Smooth, relaxing strokes will put both mother and baby at ease.

**The Athlete's (Deep Tissue) 50/80 minutes - \$125/\$165**

Melt away hidden tension and muscle discomfort as joint mobility improves. Your therapist will customize the treatment to incorporate deep-tissue work. The massage of choice for athletes before and after workouts, and for anyone who prefers deeper, concentrated pressure.

**Aroma Sense Massage 50/80 minutes - \$110/\$135**

Envelope your senses with our signature aromatherapy blends. This massage will take you on an incredible journey within.

**A Sense of Togetherness (Couples) 50/80 minutes - \$200/\$275**

Experience this massage with your loved one. Relax side by side as you receive a soothing massage together in our specialized couple's suite.

**Soul Sense Massage 50 minutes - \$105**

With your choice of traditional reflexology or foot massage, this healing therapy is as blissful as it is beneficial. Reflexology works on the principle that all body organs are connected to reflex points in the feet via constantly flowing energy channels. Massaging these reflex points restores your natural energy flow and improves overall health by sending waves of deep relaxation throughout your entire body.

**Renewed Sense Massage 25 minutes - \$60**

A massage for the back, neck, and shoulders, this is the perfect massage for the person who sits in an office all day and needs to relax these particular muscles. Focused concentration on these problem areas ensures a feeling of total relaxation. Also a great massage to improve your golf swing.

**Sense of Drifting on the Ocean Breeze**

**30/45/60 minutes - \$65/\$105/\$120**

Performed beachside, the cool ocean breezes and sounds of the ocean waves lapping the shore inspire total relaxation

# Skin Sense Facial

Rejuvenate tired, stressed, sun-drenched skin with a rich, nourishing facial treatment

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## Aroma Sense Facial

50 minutes - \$105

Our aromatherapy facial utilizes a delightful custom blend of aromatic essential oils specifically selected according to your skin type. As you are enveloped with a relaxing aroma, your esthetician gently massages pent-up stress and worries, rendering your skin soft and supple.

## Sense of Protection Facial

75 minutes - \$150

With a high concentration of replenishing vitamins and oils, this effective treatment combats damaging free radicals, dehydration, and dryness. A uniquely thermal masque changes temperature to enhance the delivery of the active ingredients and ensure immediate absorption for maximum skincare benefits.

## Sense of Radiance Facial

75 minutes - \$150

This antioxidant facial provides your skin the ultimate boost with a powerful combination of vitamin C and seaweed. This treatment visibly improves your skin's elasticity, minimizes fine lines, and counteracts sun damage for a wonderfully radiant complexion.

## Sensitive Sense Facial (for Rosacea)

75 minutes - \$145

Evident hypersensitivity requires a serious solution. Alleviate, cool, and calm your skin with this proven effective lift-off masque. Healing green tea, chamomile, and licorice precisely blended to address dilated capillaries, congestion, blotchiness, and irritability and to promote a soothed, decongested, evenly toned appearance.

## Common Sense for the Back

50 minutes - \$105

This deep-cleansing, pore-refining treatment is something your back and shoulders have been asking for. The focus is on removing dull/dry skin and cleansing impurities from those hard-to-reach areas.

## Common Sense Facial (for Him)

50 minutes - \$105

This facial is a necessity for today's dynamic man. Our deep-cleansing, calming, and hydrating facial will leave your skin feeling relaxed and rejuvenated. This facial is excellent for exfoliating the skin, reducing razor bumps and ingrown hairs from shaving.

## Caviar and Pearl Anti-aging Facial

75 minutes - \$175

The most advanced defense against aging. This opulent anti-aging treatment lavishes your skin with pure caviar extract, pearl extract and a revolutionary blend of phyto-extracts: Escutox™. Improving elasticity, this luxurious masque increases skin oxygenation and suppleness. Promoting rejuvenation, it visibly resurfaces and dramatically reduces facial expression lines and wrinkles.

Complimentary skin consultation upon availability.

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## Eye Zone Enhancements

Any of the following enhancements can be added to your facial treatment service

### De-stress Collagen Cryo

\$35

This enhancement enriched with repairing marine collagen plumps the skin and minimizes lines and crow's feet from the eye contour.

### De-stress Ginkgo Biloba

\$25

By promoting the blood circulation, this treatment aids in reducing puffiness and dark circles in the eye contour area.





## Signature Body Exfoliations



### Aromatherapy Salt Glow or Body Polish

25 minutes - \$60

Try one of nature's treats. This wonderful exfoliation uses sea salts and essential oils or our special body-polish formula to render your skin soft and relax your senses. Once rinsed, we further hydrate your skin with our special aromatherapy blend.

# Heavenly Bathing Rituals

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## **Bahamian Bush Bath**

**25 minutes - \$55**

Add a bit of island spice to your life: Indulge yourself with traditional Bahamian healing herbs.

## **Ocean Bath**

**25 minutes - \$55**

This bath focuses on the healing properties of unrefined sea salt. It relies on nutrients in the salt to release toxins from the body. With the benefit of the Ocean Bath, the body will easily absorb its healing properties as it uplifts the senses and tightens the skin.

## **Moor Mud Bath**

**25 minutes - \$55**

The benefits of Moor Mud have been observed for over a century. It is used for a multitude of ailments from mobility problems, arthritis, hormonal imbalance, post-surgical recovery, and muscle over-exertion. Moor Mud is also detoxifying, anti-aging, anti-inflammatory, and a natural antibiotic.

## **Sweet Algae Bath**

**25 minutes - \$55**

Slimming and detoxifying. Eliminate toxins from your body with this natural gift from the ocean.

## **Add a Massage**

**25 minutes - \$55**

Have your neck, shoulders, and back massaged prior to your bathing ritual.



## **Surround Your Senses Envelopments**

### **Bahamian Seaweed Body Masque**

**75 minutes - \$145**

Slimming and detoxifying

### **Aloe Mud Body Masque**

**75 minutes - \$145**

For immediate relief of muscle tension, arthritis or rheumatism, indulge in this wonderful wrap. Emerge from your cocoon of Moor Mud and aloe feeling radiant, refreshed, and hydrated.

### **Cellulite Body Masque**

**75 minutes - \$150**

Extra slimming and detoxifying.

### **Bahamian Heat Body Masque**

**75 minutes - \$145**

Experience this warm, soothing, bubbling wrap formulated to vanquish fatigue and stress. Delivering nature's richest red seaweed and mineralizing golden Arizona desert mud, enriched with copper, Magnesium, and zinc. As healing and nourishing minerals seep in, every inch of your skin is relieved and renewed, resulting in a less fatigued, more fit, and re-mineralized body.

## Sense of Bahamian Sun

### Sense of Relief After-sun Treatment

30 minutes - \$65

Refresh and relieve your sun-kissed skin with this incredibly soothing treatment. If you feel discomfort from extended sun exposure, this treatment is for you. Using a cooling gel made with extracts of water lily, this treatment will cool, hydrate, and prevent your skin from peeling.

### Sensational Gifts (Day Spa Packages)

Varies

All Day Spa Packages are inclusive of service charge

### Basic Senses

Two Hours - \$175

25-minute Heavenly Hydro Bath of choice • 25-minute Renewed Scents Massage • Mini Facial • Basic Manicure

### The Five Senses

Five Hours - \$415

Signature Sugar Scrub • 50-minute Swedish Scents Massage • 50-minute Sense of Harmony Facial • Solar Manicure and Pedicure • Shampoo and Blow Dry



## No-Nonsense Finishing Touches Natural Nail Care

### Solar Manicure

30 minutes - \$35

For clients on the go. A manicure to reshape the nails, clean up the cuticles, and massage moisture into the hands. Finished with a fresh coat of enamel.

### Signature Spa Manicure

45 minutes - \$55

This deluxe citrus facial for the hands is the ultimate renewal treatment. Intense two-step citric acid exfoliation will rejuvenate, deeply hydrate, and help restore skin to a more youthful appearance. Topped off with an essential oil-infused ceramide, a vitamin massage, and a perfect polish of the nails. Skin is left radiant and glowing.

### Senses Solar Pedicure

30 minutes - \$45

Refresh and beautify the feet in a jiffy. Feet are soaked, skin is gently exfoliated, cuticles are perfected, and nails are clipped, reshaped, buffed, and polished.

### Signature Spa Pedicure

45 minutes - \$70

The ultimate in pedicures. A luxurious, marine-inspired pedicure, which features a three-step exfoliation process of beach sand, quartz crystals, sea salt, and alpha-hydroxy acid, followed by a rejuvenating marine-algae foot massage; and our award-winning Cucumber Heel Therapy to relieve dry, cracked heels. Finished with a pampering foot and calf massage and a perfect polish of the nails.



### **Athletic Pedicure**

**45 minutes - \$60**

A revitalizing pedicure designed to perk up even the most overtaxed feet. A double dose of refreshment that features a cooling masque followed by a cooling massage gel. Complemented by a gentle exfoliation and rehydration.

### **Nail Enhancement Services**

Add French, hands or feet	<b>\$10</b>
Paraffin hand or foot treatment	<b>\$15</b>
Polish change, hands or feet	<b>\$20</b>
Single-color Overlay	<b>\$60</b>
Nail Repair	<b>\$15</b>
Acrylics (full-set) p/w	<b>\$75</b>
Fills p/w	<b>\$55</b>
Single-color fill	<b>\$40</b>



## Hair Treatments

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### All hair and scalp treatments

30 minutes - \$45

#### Treatment for Dry and Dull Hair

Be good to your hair and it will be good to you. Allow your hair, body, and senses to be “taken away” with the natural elixirs. The healing properties of bamboo, hibiscus, wild mango, and pure babussa will leave your hair looking and feeling hydrated, silky, strong, nourished, revitalized, and radiant with shine.

#### Treatment for Color-enhanced Hair

Put on your thinking cap. Barex Shock Treatment is an intensive treatment that literally “shocks” dull, dry, and chemically processed hair back to life. Excellent after any chemical treatment, to replenish lost moisture. Your hair will shine more brilliantly than ever before.

#### Treatment for Frizzy and Curly Hair

Balance the moisture levels of unruly curly and frizzy hair. Experience the latest technology that traps and repels excess moisture at the same time. Innovative formulations provide a humidity-proof shield that allows maintaining a sleek straight style or curling definition.

#### Treatment for Volume

Gain volume without gaining weight. The combination of vegetable proteins along with weightless, water-soluble silicones will deliver instant volume and shine to your hair. This treatment elevates your roots and spirits by creating body and shine.

#### Treatment for Special Conditions

For hair and scalp that is begging for help. If you are experiencing a challenge with your hair or scalp, our artists can prescribe personalized, specialty treatments to cure and heal that stubborn discomfort. Our prescriptions will lovingly assist with conditions such as hair loss, dandruff, seborrhea, chlorine build-up, and psoriasis.

## Hair Design

Special event styling	\$60 & up
Shampoo and blow dry style	\$35 & up
Lady's design cut and style	\$50 & up
Gentleman's design cut & style	\$30
Beard or mustache trim	\$15
French braid	\$35
Braiding (per braid)	\$3.50
Braiding (full head)	upon consultation
Single process color (without styling)	\$65
Double process color (without styling)	\$80
Highlights (without styling)	\$60 & up

Pricing may vary, depending on length of hair. Complimentary hair evaluations based upon availability. Our exclusive hair care lines are Aeto Botanica and Barex Haircare.

## Make-up

Bridal application	\$110
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## Just for Kids

Kids deserved to be pampered too!

My first manicure	\$25
My first pedicure	\$35
My first facial	\$55
Children's haircut	\$25

## Gentle Face and Body Waxing

Waxing is one of the most effective ways to eliminate unwanted hair. We use a low-temperature wax, combined with special soothing agents to reduce any discomfort during this depilatory process.

Women		Men	
Eyebrows	\$25	Chest	\$45
Lip or chin	\$25	Back	\$55
Half arm	\$30	Arms	\$45
Full arm	\$60	Half leg	\$60
Bikini	\$35	Full leg	\$60
Half leg	\$45		
Full leg	\$60		

## Sense of Wellness

We offer a state-of-the-art fitness center with cardiovascular and weight-training equipment along with daily fitness classes such as yoga, Pilates, spinning, and more.

**Equipment Orientation** **30 minutes - Complimentary**  
Performed by one of our certified personal trainers, this session is designed to help you on your way through strength and cardiovascular training areas. One-on-one. Based upon availability.

**Physical Assessment**  
This session includes body fat composition analysis, grip strength, torso flexibility, blood pressure, and cardiovascular recovery; also exercise program evaluation and recommendations.

**Personal Training** **30 minutes/one hour - \$45/\$75**  
Train smarter, not harder. Achieve your personal fitness goals with a one-on-one session offered by our certified personal trainers. Workouts tailored to suit your individual needs include cardiovascular and strength training, flexibility and stretching classes, sport-specific programs and more. Call the spa to inquire about our variety of fitness classes offered.

# Frequently Asked Questions

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## **What are the benefits of visiting the spa, beyond relaxation?**

Spa treatments and exercise help to relieve stress and contribute to overall good health.

## **What does your spa facility include?**

We have a full-service spa and fitness center with institutional-quality equipment, a trained, professional staff, a full range of spa, salon, and fitness services, a spa boutique with a complete line of skincare and hair products.

## **What type of equipment is in your spa?**

Our 25,000-square-foot facility is located on three floors, offers eight massage rooms, two Vichy showers, a hydrotherapy tub with 138 heated air jets, traditional wood saunas, two steam rooms, three complete facial rooms, and guest locker rooms with showers and bath amenities. The spa equipment is made by CosmoPro.

## **What type of equipment is in your fitness center?**

Our cardiovascular area has StarTrac treadmills and bicycles and steppers. Our strength area has a complete line of Flex weight equipment. Our group activity classes include spinning, step aerobics, tai-bo, Pilates, kick boxing, abdominal classes and yoga.

## **What type of skincare products do you use?**

Pevonia Botanica skincare combines the finest natural ingredients from oceans and earth.

## **What are the benefits of a massage?**

A massage not only relaxes and soothes muscles, but it is also an effective treatment for relieving tension from the skin and joints. A massage treatment will also stimulate circulation.

## **What should I expect from a general body treatment?**

Special natural products are applied over the body during this type of treatment to improve the condition of your skin, as well as stimulate circulation. Our body treatments include the body wrap, body polish, body glow, and body mask.

## **What is hydrotherapy Treatment?**

This is a special treatment that involves water or a bath in some way. All of our hydrotherapy bath treatments are provided in our state-of-the-art hydrotherapy tub.

## **What are the benefits of having a facial?**

Facials are designed to thoroughly nourish the skin. A gentle steam aids in the cleansing process; then a moisturizer (selected to best suit your skin type) is applied. Finally, a facial massage will stimulate circulation and leave you with an overall healthy glow.



## Spa Etiquette

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### For Your Ultimate Enjoyment

We ask that you arrive 30 minutes prior to your first visit to familiarize yourself with our facility and enjoy our aromatic steam, gentle sauna, or relaxation room. Senses Spa provides lockers, robes, and slippers for your convenience. Respectfully, we request that you turn off your cell phones to ensure total relaxation for yourself and other guests.

### Reservations and Cancellations

All spa and wellness sessions can be scheduled or canceled at the spa reception desk. We understand that circumstances may arise that are unavoidable and that canceling your appointment may be necessary. If you find yourself unable to keep your appointment, we request 24 hours' notice. Clients who do not honor this policy will be charged a cancellation fee.

### What to Expect

Expect our treatment specialists to conduct a consultation in order to provide you with the best spa treatment, designed specifically to address your needs.

### Valuables

It is recommended that you leave your valuables in the safe provided in your guest room. The spa does not assume liability for any lost items.

### Service Charge

All treatments are subject to a 15% service charge, which is not included in the prices listed.

## General Information

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### Spa Membership Information

We invite you to inquire about joining our spa. Club members receive a 20% discount for spa services Monday through Thursday (excluding public holidays) and a 10% discount at all Our Lucaya restaurants on presentation of membership card. Members must be 18 years of age or older.

### Membership Rates

Please inquire about membership types and rates at our spa reception desk.

Membership fees are payable in advance and are non-refundable and non-transferable. Operating hours and class times are subject to change. The gymnasium may be unsupervised at certain times.

Senses Spa and Fitness Center is located at Lighthouse Pointe.

Spa Hours	Weekdays	Weekends
Fitness Center	6am - 8pm	7am - 8pm
Spa	8am - 8pm	
Hair and Nail Spa	8am - 8pm	

### Reservations

For reservations and further information, please contact the spa.

Telephone	242.350.5281
Fax	242.350.5280
Hotel Extension	5281/5282

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