

## For your dining pleasure

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- ⇒ Indulge your culinary palate in one of our unique dining facility:
  - ◆ The Bamboo Bar and Lounge
  - ◆ The Sunset Bar by the sea
  - ◆ The Oasis Bar
  - ◆ The Tradewinds Restaurant
  
- ⇒ Special Spa menu available, ask the receptionist to place the order while booking your spa treatment.
  
- ⇒ Speak to our Guest Activities Manager about our 25 + activities including kids under 12 years.



Grand Anse St. George  
Grenada  
Phone: 473-444-4371  
Fax: 473-444-4800  
Email: [paradise@rgbresort.com](mailto:paradise@rgbresort.com)  
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**Radisson**<sup>®</sup>  
GRENADA BEACH RESORT

## The Spa At Radisson Grenada Beach Resort

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## Radisson Grenada Beach Resort

Relax in your own comfort of your room or elevate your spa experience by the beach in one of our Cabanas, listening to the waves of the sea.

Call today to make your reservation by dialing "0".

## Nature meets Nature

In the heart of the Spice Island with the stunning views of the palm trees with natural beauty abound, with roaring waves of the sea and the fresh aroma of the Island breeze.

This Grenadian icon is sure to leave you breathless.

**Spa Hours:**  
10AM - 10 PM  
Sunday - Saturday

## The Menu

### Massages

- ◆ **Swedish Massage**  
European Techniques will soothe tight and aching muscles.  
50 mins. \$90                      80 mins. \$130
- ◆ **Deep Tissue Massage**  
Recommended for those with muscle fatigue and chronic pain.  
50 mins. \$110                      80 mins. \$140
- ◆ **Bamboo Massage**  
For improved relaxation and well-being warm pieces of Bamboo are used during a delicate deep tissue massage. The warmth of the Bamboo loosens the outer layer of muscles allowing for a deeper massage without excess pressure.  
50 mins. \$95                      80 mins. \$130
- ◆ **The Hot Stone Massage**  
This massage produces trails of heat that flow deep with the body, from the feet through the legs swirling up through the back.  
50 mins. \$90                      80 mins. \$125
- ◆ **Reflexology Massage**  
An assessment of the body's stress cues is preformed to design specific pressure applications to the hands and feet, relieving stress and anxiety throughout the body.  
50 mins. \$90                      80 mins. \$120
- ◆ **Aroma Therapy - Full Body Massage**  
Aroma Therapy uses fragrant oils extracted from herbs , flowers and fruits to naturally enhance the benefit of the massage.  
50 mins. \$90                      80 mins. \$140
- ◆ **Trigger Point Therapy**  
Trigger Point Massage Therapy is specifically designed to alleviate the source of the pain through cycle of isolated pressure and release.  
50 mins. \$90                      80 mins. \$140
- ◆ **Scalp, Neck and Back Therapy**  
Using range of pressure that relaxes the mind and releases tension on the back, neck and encourages a sense of wellness.  
50 mins. \$90                      80 mins. \$140
- ◆ **Indian Head Massage**  
A relaxing head massage incorporating face and back drainage. Using essential oils based on your mood, medical history or physical well being.  
50 mins. \$90                      80 mins. \$140

#### To ensure most relaxing Spa experience

- 10% Service Charge is assessed on all service.
- Cancellation with 24hrs. Will be charged full amount on your credit card or to your room.
- The spa treatments are for adults only.
- Please advise spa staff of any health issues.
- It is not advisable to consume alcohol prior to treatment.
- Cellular phones are not permitted during treatment.
- For treatments in the Cabanas please arrive 15mins early.
- The spa has the right to refuse service.