



## Spas and other “pampering” services in the area

If you would like a masseuse to come to the villa, speak to Doxie – she can arrange that for you.

### **Kai Belte Spa at Anse Chastanet Resort**

Call for reservations - 459-7000

<http://www.ansechastanet.com/spa/spa.html>

Hours 8:30 A.M. to 8:00 P.M.

Featured services: massage, facials, body wrap, makeovers, pedicures, manicures, and more - they offer an extensive line of services. See their “Spa Menu” at

[http://ansechastanet.com/images/Kai\\_Belte\\_Spa.pdf](http://ansechastanet.com/images/Kai_Belte_Spa.pdf)

From their website:

*Enjoy a Spa Treatment in our New Spa Setting, Kai Mer*

*Kai Mer, Creole for "House of the Sea," is perched high on the hill right above the pristine coral reefs of Anse Chastanet bay and has a panoramic view of the shimmering Caribbean Sea and Anse Chastanet beach. Kai Mer can be booked for the following treatments:*

- Swedish or Deep Tissue Massage
- Aromatheraphy
- Shiatsu
- Foot Reflexology or Thai Foot Massage

### **AMAIS Spa at Stonefield Estate**

Call to make an appointment (459-7037) or use the online booking form at:

<http://www.stonefieldresort.com/spa-inquiries>

From their website:

*Services include manicures, pedicures, and a variety of massages and body scrubs infused with local tropical fruit extracts. The AMAIS Spa also has a small hair salon for those special romantic evenings, wedding celebrations, and honeymoons.*

## **"The Spa" at Ladera Resort**

Call for reservations 459-6600

Information <http://www.ladera.com/spa/>

From their website:

### ***COME, INDULGE***

*The Spa at Ladera features indulgent treatments inspired by Saint Lucia's volcanic history and the lush rainforest that surrounds this peaceful retreat. We are proud to use Sothy's products for all of our treatments.*

*The Spa offers four serene treatment rooms – all in keeping with the same intimate design and scale of Ladera's suites.*

*Visit the spa for a treatment to ready yourself for the day ahead, or select another to unwind after a day of play. The choice is yours. To make your spa experience with us truly memorable, we are pleased to offer you the following:*

- *Enjoy your selected spa treatment in the comfort and privacy of your suite or villa.*
- *Relax pre-treatment or at any time during your stay, in the hot soaking tubs located in the serenity of our spa gardens.*
- *Take your massage outdoors; select any one of our massages and book it as an Outdoor Massage. This indulgent version of our in-spa massages pampers you outdoors on site of our beautiful Paradise Ridge overlooking the majestic pitons*

## **Rainforest Spa at Sugar Beach**

Call for reservations - 456-8000 extension 8048

[http://www.viceroyhotelsandresorts.com/en/sugarbeach/spa\\_and\\_wellness](http://www.viceroyhotelsandresorts.com/en/sugarbeach/spa_and_wellness)

Open 7 days per week - Hours 8:00 A.M. to 7:00 P.M.

From their website:

### *A Heavenly Spa in St Lucia at Sugar Beach, A Viceroy Resort*

*Treatments are designed to be as nourishing on the outside of the body as their ingredients are on the inside. Free from chemicals, these all-natural rituals utilize the bounty of St Lucia's natural world, unleashing beauty secrets the islanders have known for centuries. Bananas, the local pride, to firm, tighten and smooth away wrinkles; coconut to exfoliate; aloe vera to rejuvenate; and rich cocoa butter to heal and hydrate.*

*Harnessing the nourishing properties of nearby volcanic springs and fertile cocoa plantations, the Rainforest Spa offers a range of signature treatments – in addition to nourishing rituals from Natura Bisse, and indulgent products from Swiss line, Valmont – designed to connect guests to Sugar Beach, A Viceroy Resort's very special location.*

*There are seven traditionally built tree house treatment rooms at the Rainforest Spa, a wetroom with manicure and pedicure facilities, a relaxation pavilion, and an earthen Amerindian steam dome—known as a temascal—which reconnects the spa to the island's earliest settlers.*

*Signature treatments include bamboo massages, hot rock therapies, facials, body wraps, salt scrubs, polishes, and holistic treatments.*

*A separate beauty suite specialises in CACI treatments —noted for their incredible results, bridal make-up and hair services.*