



# COCONUT *Whispers* SPA

RELAX • REJUVENATE • RECHARGE



The beginning of a relaxing and rejuvenating retreat starts with the natural elements of the Samaná Peninsula.

Cleanse your spirit and self with the coconut. As one of the native and abundant fruits of the area it has been interwoven into our treatments to infuse paradise and beauty. The coconut is filled with nutritional properties and purifying energies that help with healing both the physical and spiritual well-being. A unique experience that touches all the senses; the aromas, flavors, and textures converge to give you an unforgettable memory.



# SPECIAL RITUALS



## Coconut Whispers

Strengthen your body with our most sacred ritual under the Vichy shower. This treatment takes place in our Caribbean cabin where we stimulate an invigorating and moisturizing sensation for the body.

The magic of coconut whispers starts with a hair treatment cream, and then continues with a face mask made of local coconut oil and natural bee honey. The ritual progresses with a coconut salt-based exfoliation followed by an energizing bath of sea water, herbs and flowers that helps tone the skin. In the end, we complete the magic of the coconut with a massage that provides muscle relaxation and stimulation to the circulatory system. The series of these natural treatments helps balance the body and strengthen the immune system.

**Duration: 80 minutes | \$135 USD per person**

\*Prices do not include 18% tax and 10% service.



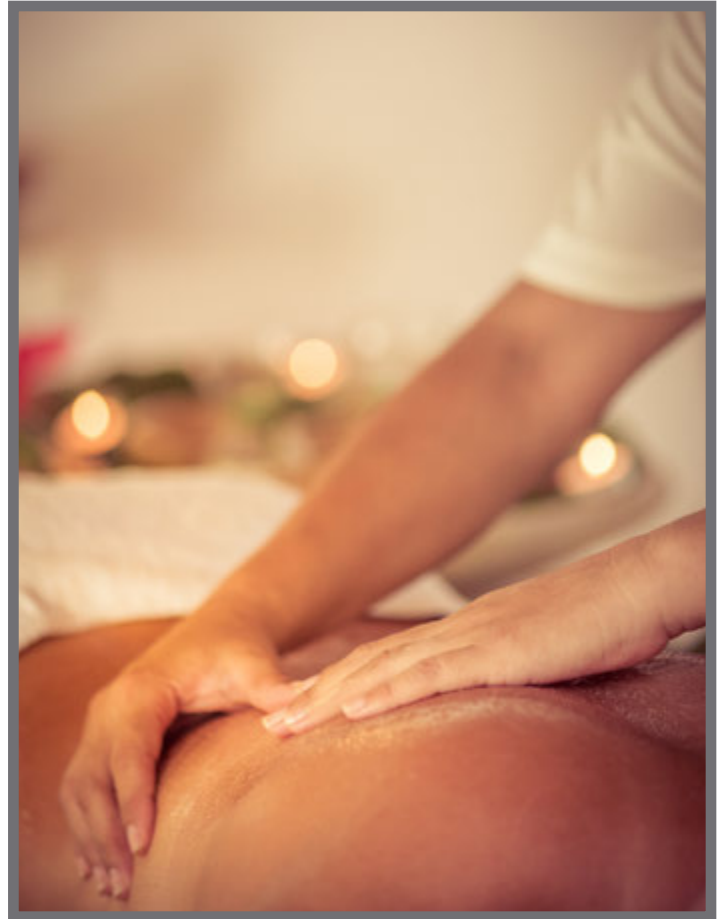
## HIDE AND SEEK RITUAL

### *Within the Temazcal*

The ritual begins with a steam bath made with sea water, herbs and flower essences that help clear the airways and release impurities from the lymphatic system. The treatment continues with an energizing massage using indigenous techniques and therapeutic ingredients originating in the Americas such as cocoa, cane and coconut. This purifying bath is ideal for balancing the energy points of the body and encouraging internal reflection and introspection.

**Duration: 70 minutes | \$110 USD**

\*Prices do not include 18% tax and 10% service.



## FLOATING DREAM THERAPY

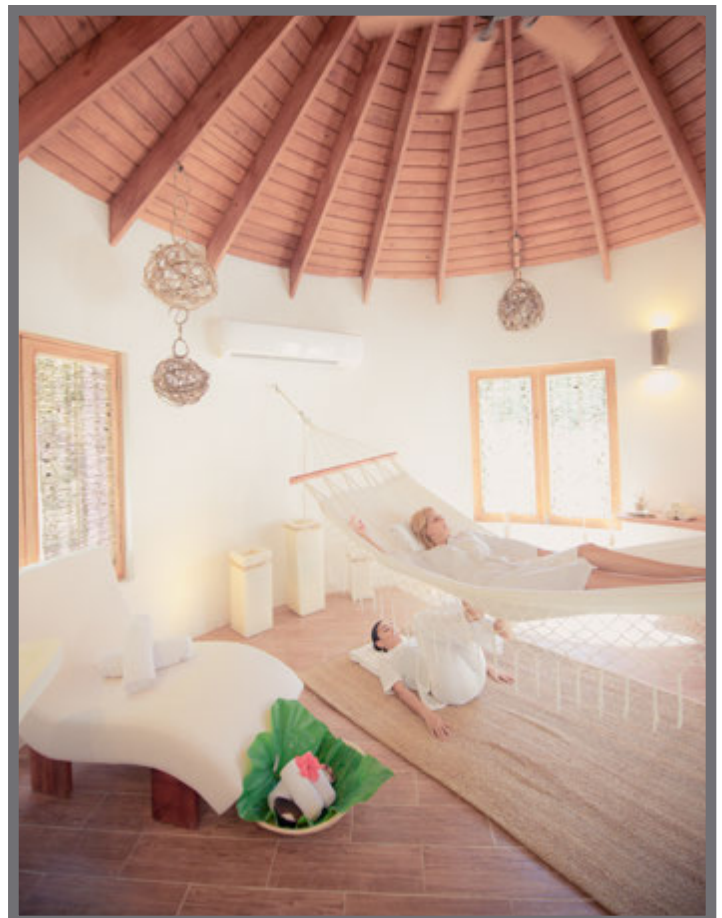
### *Hammock Therapy*

The treatment continues with an acupressure massage stimulating specific points on the head to help you reach a state of complete relaxation.

To start, an all-natural purple herbal gel is used to release toxic elements from the body through the feet. After, the hammock slowly coos you into a trance of self-discovery, while incense and natural herbs purify the energy points. The treatment continues with an acupressure massage stimulating specific points on the head to help you reach a state of complete relaxation. The therapy ends with a gentle back massage performed with feet, a traditional technique that stimulates blood flow and muscle connection.

**Duration: 60 minutes | \$110 USD**

\*Prices do not include 18% tax and 10% service.



# MASSAGES

## DEEP BLUE

*Deep tissue massage*

A massage designed to relax tense muscles, tendons and ligaments. We focus on the back, neck, shoulders, head and face to stretch out the tensions accumulated during the day, managing to relieve discomfort and release the tension.

**Duration: 30 minutes | \$45 USD**

**Duration: 50 minutes | \$80 USD**

**Duration: 80 minutes | \$110 USD**

\*Prices do not include 18% tax and 10% service.

## HOLISTIC CARIBBEAN

In this ritual we combine relaxing, deep-tissue and energizing techniques with a rich combination of essential herbs and citric oils in order to guarantee a complete harmony between the skin and the senses.

**Duration: 30 minutes | \$45 USD**

**Duration: 50 minutes | \$70 USD**

**Duration: 80 minutes | \$100 USD**

\*Prices do not include 18% tax and 10% service.

## ENERGIZING BLUE SEA

*4 hands massage*

A synchronized and harmonizing massage that releases the flow of energy and tension and restores balance to the body, awakening the sense of peace, harmony and wellbeing; we use mint as the principal healing element.

**Duration: 60 minutes | \$130 USD**

**Duration: 80 minutes | \$165USD**

\*Prices do not include 18% tax and 10% service.

## SAMANA STONES

One of our most relaxing treatments! This treatment uses different stones from the Samaná Rivers at different temperatures, energy laden from freshwater. Their effect is most profound.

**Duration: 60 minutes | \$110USD**

**Duration: 80 minutes | \$140 USD**

\*Prices do not include 18% tax and 10% service.



## PURIFYING PALM MASSAGE

*Reflexology*

Indulge in a feet exfoliation with sand, coconut and honey accompanied by a reflexology massage and a purifying and relaxing treatment with an authentic mixture from the tropics.

**Duration: 40 minutes | \$50 USD**

\*Prices do not include 18% tax and 10% service.

## TROPICAL MEMORIES

*For tired legs*

A massage for tired legs that starts with a refreshing menthol-based exfoliation. We continue with an energetic massage for tired legs, ideal to eliminate fatigue and heaviness.

**Duration: 50 minutes | \$70 USD**

\*Prices do not include 18% tax and 10% service.



## CRANIOFACIAL MASSAGE & FOOT REFLEXOLOGY

The craniofacial massage releases the tension of the upper body that can add up throughout the day by poor back posture. We focus on shoulders, neck, skull and face. Foot reflexology is an ideal therapy for people suffering from tired legs, poor circulation, or after a long walk. We focus on reflex points on the soles of the feet where all the nerve endings of the various internal organs tend to conglomerate.

**Duration: 90 minutes | \$145 USD**

\*Prices do not include 18% tax and 10% service.



# BODY TREATMENTS

## SUBLIME CARESS

This treatment is ideal for skin that has been exposed to the sun. It provides immediate relief, refreshing and revitalizing the damaged skin. It contains a mixture of botanical and marine ingredients like green, black and red teas. During the body mask, a 30-minute massage will be incorporated for head and feet.

**Duration: 50 minutes | \$75 USD**

\*Prices do not include 18% tax and 10% service.

# FACIALS

## SEA LULLABY

*Hydrating facial*

Purify and moisturize your skin with all-natural products. The coconut moisturizes, the honey nourishes, the cucumber rejuvenates, and the papaya refreshes and tones your skin giving it a silky-smooth texture. We recommend combining this facial with the ritual Sublime Caress for a greater and total hydration.

**Duration: 50 minutes | \$75 USD**

\*Prices do not include 18% tax and 10% service.



## MAN FACIAL

A facial made exclusively for HIM, made from natural organic ingredients which help calm irritation of the skin, reduce fine lines and hydrate the skin. During the application of the mask you will receive a massage on the head and hands.

**Duration: 50 minutes | \$75 USD**

\*Prices do not include 18% tax and 10% service.



# FOR COUPLES

## POETRY OF THE SEA

*Couples massage*

The perfect setting for love, couples indulge in a relaxing massage and share a sense of well-being and relaxation. It is a perfect combination of delicious natural aromas and nutritious oils of orange, mandarin, sesame and soy. Finish with a purifying ritual for your feet while you both enjoy a glass of sparkling wine. A true and romantic experience for your senses.

**Duration: 60 minutes | \$110 USD (per person)**

\*Prices do not include 18% tax and 10% service.



# TEMAZCAL

## 4 ELEMENTS VAPOR RITUAL

The Temazcal, or vapor house, represents Mother Earth. The steam and herbal medicines help purify the mind, body, and spirit. The stones represent the grandmothers, who contain the wisdom of the earth. They invite us to reflect as toxins and stress are released from our roots. Experience what it means to be reborn in this therapy where we combine the 4 elements: water, earth, air and fire.

As you leave from this ritual you'll enjoy the Jacuzzi bath prepared with mineral salts to cool off. Recommended before your facial or body treatment.

**Duration: 25 minutes | \$40 USD (per person)**

\*Prices do not include 18% tax and 10% service.





# YOGA CLASSES

Besides our regular classes during the day Thursday and Sunday, you can enjoy private lessons.

## HATHA YOGA

Breathing exercises (pranayama), a series of static postures (asanas), a few relaxation routines as well as visualizing and meditation are among the class activities.

**Duration: 60 minutes | \$49 USD**

\*Prices do not include 18% tax and 10% service fee.

THESE CLASSES ARE ONLY AVAILABLE WITH A RESERVATION 24-HOURS IN ADVANCE. THE CLASSES ARE AVAILABLE FROM 9 AM UNTIL 4 PM.





# BEAUTY TREATMENTS

## HAIR REMOVAL

*Reservations should be made at least 30 minutes prior to treatment.*

We use an all-natural sugar technique from ancient Egypt.

- Under Arm | \$30 USD
- Brazilian | \$45 USD
- Bikini | \$35 USD
- Entire Leg | \$60 USD
- Half Leg | \$40 USD
- Upper Lip | \$25 USD
- Arms | \$40 USD
- Back | \$55 USD
- Chest | \$50 USD

\*Prices do not include 18% tax and 10% service fee.

## SPA MANICURE & PEDICURE

Purification from the inside and out, we are adding a reflexology massage to the traditional mani and pedi.

- Pedi | 50 minutes | \$45 USD
- Mani | 30 minutes | \$35 USD
- Both | 80 minutes | \$75 USD
- French manicure | \$15 USD
- French pedicure | \$20 USD
- Nail polish change (hands or feet) | \$25 USD

\*Prices do not include 18% tax and 10% service.



# SPA ETIQUETTE & POLICIES

## HOURS

Indulge in a spa experience from 9:00 A.M. to 8:00 P.M.

## RESERVATIONS

For any inquiries or spa reservations please contact us by calling extension 78200 or emailing [spa@sublimesamana.com](mailto:spa@sublimesamana.com). We recommend you book your appointment in advance in order to insure your preferred treatment at your desired time.

## PRIOR TO ARRIVAL

To take full advantage of the treatments we recommend not eating or drinking alcoholic beverages 2 hours prior to your appointment.

## COUPLES

For the couples massage, we recommend booking a late afternoon appointment when the sunset creates a more romantic experience.

## ARRIVAL

As a courtesy to other guests and to ensure you get the best spa experience, we suggest you arrive a little early to your treatment so you can relax prior and avoid taking time away from your actual treatment.

## TEMAZCAL (VAPOR HOUSE)

This treatment must be scheduled at least 4 hours in advance as the stones require preparation. Please bring your swimsuit for this treatment.

## JACUZZI

We recommend you bring your swimsuit to enjoy the jacuzzi.

## CHILDREN

For the safety of your children, the hotel offers babysitting services (for a fee). Requests must be made 12 hours in advance. For more information, please contact Guest Relations at [guestservice@sublimesamana.com](mailto:guestservice@sublimesamana.com).

## CANCELLATIONS

If you need to change or cancel your appointment we suggest doing it 24 hours in advance to not incur any penalties. Up to 3 hours prior to your scheduled appointment a 50% cancellation penalty will apply and if you do not show up to the treatment you will be charged to your room for the full treatment.

## ETIQUETTE

To have a more pleasant experience we suggest you leave your cell phone and other valuables in your room to remove any sources of distraction. If you enjoy your treatment you can leave a tip with the therapist at your discretion.

Our sincere hope is that you have a sublime experience!



For appointments and further information, please contact the spa at extension 78200 or concierge at (809) 240-5050 | [spa@sublimesamana.com](mailto:spa@sublimesamana.com)