



CASA LAGUNA

Hotel & Spa

SPA MENU

Our newly renovated and much acclaimed Spa is now offering a unique way to personalize your own massage by letting you choose a "Mood" body lotion and oil from the well-known and exclusive British spa product line Cowshed Organic.

What is your mood today?

STRESSED, DRAINED, IRRITABLE AND CLOSE TO A BREAKING POINT?

Grumpy Cow is your blend.

This blend of Mandarin and Grapefruit Essential Oils will be the best mood-reviving wonder.

BURNED OUT AND IN NEED OF REJUVENATING?

Knackered Cow is your blend.

This blend of Lavender and Eucalyptus Essential Oils will bring you a calming and rejuvenating effect.

LOOKING TO BE IRRESISTIBLE AND SEDUCTIVE?

Horny Cow is your blend.

This blend of Rose Absolute and Cinnamon Essential Oils will make you feel irresistible and invincible.

JUST WANT TO FEEL GORGEOUS AND FEMININE?

Gorgeous is your blend.

This blend of Madagascan Ylang Ylang, Moroccan Rose and Indian Palmarosa will uplift and invigorate you!

- add \$15 to any service -

SPA SERVICES

SWEDISH MASSAGE

An oil massage using five types of manipulation: long strokes, kneading, deep circular movement, tapping and vibration to promote relaxation, improve circulation, relieve tension, and expand range of motion.

60 minutes \$140 | 90 minutes \$190

DEEP TISSUE MASSAGE

A deep, penetrating form of massage designed to separate the fibers of the muscles and release both toxins and deeply held patterns of tension.

60 minutes \$150 | 90 minutes \$200

COUPLES MASSAGE

Our most popular treatment, a simultaneous massage for two is performed in an intimate ambiance allowing you and your partner to share in blissful relaxation.

This special array includes a 45 minute detoxifying soak in our private ocean spa tub, with a chilled bottle of sparkling wine.

60 minutes \$330 | 90 minutes \$430 | Sunset Hour add \$75

HOT STONE MASSAGE

This massage technique using warm stones is a great treatment for melting away stress, and has a profoundly relaxing effect on the mind and body.

90 minutes \$220

PRENATAL MASSAGE

A doctor's note is required prior to this service.

This soothing massage eases aches while supporting circulation through the whole body.

60 minutes \$160

SALT POLISH & PAMPER

First an invigorating and exfoliating Papaya Salt Glow scrub with a special apothecary blend that nourishes the skin while gently renewing its appearance.

Then, a refreshing rinse and a relaxing rub down accompanied by your choice of aromatherapy essences.

90 minutes \$225

REFLEXOLOGY

A healing massage that stimulates energy pathways through reflex points on the feet, hands and ears thus promoting relaxation and a sense of well-being.

60 minutes \$130 | 90 minutes \$160

THERAPEUTIC WELLNESS BATH

Enjoy the property's most stunning ocean views from the privacy of our ocean view spa tub. The tub is thoroughly cleaned and filled before each use, and therapeutic body salts are added during the filling process.

45 minutes \$ 50 | Sunset Hour add \$75

FOR PURCHASE

COWLICK GENTLE SHAMPOO \$25

Cowlick Gentle Shampoo leaves your hair cleansed and silky with essential oils of Ylang Ylang and Lemon. Lavender Oil also refreshes while richly moisturizing. Carrot Seed Oil soothes the scalp.

SAUCY COW SOFTENING CONDITIONER \$25

Saucy Cow Softening Conditioner detangles and brings shine to hair. Essential oils of Lavender and Lemon refresh while Evening Primrose Oil protects, leaving your tresses silky smooth. Rather than using chemicals to cleanse and moisturise, Cowshed shampoos and conditioners use Soapwort which is 100% natural and will maintain the PH balance of healthy hair.

WILD INVIGORATING BODY LOTION \$30

When you're looking to start the day on a high or a night out with a bang, enlist the help of our Wild Cow range. Featuring a mix of Lemongrass, Ginger and Rosemary, our invigorating body lotion also uses the finest quality Shea and Cocoa Butters to moisturize and tone the skin.

GRUMPY COW UPLIFTING BATH & SHOWER GEL \$25

When you're stressed, irritable and close to a breaking point, be uplifted using our Grumpy Cow range. Featuring a citrus blend of Red Mandarin and Grapefruit to invigorate, and Petitgrain to naturally cleanse, our bath & shower gel will leave you energized.

GRUMPY COW CANDLE \$50

Lighten your mood by burning our Grumpy Cow room candle and letting its citrus blend of Mandarin and Grapefruit essential oils fill the air with a fresh, zesty scent. Mandarin can help soothe the nervous system while Grapefruit is a known anti-depressant and both smell delicious, making this candle the perfect pick-me-up.

COWSHED TRAVEL SET \$35

CASA LAGUNA ROBE \$95

Spa services are available daily by appointment from 8am - 10pm. Please inform us of pregnancy or any medical conditions when making your reservation.

Please check in 15 minutes prior to your appointment time. Robes and slippers are provided. Cell phone use is prohibited at the spa.

Cancellations or changes not made within 24 hours of your appointment and no-shows will result in a full value charge. A 20% gratuity will be added with each service, unless otherwise noted.

Dry Sauna available 8am - 10pm