

## FULL BODY MASSAGE THERAPY

### Relaxing Massage

A massage technique designed to disperse physical tension from the body in a gentle way by loosening tight muscles and reducing stiffness, removing energy blockages within the body and increasing blood and lymph circulation.

55 min \$ 75 Two Guest Sharing Cabana \$140  
85 min \$105 Two Guest Sharing Cabana \$200

### Aroma Therapy Massage

Aromatherapy is a healing art that aims to rejuvenate body, The different smells (aromas), and the chemical constituents of the oils, are said to produce different emotional and physiological reactions. It detoxifies the body, increases blood circulation, and boosts the immune system and the lymphatic system. The oils stimulate, balance, uplift, soothe and calm. The release of stress and tension can allow the body's own healing process to begin.

55 min \$ 80 Two Guest Sharing Cabana \$150  
85 min \$110 Two Guest Sharing Cabana \$210

### Sport/Deep Tissue Massage

A massage technique involving the use of slow, deep and intense massage strokes across the grain of the muscle to heal physical injuries, chronic tension and emotional stresses within the body. It can be used to release trapped nerves and correct damaged muscle tissue, as well as to soften hard muscle which have caused joint restriction and structural misalignment.

55 min \$ 85 Two Guest Sharing Cabana \$160  
85 min \$115 Two Guest Sharing Cabana \$220

### Shiatsu

A Japanese massagewhereby pressure is applied to specific points located along the body's 14 energy channel. The aim of this pressure is to increase the flow throughout the body as a whole, releasing energy blockages and allowing it to flow more freely. Shiatsu affects the muscle and joints as well as the internal organs and can be used to treat stress within the body as well as disorder relating to the muscles and skeleton.

55 min \$ 90  
85 min \$120

### Reflexology Massage

The practice of manipulating points on the hand or feet to balance energy flow around the body, stimulating the body's natural healing process. The points on the hands and feet are called reflexes and each reflex corresponds to a different part of the body, such as a gland, organ or other body parts. When manipulated, the reflexes can trigger physical reactions in the corresponding body parts

25 min \$ 40  
50 min \$ 75 (combination with relaxing massage)

### StoneMassage

The relaxing effects are incredible!! Massaging with hot stones will boost up your immune system, detoxifies and generates energy to heal the body and mind. The warmth of the stones penetrates the muscles, easing tension, soothing and stimulating circulation.

55 min \$ 100

## FACIAL TREATMENTS

### Luminous "C" & "Sea" Facial Treatment:

This treatment mask joins a high potency concentration of vitamin C with pure freeze-dried seaweed. A treatment designed to refine, smooth and reduce fine lines, strengthen skin elasticity, counteract photo-aging, and restore a youthful appearance.

Treatment time: 55 min. \$110.00

European Cleansing Facial by Pevonia Botanica products from France.

### European Cleansing Facial Treatment:

These deep cleansing facials offer a variety of effective yet non-irritating cleansers, toning lotions, moisturizers, exfoliations, massage products, eye care, aromatherapy essential oils, and masks according to skin type and condition.

- Dry Skin Line - Nourish, hydrate, rejuvenate and moisturize.
- Sensitive Skin Line - Soothe, calm, diffuse redness and hydrate.
- Combination Skin Line - Balance, purify and hydrate.
- Oily Skin Line - Control sebum secretion, normalize, regulate.
- Problematic Skin Line - Exfoliate, antibacterial, soothe and decongest.

Treatment time: 55 min. \$80.00

\*(add ampoule treatment according to your skin type for \$10.00)

### After-Sun Facial Treatment (Plantomer Mask):

Have you spent too much time in the sun and now you have burned and irritated sensitive skin? Worry no more!! This soft lift-off mask with a rubbery consistency and a cooling sensation is an effective treatment that soothes, heals and strengthens. Deeply hydrating, it leaves the skin tight, refreshed and healthy with an exceptional glow.

Treatment time: 35 min. \$70.00

### Revitalizing Facial Treatment:

This excellent treatment is a soft lift-off mask with a rubber consistency with a cool feeling upon application. This highly effective treatment soothes, hydrates, heals, strengthens and beautifies the skin, leaving it firm, refreshed, vital and healthy. Recommended for all skin types, especially irritated, sunburned and ultra-sensitive skin.

Treatment time: 65 min. \$110.00

### Ultimate Repair Facial Treatment (For Mature Skin)

Highly effective, this treatment contains a freeze-dried ampoule with 100% pure active ingredients. Freeze-dried treatments includes one of these ampoules according to your skin type:

- Marine Elastine: For loss of elasticity, toning and firming.
- Marine Collagen: For fine lines, mature, dehydrated skin.
- Marine D.N.A.: For enlarged pores, uneven texture and dehydrated skin.

Treatment time: 65 min. \$110.00

### Rosasea Facial Mask Treatment:

Finally, a solution to this serious skin care condition. This alleviating treatment brings visual relief and results to dilated capillaries, congestion, blotchiness and irritability, by delivering highly comforting and healing ingredients such as green tea, chamomile and licorice. This soothing and hydrating treatment includes a gentle cleansing, 25% active soothing serum and rose thermal lift-off mask.

Recommended for anyone suffering from rosacea or sensitive skin.

Treatment time: 55 min \$110.00

### Anti-stress Eye Treatment For Puffiness.

A perfect eye treatment for tired eyes. Molding sheets containing Gingko Biloba which calms and soothe away puffiness. Strongly recommended for travelers, allergy-prone, fatigued eyes. An excellent addition to any treatment. Recommended for all skin types.

Treatment time: 25 min. \$ 40.00

(In combo with facial only \$ 25.00)

### Anti-stress Eye Treatment For Wrinkles.

This vital eye treatment truly combats the aging process and its telltale signs: wrinkles, crows feet, fine lines. An ampoule containing 100% pure Marine Collagen is applied to the eye contour, visibly diminishing and smoothing the delicate eye contour while hydrating, firming and repairing. An excellent addition to any facial. Recommended for all skin types, especially mature skin or sun damaged skin.

Treatment time: 25 min. \$ 40.00

(In combo with facial only \$ 25.00)

## Body treatment

### Tropical Exfoliating Body Scrub

Rediscover your skin natural skin glow. This treatment enhances the skin's appearance by providing deep cleansing and light exfoliation with aromatic peach & citrus oils and a moisturizing body lotion to refresh and sooth your skin.

Time: 30 min. \$ 50.00

### Balinese Exfoliating Body Scrub

An ancient Balinese recipe that is used to remove dead skin cells that blocks the penetration of vital nutrients to the skin. Made from selected herbs and spices, an exotic treatment with its own special moisturizing body lotion. Sensual - Essential oils of rose, jasmine & sandalwood to relieve nervous tension, soothe emotions and lift the spirit.

Relief - An exotic spicy scent with jasmine to calm nerves and warm the emotions.

Reviving - Essential oils of peppermint, cubeb and lemon to soothe and relieve tiredness.

Time: 30 min. \$55.00

### After-Sun Aloe Cooling Wrap

Aloe is known for its medical natural healings and one of them is calming irritated skin after a sunny day. Fresh Aloe Vera, Essential Oil and Cucumber are blended to condition, soften and refresh your skin.

Time: 40 min. \$ 60.00

### Clay Body Wrap

This clay comes from the richest soils in Colombia. The healing and absorbent clay detoxifies, stimulates cell renewal and rejuvenates skin for healthy & radiant glow.

Time: 40 min. \$ 60.00

### Volcano Mud Body Wrap

Extracted mud found deep in a volcano in Colombia. The vitamins and minerals are being absorbed through the skin enabling natural healing, stimulating blood circulation and replenish lost minerals, flushing all toxins and exfoliates the death skin.

Time: 40 min. \$ 60.00

### Therapeutic Moor Body Wrap:

Enjoy the benefits of this natural moor which contains 1 million years of evolution. Excellent to relieve the pain of arthritis, muscle spasms and rheumatism, draws out impurities, stimulates blood circulation and leaves the skin feeling energized. This wrap is truly exceptional.

Time: 55 min. \$85.00

### Spa del SOL Packages

#### Mini Sol Package

-Jacuzzi, -Eucalyptus Scented Steam Room, -Relaxing Massage 55 min, -Mini Facial 30 min, -Manicure or Pedicure. Time: approx. 2½ Hours  
One guest \$150.00 Two guest \$290.00

#### Honeymoon Serenity Package

-Jacuzzi, -Eucalyptus Scented Steam Room, -Exfoliating Body Scrub, -Aroma Therapy Massage 55 min, -Manicure or Pedicure, -Fruit Platter. Time: approx. 3½ hours

One Guest \$170.00 Two guest \$320.00

Include European Traditional Facial 55 min.

One Guest \$245.00 Two guest \$470.00

#### Full Body Refinement Package

-Jacuzzi, -Eucalyptus Scented Steam Room, -Clay Body Wrap, -Full Body Massage 60 min, -Manicure or Pedicure, -Fruit Platter. Time: approx. 4 hours

One Guest \$190.00 Two Guest \$370.00

### Cosmos Relaxation Package

-Jacuzzi, -Eucalyptus Scented Steam Room, -Mud Body Wrap, -Full Body Massage 60 min, -European Traditional Facial, -Manicure & Pedicure, -Fruit Platter. Time: approx. 5 hours  
 One Guest \$285.00 Two Guest \$550.00

### Spa del SOL Rejuvenation Package

-Jacuzzi, -Eucalyptus Scented Steam Room, -Exfoliating Body Scrub, -Clay or Mud Wrap, -Full Body Massage 60 min, -European Traditional Facial, -Manicure & Pedicure, -Healthy Green Salad. Time: approx. 6½ hours  
 One Guest \$330.00 Two Guest \$630.00

### Nail Care

Manicure	(French add \$ 5.00)	\$ 25.00
Spa Manicure	(with paraffin treatment)	\$ 45.00
Pedicure	(French add \$ 5.00)	\$ 40.00
Spa Pedicure	(with paraffin treatment)	\$ 60.00
Nail Polish Change		\$ 15.00



### Waxing

½ Leg wax	\$ 25.00
Full leg wax	\$ 50.00
Back wax	\$ 45.00
½ Arm wax	\$ 15.00
Full arm wax	\$ 25.00
Under arm wax	\$ 20.00
Bikini line wax	\$ 25.00
Lip, brow or eye wax	\$ 10.00

Ask for our  
**YOGA**  
 lesson



### Spa del SOL Etiquette

**Cancellation Policy:** If you must cancel please do so at least 4 hours prior to service to avoid a 40% cancellation fee.

**Arrive Early:** We suggest you to arrive 10 minutes prior to your reservation. Please understand that your treatment will end on time so the next guest will not be inconvenienced.

**Spa Apparel:** You will be provided with a bathrobe, towel, therapeutic sandals and a locker.

Please bring your swimsuit if you want to enjoy the Jacuzzi and steam room.

**Advanced Reservations:** We suggest that you book your spa treatments in advanced to avoid disappointment. Please have your credit card details available to ensure that your reservation is secured.

**Prices:** Subject to change without prior notice and may be revised of any change.

**Payment Methods:** Payments are made upfront all treatments. We accept VISA, MASTER CARD, DISCOVER CARD and CASH. Currency accepted in US\$ Dollars and Aruban Florin.

**Gift Certificates:** Available for all services or open amount.

**Minimum Age:** Our guest must at least 16 years of age.

**Spa refund:** No refund for gift certificates or paid treatments.

**Spa Products:** Lines of products: Pevonia Botanica, Aruba Aloe, Dewi Sri Please make inquiries with our therapist or receptionist.

**Gratuity:** Gratuity is not included in the Spa fee.

Be our guest and enjoy a  
 relaxing moment  
 in our beautiful and  
 exotic garden



**MANCHEBO**  
 BEACH RESORT & SPA  
 A R U B A

Spa del SOL at Manchebo Beach

Resort & Spa

J.E. Irausquin Blvd #55

Tel: 582 6145 direct line

Tel: 582 3444 ext. 215 Hotel

Website: [www.spadelsol.com](http://www.spadelsol.com)

E-mail: [info@spadelsol.com](mailto:info@spadelsol.com)

Manchebo Spa del Sol



A sanctuary by the sea



A sense of serenity and well-being envelops you the moment you enter Spa del Sol. Its exotic Indonesian bamboo and teakwood decorated interior lends itself to an experience that will help transport you far from everyday worries to a feeling of extraordinary wellness. Spa del Sol offers a variety of services, with options included in packages and on an a la carte basis. Both men and women are graciously welcome.

Be our guest and enjoy a relaxing moment in our beautiful and exotic garden...