



*Spa &  
Wellness  
Services*

A still life composition featuring a lit yellow candle, a glass bottle of yellow liquid, and white flowers on a bed of bamboo stalks. The scene is set against a background of bamboo stalks, creating a natural and serene atmosphere. The text "Retreat, Relax, and Restore." is overlaid in a white, elegant script font, centered on a semi-transparent green banner.

*Retreat, Relax, and Restore.*



The Spa at Windjammer Landing is a haven where you can harness your energy and reconnect with your health and well-being. This vibrant sanctuary on the beautiful island of St. Lucia holds a strong connection to the region's warm people and welcoming culture.



Here, the healing power of nature is your guide to your best self. From traditional treatments to modern rituals, our palette of offerings is the perfect recipe for inner balance and outer peace. Get in tune on your next getaway.

*We invite you to retreat, relax, and restore...*

## MASSAGE THERAPY

A harmony of massage techniques and modalities will be introduced to relax and restore your muscles, nourish your joints and rebalance your mind.



### Signature Massage

80 minutes, \$195.00

Experience our signature massage therapy ritual designed to restore energy, equilibrium and vitality. The ritual begins with our hand and foot scrub followed by a hand wash and foot bath ritual. Rain therapy droplets of our custom, all-natural, essential oil blend of bergamot, grapefruit, lavender and sandalwood will be passed down the cervical, thoracic, lumbar and sacral vertebrae of the spine. Warmed bamboo and polished stones will be woven throughout this full body massage that will conclude with a 16-point acupressure facial massage. *Signature Beverage Pairing included.*

### Classic Massage

50 minutes, \$95.00 / 80 minutes, \$160.00

A variety of therapeutic massage techniques using light to medium pressure will be harmonized to release tension, restore balance and promote physical well-being. \*Please inquire for Pre-Natal Massage.

*Suggested Treatment Pairing: Natural Facial. Suggested Beverage Pairing: Immunity.*

### Sports Recovery Massage

50 minutes, \$125.00

Our Sports Recovery Massage is the perfect end to an active day. Combining deep tissue massage techniques as well as assisted stretching, this therapy will increase range of motion, speed recovery and ease muscle tension.

*Suggested Treatment Pairing: Ginger Renewal Body Treatment. Suggested Beverage Pairing: Coconut Water.*

## Traveler's Reprieve

50 minutes, \$125.00 / 80 minutes, \$195.00

A grounding and restorative massage treatment incorporating warm towel compresses, full body compressions and West Indian Sandalwood, will help to soothe the nervous system and restore the body's natural biorhythms. This massage is specifically designed for travelers coming off long distance flights and crossing time zones to help promote deep, restful sleep. Best received late afternoon or early evening. *Suggested Treatment Pairing: Sweet Slumber Body Treatment.*  
*Suggested Beverage Pairing: Chamomile Tea with lemon and honey.*

## Magnesium Massage

50 minutes, \$125.00 / 80 minutes, \$195.00

Magnesium is responsible for promoting balanced energy levels, sleep, muscle function and overall well-being. This treatment can be enjoyed unscented with sunflower oil rich in essential fatty acids or customized with a revitalizing essential oil blend. This massage is specifically designed to give weary travelers a boost in energy and to accelerate time zone adjustment. Best received in the morning or early afternoon.

*Suggested Treatment Pairing: Mineral Body Scrub and Mineral Body Wrap. Suggested Beverage Pairing: Green Lemonade.*

## Massage for Two

50 minutes / 80 minutes

Select from our menu of massage therapy services and enjoy your treatments side-by-side in our couple's room. Our therapeutic rituals are a wonderful opportunity to experience the healing power of massage with your loved one.

*\*Priced accordingly. Please inquire for details.*

## MASSAGE ENHANCEMENTS

Offered in combination with our massage therapies for an enhanced experience.

**Aromatherapy Oil Infusion \$10.00**

Signature Blend: Bergamot,  
Grapefruit, Lavender & Sandalwood

- **Grounding:** West Indian Sandalwood & Ylang Ylang
- **Uplifting:** Eucalyptus & Sage
- **Sweet Slumber:** Lavender & Sandalwood

**Bamboo \$10.00**

**Deep Tissue Technique \$10.00**

**Warm Basalt Stones \$10.00**

**Reflexology 30 minutes, \$25.00**

**16-Point Facial Acupressure  
15 minutes, \$15.00**

**Energizing Head and Scalp Massage  
15 minutes, \$15.00**

**Quench After-Sun Hair Masque  
15 minutes, \$15.00**

 The Spa at Windjammer Landing Signature Treatments.

## FACIAL TREATMENTS

Inspired by the rich vegetation of the surrounding landscape in St. Lucia, our natural facial features fresh, locally harvested and blended ingredients from our naturopathic skincare partners designed to deeply nourish your skin from the outside in.



### Signature Facial

80 minutes, \$200.00

Experience our signature skincare treatment designed to restore the health and radiance of your skin. The ritual begins with our hand and foot scrub followed by our hand wash and foot bathing ritual. This luxurious facial includes a deep cleanse, chitosan masque and co-enzyme Q10 ampoule as well as unique massage techniques comprised of warmed bamboo and polished stones for the hands and feet. A restorative 16-point acupressure facial massage concludes this lavish treatment. *Signature Beverage Pairing included.*

### Natural Facial

50 minutes, \$90.00

*Pure, Clean, Skincare.* Locally harvested and blended by our naturopathic skincare partners, our natural facial includes skin analysis, cleanse, exfoliation, tone, masque, moisture and massage. Ideal for first time skin care guests and teens. *Suggested Treatment Pairing: Classic Massage. Suggested Beverage Pairing: Immunity.*

### Essential Balancing Facial

50 minutes, \$130.00

*Rejuvenating, Rehydrating or Clarifying.* This facial treatment is customized to address your specific needs and will show dramatic results in just one treatment. Each product will be specifically chosen to complement and correct the needs of your skin. Not only will your skin feel renewed and refreshed, your mind and body will be relaxed with our specific techniques through application and massage that will give you a sense of total well-being. Choose any of our enhancements which are professional grade ampoules and masques to give your skin the extra boost it needs in the shortest amount of time. \*Extractions at an additional cost. *Suggested Treatment Pairing: Magnesium Massage. Suggested Beverage Pairing: Green Lemonade.*

In partnership with Kerstin Florian Skincare, we also bring to you a selection of skincare treatments that blend powerful plant, marine and cosmeceutical ingredients to support the most demanding skin care needs.

## Correcting Facial Skincare

80 minutes, \$185.00

Results-oriented facial treatments are designed to help identify, correct and repair your skin care concerns. After a detailed professional skin analysis from our professionally trained estheticians, your skin will be given the treatment it needs with only the finest ingredients available to provide you with the healthiest skin.

*Suggested Treatment Pairing: Body Firming Detox. Suggested Beverage Pairing: Detox Lover.*

- **Advanced Repair Facial:** This personalized treatment uses only advanced cosmeceutical ingredients to target concerns like hyperpigmentation, sensitivity, congestion (breakouts) and premature aging. Your esthetician will choose your peels, ampoules, masques and treatments that will repair and renew your skin while promoting circulation and absorption. Your skin will be provided with the nourishment it needs leaving you with a glowing complexion.
- **Brightening Facial:** This treatment delivers brightening ingredients for immediate luminosity. The hands, face, neck and décolleté are targeted with powerful blends of skin-illuminating botanicals and cosmeceutical ingredients to even out the skin's texture and tone. A multi acid peel, concentrated Vitamin C ampoule, brightening treatment and cooling masque with luminous rice creates an undeniable result: A lighter, brighter and a more refined complexion.

\*Direct and concentrated sun exposure is not recommended before or after Correcting Facial Skincare Treatments.

## FACIAL TREATMENT ENHANCEMENTS

Offered in combination with our skincare therapies for an enhanced experience.

### Chitosan Masque

\$20.00

This super-soothing alginate peel-off masque hydrates, calms and reduces the appearance of redness. Dramatically improves skin texture, tone and color.

### Co-Enzyme Q10

\$30.00

A concentrated, powerhouse antioxidant that deeply nourishes the skin to help to prevent wrinkles as it reduces oxidative degradation of lipids. Deeply hydrates and instantly illuminates skin.

### Vitamin C Ampoule

\$30.00

A highly effective antioxidant treatment that delivers immediate results. Ascorbic Acid (Vitamin C) smooths the skin as it stimulates collagen production and promotes elasticity.

### Instant Repair Ampoule

\$30.00

This highly concentrated cell rejuvenation treatment dramatically improves skin texture, promotes collagen synthesis and elasticity as it provides oxygenating and healing nutrients to the skin.

### PRO 30 Multi-Acid Peel

\$40.00

This exclusive 30% multi-acid peel combines glycolic, lactic, phytic and salicylic acids along with naturally-derived botanicals to reduce the appearance of hyperpigmentation, and sun damage.

### Eye Rescue

\$20.00

This intensive eye treatment is designed to diminish fine lines and wrinkles up to 27%, improve dark circles and clarity, relieve puffy eyes, and totally rejuvenate the eye area.

### Quench After-Sun Hair Masque

15 minutes, \$15.00

### Extractions

\$10.00

 The Spa at Windjammer Landing Signature Treatments.

## BODY TREATMENTS

Inspired by the rich vegetation of the surrounding landscape of St. Lucia, our natural body scrubs and wraps feature fresh, locally harvested ingredients from our naturopathic skincare partners designed to deeply nourish your skin from the outside in.



### Signature Body Treatment

80 minutes, \$195.00

Experience our signature body treatment designed to restore the health and radiance of your skin. The ritual begins with our hand and foot scrub followed by our hand wash and foot bathing ritual. Our custom, all-natural, essential oil blend of bergamot, grapefruit, lavender and sandalwood will be delivered in a full body scrub and polish, followed by a warmed body wrap that integrates warmed bamboo and polished stones. A restorative 16-point acupressure head and scalp treatment concludes this lavish treatment. *Signature Beverage Pairing included.*

### Natural Body Scrubs

50 minutes, \$100.00

*Pure, Clean, Skincare.* Locally harvested and blended by our naturopathic skincare partners, our natural body scrubs are then paired with rich body butter or balms that are massaged into the body to soften the skin and restore radiance.

- **Mineral Scrub:** Active trace minerals sourced locally from the Atlantic side of our island provide the basis of this detoxifying scrub. Each application is hand-blended just for you with crushed fresh rosemary from our herb garden and nourishing essential oils. *Suggested Treatment Pairing: Mineral Body Wrap. Suggested Beverage Pairing: Coconut Water.*
- **Cacao Scrub:** Antioxidant-rich, age-defying cacao, sourced from the fertile local plantations of Soufriere on the southwest corner of the island, firms the skin and leaves the tone and texture silky smooth. *Suggested Treatment Pairing: Cacao Body Wrap. Suggested Beverage Pairing: Graviola.*
- **Papaya Scrub:** An acidic fruit known for its powerful anti-aging properties, papaya contains the enzyme “papain”. It is a rich source of antioxidants, alpha hydroxy acids (AHA) and nutrients such as Vitamin A, C, B and carotenes that help break down inactive proteins and remove dead skin cells. The papaya tincture is made with local papaya leaves from our naturopathic doctors’ garden. *Suggested Treatment Pairing: Natural Facial. Suggested Beverage Pairing: Fruit Smoothie.*



## NATURAL BODY WRAPS

*Pure, Clean, Skincare.*

Locally harvested and blended by our naturopathic skincare partners.

### Natural Body Wraps

*50 minutes, \$110.00*

*Pure, Clean, Skincare.* Locally harvested and blended by our naturopathic skincare partners, our natural body scrubs are then paired with rich body butter or balms that are massaged into the body to soften the skin and restore radiance.

- **Quench – After Sun Hydration Body Wrap:** Pure aloe vera gel from the island of St. Lucia.  
*Suggested Treatment Pairing: Natural Facial. Suggested Beverage Pairing: Coconut Water.*
- **Mineral Body Wrap:** Active trace minerals sourced locally from the Atlantic side of our island provide the basis for this detoxifying, nutritious body wrap.  
*Suggested Treatment Pairing: Mineral Body Scrub. Suggested Beverage Pairing: Coconut Water.*
- **Cacao Body Wrap:** Antioxidant-rich, age-defying cacao, sourced from the fertile local plantations of Soufriere on the southwest corner of the island firms the skin and leaves the tone and texture silky smooth.  
*A chocolate lovers dream! Suggested Treatment Pairing: Cacao Body Scrub. Suggested Beverage Pairing: Graviola.*
- **Soufriere Volcanic Mud Body Wrap:** Our Soufriere Volcanic Mud Wrap calls upon mineral dense mud derived from St. Lucia's very own volcano on the southwest corner of the island. The mud is the ultimate skin softener and promotes deep healing of the skin.  
*Suggested Treatment Pairing: Classic Massage with Bamboo Enhancement. Suggested Beverage Pairing: Triple T.*

## BODY TREATMENT ENHANCEMENTS

Offered in combination with our body treatments for an enhanced experience.

Reflexology      *30 minutes, \$25.00*

16 point Facial Acupressure  
*15 minutes, \$15.00*

Energizing Head and Scalp Massage  
*15 minutes, \$15.00*

Quench After-Sun Hair Masque  
*15 minutes, \$15.00*

Bronzing      *30 minutes, \$55.00*

 The Spa at Windjammer Landing Signature Treatments.

## BODY TREATMENTS CONTINUED...

Kerstin Florian's guiding philosophy is to inspire a sense of well-being through powerful plant, marine and technically advanced ingredients paired with professionally designed spa services. To achieve healthy-looking vibrant skin, we encourage four core lifestyle practices incorporated into daily life: Proper Nutrition, Regular Exercise, Peace of Mind and Care of the Face and Body.



### Holistic Body Treatments

Unique body treatments integrate global healing traditions and modern luxuries to create effective, restorative wellness experiences.

#### Sweet Slumber

*80 minutes, \$175.00*

Breathe deep and draw in the calming and balancing benefits of wild lavender in this restorative full-body experience. This treatment includes a two-step gentle body scrub and a warm wrap with pressure point scalp massage. A full body massage with warm, healing stones will whisper you into a nourishing, sweet slumber.

*Suggested Treatment Pairing: Traveler's Reprieve Massage. Suggested Beverage Pairing: Chamomile Tea with lemon and honey.*

#### Ginger Renewal

*80 minutes, \$175.00*

Let Ginger's healing and warming properties invigorate and nourish in this renewing head-to-toe treatment. Earthly minerals are combined with Ginger's healing properties in an invigorating full body exfoliation. Experience a pampering back, neck and shoulder massage with Ginger Oil and warm healing stones. Next, nourish and relax inside a warm cocoon while a forehead, ear and pressure point scalp massage complete this revitalizing experience. *Suggested Treatment Pairing: Sports Recovery Massage. Suggested Beverage Pairing: Ginger Tea or Coconut Water.*

#### Body Firming Detox

*80 minutes, \$195.00*

Refine and firm body contours and promote detoxification as you reenergize. An exclusive dry brush technique helps to exfoliate the skin, stimulate lymphatic drainage and circulation and promote the absorption of clinically tested slimming ingredients. Nutrient-rich algae is applied to the body followed by a deeply relaxing head massage. An exclusive slimming massage and serum help to stimulate circulation and activate lipolysis with ginger and caffeine. Finish this firming experience as our Multi-Vitamin Firming Crème hydrates and brightens the body. *Suggested Treatment Pairing: Correcting Skincare Facial. Suggested Beverage Pairing: Detox Lover.*



## HAND AND FOOT TREATMENTS

### Signature Hand Therapy

45 minutes, \$80.00

Experience our signature hand therapy treatment that incorporates our custom all-natural essential oil blend in a hand scrub and polish followed by a hand masque and body balm. Bergamot helps to relieve tension, grapefruit is detoxifying, lavender soothing and sandalwood is deeply grounding. Essential nail care includes cuticle work and polish application. \*Quick Dry Top Coat Included. *Signature Beverage Pairing included.*

### Pure Cleanse and Polish Manicure

25 minutes, \$35.00

Essential nail care with aromatherapy soak. This treatment includes massage, exfoliation, cuticle, nail work as well as polish application. *Suggested Treatment Pairing: Pure Cleanse and Polish Pedicure.*

### Signature Foot Therapy

50 minutes, \$90.00

Experience our signature foot therapy treatment that incorporates our custom all-natural essential oil blend delivered in a foot scrub and polish followed by a foot masque and body balm. Bergamot helps to relieve tension, grapefruit is detoxifying, lavender soothing and sandalwood is deeply grounding. Essential nail care includes cuticle and callus abrasion work as well as polish application. \*Quick Dry Top Coat Included. *Signature Beverage Pairing included.*

### Pure Cleanse and Pedicure

25 minutes, \$40.00

Essential nail care with aromatherapy soak. This treatment included massage, exfoliation, cuticle, callus abrasion, nail work as well as polish application. *Suggested Treatment Pairing: Pure Cleanse and Polish Manicure.*

## HAND AND FOOT TREATMENT ENHANCEMENTS

Offered in combination with our hand and foot therapies for an enhanced experience.

Reflexology 30 minutes, \$25.00

Quick Dry Top Coat 1 minute, \$10.00

French Polish 15 minutes, \$10.00

 The Spa at Windjammer Landing Signature Treatments.

## FINISHING TOUCHES

Last, yet certainly not least, ensure you are looking and feeling good not only from the inside out, but also from the outside in! Our finishing touches are the perfect way to complete your day at The Spa.



### Bronzing

30 minutes, \$60.00

Essential Sunless Tanning Treatment. Kerstin Florian has searched worldwide for natural elements to create the richest looking tan without the sun. This luxurious treatment begins with a gentle exfoliation and continues with an application of the award winning Sunless Tan to achieve a rich, natural looking tan with a sun-kissed glow.

### Waxing

A complete menu of waxing services is available. *\*Please inquire for detailed pricing.*

### Tinting

Lash and Brow Tinting is available using an all natural vegetable based tint. *\*Please inquire for pricing.*





## HAIR TREATMENT



### Signature Hair Therapy

75 minutes, **\$100.00**

A restorative head and scalp massage is followed by a clarifying wash and an uplifting deep conditioning hair treatment. Hair will then be tousled and styled with natural beach waves.

### Blow Out!

60 minutes, **\$80.00**

Hair will be washed and then styled. Choose from one of our favorite looks below or create your own style.

- Sleek
- Bridget Bardot
- Beach Waves
- Up and Away

### Deep Conditioning Masque

30 minutes, **\$40.00**

### Restorative Head & Scalp Treatment

15 minutes, **\$15.00**

*\*Please inquire about our haircut and color services.*

*\*Advance booking is required.*

## GROUPS, WEDDINGS & BRIDAL PARTIES



The Spa at Windjammer Landing is the ideal haven to celebrate a special occasion at a unique venue.

Please inquire for more information about our in-house events.

For brides and wedding parties, we have a talented team of stylists and makeup artists to ensure you are the most beautiful and vibrant version of yourself on your wedding day.

*\*Please inquire for more information.*

*\*Reservations and Hair Trial must be booked 24 hours in advance.*

 The Spa at Windjammer Landing Signature Treatments.

## RETREATS & COUPLES

Mindfully curated, we have paired complementary treatments to create holistic spa experiences that deliver comprehensive results and the opportunity for deep healing and well-being. Choose from our selection of retreat experiences to be enjoyed in solitude or as a couple.



### Signature Retreat

2 hours, \$550.00

The complete experience at The Spa at Windjammer Landing! Our Signature Retreat includes all three of our signature therapies: Body Treatment, Massage and Facial. Our custom all-natural essential oil blend of bergamot, grapefruit, lavender and sandalwood is delivered throughout our custom skincare. All ingredients are harvested locally and produced by our naturopathic partner. Warmed bamboo and polished stones will be woven throughout the series of three treatments, which will conclude with a restorative 16-point acupressure facial massage. *Signature Beverage Pairing and Healthy Snack included.*

### Traveler's Reprieve Retreat

3 hours, \$310.00

The most therapeutic and restorative blend of three treatments, enjoyed over the course of two days. The Travelers Reprieve Massage, Magnesium Massage, and Natural Facial are designed to bring your body, skin and emotional state back into harmony with your most natural rhythms. All treatments help to restore hydration which is often depleted with extended travel. *Suggested Beverage Pairing: Chamomile Tea with Lemon and Honey included on day one, Green Lemonade included on day two.*

### Complete Serenity, Private After-Hours Spa Experience

3 hours, \$815.00  
*per couple*

Begin the evening with our Signature Couples Retreat or Wellness Kur Therapy and Massage experience. As you conclude your spa treatments, a private candlelit dinner for two will be awaiting you in our spa garden. Dine under the stars as the tidal rhythms of the bay allow you to float through this complete sensory experience.

*\*Wellness coach for couples available upon request for an additional fee.*

The Spa at Windjammer Landing proudly features an intimate couple's suite. This seaside hideaway hosts a deep Japanese soaker tub, outdoor rain shower and private outdoor patio. Guests can relax in the complete privacy of their own sanctuary.

*All couple's retreats include a choice of fresh juice or glass of champagne.*



### Signature Couple's Retreat

2 hours, **\$475.00**  
*per couple*

An experience unlike any other. Our Signature Couple's Retreat inspires laughter, playfulness, connection and true relaxation. Begin this experience together with a Mineral Wellness Bath in our Japanese soaker tub and then enjoy some time on your own with a palette of fresh all natural body scrubs and full-body muds. Rinse off in our private outdoor rain shower and then enjoy a side-by-side sixty-minute couple's massage in our seaside suite using our signature essential oil blend.

*A glass of champagne each and a lifetime of memories included.*

### Wellness Kur Therapy and Massage

2 hours, **\$475.00**  
*per couple*

Our holistic couples' experiences are comprised of four nourishing phases: bathing, moor mud wrap, private outdoor rain shower and hydration massage. Kur Therapy draws upon rich natural resources such as thermal mineral water, purifying algae, mud, essential oils and herbs. The body and mind are left refreshed, relaxed and restored.

- **Mineral Wellness Kur Ritual:** Hand-harvested, concentrated mineral crystals contain a rare balance of 60 essential minerals and trace elements to promote overall health and reestablish the essential mineral balance of the body. A nourishing bath for two is followed by an organic moor mud wrap, and then a luxurious, full-body application of a mineral-rich crème mixed with an organic revitalizing body oil. A restorative 16-point acupressure facial massage completes this luxurious couples experience.
- **Herbal Kur Ritual:** This luxurious treatment is based on an old European natural remedy – bathing in an herbal bath to soothe the body and mind. Immerse yourselves in an aromatic herbal bath – choice of eucalyptus to ease stiff and aching muscles or Heublumen Wildflowers to promote balance and deep relaxation. Next, experience a gentle chamomile body scrub and then a luxurious massage application with a hydrating chamomile body lotion.

 The Spa at Windjammer Landing Signature Treatments.

## IN-VILLA RETREATS

Allow us to transform your villa into your own private spa retreat.



### Private In-Villa Massage

*50 minutes / 80 minutes*

Allow us to transform your villa into your own private spa retreat. Select from our menu of massage offerings and receive the complete experience in the privacy of your own villa.

\*Please add 50% to the in-spa treatment cost.

\*Advanced 24 hour booking is required.

 The Spa at Windjammer Landing Signature Treatments.

## THE PETITE SPA EXPERIENCE

We would be delighted to have the whole family relaxing at The Spa! Guests from the ages of 8-18 years are encouraged to choose from The Spa offerings below. Those between 8-13 years must be accompanied by a parent/guardian in the treatment room; those between 14-18 years will require a written consent form from a parent/guardian and treatment room door will remain ajar during the service.

### Classic Massage

A variety of therapeutic massage techniques will be harmonized to release tension, restore balance and promote physical well-being.  
*Suggested Treatment Pairing: Natural Facial. Suggested Beverage Pairing: Immunity.*

25 minutes, **\$50.00**  
*per petite guest*

### Natural Facial

Pure, clean, skincare. Locally harvested and blended by our naturopathic skincare partners, our natural facial includes skin analysis, cleanse, exfoliation, tone, masque, moisture and massage. Ideal for first time skin care guests and teens. *Suggested Treatment Pairing: Classic Massage. Suggested Beverage Pairing: Immunity.*

25 minutes, **\$50.00**  
*per petite guest*

### Pure Cleanse and Polish Manicure

Essential nail care with aromatherapy soak. This treatment includes massage, exfoliation, cuticle, nail work as well as polish application.  
*Suggested Treatment Pairing: Pure Cleanse and Polish Pedicure.*

25 minutes, **\$30.00**  
*per petite guest*

### Pure Cleanse and Polish Pedicure

Essential nail care with aromatherapy soak. This treatment includes massage, exfoliation, cuticle, nail work as well as polish application.  
*Suggested Treatment Pairing: Pure Cleanse and Polish Manicure.*

25 minutes, **\$30.00**  
*per petite guest*

 The Spa at Windjammer Landing Signature Treatments.

## SPECIALTY WELLNESS CLASSES

Preregistration is required. Group and private classes are provided at an additional cost. *Please inquire for schedule and pricing.*



### Paddle Board Yoga

Experience the practice of yoga on Labrelotte Bay! Paddle Board Yoga is an incredible opportunity to cultivate core strength and balance while truly harmonizing with your surrounding environment. Experience an entire guided yoga practice on a paddle board, complete with floating shavasana! Bring your sense of adventure as well as sunscreen and bathing suit.

### Candlelight Restorative Yoga

The body is supported throughout this specialty candlelit yoga practice by the use of props and guided breathing techniques to help encourage the release of deep-rooted tension. Restorative yoga helps soothe the central nervous system, create space in the body and stillness in the mind. The most mindful and peaceful close to your day that will then lull you into a nourishing and restorative sleep.

### Full Moon Yoga

Celebrating the lunar calendar, the full moon marks the culmination of a complete cycle and is an auspicious time where energy is abundant, encouraging us to establish new commitments and initiate new beginnings. This specialty practice takes place outdoors, once per month, on the evening of the full moon.



## Mindfulness and Meditation

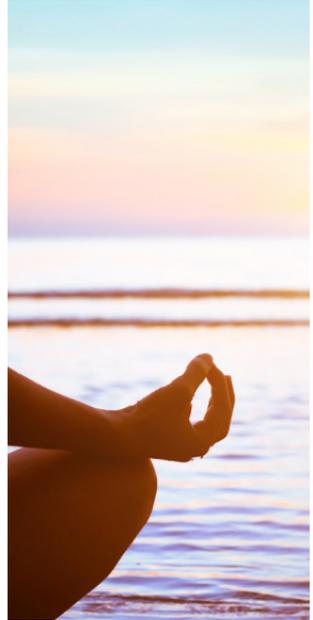
An introduction to a variety of mindfulness and meditation techniques that will help bring clarity, balance and stillness to both the body and mind. This class is part discussion, part practice. Come in comfortable, loose-fitting clothing. Bring a notebook if you like.

## Aqua Parkour

Parkour is a holistic training discipline using only the body and surrounding objects and surfaces to propel movement around, over, under, and through in ways that require the body to react, respond and move with ease and agility. Performed in the water, this type of practice is supportive of the joints and encourages improved range of motion and core strength.

## Tai Chi

Tai Chi is an ancient Chinese martial art that has traditionally been practiced for both defense and for its abundant health benefits. Experience an introduction to this artful practice that has often been described as “mindfulness in motion”. Tai Chi encourages the free-flowing movement of “chi” or “life energy” which is said to be a very important marker of health and well-being.



[The Spa at Windjammer Landing Signature Treatments.](#)

## YOUR SPA EXPERIENCE

- We request that you kindly plan your arrival to The Spa a minimum of 15 minutes in advance of your service time so that you can comfortably settle in prior to your treatment. Kindly remember to allow time for shuttle transportation around the resort
- The Spa at Windjammer Landing is designed to be a haven for your complete health and well-being. To best facilitate this experience for all of our spa guests, cell phones are not permitted in any areas of The Spa. We ask that you speak softly and are always mindful of other guests who are relaxing.
- We provide lockers for your clothing and other personal items yet kindly request you leave all valuables locked in the safe provided in your guest room.
- Children aged 8-13 must be accompanied by a parent/guardian at all times. Teenagers from the age of 14-18 require signed parental/guardian consent.
- A mandatory 15% Value Added Tax (VAT) has already been added to all service pricing with the exception of massage services as per local regulations.
- A 10% Service Fee will be added to the final ticket price of all services and packages. Additional gratuity for your provider or spa team is at your discretion.
- In order to best serve and accommodate all of our guests, we do adhere to a 24 hour cancellation policy. Please provide a minimum of 24 hours notice for any changes, moves or cancellations to scheduled appointments, in order to avoid being charged in full.
- If you are running late for your appointment, we will do our best to give you the complete service time. If however we are fully committed, only the time remaining in your appointment will be provided. Charges remain in full.
- All pricing is quoted in US dollars.
- In compliance with International Spa Industry Standards, certain medical conditions may prohibit the use of some facilities and your ability to experience some of our services. Your health and well-being is our top priority.

*Retreat, Relax, and Restore.*





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