

Janissa's Spa



*Imagine yourself transported to a place where time stops and the heady aroma of spices float on gentle sea breezes.*

Escape to a chic tropical oasis, Janissa's harnesses the restorative power of spices, seaweed and citrus zest to revive and revitalize. Surrounding a tranquil relaxation courtyard are five air-conditioned treatment rooms, including a couples massage studio, open-air rain showers and cedar sauna. Skilled spa technicians use Dermalogica®, the leading skin care brand, to provide soothing wraps, body polishes and facials, while therapists work spice-scented massage magic. In addition, Janissa's offers a wide range of hair services including hair consultation, cutting, styling, hair extensions and colouring.

## *Massage Therapies*

### SWEDISH MASSAGE ..... 50 MIN | 90 MIN

A luxurious full body massage. Gentle manipulations of the muscles with the use of massage oils. Improves flexibility and stimulates circulation.

### AROMATHERAPY MASSAGE ..... 50 MIN

Choose from several essential oils derived from plant extracts, custom blended for skin and body needs. Local spiced oils are also available.

### HOT STONE MASSAGE ..... 60 MIN | 90 MIN

A full body massage with light to moderate pressure. Smooth, water-heated stones are placed at key points on the body, transferring warmth to allow deep relaxation of the muscles, melting away tension and muscle stiffness, while increasing circulation and metabolism. This customized hot stone massage is a healing and relaxing experience.

### BACK MASSAGE ..... 30 MIN

An antidote for tight, stressed muscles in the neck and back, this firm massage takes aim at everyday tension and stress.

### JANISSA'S SIGNATURE MASSAGE ..... 60 MIN

The ultimate massage experience. A slightly firmer massage with your choice of local, stress relief or toxin relief treatment oils and a hand or foot paraffin treatment.

This treatment will leave you completely de-stressed.

**DEEP TISSUE MASSAGE.....50 MIN | 90 MIN**

This massage is used to release chronic patterns of muscular tension. Pressure is placed on relevant areas and muscles are worked in order to evoke deep tissue stimulating circulation and regenerating lymphatic flow.

**REFLEXOLOGY MASSAGE.....25 MIN | 50 MIN**

Designed to reduce stress and alleviate everyday aches and pains, our energizing Reflexology Massage targets the reflex points on the soles of the feet linked to specific body functions. This ancient healing experience will improve your sleep and circulation, provide headache and sinus relief and aid your digestion.

**REIKI.....50 MIN**

Restore wholeness by activating the body's natural healing ability. This ancient art of healing works with the force of energy to evoke a state of calm. Little or no pressure is involved in this relaxing treatment. The placement of hands by the therapist transcend the serenity one seeks.

**RELAXING SCALP TREATMENT.....20 MIN**

Using essential oils and Indian massage techniques, this treatment is designed to relax the scalp, stimulate the nerve endings and promote healthy hair growth.



## *Body Treatments*

### **PURIFYING BACK TREATMENT..... 30 MIN**

Take a load off with our super smoothing back treatment designed to rid your muscles of stress and your skin of impurities. A deep cleansing scrub is followed by extraction as needed and a massage designed for your back's most stressed areas.

### **JANISSA'S SIGNATURE BODY WRAP..... 90 MIN**

Get ready to take on the world again with our revitalizing and energizing body treatment. We start with exfoliation to remove dulling skin cells, then move on to a specialized aromatherapy and pressure point massage followed by a customized mud or gel applied from head to toe to hydrate and detoxify the skin. This treatment concludes with a deeply relaxing acupressure scalp massage.

### **THERMAL BODY WRAP..... 50 MIN**

An ultra soothing, hydrating treatment personalized with aromatherapy oils. A natural, aloe-based gel is swaddled in a thermal wrap to infused the skin with moisture. Ideal for sun exposed skin.

### **DETOXIFYING SEA MUD WRAP..... 50 MIN**

Detoxify, exfoliate and nourish your body with a purifying seaweed and mineral mud poultice sealed in a warm, relaxing wrap. Infused with aromatic botanical extracts and fruit enzymes, this treatment will leave your skin smooth and supple.

### **SPICE CLASSIC CHOCOLATE BODY WRAP..... 50 MIN**

Revitalize and nourish the skin with this luxurious treatment made from local Grenadian Chocolate from 'tree to bar to body'.

## Salon Services

Polish Change (hands) 15 MIN

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Polish Change (feet) 15 MIN

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Classic Manicure 30 MIN

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Classic Pedicure 45 MIN

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Acrylic Nail Full Set 60 MIN

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Janissa's Signature Manicure 60 MIN

*Classic Manicure with revitalizing hand treatment and hand massage.*

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Janissa's Signature Pedicure 75 MIN

*Classic Pedicure with revitalizing foot treatment and foot massage.*

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### *Add ons*

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- CND Shellac Polish
  - Hot Stone
  - Acrylic Refill
  - CND Vinylux
  - OPI Gel Colour
  - Shellac/OPI Colour Removal
  - Hand & Foot Paraffin
  - French Manicure
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## *Wedding Services*

Bridal Styling & Make Up





## *Spa Packages*

**JANISSA'S SPA WELCOME .....2 HRS**

Swedish Massage and Janissa's Signature Manicure.

**JANISSA'S SIGNATURE SPECIAL.....2.5 HRS**

Signature Facial, Manicure and Pedicure.

**REJUVENATION.....2.5 HRS**

Sea Salt Scrub, Detox Mud Wrap and Deep Tissue Massage.

**THE CHAIRMAN'S SPECIAL.....3 HRS**

Hot Stone Massage, Signature Facial with Signature  
Manicure or Pedicure

**SPICE ISLAND HEALING.....2.5 HRS**

Three 50 minute reflexology sessions.

## — General Spa Information —

### JANISSA'S SPA HOURS

7:00 am - 7:00 pm daily  
(Off-season hours may vary)

### PRICING

All pricing in the Spa Menu is quoted in U.S. dollars and is subject to 10% service charge and 15% VAT.

### IN ROOM MASSAGE TREATMENTS

In-room massage treatments can be arranged in the comfort and privacy of your guest room or suite. In-room services carry a 20% surcharge.

### APPOINTMENTS

Our services are very popular so we suggest that reservations be made as early as possible. These can be booked through the hotel's Front Desk.

*Please allow at least 4 hours for cancellations or a cancellation fee of 50% of the cost of the treatment may apply. Non-resident cancellations require 24-hour advance notice.*

### GIFT CERTIFICATES

Janissa's Spa also makes the perfect gift. Ask about our gift certificates.

### CHECK-IN

Please come to the Front Desk and we will be happy to escort you to the Spa.

### CONSULTATION

You will be required to fill out a brief consultation card before the start of your treatment. We therefore advise that you arrive 15 minutes ahead of your scheduled appointment time.

### CLOTHING

Please wear comfortable clothing. A personal locker is provided. If you are scheduled to have a body or hydro treatment, please bring a swimsuit with you.

*Call for an appointment today: Tel (473) 444-4258 or 4423, ext. 243 or 244*

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Grand Anse Beach • St. George's • Grenada, W.I.

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*[SpiceIslandBeachResort.com](http://SpiceIslandBeachResort.com)*