

*the* SPA *at*

---

TUCKER'S POINT

**Price List**

## Day Journeys

Bermuda Day .....	5 hours/\$700.00
Royal Spa Day .....	5 hours/\$650.00
European Half Day .....	3 hours/\$525.00
Orient Half Day .....	3 hours/\$525.00

## Body

Beekeeper No.5 Honey & Cane Sugar Scrub .....	25 minutes/\$85.00
Pre-Suntan Salt Treatment .....	50 minutes/\$175.00
Bermuda Lily Post Sun Skin Rescue .....	50 minutes/\$175.00
Marine Mud Wrap .....	50 minutes/\$185.00
Flowers Organic Wrap & Exfoliation .....	50 minutes/\$185.00
Anti-Oxidant Wine Therapy .....	80 minutes/\$295.00
Vitamin Rich Chocolate Therapy .....	80 minutes/\$295.00
Silhouette Coffee Slimming/Firming Therapy .....	80 minutes/\$295.00
Glamorous Gold Therapy .....	80 minutes/\$295.00
Hydrating Pearl Therapy with Facial .....	80 minutes/\$305.00
Sargasso Thalasso Therapy .....	80 minutes/\$295.00
Flowers Hold Life Ritual .....	80 minutes/\$295.00
Continental Total Body Recharge .....	80 minutes/\$285.00

## Massage

Text Messenger's Relief .....	25 minutes/\$75.00
Revitalizing Leg Massage .....	25 minutes/\$85.00
Face & Head Acupressure .....	25 minutes/\$80.00
Flowers Uplifting Face & Scalp Massage .....	25 minutes/\$85.00
Back, Neck & Shoulders Massage .....	25 minutes/\$85.00
Reflexology .....	25 minutes/\$85.00
Traditional Swedish Massage .....	50 minutes/\$165.00 ... 80 minutes/\$225.00
Aromatherapy Massage .....	50 minutes/\$175.00 ... 80 minutes/\$240.00
Tribe Road No.1 Natural Aloe Massage ...	50 minutes/\$180.00 ... 80 minutes/\$255.00
Cedar Warming Massage .....	50 minutes/\$180.00 ... 80 minutes/\$255.00
Warming Cardamon Amber Oil Massage ..	50 minutes/\$180.00 ... 80 minutes/\$255.00
Vitalizing Kinmoxei Wild Lime	
Silk Massage .....	50 minutes/\$180.00 ... 80 minutes/\$255.00
Red Flower Jet Lag Massage .....	50 minutes/\$175.00 ... 80 minutes/\$240.00
Mother-to-Be Massage .....	50 minutes/\$175.00 ... 80 minutes/\$240.00
Global Massage .....	50 minutes/\$180.00 ... 80 minutes/\$255.00
Deep Tissue Massage .....	50 minutes/\$180.00 ... 80 minutes/\$255.00
Golfer's/Tennis/Sports Massage .....	50 minutes/\$180.00 ... 80 minutes/\$255.00
Warm Stone Therapy .....	50 minutes/\$180.00 ... 80 minutes/\$255.00
Holistic Obsidian & Onyx Stone Therapy .....	80 minutes/\$265.00
Traditional Thai Massage .....	50 minutes/\$180.00 ... 80 minutes/\$255.00

Shiatsu .....	50 minutes/\$180.00 ...	80 minutes/\$255.00
Reiki .....	50 minutes/\$175.00	
Lomi Lomi Massage .....	50 minutes/\$175.00 ...	80 minutes/\$240.00
Shirodhara Ayurvedic Treatment .....	50 minutes/\$180.00 ...	80 minutes/\$260.00
Samunprai .....	80 minutes/\$260.00	

### **Aqua**

Tropical Rain Splash Therapy .....	10 minutes/\$45.00	
Invigorating Shower Therapy .....	10 minutes/\$45.00	
The Bridal Shower.....	50 minutes/\$180.00	
Golfers/Tennis/Sports Bath Therapy .....	50 minutes/\$180.00	
Detoxifying Bath Therapy .....	25 minutes/\$65.00	
Energy Bath Therapy .....	25 minutes/\$65.00	
Marine Bath Therapy .....	25 minutes/\$65.00	
Relaxing Bath Therapy .....	25 minutes/\$65.00	
Authentic Turkish Massage .....	80 minutes/\$260.00	
Cleopatra Royal Milk Bath .....	25 minutes/\$80.00	
Muscle Taming Soak .....	25 minutes/\$80.00	

### **Facial**

Citrus Refresher Facial .....	25 minutes/\$80.00	
Vitamin C Boost .....	25 minutes/\$85.00	
Innocent Eyes .....	50 minutes/\$115.00	
Youthful Eyes .....	50 minutes/\$115.00	

Power Ready Facial .....	50 minutes/\$175.00	
Traditional European Facial .....	50 minutes/\$175.00	
Intensive Hydrating Facial .....	50 minutes/\$185.00	
Back Facial .....	80 minutes/\$225.00	
C-Plus Energizing Facial for Men .....	80 minutes/\$240.00	
Deep Cleansing Facial .....	80 minutes/\$275.00	
Model Lifting Facial .....	80 minutes/\$275.00	
Radiant Oxygen Facial .....	80 minutes/\$275.00	
Reinvent Facial Strategy .....	80 minutes/\$275.00	
Whitening Facial .....	80 minutes/\$275.00	
Tucker's Time Expert Facial .....	80 minutes/\$280.00	

### **Nails**

Express Manicure .....	25 minutes/\$60.00	
Express Pedicure .....	50 minutes/\$90.00	
Rum Swizzle Manicure .....	50 minutes/\$90.00	
Rum Swizzle Pedicure .....	80 minutes/\$110.00	
Tuckers Point Signature Manicure .....	50 minutes/\$95.00	
Tuckers Point Signature Pedicure .....	80 minutes/\$115.00	
Afternoon Tea Manicure .....	50 minutes/\$95.00	
Afternoon Tea Pedicure .....	80 minutes/\$115.00	
Executive Manicure .....	25 minutes/\$60.00	
The Deep Pedicure .....	80 minutes/\$115.00	

French Manicure .....	50 minutes/\$90.00
French Pedicure .....	80 minutes/\$110.00
Polish Change .....	25 minutes/\$35.00
Acrylic Nails .....	50 minutes/\$145.00
Gel Nails .....	50 minutes/\$145.00
Full Fill Nails .....	50 minutes/\$145.00
Silk Parafin Dip .....	25 minutes/\$30.00
Scalp Massage .....	25 minutes/\$55.00

### **Hair**

Tuckers Point Exclusive Hair & Scalp Treatment .....	\$120.00
Shampoo, Cut & Style .....	80 minutes/\$85.00
Shampoo & Blow Dry .....	50 minutes/\$55.00
French Braids .....	80 minutes/\$90.00
Hair Style Comb .....	80 minutes/\$70.00
Hair Trim No Style .....	25 minutes/\$45.00
Makeup Application .....	80 minutes/\$70.00
Makeup Lesson .....	80 minutes/\$85.00
Bridal Makeup .....	80 minutes/\$90.00
Bridal Hair Up-Do .....	80 minutes/\$115.00
Highlights .....	80 minutes/\$190.00
Partial Highlights .....	80 minutes/\$155.00
Hair Color Single Process .....	80 minutes/\$120.00

Additional Color Process .....	80 minutes/\$25.00
Full Leg Wax .....	50 minutes/\$70.00
Half Leg Wax .....	25 minutes/\$50.00
Back Wax .....	50 minutes/\$65.00
Bikini Wax .....	25 minutes/\$45.00
Brazilian Wax .....	25 minutes/\$80.00
Full Arm .....	50 minutes/\$55.00
Half Arm .....	25 minutes/\$35.00
Chin, Lip or Brow Wax .....	25 minutes \$40.00
Express Shave .....	25 minutes/\$65.00
Executive Break-Away Massage .....	25 minutes/\$75.00
Recovery Facial .....	25 minutes/\$75.00
Tucker's Point Signature Shave .....	50 minutes/\$95.00
Full Service Hair Cut .....	50 minutes/\$55.00
Clippers Only Hair Cut .....	25 minutes/\$40.00
Beard and/or Mustache Trim .....	25 minutes/\$65.00
Dry Beard and/or Mustache Trim .....	25 minutes/\$35.00
Hair Tidy-Up .....	25 minutes/\$35.00
Colour Blending .....	50 minutes/\$95.00
Wash & Comb .....	25 minutes/\$30.00
Boys Hair Cut .....	25 minutes/\$35.00
Shoe Shine .....	25 minutes/\$10.00
Nap In The Chair .....	50 minutes/\$55.00

*the* SPA *at*

---

TUCKER'S POINT

*the* SPA *at*

---

TUCKER'S POINT

Bermuda, an island paradise floating in a mineral-rich sea, has long been a destination for weary travelers to escape the madding crowd and allow their burdens of stress to be carried away on pure ocean breezes.

The Spanish explorer, Juan de Bermudez, gave his name to the island in the 1500's; but it was shipwrecked English colonists, bound for Jamestown in 1609, who became the Island's first settlers. The unique abundance of tropical plants, flowers and ocean minerals became their apothecary for health and wellness. In time, as Bermuda's nautical heritage begat fast and sturdy sloops that plied trade throughout the Americas and Caribbean, sailor's brought home medicinal techniques and ceremonies from around the world.

Tucker's Point Spa draws on this legacy of healing, ceremony and wellness. You are invited on a holistic journey to peace of mind, body and spirit, through international rituals and therapies. Let us begin our venture....

# Welcome

## Spa & Salon Hours of Operation

9:00 am – 9:00 pm

7 days a week

T 441.298.4000

*The last appointments for the day must end before 9:00 pm.*

*Guests must be at least 16 years old to access the spa.*

## Day Journeys at the Tucker's Point Spa

### **Bermuda Day** *5 hours*

Experience the relaxing, rejuvenating and healing effects of Bermuda's botanicals and marine minerals along with our locally inspired Spa cuisine. Journey to the point of absolute escape on this all day Spa journey.

- Tribe Road No.1 Natural Aloe Massage
- Sargasso Thalasso Therapy
- Citrus Refresher Facial
- Spa Lunch at the Reflecting Pool
- Tucker's Point Signature Manicure & Pedicure

### **Royal Spa Day** *5 hours*

Spend the day being pampered as a Queen from head to toe.

- Lomi Lomi Massage
- Hydrating Pearl Therapy with Facial
- Spa Lunch at the Reflecting Pool
- Afternoon Tea Manicure & Pedicure

### **European Half Day** *5 hours*

Take a half-day to recharge on a journey through the traditional Spa experiences of Europe.

- Traditional Swedish Massage
- French Wine Therapy
- Traditional European Facial

### **Orient Half Day** *5 hours*

Visit Spa techniques of the Orient.

- Shirodhara Ayurvedic Treatment
- Vitalizing Kinmoxei Wild Lime Silk Oil Massage
- Model Lifting Facial

## Bermuda Collection

### **Citrus Refresher Facial** *25 minutes*

This energizing facial is inspired by light scents of Bermuda lemon, orange and grapefruit citrus and includes cleansing and moisturizing. Re-mineralizes and rejuvenates the skin, leaving you refreshed and energized. Best in combination with a massage or body treatment.

### **Beekeeper No. 5 Honey and Cane Sugar Scrub** *25 minutes*

Local honey harvested on Tucker's Point property is combined with pure cane sugar and oil to create an exfoliating treatment that removes dead skin cells exposing a fresh layer of soft skin that is protected with a hydrating layer of silky smooth honey.

### **Pre-Suntan Salt Treatment** *50 minutes*

This is your treatment to prepare for a beautiful balanced tan. Feel the stress melt away as your skin is gently massaged using a blend of aromatic sea salts of ylang ylang, tangerine and lavender, mineral salt and essential oils to remove impurities, dead skin cells and stimulate circulation. Ending with a light massage application of sun cream, sun gel or sun milk sunscreen, this treatment will leave a fresh layer of even skin ready for a day of tanning. Ideal just before heading to the beach.

### **Bermuda Lily Post Sun Skin Rescue** *50 minutes*

Immediate relief for sun-damaged or sun-sensitive skin and includes the application of a cooling gel, chilled wrap and calming mist. This cooling treatment uses plant botanicals from lilies to soothe the discomfort of over exposed skin and helps to alleviate the effects of the sun's harmful rays. You will noticeably see less redness and feel less pain after this treatment.

### **Marine Mud Wrap** *50 minutes*

Begin with light exfoliation followed by a wrap of pure marine mud infused with essential oils of mandarin, lemon, nutmeg and lime, then continue with your body temperature being raised slightly to draw out toxins. Finish with a Silver TAG Shower experience and the massaging application of a hydrating lotion. This treatment will leave you detoxified and feeling fresh.

### **Tribe Road No.1 Natural Aloe Massage** *50 / 80 minutes*

An all over relaxing and hydrating massage using indigenous aloe harvested locally. Gently warmed in the winter and slightly cooled in the summer, pure aloe gel is combined with a light Spa marine massage cream and massaged into the skin using various techniques of Swedish, lymphatic drainage and pressure points. This custom massage will remove toxins and hydrate your skin while relieving the stress on your body of a long day on the water or at the beach.

### **Cedar Warming Massage** *50 / 80 minutes*

A full body deeply warming massage using light essential oils of cedar and juniper with deep techniques and cross-fiber friction to melt away muscle tension and improve circulation. This massage will leave you feeling deeply relaxed and balanced.

### **Sargasso Thalasso Therapy** *80 minutes*

Seaweed and sea algae – rich in minerals, proteins and vitamins – are used to stimulate the process of cleansing and detoxification. Beginning with an exfoliating skin polish followed by an algae rich wrap, fat is eliminated and essential minerals are absorbed. Continue with seaweed soak and finish with a light massaging application of firming gel containing seaweed extracts, leaving your skin feeling firm and flexible with a reduced appearance of cellulite.

### **Swizzle Manicure / Pedicure** *80 minutes*

Inspired by Bermuda's favorite drink, this treatment includes a salt exfoliation with fruit aromas and an actual splash of rum. Our manicurist will perform a professional manicure / pedicure, before massaging your hands or feet with a hydrating lotion. Finish off with a polish of your choice from our selection of butter of London and O.P.I. polishes.

## Signature Therapy Collection

### **Anti-Oxidant Wine Therapy** *80 minutes*

This unique treatment utilizes the anti-oxidizing properties of red grape extract to restore your skin's youthful appearance. Begin with a light exfoliation then a red grape wrap, followed by a Silver TAG Shower experience, and a soak in a bath of red grape extracts. Finish off with a light massage application of a firming gel, leaving your skin looking young and flexible.

### **Vitamin Rich Chocolate Therapy** *80 minutes*

Rich in vitamin E and vitamin A, this therapy provides an emollient barrier that maintains a high level of humidity in your skin, helping it to recover its natural radiance. Beginning with an exfoliating polish of pure cocoa extract, and then leading into a warm wrap of soft chocolate, your skin will begin to absorb nutrients and vitamins. Finish with a Silver TAG Shower experience and a light hydrating mist. The scent of chocolate will awaken your senses and your skin will feel silky smooth.

### **Silhouette Coffee Slimming / Firming Therapy** *80 minutes*

A unique therapy that involves a masque made from pure coffee and other secret ingredients, followed by a massage using an emulsion that will help to work against the appearance of cellulite and will improve the body's silhouette in the areas of the abdomen and thighs. Your skin will feel firmer, smoother and more youthful. This therapy is especially good for women who have undergone a slimming diet or after a pregnancy.

### **Holistic Obsidian & Onyx Stone Therapy** *80 minutes*

Obsidian and Onyx stones taken from the volcanic lands of Mexico are warmed and cooled respectively and then used together in a therapeutic full body massage that evokes a deep sense of relaxation, creating the perfect balance between body, mind and spirit. You will leave the Spa feeling as though you are walking on air.

### **Glamorous Gold Therapy** *80 minutes*

This treatment is a must prior to posing for important photographs or making that dramatic entrance. Beginning with a sophisticated wrap based on marine gold and finishing with an exquisite massage using a rich golden emulsion, your body will be truly radiant and revitalized. Not to mention your skin will have a healthy shimmer with a subtle golden veil.

### **Hydrating Pearl Therapy with Facial** *80 minutes*

Harnessing the magic of pearls, this treatment begins with a full body exfoliation using pearl essence powder and then evolves into a full body wrap of essence of white mother-of-pearl. While your skin hydrates in the wrap, your therapist will perform an exquisite black pearl facial. Your body and face will be hydrated and feel much softer. This therapy is recommended for brides on wedding day.

### **Tucker's Time Expert Facial** *80 minutes*

This revolutionary treatment effectively eliminates wrinkles and expression-lines without micro-injections. An advanced comprehensive wrinkle treatment neutralizes skin micro-tensions and fills in expression lines, improves skin firmness and suppleness and prevents the appearance of new wrinkles. Your face will look more youthful after just one session. This facial is recommended for women who wish to eliminate wrinkles and expression lines without plastic surgery.

### **Authentic Turkish Massage** *80 minutes*

An authentic Turkish massage that incorporates stretching and using silk foulards with an exotic blend of Turkish spice infused massage oil. This massage will soothe tired muscles and leave you feeling restored and re-energized.

## Wellness Collection

### **Text-Messenger's Relief** *25 minutes*

A specific hand and forearm massage with essential oils of mandarin, lemon, nutmeg and lime. Designed for the Blackberry wielding corporate warrior who is suffering from overworked hands and arms, this massage will leave your hands and arms feeling relaxed and flexible – ready for more corporate warfare.

### **Back, Neck & Shoulders Massage** *25 minutes*

A basic relaxation massage targeting tension in the neck, back and shoulders using a self heating serum with essential oils of lemon, lavender and rosemary to help improve mobility and reduce uncomfortable back pain.

### **Revitalizing Leg Massage** *25 minutes*

For those who spend the majority of their day on the run, this massage relaxes and restores vital energy to your legs. Ending with the application of a gel that improves circulation, this massage will leave your legs feeling light and re-energized.

### **Aromatherapy Massage** *50 / 80 minutes*

Aromatherapy is the use of natural plant oils with the goal of emotional, physical and esthetical well-being. Seven essential oils are used to balance each chakra or energy center of the body. The use of essential oils combines the sense of smell and touch to ease both physical and mental tension, reducing stress and improving the immune system, helping vascular and lymphatic circulation and mobility. Aromatherapy is ideal for soothing the body, mind and spirit.

### **Traditional Swedish Massage** *50 / 80 minutes*

This commonly requested relaxing massage therapy uses light to moderate pressure with smooth long strokes and oils or creams to improve circulation and relieve muscle pain.

### **Mother – to – Be Massage** *50 / 80 minutes*

Great for mother and baby! A certified therapist massages areas of the body that hold tension during pregnancy. The improved circulation and relaxation benefits are calming for both mother and baby.

### **Deep Tissue Massage** *50 / 80 minutes*

Deep tissue massage focuses on the deeper layers of muscles with the aim to release deep-rooted tension. Deep strokes, cross-fiber friction and pressure point techniques combined with a special body serum helps to relieve muscular tension.

### **Lomi Lomi Massage** *50 / 80 minutes*

This traditional Hawaiian massage uses a forearm technique in combination with rainforest flower essences and organic massage oils to release stress and bring one's energy in harmony with nature.

### **Golfer's / Tennis / Sports Massage** *50 / 80 minutes*

Depending on which sport is your particular area of expertise, this massage will use a combination of compression and stretching techniques along with a penetrating muscle relaxing cream to help relieve pain and discomfort from sport activity.

### **Couples Massage** *50 / 80 minutes*

Enjoy a relaxing massage experience with your partner in our specially designed couples massage room.

## **Aqua Therapy Collection**

### **Tropical Rain Splash Therapy** *10 minutes*

At the centre of the Tucker's Point Spa experience is the Silver TAG Shower with 18 shower-heads each joining in concert to massage the entire body providing a hydro-therapy sensation that is unlike any other ever experienced. This experience is best enjoyed prior to any Spa treatment.

### **Detoxifying Bath Therapy** *25 minutes*

Essential oils of mandarin, lemon, nutmeg, and lime stimulate the body's natural mechanisms to release toxins. This bath is also recommended for those who are experiencing digestive problems.

### **Relaxing Bath Therapy** *25 minutes*

Essential oils of lavender, violet, patchouli, sandalwood and ylang ylang are combined in this bath to create a synergy that will help reduce stress, fatigue and insomnia.

## **Aqua Therapy Collection Continued...**

### **Energy Bath Therapy** *25 minutes*

Uplifting essential oils of cinnamon, sage and mint restore energy levels and also help to relieve muscular and arthritis pain.

### **Cleopatra Royal Milk Bath** *25 minutes*

A deliciously silky milk bath mousse that has been enriched with proteins and collagen, that will leave your skin hydrated and nourished.

### **Marine Bath Therapy** *25 minutes*

Revitalize cellular metabolism with a soak of freeze-dried ocean powder, marine extracts and essential oils of thyme, rosemary and sage. This bath helps to invigorate and detoxify.

### **Golfer's / Tennis / Sports Bath Therapy** *50 minutes*

After a hard fought game, this therapy begins with a healing scrub of clove, ginger and spices, followed by an invigorating Silver TAG Shower therapy and energy bath therapy. The skin is hydrated in the final step with the gentle massaging application of ginger spice lotion.

### **The Bridal Shower** *50 minutes*

For the bride to be, this treatment begins with a gentle exfoliation of tumeric, rice and yogurt, followed by a Tropical Rain Shower, tropical bath with flower petals and ends with a gentle massaging application of hydrating Jasmine Frangipani lotion, taken from the traditional Javanese wedding ritual.

## Orient Collection

### **Face & Head Acupressure** *25 minutes*

A relaxing and therapeutic massage of the face and head using finger point pressure. Based on ancient energy balancing points on the face, neck and head, this massage helps to reduce signs of aging and is best enjoyed before a facial.

### **Reflexology** *25 minutes*

In this traditional Chinese practice, pressure is applied to reflex points on the hands, feet and ears that correspond to all vital organs. The technique assists with healing and promotes better flow along the body's meridian lines of energy.

### **Reiki** *50 minutes*

Reiki is a Japanese energy treatment known to alleviate stress while promoting restful sleep and healing. Little or no pressure is involved in this relaxing treatment, in which the therapist provides qi by placing hands on or above specific parts of the body, balancing the seven chakras.

### **Shiatsu** *50 / 80 minutes*

Ancient therapy based on finger pressure over specific points along the energy pathways or meridians of the body. This therapy helps to improve the energy flow throughout the body bringing balance. Traditional Shiatsu is performed on a futon on the floor, and special clothing is provided. No oil or lotion is used in this massage.

### **Shirodhara Ayurvedic Treatment** *50 / 80 minutes*

A soothing stream of warm oil is poured over the forehead energy center with a soothing head and foot massage. This treatment will calm the nervous system and help to integrate the body and mind.

### **Traditional Thai Massage** *50 / 80 minutes*

Traditional Thai massage focuses on invisible lines throughout the body called "sen". Through compressions, pressure on specific points and stretches, blockages are removed and natural balance restored. Traditional Thai massage is performed on a futon on the floor, and special clothing is provided. No oil or lotion is used in this massage.

## Orient Collection Continued...

### **Warm Stone Therapy** *50 / 80 minutes*

Warm, smooth basalt stones are placed at various points on the body where energy lines connect. The therapist uses the warm energy to balance these points, known as chakras while using another warm stone to gently massage muscles, improving energy flow and circulation throughout the body.

### **Samunprai** *80 minutes*

A therapeutic massage using a warm herbal poultice filled with dried herbs of ginger, lavender, laurel and tamarind leaves. This traditional Thai therapy releases muscular tension and provides relief for sore, tired muscles.

## Flowers Collection

### **Flowers Uplifting Face and Scalp Massage** *25 minutes*

Uplift and tone facial tissue with this powerfully rejuvenating scalp and facial massage treatment. Through the use of pressure points, aromatherapy, and ancient healing traditions, restore a sense of ease and tranquility.

### **Flowers Certified Organic Wrap and Exfoliating Body Treatment** *50 minutes*

A wonderfully restorative body treatment including a dry brushing technique to stimulate lymphatic flow and exfoliation using essential oils blended with organic Dead Sea salts to smooth and contour. Be wrapped in a hydrating and nutrient rich blend of wild crafted extracts and organic flowers enriched with bio-dynamic honey, while experiencing a relaxing scalp massage to create an extraordinary healing experience.

### **Warming Cardamom Amber Oil Massage** *50 / 80 minutes*

Heal, detoxify, and release tension from the whole body with traditional Turkish massage techniques practiced in the Hammam bath houses of Turkey, Morocco and Spain. Warm the whole body with an intoxicating blend of cardamom, bergamot, rose, jasmine, litsea cubeba, ylang ylang, sandalwood, patchouli, vetiver, black pepper, sweet orange and apricot.

### **Vitalizing Kinmoxei Wild Lime Silk Oil Massage** *50 / 80 minutes*

Release the vital flow of energy through the body by utilizing compressions, stretches, and shiatsu inspired massage techniques perfected in Japan. Energize and soften with a blend of tiny kinmoxei flowers, wild lime, bergamot, vetiver, and ylang ylang in rice bran, monoi oil and hydrolyzed silk to increase blood flow, warm the body and create glow.

### **Red Flower Jet Lag Massage** *50 / 80 minutes*

Reawaken the senses, stimulate the mind and promote healthy circulatory and immune systems with a relaxing and invigorating massage using essential oils of french lavender, peppermint and rosemary. Release tension and awaken the mind through a series of key pressure points. Finish feeling alive and fresh.

### **Flowers Hold Life Ritual** *80 minutes*

Flowers Hold Life treatments are created to transform therapeutic massage and exfoliation to an extraordinary healing experience. Each offers a sense of place, a layering of rich, pure textures and holistic flower extracts. Begin with a therapeutic massage followed by a stimulating certified organic sea salt exfoliation. Be wrapped in a hydrating and nutrient rich blend of wild crafted extracts and organic flowers enriched with bio-dynamic honey while experiencing a relaxing scalp massage to create an extraordinary healing experience.

## Facial Collection

### **Vitamin C Boost** *25 minutes*

This treatment is best when you are planning to spend some time at the beach or on the water. Vitamin C actively protects against the formation of free radicals and the absorption of UVA and UVB rays. This treatment will leave your skin renewed and protected.

### **Youthful Eyes** *50 minutes*

Maintain the youthfulness of your eyes with a unique product that regenerates the deep layers of your skin, reducing inflammation, favoring natural elasticity and stimulating the natural biological function of the sensitive skin around the eyes.

### **Traditional European Facial** *50 minutes*

This traditional European style facial is designed to hydrate, oxygenate and revitalize your skin to keep it healthy. Our European facial includes cleansing and exfoliation followed by a hydrating masque. Some light extraction may be performed when necessary.

### **Intensive Hydrating Facial** *50 minutes*

This intensive hydrating facial for skin with a tendency to be dry and lack lipids uses a combination of marine and plant components to help the facial skin recover its ability to retain water and protect itself from the typical signs of aging, dehydrated skin. This will leave your face feeling fresh and soft.

### **Deep Cleansing Facial** *80 minutes*

A complete cleansing facial for skin that is clogged, blemished or suffers from acne. Includes extraction using a special cream to relieve discomfort, followed by a soothing masque of advanced skin products that balances and revitalizes.

### **Whitening Facial** *80 minutes*

For those looking to lighten and soften the appearance of the skin while removing imperfections such as marks or spots. This facial includes cleansing, massage and a specialized masque that will leave your skin with a softer appearance and a more balanced tone. Please note that those who have this facial should avoid exposure to intense sunlight for at least 24 hours after receiving the facial.

### **Model Lifting Facial** *80 minutes*

This facial has a lifting effect that will resolve problems with flaccidity and loss of facial volume. Results are visible after just one facial; however a regular scheduled regimen is recommended to maintain lasting positive results.

### **Radiant Oxygen Facial** *80 minutes*

Bags under the eyes, expression lines and premature wrinkles are combated with this facial that uses specialized products that have high oxygen, energy, nourishment and firming content. Your skin will feel fresh, radiant and full of life.

### **Reinvent Facial Strategy** *80 minutes*

For skin with imperfections such as large pores, marks, dark spots and wrinkles. Using an exclusive Micro-D System, this facial retextures the skin leaving it with a youthful glow and more uniform texture. Please note that those who have this facial should avoid exposure to intense sunlight for at least 24 hours after receiving the facial.

## **Beauty Collection**

### **Tucker's Point Signature Manicure or Pedicure** *50/80 minutes*

Soft, youthful skin and expertly sculpted nails. This customized treatment is tailored specifically to your needs and includes cleansing, massage, exfoliation, mask and hydrating emollient, all complimenting expertly performed nail shaping and cuticle conditioning. Detail with your choice of nail polish.

### **Afternoon Tea Manicure or Pedicure** *50/80 minutes*

Our afternoon tea manicure or pedicure is a beautiful, calming treatment. This most royal treatment begins with a milk soak, followed by green tea exfoliation to the hands and arms or feet and calves. Your skin will glow after a massage with white tea lotion, finishing with a green tea mist. Nail shaping, cuticle conditioning and polish application complete this service.

### **The Deep Pedicure** *80 minutes*

Designed to restore essential energy and revitalize sore or tired feet, this pedicure begins with a sea salt exfoliation, followed by the application of a foamy sea mud, concluding with a luxurious foot and calves massage with a hydrating lotion.

## Beauty Collection Continued...

### **Express Manicure** *25/50 minutes*

An indulgent treatment that soothes and restores your hands or feet. This treatment includes an exfoliation, followed by a traditional manicure or pedicure, and the application of a nurturing product that will leave your hands or feet smooth and hydrated. Detail with your choice of polish.

### **Silk Paraffin Dip** *25 minutes*

This hydrating regimen for the hands or feet includes an exfoliation, massage and paraffin treatment leaving your hands and feet feeling silky smooth with a veil of hydration giving relief to dry, cracked hands and feet.

### **Tucker's Town Exclusive Hair & Scalp Treatment**

Compliment your beautiful radiant skin with healthy hair. Receive an expert consultation with our stylist who will then perform a soothing scalp massage, a deep conditioning and balancing mask, replenishing moisture to your hair and scalp. Your hair will be soft, light and glossy.

### **Scalp Massage** *25 minutes*

This relaxing treatment incorporates acupressure techniques to activate circulation with a relaxing serum that oxygenates and restores the scalp and hair follicles.

### **Additional Salon Services**

<b>Nails</b>	French Manicure or Pedicure	Gel Nails
	Polish Change	Full Fill
	Acrylic Nails	
<b>Waxing</b>	Full Leg	Half Arm
	Half Leg	Full Arm
	Back	Face
	Bikini	Chin, Lip or Brow
	Brazilian	

## Women's Hair & Makeup

Shampoo & Cut	Bridal Makeup
Shampoo & Blow Dry	Bridal Hair Up-Do
French Braids	Highlights
Hair Style Comb	Partial Highlights
Hair Trim No Style	Hair Color Single Process
Makeup Application	Additional Color Process
Makeup Lesson	

## Gentlemen's Spa Collection

### **Invigorating Shower Therapy** *10 minutes*

An invigorating hydrotherapy massage experience in our Silver TAG Shower. Enjoy prior to any massage or as a treatment on its own.

### **Muscle Taming Soak** *25 minutes*

Escape from the pressures of a fast paced world with a deeply relaxing soak in our constant temperature TAG bath with muscle taming sea salts. Allow your therapist to assist you in selecting the best bath remedy to add to your bath.

### **Power Ready Facial** *50 minutes*

This luxurious experience begins with steamed hot towels and soothing aromas, followed by deep cleansing, massage and a unique black bioactive silt masque to purify and balance your skin. Finish with a signature 'slap' massage, resulting in healthy complexion and renewed confidence.

## Gentlemen's Spa Collection Continued...

### **Innocent Eyes** *50 minutes*

A special anti-aging formula is used in this treatment designed to reduce the signs of aging, such as puffiness, lines and darkness under the eyes. You will feel and look much younger after this treatment.

### **Global Massage** *50 / 80 minutes*

Utilizing techniques from around the world, we focus on your body's core areas of stress including penetrating back relief, head, neck and shoulder massage, deep tissue gluteal, hamstring and calf massage for the ultimate in relaxation, realignment and stress relief.

### **Back Facial** *80 minutes*

A deep cleansing treatment for an area of the body that always seems just out of reach. Includes a complete back cleansing and exfoliation, extraction, gentle massage, masque treatment and application of a moisturizing lotion to finish.

### **C-Plus Energizing Facial for Men** *80 minutes*

This re-energizing and detoxifying facial is specifically designed for men and will eliminate toxins while leaving your skin with a fresh soft appearance. Also boosts the face's defenses against pollution, stress, dryness, wrinkling and premature aging.

### **Continental Total Body Recharge** *80 minutes*

For the gentleman who needs to unwind and regroup we invite you to enjoy our luxury face and full body experience for supercharged rejuvenation. This treatment includes a full body dry scrub, steamed towel rub down, purifying scrub and the application of black bioactive silt mask. Conclude with a revitalizing face therapy and deep tissue massage.

## Gentlemen's Signature Barber Collection

### **Tucker's Point Signature Shave** *50 minutes*

A complete wet shave with straight razor using Hommage products selected specifically for your skin type. Beginning with a brief consultation determining your skin type, our Tucker's Point barbers will then massage your head before sculpting your facial hair to your requirements. The treatment is completed with a light hydrating balm applied to protect your skin and a relaxing hand, forearm and neck massage. This shave will leave your face perfectly groomed and your skin smooth and hydrated.

### **Express Shave** *25 minutes*

For the gentleman on the run, this express version of the Signature Shave begins with a gentle face massage, followed by a shave with Hommage's Monaco razor and ends with a hydrating balm massaged into the face, leaving your skin smooth and hydrated.

### **Recovery Facial** *25 minutes*

This quick recovery facial will deep clean, massage, relax and restore your face's vital nutrients. You will leave the barber's chair ready for the important events of the day.

### **Executive Break-Away Massage** *25 minutes*

Enjoy the benefits of a massage in the comfort of the barber's chair. Includes Indian Head Massage, Acupressure Face Massage, Swedish and Russian neck and shoulder work, relieving tension and improving mental clarity.

### **Executive Manicure** *25 minutes*

Well groomed, manicured hands are a must. Performed in the privacy of the Men's Salon, this manicure will leave your hands looking immaculate and feeling recharged.

### **Additional Men's Barber Services**

Full Service Hair Cut

Clippers Only Hair Cut

Beard and/or Mustache Trim with Wet Shave

Dry Beard and/or Mustache Trim

Hair Tidy Up

Color Blending

Wash & Comb

Boys Hair Cut

Shoe Shine

Nap In The Chair

## How To Spa

We recommend that you make reservations in advance for your Spa & Salon services. Should you need to cancel or reschedule your appointment, please notify the Spa at least 4 hours prior to your scheduled start time. No-shows, cancellations and/or changes made less than four hours prior to the appointment will be charged in full.

Plan to arrive at least 30 minutes prior to your scheduled start time to allow plenty of time to check-in, change and begin the relaxation process. Arriving late will deprive you of valuable treatment time. As a courtesy to the next Guest, your treatment time will end at the time originally scheduled.

The Spa is designed for the enjoyment of our adult Guests and Members. To receive a massage or body treatment, Guests must be 16 years or older.

Please let us know in advance of any special conditions we should be aware of, such as pregnancy, high blood pressure, heart ailments or any condition that may be contraindicated for heat therapies, massage or skin care.

We advise that you remove any jewelry and other valuables and safely store them prior to your Spa visit.

Gratuuity is not included in the price of the treatment and is entirely at your discretion.



**The Spa At Tucker's Point**

60 Tucker's Point Drive

Hamilton Parish, HS 02

Bermuda

T 441.298.4000

F 441.298.4007

[www.tuckerspoint.com](http://www.tuckerspoint.com)