

Newstead Spa & Salon

Escape From The Ordinary...



Spa Hours

Monday - Sunday

9am - 6pm

27 Harbour Road, Paget PG 02

Tel: 441.249.7119 ~ E-mail: spareception@belmonthills.com

Massages



Swedish Massage

A light to medium pressure massage which employs long, gliding strokes and kneading to induce a deep state of relaxation. This massage relieves stress, tension and muscle aches, improves circulation as well as flexibility.

50 minutes, \$120

80 minutes, \$155

Lomi Lomi Signature Massage

Lomi Lomi is a Hawaiian massage which works gently, yet deeply into the muscles, using continuous flowing strokes allowing you to relax. The continuous strokes of the massage are designed to help the body let go of its old patterns and behaviors which can cause as many stresses and strains as muscle tensions.

60 minutes, \$130

80 minutes, \$155

90 minutes, \$165

Deep Tissue Massage

Deep and firm pressure is applied on localized areas. This aids the release of tension, blockages and knots and relieves muscular tension and spasm due to stress, work or athletic activities.

60 minutes, \$140

90 minutes, \$210

Golfer's Massage

A massage designed specifically for a golfer's concern. The focus is on the neck, back and shoulders to relieve discomfort. Massage work is also performed on the lower back and hamstrings, which creates the proper balance and flexibility that one should have. A relaxed golfer emerges.

60 minutes, \$130

Back Neck and Shoulder Massage

Tight muscles are relaxed with Swedish massage techniques and toxic build up in the joints are released by incorporating Thai stretches leaving your back de-stressed and relaxed.

30 minutes, \$65

Massages



Thai Massage

Thai Massage is an interactive manipulation of the body which uses passive stretching and gentle pressure with the hands and feet. These movements help to adjust the skeletal structure, increase flexibility, relieve muscular and joint tension, stimulate internal organs and balance the body's energy system. The effect is both relaxing as well as energizing.

50 minutes, \$130

Hot Basalt Stone Massage

This deep massage has the 'heat is healing' effect. When you have a hot stone therapy treatment the heat from the stones gently, yet continuously, penetrates into your muscle fibers and melts away layers of tension.

30 minutes, \$75

60 minutes, \$155

80 minutes, \$215

Pregnancy Massage

This massage is for women that are past their first trimester. Special care and attention is given to the mother's comfort by using pillows to create a perfect environment during her massage. The benefits of this massage therapy include improved circulation and aids back and hip pain.

60 minutes, \$130

Couples Massage

Whether you are with a friend or loved one, this massage allows you to enjoy one another's company while each receiving a Swedish massage in a luxuriously designed couples suite. Traditional Swedish techniques combined with Lomi Lomi techniques are applied. Relaxing or medium pressure is provided to meet your needs.

60 minutes, \$250

Four Hands Massage

This is the ultimate massage synchronizing experience. Two qualified therapists work simultaneously with choreographed strokes. This massage will provide the deepest of relaxation and amazing muscular work.

60 minutes, \$198

Holistic Therapies



Reflexology

Reflexology is a natural aid to restoring the body's healing balance. By manipulating the reflex areas on the feet, energy congestion in the body is released. This improves the energy flow and the blood supply. This result is an overall feeling of well-being and this enables the body to function efficiently.

50 minutes, \$120

Indian Head Massage

Indian Head Massage is a treatment which has its roots in Ayurvedic Techniques involving work on the upper back, shoulders, arms, neck, scalp and face. A variety of massage movements are used to relieve accumulated tension, stimulate circulation, and restore joint movement.

45 minutes, \$95

Hopi Ear Candles

Hopi Ear Candles are hollow tubes traditionally made from organically grown flax, extracts of honey, beeswax and herbs. These candles provide a non-invasive treatment of the ears which are used to treat a variety of conditions in a practice often known as Thermal Auricular Therapy.

30 minutes, \$55

Shirodhara

This treatment allows warm oils to flow in a steady stream, on the 3rd eye (6th chakra) and over the top of the head (crown chakra). Shirodhara rejuvenates both mind and senses, which allows the body's natural healing mechanisms to release stress from the nervous system and improve mental clarity and comprehension.

45 minutes, \$85

Aromatherapy Massage

Our Aromatherapy Massage is a traditional massage in which pressure point techniques are used. The luxurious treatment combines the therapeutic benefits of touch and smell. Aromatherapy oils infused with essential oils of natural plant extract will help your mood and awaken your senses. Spinal pressure points are used gently along side the spine which aids the autonomic nervous system.

60 minutes, \$135

80 minutes, \$155

Energizing Foot Treatment

No wonder the feet are sometimes considered to be the forgotten territory. When you've spent hours on end on your feet, you need a good rub to get the circulation going again. This treatment stimulates the blood vessels in your feet, conjuring a gentle and soothing heat, which immediately starts to relax you. This will leave your feet energized by the end of your treatment.

30 minutes, \$55

45 minutes, \$85

Men's Spa Rituals



Back, Neck and Shoulder Massage

Tight muscles are relaxed with Swedish massage techniques and toxic build up in the joints are released by incorporating Thai stretches leaving your back de-stressed and relaxed.

30 minutes, \$65

Balancing Back Treatment

A treatment to eliminate back complaints. Your skin will be deeply cleansed and exfoliated with this purifying balancing back treatment. Our special cocktail of botanicals and herbs, combined with our eastern back movements, stimulates lymphatic and flow. Your muscles relax with Swedish and Sports massage techniques, allowing your body to unwind and de-stress.

50 minutes, \$115

Hot Basalt Stone Massage

This deep massage has the 'heat is healing' effect. When you have a hot stone therapy treatment the heat from the stones gently, yet continuously, penetrates into your muscle fibers and melts away layers of tension.

30 minutes, \$75

Thai Ritual Massage

Thai Massage is an interactive manipulation of the body using passive stretching and gentle pressure with the hands and feet. These movements help to adjust the skeletal structure, increase flexibility, relieve muscular and joint tension, stimulate internal organs and balance the body's energy system. The effect is both relaxing as well as energizing.

60 minutes, \$130

Men's Pedicure Foot Treatment

First, relax your tired feet in soothing aromatic water. Followed by the removal of any dead skin and then a foot massage and a hydrating mask. Lastly, nails and cuticles are shaped, trimmed and buffed.

45 minutes, \$70

Soothing Hand Treatment

Restores tired hands. This treatment will include a hand exfoliation, removing the appearance of dull skin. A relaxing hand and arm massage follows, along with a cuticle and nail tidy, trim and buff, leaving your hands strong and energized.

45 minutes, \$60

Yon-Ka Face & Body



Aromatic & therapeutic botanical skin care using the purest essential oils combined with the finest plant, fruit and marine extracts that the world offers. Our products, with their subtle aromas combined with our specialized therapists, will act to balance, sooth, revive and rejuvenate.

Face

Le Grand Classique

Deep pore purifying, detoxifying, restoring and relaxing facial, tailor made to all specific skin types.
60 minutes, \$145

Lifting Optimizer

3 Dimensional lifting and firming facial using the latest scientific and advanced ingredients giving noticeably visible results.
60 minutes, \$155

Men's Express

Deep cleansing and grooming treatment that soothes and relaxes the skin, giving it radiance.
30 minutes, \$75

Express Escale Beauté

An express complete facial, a great introduction to the YON-KA aromas and skin line, will leave your skin satisfied and renewed.
30 minutes, \$75

Body

Phyto-Hydration

A body salt scrub, followed by a hydrating and supplifying wrap to restore and regenerate the skin, will leave your skin soft and glowing.
60 minutes, \$165

Phyto-Marine

Slimming wrap treatment with essential oils that re-mineralize the skin applying specific YON-KA contour techniques.
60 minutes, \$170

Hydralessence Body

Our exclusive long lasting and deep hydrating treatment will leave your skin hydrated, nourished and firm. End this wonderful journey with a massage. You will leave feeling relaxed and soothed.
90 minutes, \$205

Gommage Marine

Invigorating exfoliation with Guerande Marine Salt and essential oils, will leave the skin toned and aromatic.
30 minutes, \$70

Phyto-Fermete

Specific YON-KA firming and lifting body wrap focuses on the thighs, buttocks and stomach. Great for firming and tightening after weight loss and pregnancy and for cellulite reduction.
30 minutes, \$75

Face & Body



Waxing

- Full Leg - \$65
- Full Leg and Bikini Wax - \$85
- 1/2 Leg - \$45
- 3/4 Leg - \$55
- Full Arm Wax - \$38
- 1/2 Arm Wax - \$30
- Bikini Wax - \$30
- High Bikini Wax - \$45
- Back Wax - \$55
- Chest Wax - \$35
- Stomach Wax - \$35
- Under Arm Wax - \$25
- Eyebrow Wax - \$25
- Lip Wax - \$15
- Chin Wax - \$15

Waxing for Men

- Back and Shoulder Wax - \$55
- Arm Wax - \$30
- Chest Wax - \$35
- Abdomen Wax - \$35

Beauty Touches

- Make-Up Application - 45 minutes, \$125
- Eyelash Extensions - corners, \$15; full, \$45
- Eyebrow Tint - \$25
- Eyelash Tint - \$30
- Eyelash & Eyebrow Tint - \$50
- Eyebrow Lightening - \$45

Hands & Feet



Manicures & Pedicures

Manicure - 45 minutes, \$60

Luxury Manicure - 60 minutes, \$70

Pedicure - 45 minutes, \$70

Luxury Pedicure - 60 minutes, \$85

File & Polish - \$20

Additional French Polish (Hands) - \$7

Additional French Polish (Feet) - \$12

Kiddies

Teeny Toes

A nail tidy, gentle foot exfoliation, massage and polish or buff

30 minutes, \$50

Fabulous Fingers

A nail tidy, hand massage and polish or buff

30 minutes, \$45

Packages



Full Day Spa Packages

Whatever the occasion may be, you'll love our Spa Packages in our tranquil surroundings. Unwind in the calm environment within our harbour setting treatment rooms. Spa packages include full use of the swimming pool, gym and steam rooms and our signature herbal tea (a spa lunch or dinner can be ordered upon request).

Indigenous Bliss

Experience a journey of complete satisfaction. You will leave us feeling completely pampered and polished.

- * Gommage Marine invigorating body polish followed by a Lomi Lomi Signature body massage
 - * Le Grand Classique Facial, tailor made for your skin
 - * Luxury Manicure *(additional \$7 for a French polish)*
 - * Luxury Pedicure *(additional \$12 for a French polish)*
- 5 hours, 30 minutes, \$575*

Ultimate Retreat

A combination of holistic body work and energy therapy using ancient remedies for modern times to empower your natural healing senses.

- * Hot Basalt Stone Massage
 - * Le Grand Classique Facial, tailor made for your skin
 - * Indian Head Massage
 - * Reflexology
- 4 hours, \$565*

Packages



Half Day and Evening Spa Packages

Our half day spa packages include full use of the swimming pool, gym and steam rooms and our signature herbal tea (a spa lunch or dinner can be ordered upon request).

Romantic Bliss for 2

Enjoy quality time with the person you love or someone special as a pamper time for you both to wind down and relax. Embrace quality time as a couple and celebrate with champagne and strawberries.

- * Couples Body Massage
- * Energizing Foot Treatment
- * Mini Manicure

2 hours, 30 minutes, \$470

Twilight Delight

Spa package tailored to your beauty and relaxing requirements. Take time and unwind in our tranquil treatment rooms and indulge in our relaxing steam room. Choose any 2 of the following 30 minute treatments:

- * Express Escale Beauté Facial
- * Gommage Marine Body Polish
- * Back, Neck and Shoulder Massage
- * Mini Pedicure
- * Mini Manicure

60 minutes, \$135

Tranquil Sunset

To be delivered from a long day at the office into complete calm and serenity.

- * Le Grand Classique Deep Pore Cleansing Facial
- * Lomi Lomi Signature Massage
- * Mini Pedicure

2 hours, 30 minutes, \$350

Angel Bliss for Kids

Invite your child to discover the world of well-being under the care of our friendly professional therapists.

- * Teeny Toes - A nail tidy, gentle foot exfoliation, massage and polish or buff
- * Fabulous Fingers - A nail tidy, hand massage and polish or buff

60 minutes, \$95

Hair Salon



Ladies Hair Styling Services

Wet Cut, *from \$60*
Shampoo, Cut & Blow Dry, *from \$95*
Shampoo & Blow Dry, *from \$60*
Updo Styles, *from \$95*

Men's & Kids Hair Style Services

Gents Cut, *from \$35*
Men's Color and Cut, *from \$65*
Kids Cut, *from \$25*

Hair Treatments

Relaxers, *from \$115*
Perms, *short from \$150; long from \$165*
Brazilian Keratin Treatment, *from \$400*
Conditioning Treatment, *from \$35*

Hair Coloring Services (includes blow dry)

All-Over Color, *short from \$102; long from \$115*
Partial Foil Highlights, *from \$155*
Full Foil Highlights, *from \$185*
Cap Highlights, *\$115*
Semi Color, *short from \$85; long from \$105*
Express Color (does not include cut or blow dry), *from \$65*