

# A.SPA

## The A.SPA

Welcome to A-Spa, an elegant and intimate sanctuary for the senses, created to restore balance the body, mind and spirit. As a handcrafted refuge, A.SPA embraces the earth and the philosophies of nature. Experience complete bliss and wellbeing provided by our precious partner, Caribbean “*Ligne St. Barth*” which uses only the finest natural ingredients. All of our Spa Suites have been designed with relaxation at the forefront, prioritizing the integration of couples.

## A.SPA etiquette

Ligne St Barth – The Spirit of Nature.

Fragrant blossoms are ambassadors from paradise. Luxurious ingredients from exotic flora are used for their cleansing, moisturizing and nourishing properties and are carefully blended to meet the needs of our skin and modern life. Ligne St Barth focuses on people and their well-being – our unmistakable spa concept combines Caribbean peacefulness with feel-good pampering. The softness of an exfoliating treatment, the warming oil during a massage, the refreshing kick of a body splash – the interplay of fine elixirs and luxurious relaxation rituals indulges both the body and soul.

Be ready to experience an unforgettable voyage of purity and serenity.

## The A.SPA Suites

### Semele Spa Suite

Semele was a princess of Thebes in Greek mythology, daughter of the hero Cadmus and Harmonia. She was the only mortal to become the parent of a god. God Dionysus of wine and fertility.

When Semele became pregnant from Zeus, Hera found out and jealous of her husband's affair, set out a plan to punish Semele. However, Zeus managed to save the unborn baby and a few months later, god Dionysus was born, who managed to save his mother from the Underworld and brought her to Mount Olympus.

Semele Spa Suite is the perfect place for utmost relaxation. This modern earthly-luxury-style retreat features twin massage beds, steam room and a shower, neighbored by a cozy lobby arranged with your comfort in mind.

### Ino Spa Suite

Ino, sister of Semele, in Greek mythology was a mortal queen of Boeotia, who after her death and transfiguration was worshiped as a goddess under her epithet Leucothea, the "white goddess." Zeus needed someone to raise Dionysus, after the death of Semele, and his aunt, Ino was the logical choice. Ino helped raise her nephew Dionysus, causing Hera's jealousy and saved him from her menace by disguised him to a girl. Such a simple disguise did not fool Hera for long, and upon discovering that Dionysus was in Boeotia, she sought her vengeance upon the illegitimate son of her husband.

Amid a true sense of place, Ino Spa Suite is relaxation at its finest. Loaded with indulgent style, the open space retreat features twin massage beds, steam room and shower, neighbored by a cozy lobby arranged with your comfort in mind.

### Harmonia Spa Suite

Harmonia In Greek mythology, is the immortal goddess of harmony and concord. She was the wife of Cadmus. With Cadmus, she was the mother of Ino, Polydorus, Autonoë, Agave, and Semele. Harmonia is renowned in ancient story chiefly on account of the fatal necklace she received on her wedding day. When the government of Thebes was bestowed upon Cadmus by Athena, Zeus gave him Harmonia. All the gods honored the wedding with their presence.

Harmonia Spa Suite is an homage paid to the perfect and pure beauty of Harmonia. Couples seeking for an exclusive romantic spa experience can find a relaxing oasis to unwind and reconnect to each other. The suite features twin massage beds, steam room and shower, neighbored by a cozy lobby arranged with your comfort in mind.

### Cybele Spa Suite

Cybele was the Titanis mother of the gods, and goddess of female fertility, motherhood, and generation. Her name means "flow" and "ease." As the wife of Kronos, she represented the eternal flow of time and generations as the great Mother, the "flow" was menstrual blood, birth waters, and milk. In Phrygia, Rhea she is said to have purified Dionysus, and to have taught him the mysteries and thus a Dionysiac element became amalgamated with the worship of Rhea.

Cybele Spa Suite is the ideal accommodation to treat yourself into a fully relaxing getaway. The private steam bath enhances the unique experience. The suite features also twin massage beds and shower, neighbored by a cozy lobby arranged with your comfort in mind.

## The Rituals

To enjoy a true wellbeing spa experience, our therapists are at hand to recommend bespoke rituals with a combination of body and facial treatments.

### A.SPA Journey

As an introduction to your A.SPA experience, warm up your body and relax your mind by a taking a steam bath.

This wonderful harmonizing treatment gently exfoliates dead cells from the skin's surface, leaving skin soft, firm, supple, and silky to the touch.

The treatment starts with a St Barth Softness Body Exfoliation which is a wonderful combination of fine Caribbean sea sand, St Barth Coconut oil and fresh papaya mousse, which leaves the skin feeling smooth and velvety.

A luxurious St Barth Sensation Body Wrap follows the exfoliation. The wrap consists of a smooth textured combination of precious oils and body lotions of your choice. A creamy, silky mask is gently applied to your entire body to supply your skin with rich nutrients. The absorption of the mask is intensified by a wonderfully fragrant relaxing massage to finish, leaving a feeling of wellbeing and absolute serenity.

Duration of treatment: ~ 1h40min

### A.SPA Senses

As an introduction to your A.SPA experience, warm up your body and relax your mind by a taking a steam bath.

Immerse yourself in the sensory delights of a moisturizing St Barth Sensation body treatment.

Personally selected oil is applied before the body is completely enveloping within a hydrating wrap. Drenching the skin with moisture, this treatment will intensely nourish your body, and enhance its elasticity. While your skin absorbs the cream, you will enjoy a smooth and relaxing head and foot massage, at your convenience.

After this nourishing body wrap, let your therapist take care of you, with an intensively relaxing and soothing St Barth Freshness facial, nape of the neck, décolleté and hands. The use of fresh cucumber stimulates the skin's natural activity and leaves the face fresh, revitalized and toned.

Duration of treatment: ~ 2h

### A.SPA Symphony Ritual

As an introduction to your A.SPA experience, warm up your body and relax your mind by a taking a steam bath.

A gentle body exfoliation starts the purification process. Uncover your skin's youthfulness with a St Barth Softness peeling massage using fine Caribbean Sea sand, St Barth Coconut oil and fresh papaya mousse.

To follow, allow your therapist to transport you straight to bliss with a deeply relaxing St Barth Harmony massage, which balances the body with a choice of St Barth avocado oil, St Barth pure coconut oil or St Barth relaxing oil with camphor and menthol, according to skin type and personal preference. The ritual concludes with a Pureness facial treatment that combines the soothing benefits of massage and the healing properties of a cream face mask.

Duration of treatment: ~ 2h10min

## A.SPA two-days stay package

### 1st day- Purifying Ritual

As an introduction to your A.SPA experience, warm up your body and relax your mind by taking a steam bath.

This revitalizing treatment starts with the St Barth Softness, a relaxing peeling massage for velvety soft and smooth skin ideal for preparing the skin for a long-lasting and even tan.

This is followed by the St Barth Elasticity, an intensive body treatment to improve skin condition with the use of valuable minerals and vitamins. Meanwhile, you will receive a relaxing head or feet massage at your convenience. The skin tissue is visibly finer and tighter.

Duration of treatment: ~ 1h20min

### 2nd day- Relaxing Ritual

Continue the experience with the St Barth Harmony, a holistic, and relaxing full body massage with intensive care products specially tailored to your needs. Let yourself be pampered with a touch of the Caribbean.

The A. Spa package ends with the St Barth Freshness. You will enjoy the effect of the high-quality skin care products with natural vitamins and minerals, enhanced by freshly prepared fruits. Your skin takes on a visibly clear, smooth and fresh appearance.

Duration of treatment: ~ 2h

## The Massages — by Ligne St Barth

### St Barth Slimness

#### Revitalizing Leg Massage.

A massage which has a beneficial effect on heavy legs, for example after long flights – or simply facilitates beautiful, slim legs. Thinly applied ivy gel tautens and soothes whilst silky camphor & menthol oil stimulates the skin's microcirculation. Experience a new tranquility and bring a touch of the Caribbean into your life – to finish, you can select one of three exotically fragrant body lotions.

Duration of treatment: ~ 30 minutes

### Back & Head Massage

#### Ideal Upper Body Massage.

A massage based on ancestral Indian technique of applying pressure points on specific parts on your back & head which releases tension in the upper body, breaks down trigger points and improves flexibility.

Duration of treatment: ~ 30- 60 minutes

(option of scalp massage with Ligne St Barth hair mask in 60min)

### St Barth Harmony Massage

#### Pampering Full-Body Massage.

Enjoy personal relaxation: the focus of the full-body massage and the care products used are tailored to individual needs. Selected products include coconut oil used to care for dry skin, cold-pressed avocado oil to maintain the skin's elasticity, camphor & menthol oil and tautening ivy gel for revitalization, aloe vera gel for intensive moisturizing and a luxurious body lotion with your preferred fragrance finishes the treatment.

Duration of treatment: ~ 50–80 minutes

### St Barth Becoming Mom

#### Facial Treatment and Leg Massage or Full-Body Massage for Expectant Mothers.

This pampering treatment is perpetually beneficial. The treatment begins with a footbath, followed by a relaxing leg massage for 30min (in 60min version) or full body massage 50min (in 90min version) with avocado oil, which softens and moisturizes the skin. A further indulgence is a cleansing and nourishing facial treatment ideal for all skin types.

Duration of treatment: ~ 60- 90 minutes

### St Barth Chill Out

#### Full-Body Massage with Warm Shells.

A full-body massage using warm shells, which are applied with intensive massaging motions which evoke a soft and smooth feeling. The shells stimulate blood circulation, reverse muscle tension and have a calming effect on stress-related strain.

Duration of treatment: ~ 1h30min

## The Massages – Signatures by Katikies

### Deep Tissue Massage

Full-Body Massage Focusing on Pain Areas.

A massage technique that works on the deeper layers of the muscle tissue, in combination with dynamic stretching to ease even the deepest layers of the muscular system.

Duration of treatment: ~ 50–80 minutes

### Sea Breeze

Full-Body Revitalizing Massage.

Inspired by the A.Spa therapists, this massage relies on a combination of energy acupuncture points, invigorating strokes and soft stretches, which helps to relieve muscles, encourages sleep whilst promoting a state of pure wellness. The expert hands of the therapist apply deep pressure and long continuous movements on tender knots. A scalp massage with hot premium care oil as well as hot towels on the back and neck complete the treatment and nourishes your hair.

Duration of treatment: ~ 1h30min

### Caldera Hot Stones Massage

Warm Full-Body Massage with Stones

An indulgent massage which combines hot volcanic stones and coconut oil. A unique experience that has gained faithful followers, this treatment offers ultimate relaxation and re-balances energy. The targeted movements and hot stones application relaxes the muscles and the use of coconut hydrates and deeply nourishes the skin.

Duration of treatment: ~ 70minutes

## The Facials — by Ligne St Barth

### St Barth Pureness

Cleansing Face and Neck Treatment with Hand Massage.

A comprehensive face and neck treatment followed by perfectly matched care products. Cleansing, toning and exfoliation are inspired by the fragrant blossoms and fruits of tropical gardens. Camphor & menthol oil and ivy gel provide a revitalizing face and neck massage. Whilst the mask takes effect, close your eyes and enjoy a soothing hand and arm massage.

Duration of treatment: ~ 30-50 minutes

### St Barth Freshness

Face and Neck Hydration Treatment with Partial-Body Massage.

A sophisticated face and neck treatment consisting of a cleanse gentle exfoliation, revitalizing massage and illuminating mask. The combination of fresh tropical fruits and high-quality oils, lotions and gels is especially effective with its delicate textures and exotic aromas. As soon as the mask, made of clay and freshly prepared cucumber mousse, takes effect, a partial-body massage of your choice ensures relaxation.

Duration of treatment: ~ 60 minutes

### St Barth Peace of Mind Hair Care with Scalp & Face Massage

Soothing Head and Face Massage with Hair Treatment.

Experience tropical indulgence three times over – in a treatment that brings Sea Breeze products from Ligne St Barth together in one care ritual: the purifying footbath with maritime Blue Lagoon shower gel allows your thoughts to drift to far-off places. The head massage with premium care oil then richly pampers the scalp and hair and charms with its fragrance blend of vanilla and jasmine. Sunsplash completes this harmonic trio and tones the skin with grapefruit, exotic fruits and Caribbean peacefulness.

Duration of treatment: ~ 45 minutes

(Ideal completes our body or face care treatments)

## The Facials – Signatures by Katikies

### Glowing

Luminous Face Treatment with Hand Massage.

Our signature facial is an illuminating and stimulating treatment that will brighten your skin tone and make your skin feel refreshed. This facial includes a cleanse and gentle exfoliation, a revitalizing massage and a fresh melon mousse mask for radiance.

Duration of treatment: ~ 50 minutes

### Super Food

Antioxidant Nutricious Face and Neck Treatment with Partial-Body Massage.

Fruits and vegetables are rich in vitamins and antioxidants that eliminate radicals and helps skin cells maintain their elasticity, ensuring skin looks unblemished and renewed. Treatment starts with a cleanse and gentle exfoliation, followed by a rejuvenating face and neck massage and finishes with a rich mask with freshly prepared pineapple mousse. Meanwhile, you will receive a partial body massage of your choice.

Duration of treatment: ~ 70 minutes



## Body Care — by Ligne St Barth

### St Barth Softness

Relaxing Body Exfoliation with Coconut Oil and Papaya Mousse.

A fruity full-body exfoliating massage formula to pamper the body and senses with the treasures of tropical nature: the efficiency of the fresh, enzyme-rich papaya mousse unfurls fine sand gently removes dead skin cells and rich coconut oil provides valuable nutrients. Find peace and enjoy clarity – the skin is enveloped in an exotic fragrance and feels silky, soft and smooth.

Duration of treatment: ~ 40 minutes

### St Barth Elasticity

Clarifying Body Wrap With Clay & Cucumber Mousse.

This creamy body wrap is individually prepared to suit each skin type – with fresh cucumber mousse and green or pink clay. It contains beneficial minerals, elements and vitamins; camphor & menthol oil and tautening ivy gel have both a soothing and invigorating effect. Relax and devote yourself entirely to this moment: while the wrap releases its illuminating and firming properties, either a head or foot massage completes the treatment.

Duration of treatment: ~ 40 minutes

### St Barth Sensation

Nourishing Body Wrap with Relaxation Massage.

An opulent body wrap prepared from coconut oil or avocado oil and an individually selected fragrance: vanilla, lily or Tiare flower. The massage, with its gentle sweeping movements intensifies the effect of the wrap, relaxes the body and caresses the senses.

Duration of treatment: ~ 60 minutes (incl. 30 minutes of massage)

### St Barth Sun Touch

Body Exfoliation with Coconut Oil and Papaya Mousse Followed by Full-Body Massage.

After a gentle and relaxing full body exfoliation, precious Ligne St Barth Roucou oil will be massaged into your skin in order to intensify the tanning ability of your skin. A perfect preparation for a wonderful, long-lasting suntan.

Duration of treatment: ~ 60 minutes

### St Barth Sun Downer

Hydrating Body Wrap With Green Clay & Melon Mousse.

A refreshing body wrap with unrivalled moisturizing benefits for skin. The fresh melon mousse revitalizes, while green clay clarifies, calms and gently cleanses the skin. A fresh kick in the form of aloe vera gel provides a cooling, hydrating finish. Ideal as an after-sun treatment to calm heated skin after sunbathing. With either a head or foot massage.

Duration of treatment: ~ 40 minutes

## Men's Care — by Ligne St Barth

### St Barth Men

Relaxing Back Massage Followed by Head, Face and Foot Massage.

Four targeted massages provide relaxation and a sense of well-being: the back massage with camphor & menthol oil has both a relaxing and stimulating effect. More than just a regenerating effect for demanding male skin: the intensive manual massaging motions to the head, face and feet with hydrating aloe vera gel, tautening ivy gel and soothing facial fluid lend the body and spirit renewed strength and vitality.

Duration of treatment: ~ 60 minutes

### St Barth Men Short

Relaxing Head and Foot Massage.

Duration of treatment: ~ 30 minutes

### St Barth Pureness Men

Deep-cleansing Face and Neck Treatment With Hand Massage for Men.

A sophisticated face and neck treatment for men consisting of a cleanse and exfoliation, a face and neck massage, mask and subsequent care. It is based around the skincare series Ligne St Barth Homme, specially developed for the needs of men's skin – such as the light facial fluid that supports elasticity and tones. Refreshing aloe vera gel and tautening ivy gel are also used. While the clarifying mask with clay takes effect, a hand massage ensures relaxation.

Duration of treatment: ~ 30-50 minutes

## Beauty Parlor

### A.SPA Gentle Touch Manicure

Soothing Care Treatment for the Hands.

This gentle hand treatment begins with an exotically fragrant hand bath. Exfoliation with fresh papaya mousse and fine sand helps to remove superficial dry skin. A hand massage ensures a moment of profound relaxation. Cuticles and fingernails are then pampered and treated with a file, buff and polish.

Duration of treatment: ~ 50 minutes

### A.SPA Soothing Pedicure

Soothing Care Treatment for the Feet.

Foot care for enjoyment and well-being – starting with an exotically fragrant footbath. Exfoliation with fresh papaya mousse and fine sand helps to remove superficial dry skin. A foot massage with gentle pressure provides relaxation and stimulation. Finally, cuticles and nails are pampered and treated.

Duration of treatment: ~ 50 minutes

### A.SPA Nail Maintenance

A basic treatment for the nails, which includes file and polish of your choice.

Duration of treatment: ~ 30 minutes

## Price list

### The Rituals

A.SPA Journey	1h 40min	190€
A.SPA Senses	2h	220€
A.SPA Symphony	2h 10min	230€
A.SPA 2-Days Stay Package	3h 20min	370€

### The Massages – by Ligne St Barth

Slimness	30min	70€
Back & Head	30/60min	70/140€
Harmony	50/80min	130/170€
Becoming Mom	60/90min	145/185€
Chill Out	90min	190€

### The Massages – Signature by Katikies

Deep Tissue	50/80min	145/185€
Sea Breeze	90min	200€
Caldera Hot Stones	70min	170€

### The Facials – by Ligne St Barth

St Barth Pureness	30/50min	70/100€
St Barth Freshness	60min	120€
St Barth Peace of mind	45min	90€

### The Facials – Signature by Katikies

St Barth Glowing	50min	120€
St Barth Super Food	70min	150€

### Body Care – by Ligne St Barth

St Barth Softness	40min	80€
St Barth Elasticity	40min	80€
St Barth Sensation	60min	110€
Sun Touch	60min	110€
Sun Downer	40min	80€

### Men's Care

St Barth Men	60min	150€
St Barth Men Short	30min	70€
St Barth Pureness Men	30/50min	70/100€

### Beauty Parlor

A.SPA Gentle Touch Manicure	50min	45€
A.SPA Soothing Pedicure	50min	55€
A.SPA Nail Maintenance	30min	20€
Semi-Permanent Color Removal	30min	20€

### Beauty Parlor

A.SPA Gentle Touch Manicure	50min	45€
A.SPA Soothing Pedicure	50min	55€
A.SPA Nail Maintenance	30min	20€
Semi-Permanent Color Removal	30min	20€

### Depilation

Full Leg	60€	Armpit	25€
Half Leg	40€	Upper Lip	15€
Bikini Brazilian	30€	Belly	30€
Full Leg including Bikini	80€	Back	50€
Arms	30€	Eyebrows shaping with threading	20€

## Terms & Conditions

### Hours of Operation

10.00 am to 8.00 pm daily. Please dial " 2111" for reservations or email us at [spa@katikies.com](mailto:spa@katikies.com).

### Arrival

To relax and enjoy our facilities, we encourage you to arrive 10 minutes prior to your appointment. This allows us to welcome you and begin with a therapist consultation in order to determine each individual's needs and attain a good wellbeing.

### Treatments

For your comfort, do not forget your bathing suit in order to use our facilities and we are pleased to provide you with bathrobes, towels, slippers and disposable underwear.

### Pregnancy

Please let your therapist guide you in selecting suitable treatments. Pregnant clients must be 14 weeks pregnant before they can have treatments.

### Boutique

To continue your spa regimen at home, all St Barth products used in the treatments are available in our boutique next to the reception as well as gift, jewelry, clothing and swimwear.

### Regulation

The spa environment is one of tranquility and relaxation. Please, respect other guests' rights to privacy and serenity. We request that cell phones are turned off to maintain the peaceful atmosphere of the spa. Smoking is not permitted. Guests are prohibited from bringing outside food or alcohol into the spa. Any guest appearing intoxicated will be denied access to the spa.

### Personal Belongings and Valuables

Please leave valuable items in the safe in your guest room. We are not responsible for lost or stolen items.

### Cancellation Policy

Please note that non-show or cancellations 4 hours prior to the scheduled therapy are fully charged.

All prices are in Euro and all taxes are included. Service charge is not included in the prices.