

A.SPA

The A.SPA

Welcome to A-Spa, an elegant and intimate sanctuary for the senses created to restore balance to body, mind and spirit. As a handcrafted refuge, A.SPA embraces 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 couples’ integration.

A.SPA etiquette

Ligne St Barth – The Spirit of Nature.

Fragrant blossoms are ambassadors from paradise. Luxurious ingredients from exotic flora are used to clean, moisturize, and nourishing properties are carefully blended to meet our skin and modern life needs. Ligne St Barth focuses on people and their wellbeing – 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, Autonoe, 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.

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, we advise relaxing in the spa suite and enjoying steam bathing.

This fantastic 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, a beautiful combination of fine Caribbean Sea sand, St Barth Coconut oil, and fresh papaya mousse, which leaves the skin feeling smooth 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 mask's absorption is intensified by a wonderfully fragrant relaxing massage to finish, leaving a feeling of wellbeing and absolute serenity.

Duration of treatment: ~ 120min

A.SPA Senses

As an introduction to your A. SPA experience, we advise relaxing in the spa suite and enjoying steam bathing.

Immerse yourself in the sensory delights of a moisturizing St Barth Sensation body treatment. An oil suitable to your needs is applied before the body is enveloped entirely within a hydrating wrap. You are 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: ~ 120min

A.SPA Symphony Ritual

As an introduction to your A. SPA experience, we advise relaxing in the spa suite and enjoying steam bathing.

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 profoundly 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: ~ 120min

The Massages — by Ligne St Barth

St Barth Harmony Massage

Holistic Full-Body Massage.

Enjoy a personalized holistic massage: the focus of the full-body massage and the care tailored products used to your needs. Your therapist applies the proper pressure and strokes to achieve the desired result through deep tissue or relaxation massage. 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 in the 90 minutes version.

Duration of treatment: ~ 60/90min

St Barth Chill Out

Full-Body Massage with Warm Shells.

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

Duration of treatment: ~ 90min

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 full body massage 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: ~ 90 min

Whether you are looking to de-stress or to address a particular issue, we highly recommend adding one of the following treatments to your choice of massage:

St Barth Head Massage

A massage based on the ancestral Indian technique of applying pressure points on specific parts of your head releases tension in the upper body.

Duration of treatment: ~ 30min

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

St Barth Revitalizing Leg Massage

A massage has a beneficial effect on heavy legs, such as long flights – or after a long tiring day. Thinly applied ivy gel tautens and soothes, while silky camphor & menthol oil stimulates the skin's microcirculation to finish. You can select one of three exotically fragrant body lotions.

Duration of treatment: ~ 30min

St Barth Pureness Short

A face and neck treatment, following by perfectly matched care products. Cleansing, toning and exfoliation inspired by the fragrant blossoms and fruits of tropical gardens. A luxurious product mix provides a revitalizing face and neck massage.

Duration of treatment: ~ 30min

The Facials — by Ligne St Barth

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 are especially effective with their 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: ~ 60min

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. Sun splash completes this harmonic trio and tones the skin with grapefruit, exotic fruits and Caribbean peacefulness. Our recommendation is to combine this treatment with a choice of one of our Body Care treatments.

Duration of treatment: ~ 60min

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 inspired by the fragrant blossoms and fruits of tropical gardens. Camphor & menthol oil and ivy gel provide a revitalizing face and neck massage. While the mask takes effect, close your eyes and enjoy a soothing hand and arm massage.

Duration of treatment: ~ 60min

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 using, while the clarifying mask with clay takes effect, a hand massage ensures relaxation.

Duration of treatment: ~ 60min

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: ~ 60min

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: ~ 60min

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: ~ 60min (incl. 30min 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 Linge 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: ~ 60min

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 combined with either a head or foot massage.

Duration of treatment: ~ 60min

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: ~ 50min

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: ~ 50min

A.SPA Nail Maintenance

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

Duration of treatment: ~ 30min

Price list

The Rituals

A.SPA Journey	120min	230€
A.SPA Senses	120min	230€
A.SPA Symphony	120min	230€

The Massages – by Ligne St Barth

St Barth Harmony	60/90min	140/180€
St Barth Chill Out	90min	180€
St Barth Becoming Mom	90min	180€
St Barth Head Massage	30min	70€
St Barth Leg Massage	30min	70€

The Facials – by Ligne St Barth

St Barth Freshness	60min	140€
St Barth Peace of Mind	60min	140€
St Barth Pureness	60min	140€
St Barth Pureness Men	60min	140€
St Barth Pureness Short	30min	70€

Body Care – by Ligne St Barth

Softness	60min	140€
Elasticity	60min	140€
Sensation	60min	140€
Sun Touch	60min	140€
Sun Downer	60min	140€

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

Terms & Conditions

Hours of Operation

10.00 am to 8.00 pm daily. Please dial 1010 for reservations or email us at spa@katikiesgarden.com

Appointments

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

Treatment Preparation

We recommend that you arrive at least 20 minutes prior to your scheduled treatment, allowing time to complete your holistic health assessment, to enjoy the facilities, and loosen and relax your muscles. Following your treatment, take some time out in the tranquil environment of hotel's outdoor space, allowing the benefits of your treatment to take effect. 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.

Special Considerations

Most of our spa treatments can be adapted to accommodate pregnancy or injury. Please contact us with any queries and let us know of any medical or health concerns. We have created special treatments for your needs. Pregnant women must be at least 14 weeks pregnant before they can have treatments.

Home Care

To continue your spa regimen at home, all St Barth products used in the treatments are available to purchase. Your therapist will guide you in choosing the appropriate products for your needs and advise you for a result driven regime.

Spa Environment, Health & Hygiene

The A.SPA environment is one of tranquility and relaxation. Please, respect other guests' rights to privacy and serenity. We are kindly requesting you, to switch off you cell phone while in the A.SPA premises to maintain the peaceful ambience of the spa. The consumption of alcohol and food, as well as smoking, is not permitted at the A.SPA premises. A.SPA implements all necessary regulations and guidelines for a safe and healthy environment.

Personal Belongings and Valuables

We request that you leave your valuables in the safe in your guest room.

Cancellation Policy

We understand that schedules change and we will do our best to accommodate your needs. Since your spa time is reserved especially for you, we kindly ask you to give a minimum of 4 hours' cancellation notice so that someone else may enjoy that time. Cancellations made 4 hours prior to the treatment or less, will be subject to a fee equal to the rate of the treatment booked.

Prices quoted are in Euros and include all taxes. Service charge is not included in the prices.