

The Spa

MASSAGE

THE HERMANN LUXURY EXPERIENCE

Rest Relax and Renew

120 minutes \$580

Indulge in the epitome of luxury with our Hermann Luxury treatment. Begin your experience with a bespoke 60-minute massage, artfully tailored to your unique needs and preferences in collaboration with your therapist, ensuring an extraordinary and personalized relaxation journey. This is followed by an opulent Hydropeptide exfoliating body wash and a lavish whole-body dry brushing, designed to prepare your skin while enhancing lymphatic flow and circulation. Before a final rinse, enjoy a rejuvenating body mask for a truly revitalizing experience.

After a refreshing shower, enjoy an indulgent application of our Hydropeptide Soothing Balm and Firming Body Moisturizer, meticulously massaged into your skin. To further elevate your experience, we apply our Hydropeptide Nourishing body oil and Solar Defense Lotion, leaving your skin exquisitely soft, hydrated, and radiant.

The treatment concludes with the serenity of a soothing scalp massage, expertly crafted to melt away stress and tension.

Simply Swedish

60 minutes \$265/90 minutes \$335

Our therapists use unscented organic coconut oil to ensure a gentle and nourishing experience for your skin. The organic coconut oil not only enhances the massage's effectiveness but also provides natural hydration and benefits for your skin, making the experience both restorative and rejuvenating. Your therapist will employ long, connective strokes tailored specifically to soothe your muscles and promote relaxation. This method calms both the body and mind, effectively reducing stress and lightly releasing muscle tension.

Therapeutic Nirvana Stress Relief

60 minutes \$295/90 minutes \$365

Our therapists skillfully combine Swedish and Deep Tissue massage techniques to unwind your body and relax your mind. Swedish massage employs gentle, flowing strokes to enhance relaxation and improve circulation, while Deep Tissue massage targets deeper layers of muscle to alleviate chronic tension and pain. To further enhance your experience, you can choose from several essential oil aromatherapy blends, each designed to complement your massage and elevate your sense of well-being. Whether you seek relief from stress or muscle tension, our customized approach ensures a holistic and soothing experience.

Arnica Deep Tissue

60 minutes \$295/90 minutes \$365

Experience an intense treatment designed to relax sore muscles and alleviate stiff joints using advanced deep tissue massage techniques. This therapy is enhanced with Tara Arnica Oil, renowned for its natural pain-relieving properties. Arnica, one of nature's most effective remedies for reducing pain and inflammation, works in synergy with the deep tissue massage to provide profound relief and promote healing. This powerful combination ensures a thorough and rejuvenating treatment that targets and eases deep-seated muscle tension and joint discomfort.

Prenatal Rest & Renew

60 minutes \$265

Enjoy this specialized treatment designed to address the unique needs of expectant mothers. Our prenatal massage offers gentle and soothing techniques to alleviate discomfort and promote relaxation. Our therapists are trained to provide safe and effective care, ensuring both comfort and well-being for mother and baby throughout the session. Please note that this treatment is not recommended during the first trimester.

Sacred Warm Stone Massage

60 minutes \$325/90 minutes \$395

The calming warmth of heated basalt stones combined with the infusion of fluid massage strokes lets you experience a new depth of relaxation. This treatment helps relieve tension, eases muscle stiffness, and increases circulation by targeting the deeper layers of muscles while facilitating the body's self-healing mechanisms.

CBD Healing Massage

60 minutes \$345/90 minutes \$420

CBD Full Spectrum mixtures and oil in this massage therapy treatment, combines the many health benefits of CBD with the relaxation and health benefits of massage. CBD massage is the gold standard of deep relaxation, deep muscle pain relief, skin hydration, and more. By combining nature with skilled massage techniques, CBD massage is a holistic way to heal and treat your body and mind.

BODY

Lemongrass Body Scrub

45 minutes \$195

Aromatic Lemongrass essential oil and detoxifying fine ground Pink Himalayan salt exfoliates and invigorates the skin with zesty and tropical lime twist. Following your scrub and shower, you will be hydrated with our lemongrass lotion to nourish and soften the body.

Clay Body Wrap

75 minutes \$320

This offering starts with a whole-body dry brushing, preparing the skin, and strengthening the lymphatic flow and circulation. We then apply our detoxifying formula and wrap you to absorb the benefits deeply. While you are cocooned, enjoy a relaxing aromatherapy scalp massage. Followed by a shower, finishing with our nourishing Tara lotion.

Sun Lovers Rejuvenation

60 minutes \$195

Our therapists will use the natural elements of Arnica Gel to soothe the body, followed by a cold rock treatment to relax the muscles and refresh the mind. Hydrating Tara lotion is massaged into the skin and a sunscreen layer to protect the skin.



MASSAGE ADD-ON TREATMENTS

Additions to any massage or body treatment.

\$65 -15 minutes

Aromatherapy Revitalizing Scalp and Hair Oil.

Aromatic revitalizing organic coconut oil is massaged into the scalp, hair and neck to stimulate circulation and relieve tension, followed by steam to deliver hydration deep into the follicles.

Peppermint Foot Massage

Feet and lower legs are wrapped with hot towels and then are massaged with energizing peppermint lotion to wake up tired feet.

Peppermint Foot & Hand Scrub

Feet and hands are pampered with our refreshing peppermint salt scrub, followed by a soothing massage with our luxurious lotion. This treatment exfoliates dead skin cells, leaving your hands and feet feeling rejuvenated.

FACE

Pure Results

60 minutes \$310 /90 minutes \$370

Experience dramatic results with this advanced skin conditioning treatment, meticulously designed to sweep away impurities and enhance the appearance of fine lines and wrinkles. Our expert therapists utilize cutting-edge techniques and high-quality Hydropeptide products to deeply cleanse, exfoliate, and nourish your skin. This treatment not only revitalizes your complexion but also promotes a youthful and radiant glow, leaving your skin looking smoother, firmer, and more vibrant.

Moisture Drench

60 minutes \$285/90 minutes \$345

This facial immediately replenishes your skin with deeply hydrating botanical blends, providing intense moisture and nourishment. Specifically formulated to protect your skin from the harsh desert climate, this treatment leaves your complexion looking radiant, refreshed, and resilient. Enjoy the soothing and rejuvenating effects as your skin is revitalized and fortified against environmental stressors.

Soothe & Restore

60 minutes \$285/90 minutes \$345

Designed for sensitive skin, this healing and restorative facial effectively calms inflammation and reduces redness. It provides immediate relief to irritated and sun-exposed skin, using gentle, soothing ingredients that promote healing and hydration. Experience a refreshing and calming treatment that leaves your skin feeling comfortable, balanced, and rejuvenated.

BODY

Purifying Back Facial
45 minutes \$195

Treat this hard to reach area with our signature treatment designed to exfoliate and detoxify. Calm inflammation while locking in moisture helping to improve appearance and texture. It will leave you feeling fresh and relaxed with healthy, glowing skin.

HYDROPEPTIDE FACIAL ADD-ON TREATMENTS

Additions to any facial

Custom Peel \$65 + 15 minutes

Our therapists will work directly with you on creating a custom peel for your individual needs

Eye Contour Patches \$65 + 15 minutes

Crafted with collagen-supporting peptides, these firming eye masks target fine lines and wrinkles. Their hydrogel technology locks in moisture, imparting a refreshing cooling sensation. Enriched with caviar extract and vitamin E, they offer a potent source of antioxidants, ensuring a brighter under-eye area with just one application.

CryoGlobes Therapy \$65 + 15 minutes

Employing cold passes with our CryoGlobes effectively reduces inflammation and enhances circulation, imparting a sense of restored equilibrium.

Gua Sha \$65 + 15 minutes

This deeply nourishing, stress-relieving facial add -on envelopes you in purifying serum. Gua Sha tools stimulate circulation and lymphatic drainage allowing for the ultimate healing and vibrancy inside and out.

Extractions \$85 + 30 min

The esthetician will employ a deep cleaning technique to eliminate accumulated product residue and stubborn debris from your skin's pores. The primary objective of facial extraction is to enhance your skin's health by ensuring it is free from blockages. Consequently, this procedure amplifies the absorption and efficacy of your selected skincare products, rendering them more potent in addressing your individual concerns.



Please be advised that none of the treatments offered at L'Horizon Resort & Spa are intended to diagnose, treat or prevent any disease and should never be relied upon for specific medical advice. Any information provided by your practitioner is for informational purposes only and has not been evaluated by the Food & Drug Administration. Please contact your physician or health care provider if a condition persists or gets worse.

Spa Experience

When making a booking, please advise us of any health conditions or allergies that could affect the choice of treatment and hinder your spa experience.

Spa Arrival & Etiquette

We recommend that you arrive 5-10 minutes before your appointment time to ensure your treatment starts on time. We require you to fill in a Guest Consultation Form advising us of any medical history and concerns in order for us to tailor your treatment experience. Please note that late arrivals may result in a reduction of your treatment experience.

Spa Cancellation Policy

Treatment times have been scheduled for you. If you must reschedule or cancel any spa appointments or packages, please notify the spa 24 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services.

Spa Gratuity

A 20% gratuity will be added for all treatments reserved

The Colony Palms
Hotel and Bungalows
HERMANN
LUXURY RESORTS

