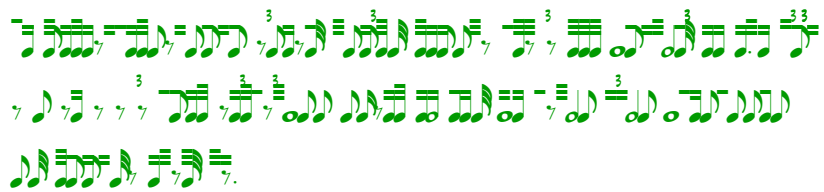


Tamansari

Spa Menu



Holistic Ritualistic Experiences



Aromatherapy

A beautiful full body experience. Choose your blend from our delicious Tropical Chakra mixes. The ancient art of blending essential oils for their powerful therapeutic effects & harmonizing with a relaxing, re-balancing massage has been used for centuries to rebalance mind body and soul!!



Swiss Reflex Treatment

A sole delight.... Applying firm pressure to various reflex points in the feet will dramatically aid the bodies own healing forces. Intended to reconnect down to the tips of your toes.

Swedish massage

This old favorite performed Caribbean style is a truly unforgettable experience. An invigorating massage, that improves circulation, releases tension, reduces stress, promoting a sense of general well-being.

Stone Rapture

Delicious warm basalt stones & Jamaican river stones melt away every inkling of stress. Relaxation is instant & totally acquiescent

Shirodhara

An ancient healing hair & scalp treatment to clarify the mind and calm the body. Improves blood circulation to the brain, improving clarity. Warm oil is trickled onto the third eye, to awaken the senses. Concluded with a hair and scalp massage. A great add -on to any treatment.

Facial & Eclectics

Caribbean Ritualistic Rhythmical De-Stressing Facial

A delicious hands on Chakra oriented facial experience.... Cleansing butters, energizing Spritzers and the purest of rejuvenating essential oils, herbs and a whole host of nature's goodies, deliver a facial like no other.... We don't believe in pain! Therefore no extraction is involved. This is a vacation, stress relieving Facial.... Amazing, massage, lymph drainage, hot and cold stone techniques... Concluded with a delirious finale...



De-Stress Your Tresses: (Deep scalp & hair treatment)

A delectable hair & scalp treatment. Using a combination of delicious enzyme treating ingredients.

Scrubs, Wraps & Soaks

Containing only the finest, indigenous ingredients, our scrubs, wraps & soaks stimulate the senses. Blue Mountain Coffee, herbals, salts, cocoa, aloe, fruits and delicious butters all work in total unison. Restoring harmony & equilibrium. In Jamaica we call it. "Feeling Irie..."

The Ultimate Coffee Scrub:

Savor the intoxicating aromas of Blue Mountain Coffee, organic brown sugar, cinnamon and vanilla. A delicious exfoliating, detoxifying infusion. Leaves you feeling silky smooth...

Jamaican Mocha/Rum Wrap

The ultimate, luxurious, decadent wrap.....lavishes the skin with nature's bounty in abundance. Cocoa, vanilla, sweet orange, delicious body butter, rum and honey...banishes dry skin with its drenching goodness.

Aloe & Cucumber Soak (Perfect for sunburn or overheated skin)

This natural chilled cocktail of aloe and cucumber will sooth and hydrate your skin back to health. A really fresh.....Experience.

The ideal spa experience is to have a scrub & wrap combination.

Example: Ultimate Coffee Scrub with a Mocha Wrap.
HEAVEN...



Tamansari Rituals...

Are Rituals are perfect for couples or singles. All rituals begin with an honorary foot wash ceremony. This is a welcome ceremony. A symbolic cleansing of life's stresses and strains;

Tamansari Euphoria

Indulge in a sugar sweet aromatic scrub, followed by a delicious stress reduction massage... Pursued by a delicious wrap of warm indigenous butters, cocoa, honey & vanilla with just a hint of Jamaican rum...

Tamansari Balance the Senses

A relaxing foot ceremony "Yin" followed by an invigorating scrub "Yang" Concluded with a rejuvenating massage. "Balance"

Tamansari Travel Trio

Vanquish the effect of time differences & zip lock, stressful travel experiences... Recharge with a 30-minute aromatherapy massage, 30-minute facial and 30-minute foot zone therapy treatment. Consequence.... All bad things will be forgotten....

Spa Service Price List

Holistic Rituals

Aromatherapy (1 ½ hours) includes head, face & feet.	\$125
Swiss Reflex Treatment (45 minutes)	\$70
Swedish Massage (60 minutes)	\$85
Stone Rapture (1 ½ hours)	\$125
Shirodhara (30 minutes)	\$70
Add on Shirodhara (to any treatment)	\$40

Facials & Eclectics

Caribbean Ritualistic Facial (75 minutes)	\$100
De-Stress Your Tresses (30 mins)	\$30
Add on De-stress your tresses	\$12

Scrubs, Wraps & Soaks

Coffee Scrub	\$55
Mocha/Rum Wrap	\$75
Aloe & Cucumber Soak	\$40
Scrub & Wrap Combo	\$110

Tamansari Rituals

Tamansari Euphoria	\$175
Tamansari Balance the Senses	\$125
Tamansari Travel Trio	\$100

Prices are per person:

Take off 10% for a couples Ritual

Spa Service Etiquette

Background Information: Our menu is a totally natural, organic, fusion of Caribbean products & treatments.

Reservations: To make a booking either phone LINDA HALL 707 8851 or DAVID GORDON MANAGER ON 864 6320.

If booking on-line contact lindahallspaconsultant@yahoo.com or Thinkingspa@yahoo.com. All bookings will be confirmed within 24 hours. If you wait till you arrive at Amanoka, we encourage you to book soon after your arrival to avoid disappointment.

All treatments need to be scheduled ahead of time.

We have a strict cancellation policy in place. Please give us 24 hours notice for all cancellations or changes.

Cancellation Policy: A 50% charge will be made for cancellations without giving prior notice... 24 hours notice is required.

Booking Arrangements: WE require at least 24 hours notice to schedule appointments. We bring the spa to you! It takes advanced preparation & total organization! It is our sincere intention to meet your needs on every level, therefore detailed arrangements need to be made regarding, specific treatment requirements, numbers etc.

Linda Hall is an International Spa Consultant & Natural Product Designer. **David Gordon** is a holistic spa equipment designer and holistic therapist with extensive experience and a passion for SPA...

Spa Location: We have a beautiful designated newly built spa at Amanoka, Tamansari Spa...

Fresh Preparation Treatments are seasonal & subject to change. Manicures, Pedicures & Braiding available on request: All services are revised and subject to availability. We do not work Christmas Day, Boxing Day or New Years Day.

Payments in cash.

Spa Hours 8.30am last appointment to finish at 5.30pm.





L.H. Holistic Health & Spa Consultants Inc.
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