

# Spa & Fitness



Quintessence Hotel

A Tropical Grand Mansion • Anguilla, BWI

# Services

At Aidan Spa, we tailor each service to your individual needs. Our estheticians and spa therapists use the finest essential oils, sea salt scrubs and skin care products with the goal of pampering the body, relaxing the mind and soothing the spirit.

Services may be performed in our spa, our garden pagoda, or the privacy of your suite. Couples options available.

## Manicures & Pedicures

*Manicure 25 minutes, \$50*

*Pedicure 40 minutes, \$90*

### EUROPEAN

Healing and Refreshing

### COLADA SPARKLE

Hydrating and Strengthening

### GRAPEFRUIT ZEST

Cleansing and Stimulating

### GUAVA PASSION

Glowing and Radiating

### MANDARIN HONEY

Moisturizing and Restoring

## Facials

*60 minutes, \$120*

### REJUVENATING

Brightening and Anti-Aging

### EYE REVIVE

Plumping and Smoothing

### HYDRATING

Quenching and Regenerating

### SKIN RELIEF

Cooling and Soothing

### GENTLEMAN'S TREATMENT

Balancing and Cleansing

All rates US dollars.  
Does not include 10% Service Charge.

## Massage

60 minutes, \$145    90 minutes, \$200

### DEEP TISSUE

Relieves pain and alleviates soreness with attention focused on deep muscle and fascia.

### SWEDISH

Relaxes the whole body and improves circulation with long gliding strokes toward the heart.

### THAI

Heals with a combination of acupressure, Ayurvedic principles and assisted yoga postures.

### SHIATSU

Opens energy meridians and restores energy and function using pressure points.

### REFLEXOLOGY

Zone therapy to the hands and feet channels healing throughout the body.

AIDAN  
Spa  
Quintessence Hotel





# Quintessence Hotel Anguilla

Massage Pagoda



Yoga Pavilion



Tennis Court



Fitness Center

