

# Captiva

spa & lounge



## Treatment Menu



Drawing on the tranquil rhythms of Captiva Island, our spa transforms relaxation into a full-bodied experience, offering a menu of world-renowned facials, massages, body treatments and aromatherapies.

Relax your muscles and breathe deeply.

*This is*

*island pace*

*& time*

Reflecting the balance of mind, body and nature, our Carriibbean-inspired spa is artfully crafted to promote inner harmony. Light woods and earth tones find their balance with aqua and sand accents, while our treatment menu maintains equilibrium with distinctive treatments for hand, feet, face and body. Get glowing with a body treatment or facial, or allow the art of massage to free your mind of stress.



# Facial Treatments

## *Oxygen Facial* £40

A purifying oxygenating treatment for sallow, sluggish skins, polluted by stress and lifestyle. Incorporates marine and plant proteins to replenish and nourish, resulting in a natural, healthy glow.

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## *Ocean Spray* £25

An express facial treatment when you have little time to spare, using customised products to best suit your skin type.

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## *Island Escape Customised Facial* £35

An intensive treatment featuring active marine ingredients and vegetable milks to combat dehydration, improve skin texture and leave the skin feeling soft and radiant. Can be targeted to treat dry, dehydrated, oily, sensitive or acne-d skin.

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## *Terre and Mer by Thalgo* £40

Welcome to the era of sustainable beauty! A truly organic facial treatment, emphasising softness, hydration and comfort to put your skin completely at rest. Uses customised Mediterranean oils to target specific skin concerns, whilst incorporating stress-relieving back and facial massage with organic lavender.

## *Collagen Velvet* £45

A luxurious, plumping facial for moisture deficient, sun-damaged and dehydrated skin types. The ultimate pampering treatment, combating lines and wrinkles with instant results.

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## *Collagen Velvet Eye Treatment* £25

Beginning with a facial cleanse, exfoliation and massage to relax the face, this treatment then focuses on re-hydrating the delicate skin around the eyes, diminishing fine lines, puffiness and dark circles to lessen the signs of ageing.

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## *Wrinkle Control Modelling Mask* £50

An amazing wrinkle-smoothing effect is visible after just one session. Treats moisture deficiency, fine lines and wrinkles to give you remarkably younger looking skin.

# Body Treatments

## *Aromaceane Marine* £35 *Mud Wrap*

This holistic remineralising body wrap is tailor made to suit your individual needs. Natural Marine Mud softens and conditions the skin, while tailored massage techniques and essential oils are blended for your specific concerns: detox, slender, vitality or relax.

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## *Frigi Thalgo Body* £35 *Contour Wrap*

A simple & effective cold marine wrap. Eliminates excess fluid from the hip & thigh areas. Ideal as a cellulite treatment, for intensive silhouette refining and for the relief of tired & heavy legs.

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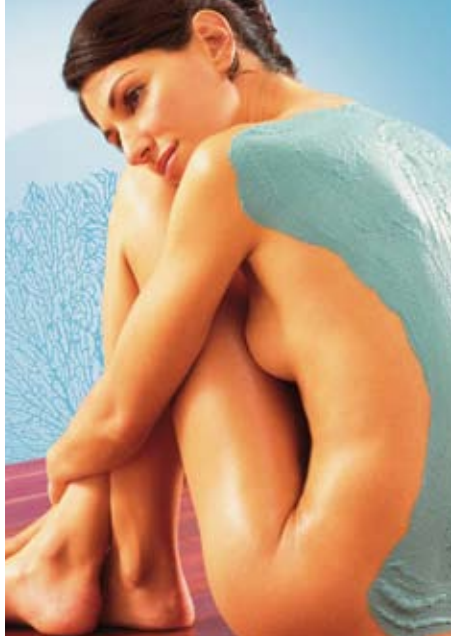
## *Rebalancing Back* £27 *Facial*

For special attention to the back only, exfoliation combined with a clay mask contributes to a deep cleansing, purifying and rebalancing experience.

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## *Deep Sea Scrub* £35

Uses a combination of three algae with anti-stress and anti-fatigue properties together with re-mineralising salt crystals to exfoliate the body. Your skin becomes soft, smooth and radiant, as the gentle massage takes you on a relaxing journey, culminating in the application of Oligo-elements and minerals to revitalise the body and gradually reawaken and energise you.



Allow the art of massage to free your mind of stress...

## *Carribbean Sea Scrub* £35

Coconut essential oils with a pure sugar cane scrub buffs away dead skin, cleanses pores, and restores your skin to a fresh, healthy glow. After a delicate warming cocoon, the body is massaged with a moisturizing formula of kukai coconut lotion. Your skin will be softened and toned, leaving it balanced and revitalized.

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## *Captiva Ritual for New* £40 *Beginnings*

This pre and post natal treatment includes gentle body exfoliation, specific back and shoulder massage techniques to relieve tension, a cooling foot and leg massage to reduce swelling, and an Oriental Head Massage, leaving your skin soft and supple, and your mind clear and refreshed.



# Massage

## *Back, Neck & Shoulder Massage* £20

Clear your head, relieve your neck and shoulders, and immerse yourself in total relaxation to banish the effects of stress, anxieties and tensions of daily life from your whole body. Choose from organic lavender oil for relaxation or orange and bergamot oils for energy.

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## *Captiva Escape* £30

Profound relaxation for the overstressed. Hindu, Chinese and European influences combine to create a deeply relaxing, full-body massage with varying techniques of acupressure and long, comforting strokes to improve circulation and ease muscle tension.

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## *Sanibel Hot Stone Massage* £35

This full-body massage utilizes smooth seabed basalt stones and warm oil for a profoundly calming and unique experience. The combination of hand and stone massage, heated stone placement and pressure, opens pathways and improves circulation. As your mind and body are soothed, you drift into a deep state of bliss.

## *Aromatherapy Massage* £35

Allow the mind, body and spirit the experience of aromatherapy. The aromas utilize the power of specially blended, pure essential oils to relax, detoxify, soothe or stimulate. Your therapist combines acupressure with flowing rhythmic strokes to enhance your energy flow and provide the ultimate relaxation experience.

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## *Massage for New Beginnings* £35

A pre and post natal massage, which employs speciality cushions to ensure the comfort of mother and baby as pressure and tension in the lower and middle back and strain in the neck and shoulders are relieved. Incorporates Vitamin E oils and shea butter to condition skin and reduce stretch marks.

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## *Indian Ocean Head Massage* £20

This extremely nourishing, hydrating and stress-relieving massage incorporates a soothing facial cleanse, massage choice of essential oils to relax the scalp, neck, face and shoulders.

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## *Captiva Island Foot Ritual* £20

Hot basalt stones, Balinese massage and reflexology combine in relaxing and stimulating techniques to increase circulation, eliminate toxins, and lift heaviness and ache from the feet and lower legs.

# Hands and Feet

## *Tropical Manicure/Pedicure* £10

A rapid rejuvenator for those on the go. The nails are re-shaped and finished with your choice of OPI lacquer. Includes massage with choice of peach, citrus or coconut lotion.

Add £2.50 for French Polish.

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## *Island Signature Manicure/ Pedicure* £20

This deluxe, AHA-based anti-ageing treatment improves skin texture and increases cell renewal, whilst plumping and hydrating very dry hands/ feet with warm avocado and Vitamin E oils. Includes shaping, lymphatic massage, hydration treatment, cuticle work and your choice of OPI lacquer.

Add £2.50 for French Polish.

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## *The Pina Colada Hands and Feet* £40

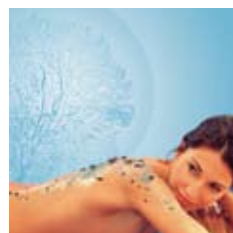
Includes a pina colada on arrival, pineapple and papaya Hand and Foot Soak, coconut & sugar Cane exfoliation; Marine Stone Hand and Foot massage; File, Shape & Cuticle Work; and choice of peach, coconut or citrus lotion to finish.

Add £2.50 for French Polish.

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## *OPI Gel Nail Enhancements (Full Set)* £40

## *OPI Natural or Coloured Gel Overlays* £30



# Spa Packages

## *Captiva Sparkle*

*£25 per person*

Includes Champagne and Sparkle Nibbles Platter on arrival.

Choice of two taster treatments, including Thalgo Facial Treatment, Indian Ocean Head Massage, Back, Neck and Shoulder Massage, Tropical Manicure, Tropical Pedicure.

Use of Sea Breeze Relaxation Area. Add spa lunch and refreshments for an additional £6 per person

*Half Day  
Package*

## *Island Sea & Stones*

*£55 per person*

The sea and senses method induces deep relaxation and invites sleep.

The movement, rhythm and power of stones bring about a unique and total state of rest.

The treatment starts with a full body exfoliation and massage with warm volcanic stones and to finish, cooling marine stones to revitalise.

A deeply hydrating body cocoon and delicious comfort facial complete the experience.

Includes lunch, refreshments and use of Sea Breeze Relaxation area.

A true invitation to deep relaxation.

*Full Day  
Package*

## *Ocean Memory*

*£55 per person*

Ocean Memory is an aquatic and sensorial journey, an invitation to bliss, incorporating a full body exfoliation, a reenergising massage and tingling algae mousse body wrap. Let your senses re-discover the wonders of the oceans and emerge renewed in a burst of vitality and exhilaration.

Includes lunch, refreshments and use of Sea Breeze Relaxation area.

Renegised and protected, your skin is renewed, emerging stronger and more resistant to the stresses and strains of everyday life.

*Full Day  
Package*

# Salon Treatments

*Facial & Body  
Waxing* £6 to £32

Price dependent on area

*Hopi Ear Candling* £20

*Fake Bake Spray Tan* £18

*Brow Tint* £8

*Lash Tint* £12

*Make Up Application  
& Lesson* £12

*Bridal Makeup  
(to include trial)* £12

Specialist bridal party packages available

*‘...blissful relaxation and informal luxury at Captiva  
Spa... an inexpensive treat!’*

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All of the treatments in our menu are suitable for men and women, and can be personalised to treat specific concerns. Please discuss customising your treatment with your therapist.