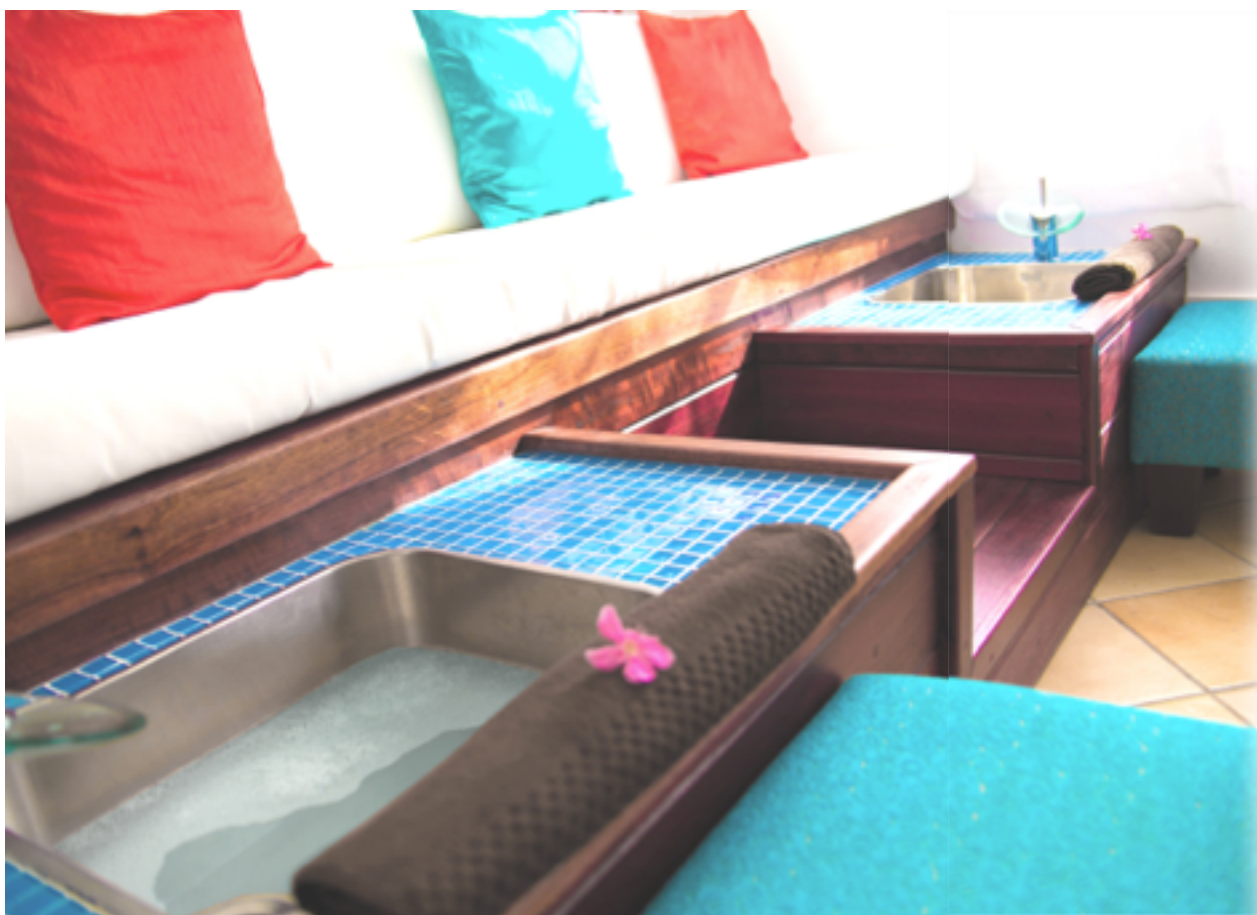




Blue Haven Spa

True Blue Bay Boutique Resort

Blue Haven Spa is True Blue Bay Resorts newest addition to the resort facilities. We offer luxurious and affordable treatments in a peaceful atmosphere. Our Spa Therapist, Kisha, Rachel and Shadi will ensure you leave the spa feeling relaxed and rejuvenated.

Spa treatments can also be made available in the privacy of your room at no additional charge

Contacts:

Dial 0 for reservations

Email: spa@truebluebay.com

Open Daily from 9 am to 6 pm

Our Products

The spa offers a quiet tranquil place to relax, be pampered and rejuvenate. Taking advantage of the wonderful range of local Grenadian organic herbs, oils and produce, our massage therapists have designed a number of delicious body treatments and facials to soothe and invigorate your body and spirit. Coconut oil, cucumbers, noni, honey, papaya, nutmeg, cinnamon, Grenadian chocolate and fresh mint are some of the ingredients used for the treatments.





Massages

Relax in our Blue Haven Massage Room while our therapists pamper you with aromatherapy, soothing music and the healing touch of their hands.

Benefits of Massage

Eases muscle pain by increasing and improving blood circulation. Helps soothe anxiety and depression. Improves sleep quality. Massages boost patients' white blood cell count (which plays a large role in defending the body from disease). Massages relieve migraines and tension headaches, Relieves stiff shoulders and overworked arm muscles and lower back pain

- ♣ Full-body (60mins)
- ♣ Mint blast full-body (60mins)
- ♣ Deep tissue (60mins)
- ♣ Aromatherapy (75mins)
- ♣ Head, neck & shoulder (30mins)
- ♣ Back (30mins)
- ♣ Mint blast back (30mins)
- ♣ Indian head (30mins)
- ♣ Foot Massage (30 mins)

Add an extra 30 minutes to any massage for an additional EC\$50

Body Treatments

True Blue Body Scrub (60mins)

Our signature body scrub is designed to cleanse, exfoliate and get rid of dead skin cells leaving the skin soft, smooth and glowing. The scrub includes – sugar, coconut oil or lavender oil, and a home made conditioner. This treatment includes a light massage after the scrub and a shower.

Benefits

- ✦ Leaves skin with a beautiful healthy glow
- ✦ Promotes easy tanning
- ✦ Promotes the regeneration of new and healthy skin cells reducing the aging process
- ✦ Increases blood circulation

Heavenly Body Wrap (60mins)

Enjoy being wrapped in a organic clay mud or chocolate blanket to increase the blood circulation and lymphatic system thereby helping the body get rid of toxins. Body wrap includes a light massage and shower.

Benefits

- ✦ Leaves skin soft and moisturized while toning loosened skin
- ✦ Purifies skin all over your body by pulling out toxins
- ✦ Helps reduce the appearance of scars
- ✦ Reduces acne around the body
- ✦ Reduces the appearance of cellulite
- ✦ Decreases excess water from your body leaving you feeling slimmer



Beauty Bar

Signature Manicure (60mins)

Treat your hands to an hour of pampering. Choose from our large assortment of nail colours as we file and shape your nails, scrub and massage your hands while enjoying the relaxing surroundings.

Signature Pedicure (60mins)

Give your feet some love at our popular Pedicure Station. Our Spa Therapists will leave your feet feeling soft and radiant after our one hour Pedicure treatment

File and Polish (30mins)

Polish Change (20mins)

Waxing

- Signature Eyebrows (20mins)
- Upper lip/chin (20mins)
- Full face (40mins)
- Under arm (30mins)
- Full arm (60mins)
- Half arm (30mins)
- Stomach (20mins)
- Chest (20mins)
- Back (60mins)
- Full leg (60mins)
- Half leg (45mins)
- Brazilian (60mins)
- Bikini (45mins)



Built for Two

Enjoy treatments for two at a discounted price. Massages can also be arranged in the comfort of your room

✿ **Couples Full Body Massage**
(60 mins)

✿ **Couples Back Massage**
(30 mins)

✿ **Couples Pedicure**
(60 mins)

✿ **Couples Body Scrub**
(60 mins)

✿ **Two To Tango**
(80 minutes)

This couples class teaches you how to give your loved one a back massage. Enjoy step by step instructions and practice on each other



Couples Spa Day

(90-120 mins)

This includes two glasses of champagne or wine and any two of the following spa treatments: Couples Back Massage, Couples Indian Head Massage, Couples Body Scrub, Couples Pedicure.





Sankalpa Yoga Studio

Dear Guests,

Please enjoy 2 complementary Yoga sessions per week at our beautiful Sankalpa Yoga Studio, please collect your vouchers at our Front Desk. Daily schedule and types of yoga are posted at the front desk or dial 0 for more information about class times.

Not matter your level, our professional instructors will guide you through a class suitable to you.

Extra schedule sessions US \$10 per person per class.

Private sessions are also available on request.

Looking forward to see you there.

Magdalena Fielden

Owner

Visit our website for details on class schedules
www.truebluebay.com/activities/details/yoga



About True Blue Bay Boutique Resort

True Blue Bay Resort is the perfect Grenada hotel to spend an amazing Caribbean vacation. Commanding an exquisite view of the South Coast of Grenada where the Caribbean Sea and the Atlantic Ocean meet, this Caribbean boutique hotel is set among tropical gardens sloping down to the sparkling blue waters of True Blue Bay.

Our resort hotel has many different amenities and activities to suit all our guests. Whether you are looking for a family vacation, scuba diving excursion, honeymoon package or just a comfortable place to stay while on business, True Blue Bay Boutique Resort offers everything you need to fulfill your desires.

