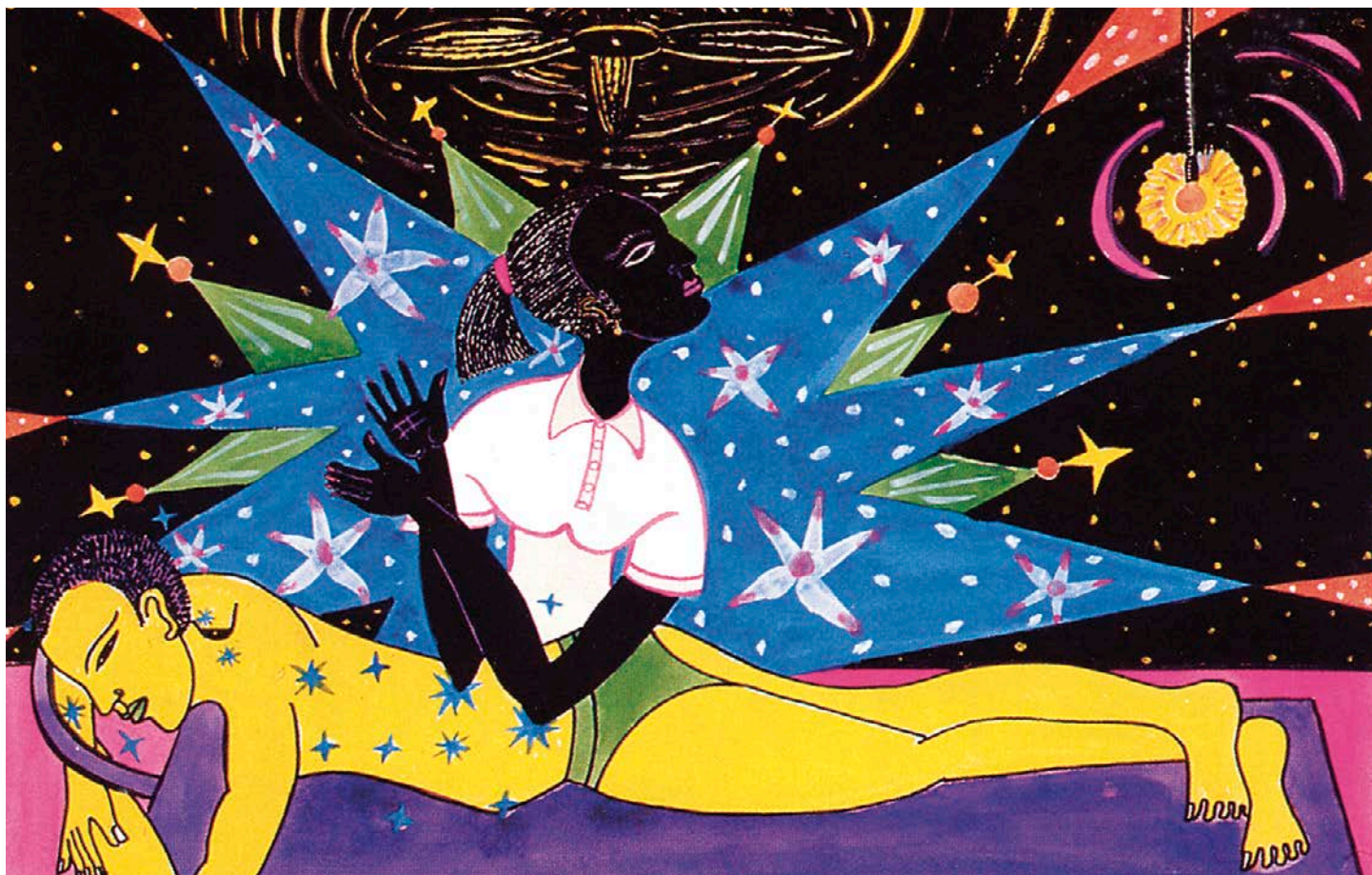




KAI BELTÉ SPA
ANSE CHASTANET
ST. LUCIA



KAI BELTÉ SPA AT ANSE CHASTANET

Your stay at ANSE CHASTANET will not be complete without having enjoyed a spa experience at Kai Belté (Patois/Creole: house of beauty).

Kai Belté spa is located at beach level between the Trou au Diable Restaurant and the scuba centre. There are 3 air conditioned treatment rooms, an air conditioned hair and nail salon as well as our open-air cabana Kai Mer overlooking the Anse Chastanet reef.

Respect for the uniqueness of each individual is the foundation of our spa experience. Our professionally trained and licensed therapists are committed to excellence, infused with enthusiasm and take pride in delivering a personalized and dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.

Our product range includes natural ingredients from our organic farm, Emerald Estate, aromatherapy products from Aromatherapy Associates, Voya products from

Voya and Ayurvedic products from Tara. Aromatherapy Associates products are rich in precious essential oils and active botanical extracts, designed to soothe and calm the mind, bring the emotions into balance and ease strains, tension and blockages in the body and skin. Voya is the world's finest certified organic seaweed-based skincare range specializing in hand-picked wild Irish seaweed to help improve your health, skin and well-being. Tara products have been developed by faithfully following Ayurvedic traditions and principles. Ayurveda is a 5000 year old healing science from India that utilizes the therapeutic properties of herbs and essential oils to help restore balance and well-being. Our therapists have undergone intensive Ayurvedic training learning the philosophy, history and beliefs of Ayurveda. They are qualified to assist clients in learning more about Ayurveda and their own specific dosha as well as the Ayurvedic treatment modalities.



KAI MER

*Enjoy a spa
experience in our
open-air spa setting
for individual or
couple treatments*

Kai Mer, Creole for “House of the Sea,” is perched high on the hill right above the pristine coral reefs of Anse Chastanet bay and has a panoramic view of the shimmering Caribbean Sea and Anse Chastanet beach.

Kai Mer can be booked for Express Rituals, Classical or Around the World Treatments with an upgrade surcharge of USD 30 per person.

Consult our spa team about any other spa treatments.

SIGNATURE RITUALS



FORGET THE OUTSIDE WORLD

Especially recommended for all those who simply can't let go! We therefore suggest that you sign up for this treatment early on during your stay so that we may help you in making the most of your holiday! This tantalizing 105 minute anti-stress treatment combines a 35 minute back and leg massage with a simultaneous facial masque and foot reflexology treatment, followed by a pressure point facial massage, continuing on to an intense scalp and neck massage.

105 min | US 230.00

“WOSH CHO” HOT STONE MASSAGE

Hot stones have already been used for massage and healing purposes by ancient civilizations. Stone massage is designed to balance the emotional, mental, physical and spiritual spheres of your being. Enjoy this amazing combination of heat, stone and full body massage.

75 min | US 180.00

90 min | US 215.00

ROMANCE RITUAL

This couples treatment begins with “Loving” aromatherapy foot soaks followed by a dry body brushing to remove dead skin cells and stimulate blood & lymphatic circulation. The couple is then treated to candle lit duet aromatherapy massages using our signature Loving Body Massage Oil. The ritual ends with an enticing chocolate platter presentation.

75 min | US 300.00

CLASSIC RITUALS

SWEDISH

Soothe away those tired achy muscles and improve circulation with this relaxing massage based on the classic European massage techniques.

60 min | US 125.00

90 min | US 175.00

COUPLE'S MASSAGE

Enjoy quality time together with two simultaneous 60-minute Swedish massages, performed side by side in our tranquil couples suite. Designed to enhance relaxation and intimacy, the treatment tables are thoughtfully positioned so you can reach out and hold hands—creating a meaningful moment of connection as your tensions melt away.

60mins | US 260.00

90 mins | US 360.00

MINI MASSAGE COURSE FOR COUPLES

Reconnect and create bliss with our romantic tutorial. Guided by our licensed therapists, this hands-on experience will teach you calming and effective techniques, while you and your partner massage each other. Learn the basic strokes of Swedish massage. Enjoy this fun filled 2 hour course and receive your instruction manual and oil after to get you started!

120 min | US 265.00

DEEP TISSUE

This massage incorporates a variety of techniques using deeper strokes to alleviate discomfort in specific areas. Very therapeutic, great for chronic pain.

60 min | US 145.00

90 min | US 190.00

SEA SALT SCRUB

Start your holiday with a gentle full body exfoliating treatment which refines the texture of your skin and also improves circulation. A selection of Sea Salt is used for dry, sensitive and normal skin followed by a 15 mins. of moisturizer application using simple massage strokes. An excellent treatment to be combined with a Swedish or Aromatherapy Massage.

50 min | US 100.00

HYDRATING ALOE BODY WRAP

This hydrating wrap is perfect for dry skin or skin which has been overexposed to the sun. Soothing Aloe vera gel is applied to the entire body, then wrapped and allowed to relax and soak in all the minerals and nutrients. At the end of the treatment, a healing rosehip and aloe cream paired with a hydrating lavender face and body mist is applied, to restore hydration and replenish skin..

50 min | US 100.00

EXPRESS RITUALS

MINI FACIAL

Rejuvenate the skin with this basic relaxing treatment which includes a complete cleansing masque and hydration.

30 min | US 85.00

BACK AND SHOULDER

The essential oil blend is used to ease muscle aches and pains in the back, neck and shoulder area. Ideal for quick relief after a long journey, no need to remove your clothing.

30 min | US 75.00

“EINSTEIN” HEAD & SCALP

It is never too late for your first head, scalp and upper body massage. The relaxing yet energizing effect of this express treatment may surprise you.

30 min | US 65.00

FOOT MASSAGE

A simple but effective treatment. Ease away the physical pressure, tension and improve the blood circulation on your legs and feet.

30 min | US 60.00

SPA PRE AND POST NATAL RITUALS

BLISSFUL BUMP MASSAGE

Nurturing Touch for Expecting Mothers

Celebrate the beautiful journey of motherhood with this deeply soothing prenatal massage, thoughtfully designed for women in their second or third trimester (after 13 weeks). With approval from your healthcare provider, you can enjoy this safe and gentle treatment tailored to your body's changing needs.

Our skilled therapists use nurturing techniques to alleviate common pregnancy discomforts—such as lower back pain, swollen feet, and tired legs—while promoting improved circulation, reduced stress, and better sleep. Every movement is carefully adjusted to ensure comfort, safety, and relaxation for both mother and baby.

60mins | US 150.00

THE MOTHER NURTURE SPA PACKAGE

A Luxurious Escape for Moms-to-be

Pregnancy is a beautiful journey, but it can take a toll on both the body and mind. The Mother Nurture Package is a two-hour indulgence designed to provide deep relaxation, comfort, and rejuvenation maternity.

Prenatal massage- A gentle, nurturing massage designated to ease tension, improve circulation and relieve common pregnancy discomforts.

Refreshing Prenatal Facial-A customized facial that addresses hormonal skin changes, restoring hydration, balance and glow.

Rejuvenating Body Polish-A gentle exfoliation to refresh and revitalize the skin, enhancing its natural radiance and elasticity

120mins | US 295.00

Please note: Massage during the first trimester is not recommended, as it may intensify symptoms such as nausea or dizziness. Your well-being is our highest priority, and we are committed to providing a serene, supportive experience during this special time.



AYURVEDIC RITUALS



THE RAINBOW BODY - CHAKRA BALANCING MASSAGE

*A Journey through the Realms of the
7 Chakras*

"Guided by scent, sound and attuned touches, the seven centers on the body that regulate our energies are gently brought into balance. On this journey you will experience profound states of let-go as you reconnect with each chakra energy, and you return with a renewed sense of harmony and aliveness.

In this treatment we use 7 uniquely luxurious blends designed using the finest natural and organic ingredients. Each oil is vibrationally attuned to one of the seven basic chakras and their corresponding colors, and each will nourish different aspects of our physical, emotional and mental well-being. Using these seven oils and introducing each chakra with simple keywords and with the delicious scents, this treatment is often received as a meditation and a journey within.

60 min | US 190.00

90min | US 285.00

SHIRODHARA

The Shirodhara is an Ayurvedic Therapy which begins with an Indian head massage also known as "Champi Massage" followed by a stream of warm oil pouring onto the "third eye", helping to clear your energy channel, slow the mind and bring inner peace and balance to your emotions. A warm herbal infused oil and herb mixture is massaged into the hair and scalp to nourish, strengthen and condition both scalp and hair follicles. Then relax into a soothing massage of neck, shoulder, hands and feet with special attention to the stress-relieving marma points of the face. Enjoy your rejuvenating mind and body experience!

60min | US 145.00

AYURVEDIC RITUALS

BINDI HERBAL BODY TREATMENT

This treatment is derived from the traditional Purva Karma rejuvenation therapies and uses herbal infused oils and a botanical body mask to exfoliate, cleanse, detoxify and nourish. The Herbal Body Rejuvenation combines the spa's six most popular treatments into one divine experience. It includes dry brushing, herbal exfoliation, Abhyangam massage, botanical body mask and hydrotherapy with hot towel wrap and a marma point face massage. Together these techniques improve circulation, strengthen the immune system, release energy blockages and transport you to a heightened sense of well-being. Your skin will glow with vitality.
90min | US 185.00

DOSHA BALANCING MASSAGE

This treatment aspires to create a balance of the elements and Chakras in body and spirit. Created to release congesting and restrictive toxins or 'amas' and to encourage freedom for the flow of natural energy through the body and mind. It begins with Garshana dry massage over the skin to remove dead skin cells and stimulate blood and lymphatic circulation followed by therapist bespoke Dosha specific Abhyangam massage as per the constitutional needs using warm Dosha specific Herbal Infused Body Oil. Marma points face massage & scalp massage completes the relaxing and balancing experience for all Dosha's.
90min | US 190.00

"ANPAGAL" FOUR HAND MASSAGE

ANPAGAL (Patois/Creole for TOGETHER) is based on the principles of an Abhyangam massage: Abhyangam is a brisk and vigorous head to toe full body massage performed by two therapists in synchronized harmony for the ultimate tension releasing, deeply relaxing and rebalancing massage to achieve mental and spiritual bliss. One of the many benefits of this treatment is the building of body awareness and the preservation of youthful qualities. Our therapists studied and practiced this treatment for several months prior to making it available for your enjoyment.
75min | US 265.00



"NIRVANA" ULTIMATE BLISS TREATMENT

Nirvana is a deluxe Ayurvedic package which combines the Bindi Herbal Body Treatment and The Shirodhara. These powerful purification and rejuvenation therapies combined create the ultimate experience that surpasses all, bringing balance to our weary mind, body and soul.
120min | US 260.00

AROUND THE WORLD TREATMENTS

(Subject to specialist availability)

FUSION MASSAGE

Let your journey to relaxation begin with a personalized massage that draws from a rich fusion of styles and techniques from around the world. Thoughtfully customized to suit your needs, this treatment will restore balance, rejuvenate your body and mind while soothing away your stress.

60 min | US 165.00

90 min | US 225.00

FOOT REFLEXOLOGY

Rooted in the Chinese Meridian Theory of energy pathways, this treatment gently stimulates acupressure points on the feet to encourage balance and harmony throughout the entire body. Ideal for restoring energy flow and promoting overall well-being.

60 min | US 125.00

THAI MASSAGE

Thai Massage is an ancient style treatment combining Hatha yoga, Chinese acupressure, Reflexology and Tok Sen. Designed to relieve tension in the muscle, this massage works to awaken and reinvigorate the body's natural energy flow, while releasing endorphins, relieves stress and improves circulation

90 min | US 190.00

SHIATSU

This massage focuses on specific pressure points and meridians, which are stimulated through tapping, rubbing, or by simply applying pressure using fingers, palms, or thumbs to restore healthy energy flow. In addition, the body is also manipulated through stretching and joint mobilization. The deep assisted stretches help release tension and improve the musculoskeletal system.

90 Minutes | US 195



VOYA TREATMENTS



Voya's story is one of innovation, integrity, and respect for the sea. Voya is the leading expert in harnessing the endless restorative and healing powers of their hand-harvested seaweed. Voya's products and treatments provide a completely natural, healing, nourishing and deeply moisturizing experience. Our unique voya treatments help prevent the signs of aging, decrease cellulite, improve circulation, and improve skin tone and elasticity.

ANTI-AGING RESTORATIVE FACIAL

This treatment is suitable for all skin types, particularly for those in search of anti- ageing results. The anti-ageing restorative facial is designed using VOYA's finest organic ingredients combined with anti-oxidant algae complexes and a restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. The result is instantly firmed and tightened skin with a natural and more radiant glow. 70 min | US 185.00

DELUXE FACIAL EXPERIENCE

The ultimate VOYA facial experience, this treatment allows guests to experience the best of both worlds. The treatment starts with a back massage to induce relaxation and gently melt away muscular pain. This facial contains a 20-minute massage to deeply hydrate the skin followed

by a dual action facial mask utilizing the exclusive re-mineralizing Mermaid's Purse face mask and laminaria leaves. This facial leaves the skin rejuvenated and hydrated, the appearance of deep-set wrinkles is reduced, and the skin's texture is left hydrated and plumped. This is the *crème de la crème* of all facial experiences. 90min US 220.00



Some spa treatments attract a 12.5% VAT which has been included in the pricing. A 10% service charge is added in all instances.

MARINE EYE TREATMENT

Using organic laminaria digitata eye compresses, this is a unique treatment for refreshing and rejuvenating tired eyes. The combining of both relaxing and decongesting lymphatic massage movements will banish puffiness, and dark shadows. It is rich in seaweed extract, green tea and vitamin C which will help reduce fine lines and decongest the eye area.

15 mins US 50.00

LAVENDER AND SEAWEED SUGAR GLOW

A wonderful fragrant mix of lavender oil, seaweed, and sugar, offering a double action: the sugar gently removing dead skin cells and the seaweed extracts and lavender essential oil inducing healing.

60 min | US 130.00

ORGANIC SEAWEED LEAF WRAP

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a bladderwrack body buff, this treatment detoxifies firms and softens the skin and is excellent in conjunction with a weight loss program. The whole body is then covered in laminaria seaweed leaves for instant results. Completed with an application massage of Softly Does It to nourish and soften.

90 min | US 250.00

WARM SPICED MUD WRAP

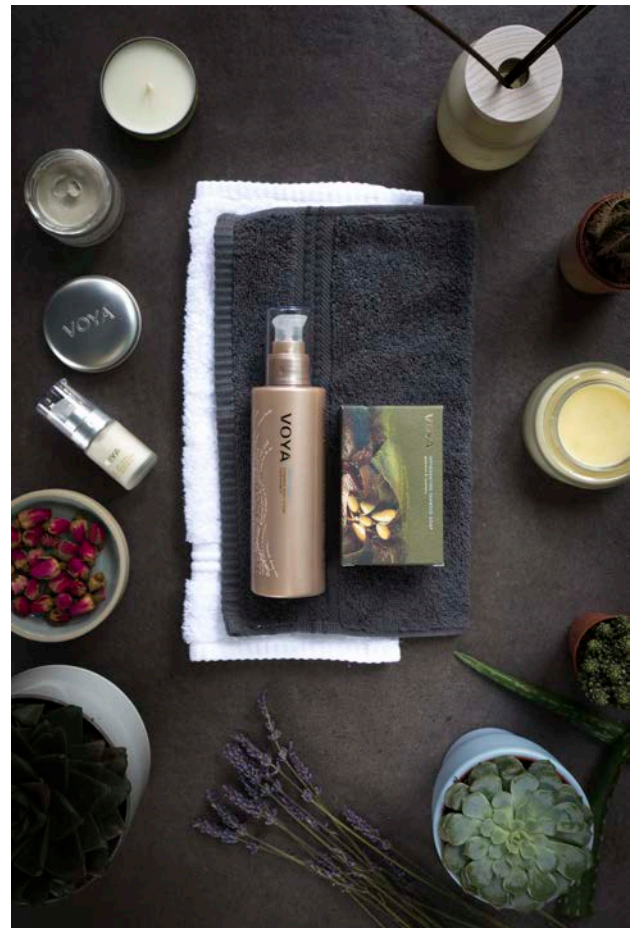
Infused with aromatic spices of ginger and orange to revive the senses, this warm spiced mud wrap with seaweed extracts are rich in potent antioxidants and minerals to detoxify and help skin tone, stimulating the metabolism and providing a natural anti-aging boost

70 min | US 175.00

THE ULTIMATE DELUXE EXPERIENCE

Unlike any other seaweed treatment, this truly amazing therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a Bladderwrack body buff and a tension melting body massage. Your whole body is then enveloped in Laminaria seaweed leaves for instant results firming and detoxing results. While you're cocooned, experience our Anti-Aging Restorative Facial. This facial is designed using VOYA's finest organic ingredients combined with antioxidant algae complexes and a restorative blend of aromatherapy oils to stimulate collagen production and reduce the appearance of fine lines and wrinkles. The result is firmed and tightened skin with a natural and more radiant glow. Combined with a foot massage along with scalp massage to make this the most relaxing 3-hours ever!

180 min | US 499.00



AROMATHERAPY ASSOCIATES

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. From the beginning we have believed passionately in the healing powers of natural plant extracts, and our experience as therapists has shown us that essential oils are highly effective in enhancing the state of our physical, mental and emotional wellbeing.

Since we began, we have brought our knowledge and skills to the world's finest hotel and destination spas with signature treatments and rituals to restore health and vitality. From sourcing ingredients and developing products, to blending oils and creating our unique, recognizable aromas, we maintain the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious.

THE ULTIMATE AROMATHERAPY EXPERIENCE

Surrender to a tranquil journey of renewal with our Serenity Essence Ritual. A deeply immersive wellness experience designed to restore harmony between body and mind. This indulgent ritual begins with a full-body exfoliation, followed by a therapeutic aromatherapy massage to release tension and dissolve away all of your stress. Your journey of relaxation continues with a nourishing body wrap to replenish your skin, while a radiance-boosting facial enhances your natural glow. Conclude your journey with a revitalizing stretch, leaving you feeling completely refreshed, balanced and renewed.

180 mins | US 395

Rates are subject to 10% service charge



AROMATHERAPY ASSOCIATES

AROMATHERAPY INDULGENCE

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we will carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy

circulation. This treatment works from your head to your toes, it will dissolve away all your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

It may be taken as a 60 minute or 90-minute massage ritual. In the longer treatment extra attention is given to facial massage. This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

60 min | US 150.00

90 min | US 195.00

Wellbeing Treatments

DE-STRESS MUSCLE RELEASE

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

60 min | US 155.00

90 min | US 200.00

ULTIMATE GLOW FACIAL

A revitalizing facial designed to support the skin's natural defenses and combat the pressure of a busy lifestyle. Built to combat tired and dull skin, this uplifting and energizing facial helps skin, mind and body recover. The face is cleansed and exfoliated using botanical actives and carefully crafted essential oils to rejuvenate tired skin to targeting skin and mind for immediate results. Tailored scalp, face and décolleté massage work to release areas of tension and stimulate circulation for the glowing complexion. A powerful combination of serum, oil and moisturizer provide maximum hydration, leaving your skin and mind revitalized.

60 min | US 150.00

90 min | US 195.00 (with back massage)

...With Back Massage

(90 min)

As above with added spinal pressure back, neck and shoulder massage to stimulate and improve lymphatic flow while calming the nervous system and balancing the body's energy flow. Leave the world at the door, close your eyes and let all your stress and tension dissolve away. The result is a smooth, radiant complexion and a relaxed state of mind.

CHOCOLATE RITUALS

CHOCOLATE CITRUS BODY SCRUB

Revitalize your skin with this decadent exfoliating experience that blends the antioxidant-rich properties of chocolate with the invigorating zest of Citrus. This Luxurious scrub gently buffs away dull skin, stimulates circulation, and awakens the senses. The treatment concludes with silky chocolate milk application to deeply moisturize and seal in hydration, leaving your skin soft, supple and delicately scented with rich cocoa bliss.

60 min | US 125.00

MOCHA MASSAGE

A chocolate lover's dream come true. Indulge in a soothing Swedish massage infused with warm, comforting aroma of mocha. This decadent treatment melts away tension, improves circulation and calms the mind-all while surrounding you with the rich, sweet scent of chocolate

60 min | US 130.00

90 min | US 180.00

CHOCOLATE FACIAL

Experience the sweetness of chocolate with this rejuvenating, antioxidant-rich facial designed to nourish and revive the skin. Enriched with skin-loving vitamins and a refreshing touch of mint, this treatment is both indulgent and effective. Begin

60 min | US 135.00

90 min (includes a 30-minute back massage) | US 180.00

CHOCOLATE-COVERED HANDS AND FEET

Treat your hands and feet to a decadent escape with this luxurious chocolate and mint ritual. Begin with an invigorating exfoliation to smooth and refresh, followed by a soothing massage to melt away tension. Your skin is then saturated in rich, velvety chocolate – a sensory delight packed with hydrating and nourishing benefits.

While your hands and feet soak in this indulgence, unwind further with a tantalizing neck and scalp massage that completes the pampering experience.

Emerge with hands and feet that feel soft, silky, and deeply moisturized – truly guilt-free luxury.

Chocolate Manicure – 60 min | US 80

Chocolate Pedicure – 75 min | US 100

CHOCOLATE DELIGHT

Revitalize and indulge with this decadent full -body experience, blending antioxidant-rich Soufriere cocoa with refreshing touch of Citrus. Begin with a luxurious chocolate -citrus scrub to gently buff away dull skin, stimulate circulation and awaken the senses. Then layers of velvety chocolate are applied to promote endorphin release and deep relaxation.

Wrapped in a warm cocoa cocoon, your skin is deeply hydrated, detoxified and rejuvenated. A final chocolate milk application locks in moisture, leaving you soft supple and delicately scented with rich cocoa bliss.

60 mins | US 155.00

SPA PACKAGES

TOP TO TOE

Pamper yourself from head to toe with a manicure, pedicure, facial and full body Swedish massage

4 hrs | US 370.00

BEAUTIFUL BRIDE

Start THE DAY with a facial, manicure and pedicure

2¼ hrs | US 300.00

SOOTHE YOUR NERVES - GROOM TO BE

Start THE DAY with a relaxing full body Swedish massage, manicure and pedicure

2¼ hrs | US 280.00

CUSTOM PACKAGE

Let our expert spa team tailor a personalized spa and beauty experience just for you. Whether you're seeking relaxation or glow-enhancing beauty treatments, we'll curate the perfect combination to suit your needs throughout your stay.



HANDS & FEET

Polish Change	US 35.00
French Polish Change	US 45.00
Nail Repair	US 15.00
Manicure	US 65.00
Pedicure by OPI	US 85.00
Add-on French Polish	US 15.00

GEL NAILS - Laquer that lasts

Polish only US 40.00

Removal of gel US 45.00

Gel Manicure US 85.00
(incl. removal where necessary)

Gel Pedicure US 110.00
(incl. removal where necessary)

DELUXE MANICURE

This luxurious manicure includes an exfoliating scrub and mask, relaxing hand and arms massage followed by a warm botanical paraffin wax to nourish the skin while soothing sore muscles and joints and give your hands a super smooth manicured finish.

60 min | US 100.00

DELUXE PEDICURE

The ultimate foot pampering includes lower leg and foot exfoliation, a warm foot mask and deep relaxing foot massage, followed by a warm botanical paraffin wax to completely soothe and moisturize your soles.

75 min | US 110.00

HAIR & SCALP RITUALS

HAIR BRAIDING WITH BEADS

1 Strand	US 6.00
Full head	US 98.00
Long Hair	US 130.00

HAIR STYLING

Shampoo & Blow Dry

Short	US 60.00
Medium	US 80.00
Long	US 95.00

Hair Trimming / Cutting

Child's Hair Cut	US 30.00
Men's Hair Cut	US 55.00
Female Hair Cut	US 90.00

OTHER TREATMENTS

DEPILATORY WAXING

Half Leg	US 60.00
Full Leg	US 95.00
Half Arm	US 60.00
Full Arm	US 75.00
Bikini	US 55.00
Brazilian	US 70.00
Underarm	US 45.00

Facial Waxing: Lips, chin,

brows each	US 35.00
Eyebrow Shaping	US 30.00

BRIDAL SALON PACKAGES

Hair Trial	US 95.00 & Up
Make Up Trial	US 95.00 & Up
Bridal Hair	US 100.00 & Up
Bridal Make up	US 100.00 & Up





KAI BELTÉ SPA
ANSE CHASTANET
ST. LUCIA

SPA FAQ

Hours of Operation

The Spa is open for treatments from 8:30am to 8:00pm seven days a week.

Should I make a reservation for my treatment?

Yes, to ensure your preferred times, therapist and services, we recommend advanced booking.

Can I request a male or female therapist?

You may request a male or female therapist; however, we cannot guarantee the availability of any therapist. All our licensed therapists are properly trained to ensure your comfort at all times.

What if I need to cancel my reservation?

A 50% cancellation charge will be applicable for any treatment not cancelled at least 12 hours prior to the spa appointment. No Show or Cancellations within 4 hours will incur a 100% cancellation charge.

When should I arrive?

You are encouraged to arrive 15 minutes prior to your appointment. Please be advised that if you arrive late, the appointment is shortened to allow the therapist to be on time for the next session.

Is there a minimum age requirement?

Yes, you must be 16 years or older to enjoy a spa treatment.

Do you have services for expecting mothers?

Yes. We have specially designed treatments for expectant women (post first trimester) and nursing mothers.

What if I have a health condition?

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your spa reservation.

What is spa etiquette appropriate?

To maintain serenity and privacy, the Spa is a mobile phone, pager, alcohol and smoke free zone. Towels, bath-robos and all shower amenities are provided.

Are the prices subject to tax?

All prices are quoted in US Dollars. Spa treatments attract 10% - 12.5% VAT. The amount of VAT varies depending on the type of treatment. All our spa menu prices are inclusive of the appropriate VAT. VAT is set by government and is subject to change without notice.

Is there an added gratuity?

All treatments are subject to a 10% service charge which is added to your bill. Gratuity for exemplary service is discretionary.

Resort Yoga Classes

The classes by our resident Yoga instructor are non-competitive and open to complete beginners as well as to those more advanced. More challenging variations can be offered to more experienced students. The instructor is also available for private Yoga sessions which are excellent if you have chronic physical pain or chronic mental stress and would like to learn some take-home techniques for relief. Private lessons are also great if you are a more focused Yoga student and would like to evolve your practice to a deeper level! Our Yoga instructor can also be available for transformational deep tissue massages and other treatments.

Monday - Sunday (Anse Chastanet)

8:30 a.m. – 9:30 a.m.

Beach Gazebo

5:00 p.m. – 6:00 p.m.

Beach Gazebo

Free Ayurvedic Wellness Consultation

Experience a personalized consultation to assess your body type (Dosha) and lifestyle. Receive expert-guided wellness recommendations, including dietary advice, herbal remedies, daily rituals, and customized exercise programs designed to restore balance enhance vitality, and promote overall well-being.



yoga

WITH NELSON CHAKO

Nelson Chacko – Traditional Indian Yogi | Ayurveda & Wellness Expert | Sound Healing Practitioner

Nelson Chacko is a Traditional Indian Yogi and seasoned wellness practitioner with over 15 years of experience guiding individuals through holistic physical, mental, and spiritual transformation. He holds a university degree in Yogic Science and Indigenous Health Care and is a 500-hour Yoga Alliance Certified Teacher trained in Ashtanga Vinyasa Yoga from Mysore, India. Nelson's yogic journey includes sacred experiences along the River Ganges and immersive training at traditional Ashrams, including the renowned Sivananda Ashram in Southern India. Deeply rooted in classical yogic disciplines, he brings a unique blend of authenticity, compassion, and precision to his teachings.

In addition to his yoga expertise, Nelson is a certified Sound Healing Practitioner, having completed training at the Academy of Sound Healing. He has also undergone professional training in Thai Massage, integrating assisted stretching with mindful breathwork. His extensive knowledge of Ayurveda further enriches his practice—offering traditional treatments as well as personalized wellness consultations based on ayurvedic doshas. Nelson is also trained in Reiki energy healing and the yogic purification techniques of Shatkarmas.

Known for his attention to breath, alignment, and intelligent sequencing, Nelson creates deeply immersive yoga and wellness sessions that are both grounding and transformative. His compassionate teaching style, rooted in ancient Indian wisdom, continues to inspire and uplift individuals across the globe.

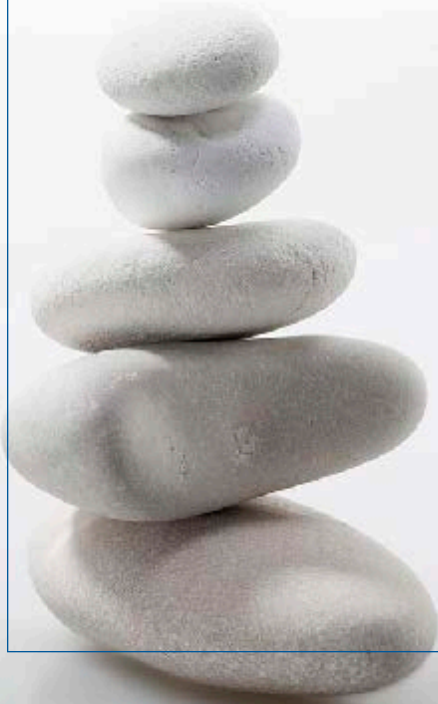


The following services can be booked with Nelson:

Chakra Balancing Massage with singing bowl - US 195 (70min)

Thai Massage - US 190 (90min)

Shiatsu US 195 (90 min)



A 12.5% VAT tax is included in pricing where applicable. All treatments are subject to 10% service charge.

YOGA SPECIALITY ACTIVITIES

The following yoga activities are available on request.

Sound Bath

Embark on a transcendent journey with our Sound Bath- a deeply meditative experience enveloped in therapeutic sound waves. This trans-formative session blends restorative power of sound frequencies with the grounding essence of guided meditation, offering an immersive escape from daily stress.

Allow the harmonious tones of Tibetan bowls, tuning forks, gongs and chimes to wash over you-dissolving tension, restoring balance and awakening a profound sense of inner calm.

60 mins • US 130

Balanced

For a balanced state of mind and body.

A specially designed Yoga session, in which 'Equal Emphasis' is given to Postures (Asanas), Breath (Pranayamas), Gestures of Energy Flow (Mudras) and Awareness of Mind (Meditation). The basic intention is to bring about a harmony in the Physical, Mental, Psychic and Spiritual aspects of the practitioner.

90 mins • Single US 140/Couple US 160

Detox Through Yoga

These are practices of purification given in Hatha Yoga to purify and prepare the body for more advanced form of Yoga practices. Shatkarma practices are excellent in alleviating disease and several chronic respiratory and digestive ailments. They also work on a psychological level to impart an inner feeling of lightness and well-being.

60 mins • Single US 120/Couple US 160

Meditation

Meditation refers to the state of mind where the body is consciously soothed and relaxed, while the mind is made calm and composed. Since ancient times, it is believed that meditation restores harmony, and rejuvenates and heals the mind, allowing it to release stress and fatigue. Meditation helps to remove the subtle mental barriers within ourselves and presents a better understanding of our personality, thought processes and our surroundings.

45 mins • Single US 100/Couple US 140

Flow-fit

Flow fit is a trans-formative wellness program that blends the art of yoga, the dynamic intensity of boot-camp-style exercises, and the restorative benefits of outdoor activities. Designed exclusively for beach resort guests, this program promotes holistic well-being while embracing the natural beauty of the surrounding environment.

A minimum of two participants is required to join each session.

60 mins • US 75

Pranayama mudras and bandhas

A Yoga technique to control our breathing that can result in an increase of the flow of energy within ourselves. While Mudras are best described as devotional and aesthetic gestures lined with emotions, Bandhas refer to a psychic action of locking prana (life force) in certain areas of the body. With Pranayama you learn to control the intake and outflow of breath which teaches a better understanding of how to connect body and mind.

60 mins • Single US 100/Couple US 120

Lymphatic Drainage Massage (detoxifying)

A detoxifying massage performed with a unique blend of oils. This massage helps to stimulate lymphatic system to improve metabolism, clear sluggish tissues of waste and toxins. It also reduces swelling, encourage a healthy immune system, providing deep relaxation and a sense of wellness.

60 mins • Single US 140

A 12.5% VAT tax is included in pricing where applicable. All treatments are subject to 10% service charge. The YOGA SPECIALITY ACTIVITIES have been designed for one or two persons participating. The per person price will be US 50 if more than 2 persons sign up for the activity. A maximum of 2 persons only is possible for the Detoxifying Through Yoga. All YOGA SPECIALITY ACTIVITIES require a consultation with the Yoga Instructor at the time of booking.

NELSON'S TRADITIONAL AYURVEDIC TREATMENTS

The following treatments are available on request.

Podi Kizhi (Herbal Powder Pouch Therapy)

Various Herbal Powders are mixed and enveloped in a muslin cloth creating a pouch. These pouches are then soaked in warmed herbal oils and used to massage the body. The combination of herbs, oils and massage can help relieve stiffness and inflammation in the joints and muscles, as well as remove toxins in superficial layers of skin. The digestive system is stimulated helping to improve metabolism and digestion, leaving you with an overall feeling of wellbeing.

90 mins - US 180

Ela Kizhi (Herbal Leaf Pouch Therapy)

Various herbs are combined with garlic, lemon and grated coconut within muslin cloth creating a cloth pouch. These pouches are heated in hot oil and used to perform a therapeutic massage. This massage targets areas of soreness and inflammation resulting from injury, arthritis, nervous conditions and/or degenerative diseases. Ela Kishi can help slow the progression of autoimmune and arthritic diseases.

90 mins - US 220

Kati Vasti for the Back

Dough prepared fresh for each treatment is arranged in a ring on the lower back to hold medicated oil. Warm oil is poured into the ring and left for the body to pull nutrients in. Helps in relieving lumbar pain, nourishing muscles and tissues of the area, increasing blood flow and decreasing inflammation. Kati Vasti can be especially beneficial for degenerative disorders of the spine and Sciatica. This treatment can also be performed over the knee to hydrate the joint and over the neck to help with cervical spine issues.

45 min - US 130

Masala scrub

This treatment uses a scrub made from exotic spices and herbs in an ayurvedic way which help to relieve sore muscles and improve blood circulation. You can also combine this scrub with a revitalising massage.

45 mins - US 100

120 mins - US 230 (scrub & massage)



yoga *Pilates & Holistic Wellness*

WITH CHAMU



Chamu is a dedicated Yogi, Pilates, Rehab, Corrective Exercise Specialist and Holistic Wellness Practitioner from India. She holds a Bachelor of Pharmacy and a Masters in Yogic Science and Naturopathy. As an International Yoga Alliance registered E-RYT 500 and RPYT 100 (Pre-natal Specialist) teacher trainer, she has over 17 years of extensive experience working across Yoga schools, fitness centers, wellness resorts, and corporate settings in India, Qatar, and St. Lucia.

Her journey began with over a decade at the renowned Dr. Asana Andiappan College of Yoga and Research Center in South India, where she served as a teacher trainer for Hatha Yoga and Naturopathy. She conducted Yoga Therapy sessions helping patients recover from various conditions such as postural issues, injuries, Sciatica, Diabetes, Hypertension, Migraines, Anxiety, Depression, Paralysis, hormonal and menstrual disorders, digestive and respiratory ailments and more.

Driven by a passion for continuous learning, she has expanded her expertise through courses in Pilates Mat and Reformer, Prehab and Rehabilitation, Posture Correction and Functional Training. Over the past five years, she has gained valuable experience in wellness resorts in Qatar and St. Lucia, providing care for clients

with orthopedic, post-surgical, neurological and sports-related injuries.

Chamu's approach is client-centered and results-oriented. She designs personalized wellness programs tailored to individual needs, fitness levels, and goals, ensuring clients are empowered to continue their wellness journey independently. Her holistic methods aim to promote healing, enhance well-being and foster long-term health.

Some of her Unique services include:

- Sports Massage
- Neuromuscular Release
- Shiatsu Massage
- Manual Lymphatic Drainage
- Muscle and Joint Pain Relief
- Spine Care Yogalates

BOOK A FREE WELLNESS CONSULTATION

Book a complimentary 15 min wellness consultation with Holistic Wellness practitioner.

For booking enquiries or to book your free Wellness Consultation with CHAMU – Contact Spa 6107/6137 or Guest Services 6152/5105

RELAX AND REJUVENATE WITH ALTERNATIVE HEALING THERAPY

SPORTS

To relieve severe tension in the muscle and connective tissues to help recovery and injury prevention. It involves techniques such as deep tissue manipulation, stretching and targeted muscle to enhance flexibility, circulation and faster recovery.

60 min US 150/90 min US 210

NEUROMUSCULAR RELEASE (NMR)

A specialized massage technique that focuses on relieving muscle pain and tightness by targeting the nervous system and muscle tissues. It involves applying precise pressure and stretching to trigger points to relax hyperirritable muscles, improve circulation, and restore normal function. This technique is often used to treat chronic pain, muscular imbalances, and injury recovery.

60 min US 150/90 min US 210

MYOFASCIAL RELEASE (MFR)

The therapy that targets the fascia, the connective tissue surrounding muscles and organs. MFR helps release restrictions, improve mobility, and alleviate pain caused by fascial tightness or adhesion.

60 min US 150/90 min US 195

MUSCLE AND JOINT PAIN RELIEF

Treat the underlying cause of pain with corrective exercise therapy and fix postural and alignment issues.

60 min US 150/90 min US 195

MANUAL LYMPHATIC DRAINAGE (MLD)

A specialized massage technique that stimulates the lymphatic system to enhance the body's natural detoxification and immune response. It helps reduce swelling, improve circulation, and promote overall relaxation and wellness.

60 min US 160/90 min US 195/120 min US 230

CRANIOSACRAL THERAPY (CST)

Gentle hands-on technique that uses a light touch to examine membranes and movement of fluids in and around the central nervous system. Relieving tension in the CNS promotes a feeling of wellbeing by eliminating pain and boosting health and immunity

60 min US 150

POSTURE CORRECTION AND ALIGNMENT

A special program for posture correction and alignment with functional training with corrective exercise therapy.

60 min US 150/90 min US 195

HIP AND HAMSTRING STRETCH

Help to ease discomfort in hip and hamstring to enhance enhance flexibility.

60 min US 150

PAIN MANAGEMENT AND INJURY PREVENTION

REHABILITATION/PREHABILITATION

Rehabilitation strengthens the muscles associated with injury by addressing pain, improved function, increased range of motion, proper alignment, and stability of muscles. Injury prevention and recovering injured areas through activation of muscles to fix your low back pain, rounded shoulders, tight hips and hamstring, knee pain and neck pain.

60 min US 150/90 min US 195

PILATES REFORMER

Reformer class works on balance, alignment, core strength and muscle tone with adjustment to suit individual strength and flexibility; focusing mainly to decrease pain and disability by increasing the range of motion against resistance.

60 min US 150/90 min US 195

YOGA & PILATES SPECIAL ACTIVITIES

PERSONAL TRAINING

A tailored workout program to help you achieve your specific health and fitness goals to improve strength, endurance, flexibility and overall well-being.

60 min US 150/90 min US 195

CHAKRA BALANCING

Chakra balancing is a holistic practice that aims to restore harmony and energy flow within the body's seven main chakras, or energy centers. Through techniques such as meditation, energy healing, or sound therapy, it seeks to promote physical, emotional, and spiritual well-being by clearing blockages and aligning the chakras.

(60 min US 150/90 min US 195)

SPINE CARE YOGALATES

A special program for spine care with combination of Yoga and Pilates for flexibility and strengthening of spine for injury and injury prevention.

60 min US 150/90 min US 180

YOGA FOR BEGINNER, INTERMEDIATE AND ADVANCED LEVEL

60 min US 130 single/150 couples.

PRE/POST-NATAL YOGA

60 min US 140

BREATH WORK AND PRANAYAMA

60 min USD 120

MEDITATION

60 min USD 120

PILATES MAT: Core Strengthening

60 min US 130

Spa Mud Bath Tour

*“Let St. Lucia’s Mineral Rich Mud Heal You”
Located at Sulphur Springs ‘drive through’ volcano*



Upon arrival bathe in a soothing mud bath as our attendant will apply the rich sulphur mud evenly over your entire body. The Mud is then left to dry offering its beneficial properties. Once the mud has dried and all nutrients absorbed our attendant will aid in removing mud with a Fresh Water Shower. (Water and Juice will be provided to ensure hydration).

***For Best Results Book a Massage subsequently (in Spa) to complete this beautiful body ritual.**

Available Time: 8:30am to 10:30am Daily

Cost: US 120 per person plus 10% service charge and 10% VAT



Please be advised:

- (individual guests will be charged a supplement price for two)
- Wear a black or dark swimsuit or something not too precious.
- Changing rooms are available and guests are asked to be considerate in not wearing overly wet clothing in the taxi.
- This private tour with spa attendant is available for a maximum of four persons

BENEFITS

- Improves texture and tone
- Aids in relieving aching
- Muscles and arthritic pains



KAI BELTÉ SPA
ANSE CHASTANET
ST. LUCIA