



Palm Sands Club
S P A

Time. An element illusive to most, yet gained by indulging in these exclusive Spa alternatives. Both offer ultimate serenity from the reservation process to the end result, and highlights unique components of the offers available from our alluring range of menu services.

OFF THE REEF

minimum 3 hours

Our Two Private Ocean Spa Suites, Lapis and Sapphire allows you complete privacy to enjoy the ultimate in spa experiences.

These luxurious suites feature glass floors for views of stunning reef fish and sea life, double treatment rooms, changing areas and private bathrooms, relaxation terraces and swim up jetty. Perfect for sharing indulgent away time with a friend, loved one or simply to be by yourself.

True havens of tranquility for a minimum of three hours coupled with a service of refreshments and light bites delicately prepared by our Chef.

The Spa team will assist you in personalizing your experiences.

INFINITE SPA

6 / 12 / 18 hours

The perfect gift for a special someone and the perfect way to reserve treatments for yourself .

Reserve spa time in blocks of 6 hours, pay one price and enjoy any of our menu services in one day or over the duration of your stay. With no limits to your treatment selections, this flexible stress-free alternative is the ideal way to Spa.

Our expert therapists will ensure the most suitable treatments are selected and personalised for you.

Spa Suites



The Sands Club
SPA

Inspired by the natural, aromatic and highly results-focused ingredients, we have created signature journeys that evoke a true feeling of the enchanting space that we so fortunately occupy. Each begins with a sensory foot ritual and culminates with your preferred relaxation experience.

SLEEP COUTURE (for two or just for you) *85 minutes*

Deep, uninterrupted sleep repairs body and restores mind like little else, and our soothing bath and body oils, used in this ritual, are a divine aromatic blend of 100% natural essential oils of deeply calming Sandalwood, Frankincense and Rose Geranium. All you need for a deep, restful night's sleep, naturally.

Continue this journey in your Club suite with a Spa-prepared bath of soothing essential oils, in low warm lighting, naturally scented candles and a special tea infusion to help you drift to a space of pure tranquility.

Includes: Body brush, body exfoliation, eye treatment, scalp massage, reflex foot massage

TICKLED PINK *110 minutes*

Ideal for those suffering with stress related tension from business pressure, travel and a fast-paced lifestyle.

Tickled Pink is a perfectly balanced combination of a deep full body skin cleanse that aids in healthy blood circulation, a therapeutic head treatment and a conditioning body massage.

Includes: Body Brushing & exfoliating body polish, pink mud and scalp massage, full body massage with warm aromatherapy oil.

AFTER THE 18TH *85 minutes*

After a hard day on the greens, this treatment soothes aching muscles and targets the back, neck, legs and feet. A golfer's delight!

Soak and exfoliate tired feet then enjoy a pressure point foot and leg massage before having your back deeply cleansed and rhythmically stretched. Finish with a targeted deep tissue back massage using specialised techniques that concentrate on specific areas of concern, and alleviating common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

Includes: Foot soak and exfoliation, foot and leg massage, essential back cleanse with warm compress, deep tissue back massage incorporating warm poultice.

Signatures



Rose Sands Club
SPA

Our facials begin with a detailed consultation and in-depth skin analysis using technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you; they all include cleansing, exfoliation and a treatment specific massage and mask. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

LIFESTAGE

55 minutes

A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line.

Incorporating special age-defying massage techniques and the technologically advanced LIFESTYLE product range, this luxurious and effective facial helps to firm sagging skin, stimulate elasticity and smooth lines and wrinkles. Whilst promoting radiance, this effective facial evens out skin tone, reduces the appearance of age spots, pigmentation, large pores and redness, leaving the skin deeply hydrated with immediate results.

RADIANCE

85 minutes

This powerful and highly effective natural facial dramatically smoothes, softens and evens skin tone. A special application of ESPA Skin Radiance Moisturiser, rich in natural Alpha and Beta Hydroxy Acids from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

A deep cleanse prepares the skin for an application of Skin Radiance mask, followed by a facial massage and an application of the ESPA professional Lifting and Smoothing mask to leave skin plumped, toned and luminous.

CUSTOMIZED

55 minutes

This expert facial is specifically tailored to you, and will include deep cleansing, exfoliation and a treatment specific massage and mask.

Finally, ESPA skincare products including an intensive booster serum are chosen to suit your individual needs, and are designed to achieve maximum results.

GENTLEMAN

55 minutes

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male residents to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Why not complement your treatment with:

REGENERATING EYE TREATMENT

25 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. This effective firming and hydrating treatment works to reduce the appearance of fine lines, and relieves tension caused from eye strain computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

This is also very effective as a single therapy.

Face



Pink Sands Club
SPA

We offer a wide range of solution led body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits for your needs.

MASSAGE TREATS

55 / 85 minutes

Relying wholeheartedly on 100% natural ingredients and the wisdom of those before us, we combine products that are pure and ethically produced with a wide range of ancient international massage techniques to pamper and restore balance to both body and mind.

Aromatherapy

The ultimate in pampering bliss, this relaxing massage utilizes the power of ESPA's all natural essential oils to address a wide variety of concerns.

Balinese

A deeply relaxing massage that utilizes acupressure, stretching, muscle rolling and cupping, allowing you to experience several styles in one treatment.

Experience decadence with the Four-Handed alternative as two therapists work in perfect synchronicity and understand why those who've had four, have two no more.

Thai

A series of assisted stretches and targeted pressure point techniques influenced by traditional Eastern medicine, Thai massage revitalizes both body and mind and relieves muscular tension and encourages flexibility.

Swedish

Your therapist expertly employs long, light to medium-pressured strokes to relax and alleviate muscular tension; effectively increasing circulation, removing metabolic waste while encouraging a feeling of connectedness.

Deep Tissue

Using a variety of muscle release techniques, the therapist works within your pleasure/pain threshold to release and relax chronic tension.

Reflexology

By manipulating reflex points in the feet that connects to the body's main organs, this gentle therapy restores energy flow while stimulating a natural healthy balance.

PETIT SHOTS

25 minutes

Shorter yet highly effective, these therapies are great additions to other services or perfect individual treats for you.

Pinks Sands Touch

This rhythmic back massage immediately addresses concerns relating to discomfort in this area.

Energizing Chair Massage

A non-oil therapy that effectively relieve stress and tension often carried in the back, shoulder, neck and head.

Indian Head Massage

A purposeful head massage that stimulates the lymphatic system and eliminates toxins which often causes migranes and cronic stiffness.

PRE & POST NATAL

85 minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.

Gentle back exfoliation, if desired, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise. A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: Back exfoliation, full body and scalp massage – this treatment is tailored to your specific needs.

MATERNAL CARE

55 minutes

A relaxing full body massage designed to help improve skin elasticity, reduce fatigue and targets areas prone to tension during pregnancy.

Body

JADE ESSENCE

110 minutes

A deeply healing treatment that delivers triple results targeting the back, face and scalp. Hot and cold jade stones help to unwind tense muscles in the back, while your bespoke facial and scalp massage, encourages deep relaxation.

Includes: Back exfoliation, alternating hot & cold jade stone back massage, customized facial, scalp massage.

DEEP BLUE

110 minutes

A blissful blend of body wrap and massage incorporates aromatherapy oils that restores equilibrium, peace of mind and bring deep relaxation to body and spirit.

After a full body sea salt exfoliation, a Marine Mud wrap is applied and the scalp gently massaged while you are warmly enveloped. After a refreshing shower, a full body massage with Soothing Oil is performed, resulting in deep mind and body relaxation.

Includes: Salt scrub, marine mud wrap, scalp massage, body massage with aromatherapy oil.

CONTOUR & FIRM BODY

110 minutes

A specialised body treatment that combines a detoxifying wrap and advanced body massage to tone and firm the skin.

Circulation is stimulated through body exfoliation using warm and iced mitts, after which a body wrap is applied to address problem areas prone to cellulite, fluid retention and uneven skin texture. This blissful therapy culminates with a lymphatic drainage and deep detoxifying massage, to help the body eliminate toxins.

Includes: Exfoliation with iced and warm mitts, detox wrap, lymphatic drainage & deep detoxifying massage, scalp massage

DETOX RITUAL

110 minutes

This treatment combines a body wrap and massage using specific oils to help improve circulation, speeding up the elimination of toxins and excess fluid.

Following body exfoliation, an Algae wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with Detoxifying Oil is done. This is the ideal treatment to help cleanse the body and improve the appearance of the skin.

Includes: Body brushing and exfoliation, Algae wrap, scalp massage, body massage with Detoxifying Oil.

MARINE POLISH

25 minutes

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an any Massage. For a lighter application, Body Polish is applied instead of Salt & Oil Scrub.

Includes: Body brushing, full body exfoliation, refreshing shower, moisturizer application.

Body



Rose Sands Club
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Focus on the deeper imperative while encouraging joint and muscle flexibility, body toning and mental clarity to achieve a true sense of completeness.

YOGA

55 minutes

Yoga helps to regulate breathing through a series of postures and stretches, intended to sustain healthy bodily functions and induce emotional calmness.

In order to develop a deeper understanding of how your body engages in each posture, the instructor will apply gentle pressure to specific areas, enhancing the body's ability to connect.

PRANAYAMA

25 minutes

These sessions focus on the extension and control of the breath, enhancing your life force and providing you with an enhanced sense of vitality.

MEDITATION

25 minutes

A guided process using techniques that equip you with the ability to relax and rejuvenate the entire body-mind system, establishing harmony at the physical, mental and spiritual level.

Mind



Pink Sands Club
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A unique way to be pampered with more treats in less time, these treatments are designed for men. All are 45 minutes long, performed by two therapists and begin with a perfectly synchronized hand and foot ritual.

UP-KEEP

45 minutes

Includes: Mini mani / pedi, Speedy Facial, Eye Brow tidy

TIP TO TOE

45 minutes

Includes: Back Brush, Back Cleanse & Moisturizing Massage, Hand and Foot Massage

PAMPER

45 minutes

Includes: Indian Head Massage, Foot & Leg Massage, Nail Tidy

COCKTAIL

45 minutes

A mix of any 3 of the above.

Why not reserve 60 minutes and add one of the following:

Full Body Brush and Scrub

Conditioning Hand and Foot Treatment

Mini Moisturizing Facial /Deep Conditioning Foot Treatment

Reflexology/ Pink Mud Head Treat

Back, Neck And Shoulder Massage

Gentlemen's Revitalisers



The Hands Club
S P A

HANDS & FEET

ADVANCED MANICURE

55 minutes

This indulgent treatment provides long lasting results using the latest technology for meticulous cuticle work, and deeply nourishing products to repair, replenish and condition your nails.

Includes: Soak, cut and file, exfoliate, cuticle work, copper stone massage, personalised mask, polish or buff.

ESSENTIAL MANICURE

45 minutes

Maintain amazing results and keep nails in good condition with this treatment.

Includes: Soak, cut and file, cuticle work, application of hand cream, polish or buff.

FILE & POLISH

25 minutes

Simple and essential maintenance for hands or feet.

Includes: Nail file and shape, moisturiser, polish or buff.

ADVANCED PEDICURE

75 minutes

An intensive treatment using technically advanced hard skin removal techniques, combining with deeply nourishing products to repair, replenish and condition your nails depending on your individual needs.

Includes: Soak, nail file and shape, exfoliate, cuticle work, copper stone massage, personalised mask, polish or buff.

ESSENTIAL PEDICURE

55 minutes

Maintain amazing results and keep nails in good condition with this nourishing treatment.

Includes: Soak, nail file and shape, exfoliate, cuticle work, application of body cream, polish or buff.

Why not complement your manicure or pedicure with:

REFLEX ZONE FOOT MASSAGE

15 minutes

NECK & SHOULDER MASSAGE

15 minutes

FRENCH POLISH

15 minutes

WAXING

25 to 110 minutes

Our waxing treatments use premium hot Lycon wax. Suitable for sensitive skin, it will remove even the most stubborn of hair.

THREADING

25 minutes

By request.

Finishing

OPENING HOURS

Seven days a week from 10.00am, 8pm

SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our reservations team who will be able to guide you to the ideal choice. To ensure your preferred time and service is available we strongly recommend advanced bookings.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation with your therapist. We recommend you arrive up to 30 minutes before your treatment so that you can change, relax and enjoy the spa experience. Treatments for late arrivals will conclude at the scheduled time.

Pink Sands Club Spa offers luxurious towels, robes and slippers and other amenities required for use during your spa visit.

CONVENIENCES AND ACCESS

Each of our Spa suites have private showers, changing rooms and relaxation terraces.

Residents who have reserved a treatment of 1 hour or less will be escorted directly to and from their treatment suite.

CHILDREN'S POLICY

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the entire duration with the exception of manicures and pedicures taken in the Finishing Suite.

Please contact the reservations team for details on treatments available for our young residents.

GIFT VOUCHERS

An ideal gift for someone special! Please ask our Spa or Resident Services team for details.

CANCELLATION POLICY

We ask that all cancellations or rescheduling be made with the Spa by 8pm the day before the service is reserved. All same day adjustments and no-shows will be charged at the full cost.

SPA DECORUM

Our spa environment is one of relaxation and tranquillity. Please respect all spa users' rights to privacy and serenity by helping us maintain a mobile, camera and smoke free zone.

HEALTH CONDITIONS

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

PREGNANCY

We have specially designed treatments for expectant women in their second and third trimester, as well as nursing mothers. Please allow our spa team to guide you in selecting the treatments best suited to you during this special time.

AFTER SPA

Continue your spa experiences and skin regimes beyond Pink Sands Club Spa, as most products used in our treatments are available in the Spa Boutique.

VALUABLES

Pink Sands Club Spa accepts no responsibility for loss of valuables and jewellery at any time during your visit to the Spa.

PRICES

All prices are quoted in USD and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

Spa Etiquette