

Garden Club

Spa Treatments

Body Treatments

Signature Deep Tissue Massage

A powerful massage designed to alleviate deep-seated tension and muscular stress. This treatment uses firm to deep pressure including acupressure and deep movements using the therapists' forearms and elbows.

55 min / 85 min \$175 / \$225 USD

Lymphatic Drainage Massage

This therapeutic ritual uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body, this treatment is done face up only. The lymphatic system is part of our body's immune system and helps fight infection. Lymphatic systems help to transport nutrients and oxygen to cells, collecting toxins on the way and flushing them out through the lymph nodes. The treatment may have additional benefits including reducing bloating.

55 min \$150 USD

Aromatherapy Massage

This massage synchronously benefits the body and the emotions. During an aromatherapy massage treatment, the therapist applies gentle Swedish massage techniques to the soft tissue of the client's body while the calming scent of essential oils diffuses into the air to intensify their journey to relaxation.

55 min / 85min \$165 / \$215 USD

Thai Massage & Stretch

Renowned for improving vitality and releasing energy blocks, this traditional Thai massage incorporates passive, yoga-like stretches while stimulating energy points using pressure, promoting profound relaxation.

85 min / 115 min \$225 / \$275 USD

Reflexology

Rooted in ancient Chinese medicine, the art of reflexology brings together gentle massage techniques targeting the foot's acupressure points, which according to Eastern medicine are linked to various bodily organs.

25 min / 55 min \$88 / \$165 USD

Healing Stones

Infused with aromatic essential oils, the warmth of the natural volcanic stones will completely relax your muscles allowing stress to melt away, leaving you feeling calm, relaxed and balanced.

55 min / 85 min \$175 / \$225 USD

Triple Exfoliating Body Massage - by Tata Harper

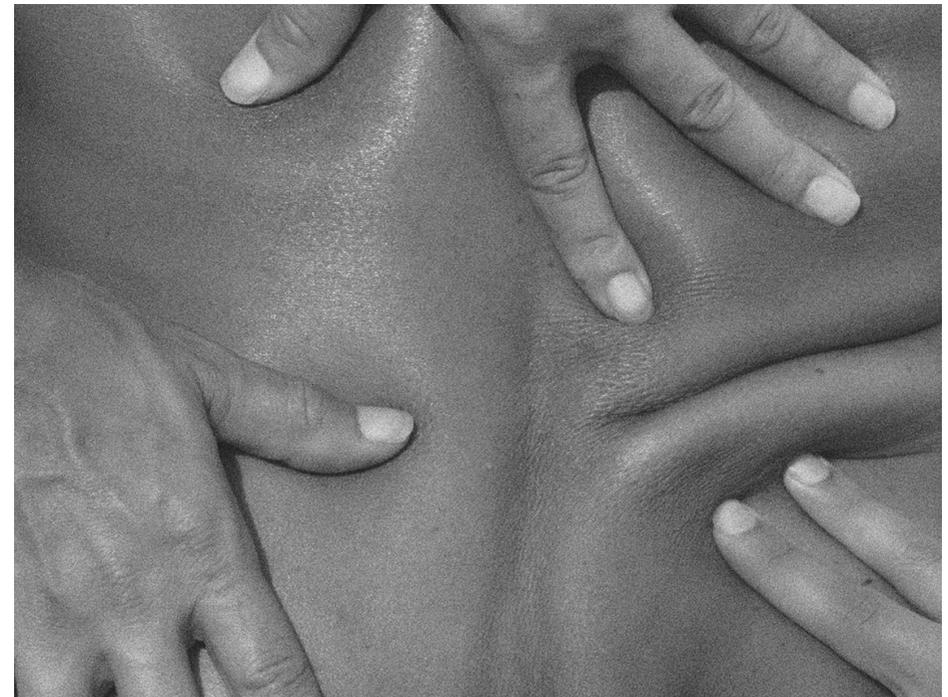
A triple exfoliating massage effectively removes dead skin cells and promotes cellular turnover while a botanical detox blend activates micro-circulation to support healthy looking skin.

55 min \$165 USD

Organic Body Massage - by Tata Harper

Using a customized blend of herbs and botanicals straight from Tata's Vermont farm, this whole-body massage focuses on problematic areas for the ultimate stress relief.

55 min / 85 min \$185 / \$225 USD





Express Treatments / Add ons

Signature Body Polish

Polish your skin with our signature body scrub therapy. Dry brushing and body scrubbing techniques are used in tandem to exfoliate and improve the skin while detoxifying the body and increasing circulation. The scrub is completed with an application of antioxidant moisturizer.

45 min \$95 USD

Neck & Shoulder Massage

Designed to soothe muscle discomfort, this therapeutic, deep-tissue massage focuses on stretching the back, neck and shoulders to prevent or remedy the accumulation of stress.

30 min \$95 USD

Natural Head Massage

This healing massage is focused on releasing the stress that accumulates in the tissues, muscles and joints of the head, face, neck and shoulders. This wonderfully pampering treatment will ease tension on the scalp, neck and shoulders and rebalance the mind and body.

30 min \$95 USD

Leg Therapy

A revitalizing treatment for tired feet and heavy legs. Provides a cooling and soothing experience to help reduce puffiness and soothe aches and pains.

30 min \$95 USD

Facials

The Garden Facial

This fully customizable treatment uses a thorough complexion analysis to determine the needs of the skin. A custom regimen paired with individualized techniques leaves skin balanced and glowing.

55 min / 85 min \$240/ \$280 USD

Tata Harper Facials

A pioneer in natural luxury skincare.

The Hydration Facial

A deeply hydrating regimen uses the plumping power of hyaluronic acid to heal dry, irritated skin. An oxygenic face massage and warm honey mask leave your skin plumped and nourished.

55 min \$225 USD

The Detox Facial

This restorative treatment uses the detoxifying power of purple clay and papaya enzymes to deep clean the skin. A pollution-fighting regimen helps repair damaged skin cells and combat congestion while protecting the skin from environmental and lifestyle stress.

55 min \$225 USD

Sculpting Facial

This ritual is focused on reinforcing the skin's natural defense system through cupping massage. A full regimen paired with manual and cupping massage offers dramatically lifted skin with long-lasting hydration.

85 min \$300 USD

Mens Skin Solution

This treatment targets concerns specific to men's skin. A regimen focused on reducing congestion and shaving irritation to leave skin refined and nourished.

55 min \$210 USD

iS Clinical Facials

Active ingredients, clinically proven formulations.

Deep Cleansing Purity Ritual

Featuring a triple resurfacing system of botanical pharma grade formulations this deep cleansing facial is designed to remove dead skin, encourage cellular renewal and deep cleanse the skin whilst providing essential nutrients and hydration to reveal a brighter and renewed skin surface.

Cleansing | Clarifying | Rejuvenating

55 min \$250 USD

Foaming Enzyme Optimising Treatment

Designed to revive tired and congested skin, this result driven treatment facial features a powerful Foaming Enzyme Masque system, combining papaya & pineapple enzymes with a potent clinical level grade of glycolic acid. This professional treatment produces a luxurious foaming activity while the bio active ingredients exfoliate and deep cleanse the pores to reveal a polished radiant complexion. A combination of the highest-grade pharmaceutical strength complexes and serums are incorporated to reveal brighter, re-energized, tighter and radiant skin.

Facial Soothing | Nourishing | Hydrating

55 min \$250 USD

Luxe Fire & Ice Resurfacing Treatment with LED

Pioneered in Beverly Hills and coveted by A listers globally, this intensive treatment is clinically formulated with the purest pharmaceutical grade ingredients and designed to rapidly and safely resurface the skin, reduce fine lines, address problematic skin and encourage cellular renewal. Complemented by a unique combination of cosmeceutical serums & cremes to guarantee one of the most effective results driven zero downtime facials your clients will ever experience. The treatment is finished with Deesse Pro which stimulates natural cellular responses. These responses lead to skin rejuvenation and improvement of common problematic skin conditions.

Results Driven | Anti Ageing | Hydrating

85 min \$325 USD

Mother & Baby

Garden Club offers a range of therapies and rituals to prepare, nurture and support the deepest human connection between mother and baby. These treatments encompass physical and emotional practices that can heal and adapt the mind and body for the most important pre and post-partum journey.*

Baby Moon Massage

This treatment is designed specifically for the second and third trimesters of pregnancy. A full body massage using gentle unscented oils, this treatment targets back aches, tension and heavy legs. This warm oil massage provides a peaceful and gently uplifting experience.

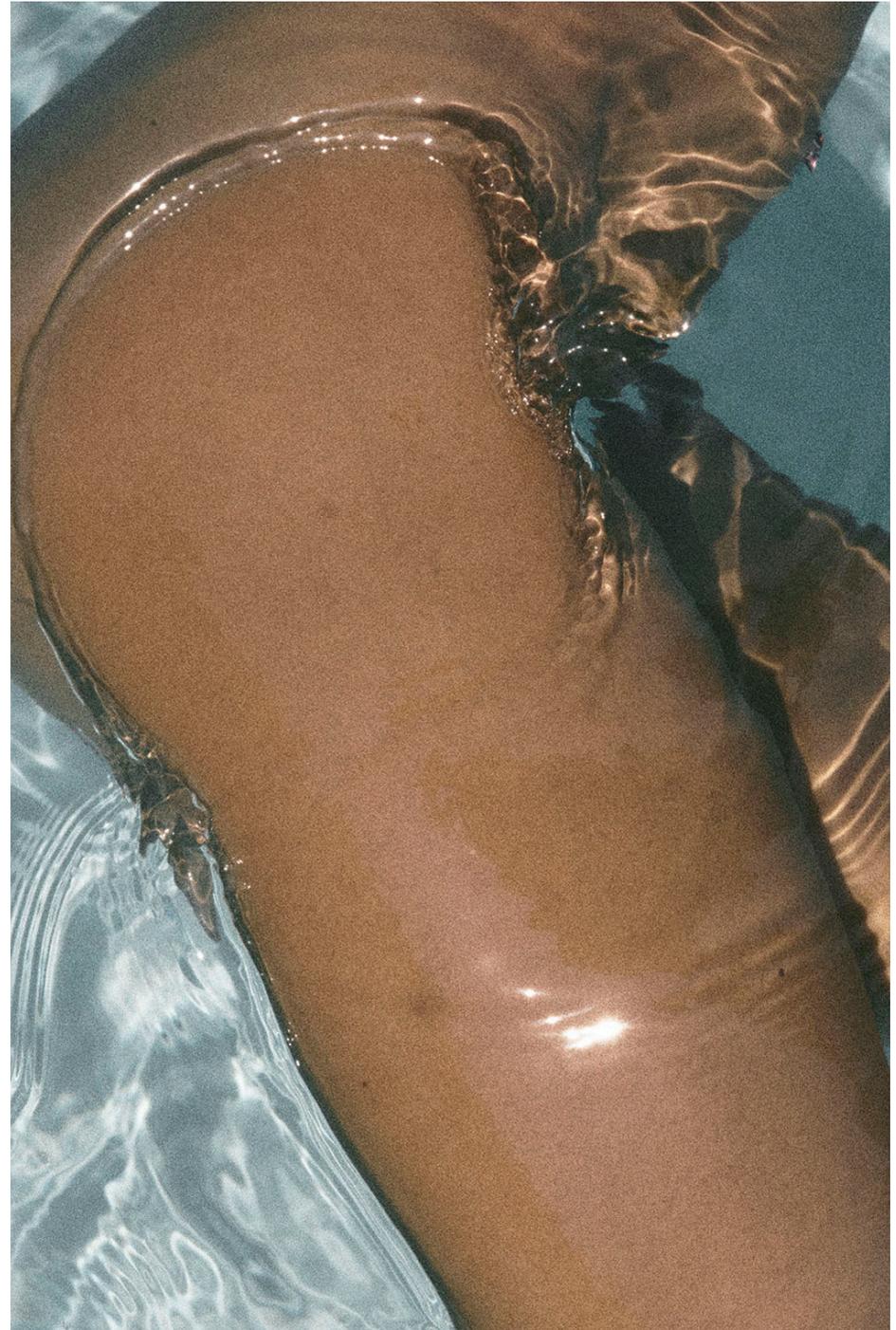
55 min \$175 USD

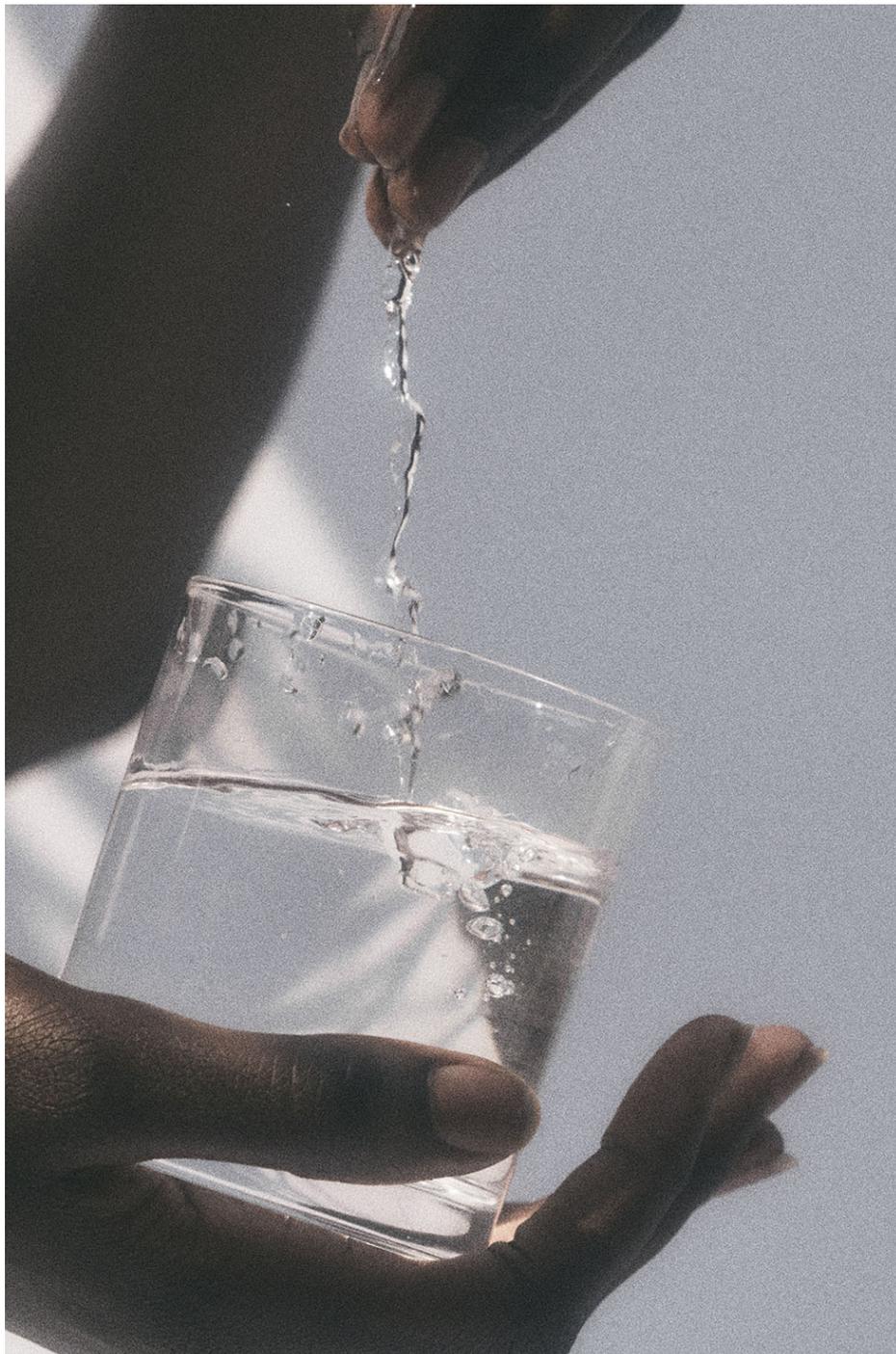
Post-natal Massage

This massage is crafted to your postpartum needs whether you need to tone and firm your skin, need to stimulate weight loss, or simply relax and restore energy. This is an ideal treatment to deeply nourish, hydrate and balance your body. A range of treatment options especially selected for that delicate period after childbirth, to provide comfort, relieve stress and indulge the senses.

85 min \$225 USD

* Mother and baby massages are not available during the first trimester.





Hands & Feet

Manicure Spa Experience

The hands are soaked in an essential oil base after which we file, cut and work around the cuticle. When necessary nails are then buffed and polished followed by a hand exfoliation and massaged with our active ingredients which leaves the hands well nourished before they are treated with a choice of mineral masks.

55 min Nail Polish / Gel \$65 / \$75 USD

Pedicure Spa Experience

Begin with a relaxing foot bath that will help melt away stress and tension. Choose from a variety of different healing soaks. We will remove hard skin, push and cut cuticles, re-shape the nails and exfoliate the feet for optimum results and be followed by a relaxing foot massage.

55 min Nail Polish / Gel \$75 / \$85 USD

Gentlemen's Manicure

A maintenance manicure for men on the move. Your nails are cut and filed, cuticles are soaked and a skin balancing hand scrub is used to remove dry skin. Followed by a hand massage, we finish with a buff to shine, leaving your nails clean with a neat finish.

55 min \$55 USD

Gentlemen's Pedicure

All the benefits of a signature pedicure but geared towards men. The gentlemen's pedicure includes nail shaping, callous and cuticle treatment, foot and leg exfoliation and massage.

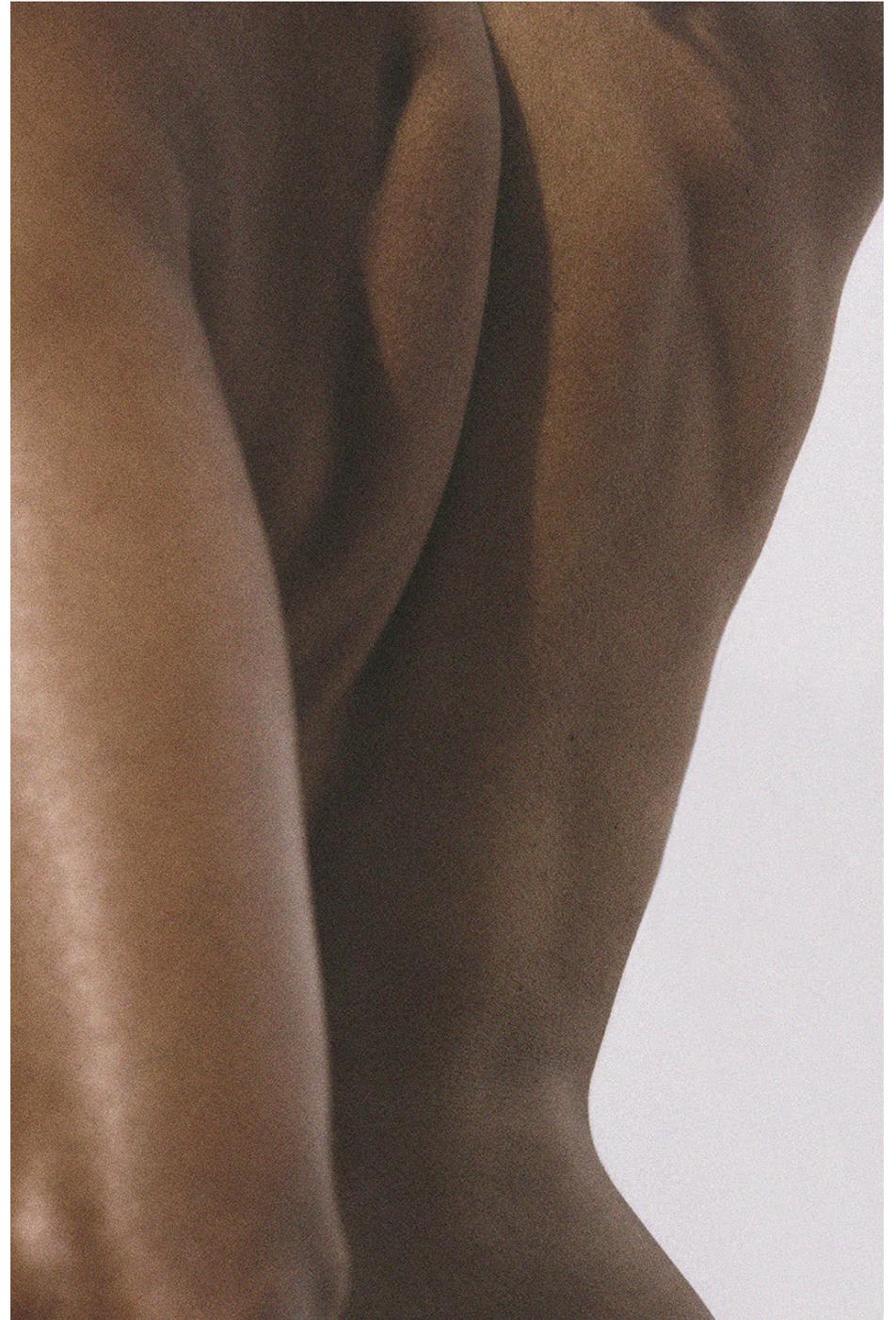
55 min \$65 USD

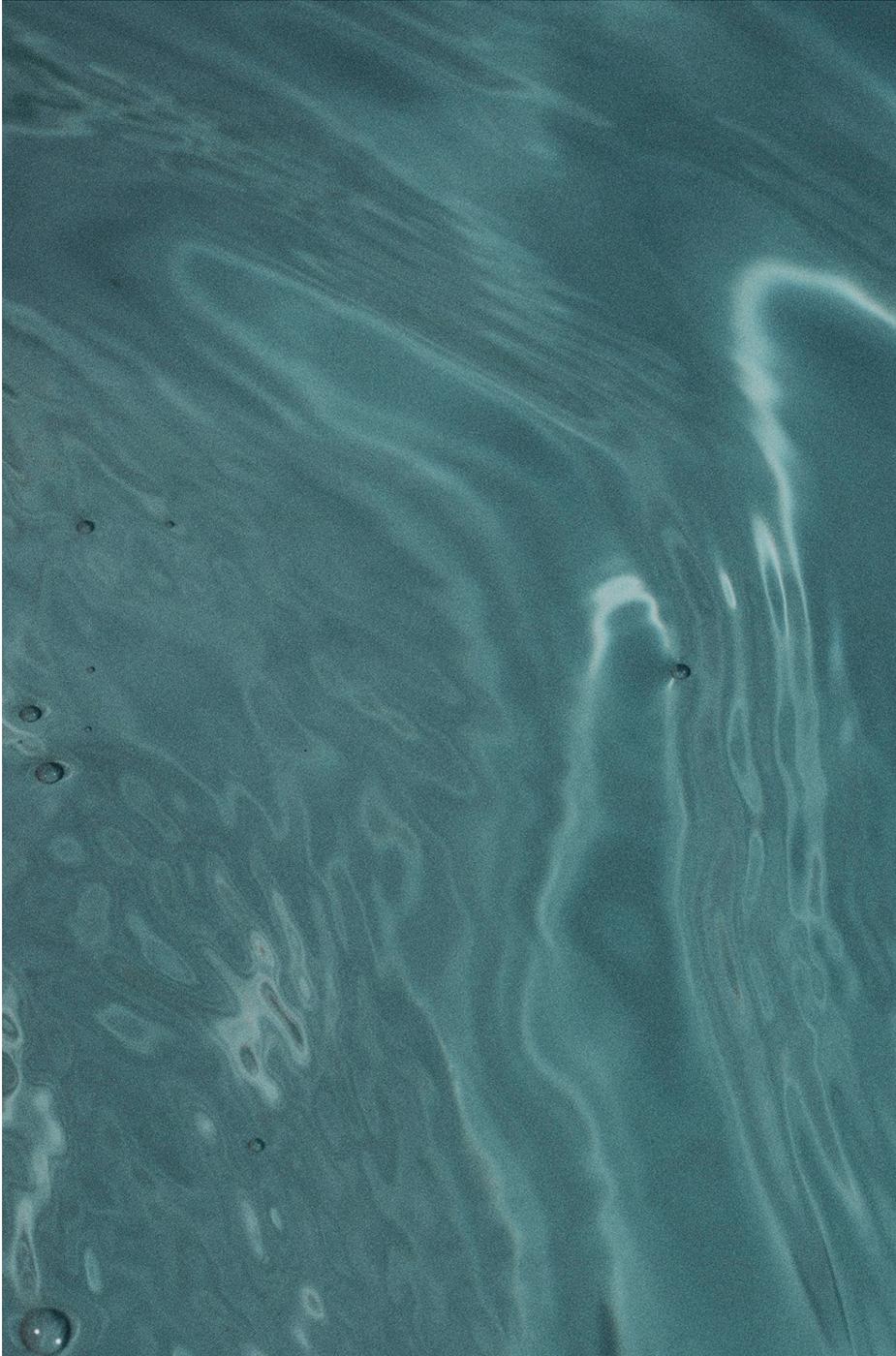
Waxing Price List

Our waxing treatments utilize warm and hot wax techniques. Please ask the spa concierge about booking our waxing services.

Treatments

Full Face	55
Eyebrows	25 (plus tint 44)
Upper Lip	25
Eyebrow Tint	35
Underarms	25
Half Arms	35
Full Arms	50
Chest	55
Full Legs	85
Half Legs	50
Bikini	45
Brazilian	70
Full Brazilian	85
Bum	40
Full Back	60
Upper Back (or lower)	45
Ears	20
Nose	25
Abdomen	25
Chin	20





Wellness & Recovery

In Body

Bioelectrical Impedance Analysis

Bioelectrical Impedance Analysis (BIA) is a method for measuring body composition, including muscle mass, body fat and total body water. Alternating low and high-frequency electrical currents are sent through the water in the body via contact with electrodes to measure impedance. The impedance is used to determine total body water (TBW), which can then be used to derive your fat-free mass, the portion of your body that does not contain fat, including your muscle and bone and finally, body fat.

Email us at wellness@palmheights.com to book your assessment.

\$65 USD

Infra-Red Sauna

These saunas use infra-red thermal light to penetrate the skin, raising the body's core temperature and increasing blood flow without causing adverse effects such as high blood pressure. Infra-red saunas operate at low temperatures, between 110° and 150°F, efficiently heating the body within a tolerable temperature range without causing discomfort. It can penetrate deeper into the body which effects the muscles and organs and helps increase blood circulation and stimulate the sweat glands, releasing built-up toxins in the body. A 30-minute infra-red sauna session can burn somewhere between 300-800 calories.

45 min \$45 USD

Energy Healing & Psychic Reading

Janine Martins is a multi-disciplinary healer and psychic from the Cayman Islands. She offers deeply restorative experiences of Sound Healing using instruments as well as her voice, in multiple languages and sometimes not even using words.

Energy Balancing Ritual

Let go of resistance with a bespoke energetic rebalancing. During this treatment you'll likely drift into a deep state of peace, possibly even sleep, as Reiki healing, crystal healing and biofield tuning move through your subtle bodies. You may experience physical sensations, have involuntary body movements or possibly visions. After which the healer will share their clairvoyance and information received from the body. The experience ends with a psychic reading that may or may not focus on something discovered in the body work. Each treatment is highly specialized as the healer channels her guides for advice as to your highest good.

60 min \$250 USD

Psychic Reading

Book a 60 - minute experience of connecting with the wisdom of your spiritual guides, through Janine's psychic awareness. Each session begins by Janine calling in your guides through channeling and activating her clairvoyance to decipher their most pressing message. Then choose to ask your guides what you need to know generally, in regard to a situation or asking a specific question.

60 min \$250 USD

Sound Healing

Experience a private Sound Healing session with Janine Martins. A harmony of exotic sounds will guide your mind and body into a meditative state along with the melodies of vocals in Sanskrit, Spanish and English. Each experience ends with a short, guided meditation and the serenity of being in stillness.

60 min \$250 USD

Janine uses her gift of knowledge to offer what each client or group needs. Please email us at wellness@palmheights.com or ask the front desk for bookings.



Garden Club Information

Gift Vouchers

Our beautifully packaged gift vouchers make the perfect gift for friends and family members. Available in monetary values or services including spa packages. Please note that they are non-refundable and must be presented at the time of the appointment.

Bookings & Inquiries

For bookings and inquiries kindly call +1 (345) 926-6308 or email us at wellness@palmheights.com. Our dedicated team will guide you through our selection of treatments suitable for your concerns.

Arrival

Spa guests are advised to arrive 15 minutes prior to their appointment to have ample time to change into proper spa attire, complete our health questionnaire and to relax before embarking on the ultimate spa experience.

Payment

All reservations are pre-charged to your credit or debit card or paid in cash at the time of reservation.

Medical Conditions

If you have undergone any surgery within the past six months, suffer from any medical condition or are pregnant, please advise us at the time of booking. Our therapists will provide you with a consultation in order to ensure that your experience suits and complements your physical condition.

Age Regulation

Spa services are not allowed for adolescents under age 16 without the supervision of an adult.

Cancellations

In case of cancellations, a minimum twelve hour-notice is required to avoid any charges. No shows will be charged 50% of the price of the treatment booked.

Spa Regulations

For the convenience of all spa guests, mobile phones, video cameras or personal stereo devices are prohibited during your stay. Smoking is strictly forbidden on the premises.

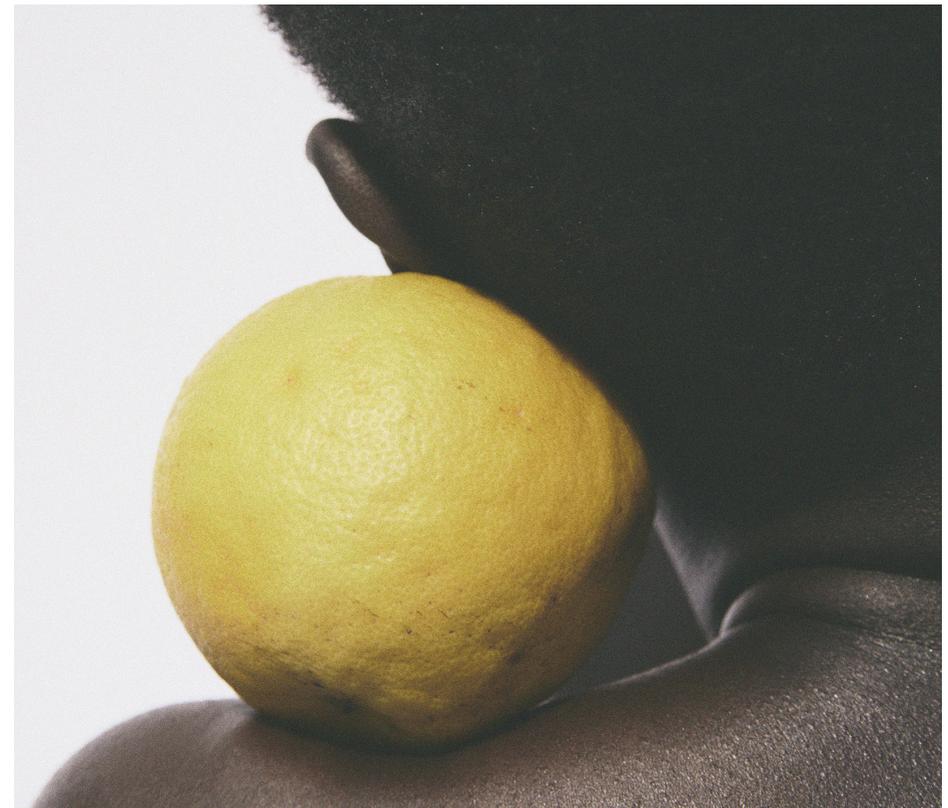
Disclaimer

Prices and treatments are correct at the time of going to print and are subject to alteration without prior notice.

Kindly note that our prices are disclosed in USD and a 20% Service Charge will be added to your check.

Opening Hours

Monday to Sunday
9am - 8pm





@gardenclubgc

747 West Bay Road, Seven Mile Beach,
Grand Cayman
Monday - Sunday
9am - 8pm