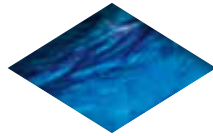
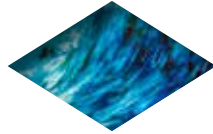
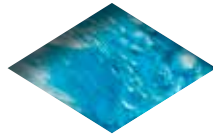
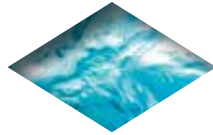
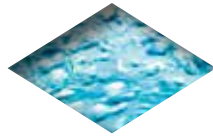


# Venus Spa



*CuisinArt*  
GOLF RESORT & SPA  
ANGUILLA

Bathed in the elements of sun, sea, wind and earth,  
your passage to rejuvenation has begun with  
the sophistication and elegance of the Venus Spa.

Elegantly appointed treatment rooms and a diverse menu  
of services incorporate a beautiful, tranquil setting,  
fresh and organic ingredients, healing waters  
and cutting-edge techniques.

# Welcome to the Venus Spa and Fitness Center

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## Hours of Operation

Spa Treatments: 9am – 6pm daily

Fitness Center: 6am – 8pm daily

*Hours may vary. Please call the Venus Spa for verification.*

## General Information

- ◆ Venus Spa guests are required to be a minimum of 16 years of age. For guests under 16 years of age, please ask about our Teen Spa Programs.
- ◆ Spa Reservations – We recommend scheduling spa appointments prior to arrival to better accommodate preferred times. For non-hotel guests, a credit card number is required at the time you book your treatments.
- ◆ Cancellation Policy – Spa treatments are reserved specially for you. Please notify us 24 hours before your scheduled appointment if you need to cancel or reschedule to avoid being charged 50% of the service. No-shows will be charged 100% of the service fee.
- ◆ Venus Spa Gift Certificates are available.
- ◆ Visit our Spa Boutique for lifestyle products.

## Enjoy Your Spa Experience

### ***How do I select the right treatment?***

Our professional spa staff will assist you in determining which spa treatments will meet your needs to ensure a relaxing and enjoyable experience.

### ***When should I arrive for my treatments?***

We recommend you arrive 30 minutes prior to your first appointment. This will allow you time to change into your spa robe and sandals and become familiar with the facility and amenities.

### ***What if I'm late for my appointment?***

Arriving late will limit the time allotted for your treatment. Your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will apply.

### ***What should I wear to the Spa?***

You may wear whatever is comfortable. A robe and sandals will be provided for your treatment.

### ***What should I wear for my treatment?***

Most spa treatments are enjoyed without clothing; however, you may wear whatever is comfortable for you. Our professional staff is trained to drape towels or sheets discreetly to protect your privacy at all times.

### ***What about jewelry?***

We advise you to remove all your jewelry prior to arriving at the Spa.

### ***Should I shave before a treatment?***

Shaving is not recommended prior to any body treatments or waxing services.

### ***Should I leave a gratuity?***

Gratuities are not included in spa service prices. Gratuities are at your discretion based on your level of satisfaction.

### ***Quiet Consideration***

Our spa environment is one of tranquility and relaxation; please extend quiet consideration to other guests and respect their privacy. We request that all cell phones be turned off in the Spa.

## Massage Escapes

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### The Anguillian Massage

50/80 min – \$145/195

A customized treatment designed for you, the individual. Based on the skills and techniques of your therapist, this is an original healing experience.

### Warmed Seashell Massage

50/80 min – \$140/190

Capture the spirit of the islands with a heated seashell massage and experience total relaxation. Classic massage techniques combined with heated seashells create a warming, therapeutic treatment unlike any other.

### Caribbean Warm Stone Massage

50/80 min – \$140/190

Warmed sea stones soothe aches and pains while promoting circulation and deep relaxation.

### Exotic Essence Aromatherapy Massage

25/50/80 min – \$75/130/180

This aromatherapy massage integrates the ancient art of using essential oils from plants, flowers and herbs to balance and restore the natural energy of the body. A custom blend is selected to create a unique healing massage. The ideal massage to restore harmony and balance.

### Classic Relaxation Massage

25/50/80 min – \$75/125/175

Ease away tension and soothe tired, sore muscles with this traditional Swedish five fundamental flowing techniques massage.

### Deep Tissue Massage

25/50/80 min – \$80/135/185

Deep and focused movements incorporate Swedish, lymphatic and deep tissue techniques to reach down into the tissue where hidden tension may lie. Deep tissue massage is perfect for those under stress. Range of motion will improve along with relief from muscle pain associated with stressed muscles due to athletic activities.

### Expectant Mother Massage

50 min – \$125

This massage is customized for the mother-to-be. The therapist will focus on areas of concern that are associated with pregnancy. Please note: Treatment can be given in second and third trimesters only.

### Couples Massage

50/80 min – \$260/370

Enjoy a massage together in a romantic setting created especially for you.

## Facial Escapes

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**Repêchage® Facial Escapes** – All facials include scalp, neck, and décolleté massage, as well as a deep-penetrating hand treatment.

### Four Layer Facial 50 min – \$125

Pure marine extracts, rich in minerals, vitamins and proteins, rebalance the skin. Gentle exfoliation, extractions and stimulating massage are incorporated to deeply cleanse the skin. This treatment is perfect for all skin types.

### Hydra Dew™ Facial 50 min – \$115

Re-establishes hydration and helps combat fine lines and environmental aggressors. The amino acid palmitoyl proline, B vitamins and minerals boost moisture content and deliver maximum results.

### European Seaweed Facial 50 min – \$115

This after-sun facial for all skin types is cooling and calming, while gently nourishing and hydrating the skin.

### Vita Cura™ Age-Defying Facial 50 min – \$135

An anti-aging facial that provides advanced skin repair. This facial helps uncover a vibrant complexion and is specifically designed to invigorate, lift and firm the skin.

### Anguillian Deluxe Facial 80 min – \$185

This luxurious facial treatment is customized to your skin's unique needs. Our knowledgeable estheticians will analyze your skin and design a facial that will revitalize and hydrate, leaving your skin refreshed. This facial includes an eye, lip and neck collagen treatment.

### Opti-Firm Eye Treatment 25 min – \$65

Fortified with advanced marine proteins, this formula helps to increase skin firmness and diminish lines and wrinkles around the delicate eye area.

### Hydra Medic Facial 80 min – \$150

A specifically designed formula to help control problem and acne-prone skin. Soothes inflamed skin and reduces oiliness, leaving skin clean and refreshed.

### Back Cleansing Facial 25 min – \$95

A deep cleansing treatment for your back involving exfoliation and extractions. This treatment is perfect for those suffering from blemishes and acne breakouts.

### Gentlemen's Facial 50 min – \$125

A rebalancing, deep-cleansing facial that purifies, tones and protects the skin. Special ingredients help reduce razor burn, irritation and ingrown hairs. A neck, scalp and shoulder massage leaves you feeling refreshed. This facial includes an eye and lip collagen treatment.

### Gentlemen's Hot Towel Shave 25 min – \$95

For the ultimate indulgence, experience our modern version of the traditional barber-style hot towel shave.

### Gentlemen's Facial & Hot Towel Shave 50 min – \$175

This treatment is a combination of a cleansing facial with the traditional use of hot towels for a luxurious shaving experience. Specially selected skin care products will improve the skin's appearance and provide a close shave.

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**Add on Services** – for 50-minute facial services

Eye Refresher, Lip Treatment, or Deep Penetrating Foot Treatment	\$25
Eye & Lip Refresher	\$45

## Specialty Treatments

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### Thai Massage

50 min – \$135

Gentle rocking, rhythmic pressure and assisted stretching revitalize the body and mind. Please wear loose, comfortable clothing.

### The Art of Couples Massage

50 min – \$145

Learn the art of healing through touch. Massage increases circulation, relaxes tired muscles and soothes the spirit. The perfect opportunity for couples to grow closer while acquiring a skill that will enhance any relationship.

### Reflexology

50 min – \$125

Ancient pressure point techniques are used on the feet to ease pain and promote circulation and deep relaxation. Not recommended during pregnancy.

### Reiki

50 min – \$125

The ancient Japanese practice of using gentle, focused, hands-on touch to channel life force energy to the recipient. It is a subtle yet powerful method of natural healing.

### Cranio Sacral

50 min – \$125

This gentle yet powerful holistic treatment involves light techniques applied along the cerebral spinal pathway to balance and open the channel to maintaining body harmony.

### Fabulous Face & Feet

50 min – \$230

Combine the luxury of one of our signature facials with the relaxation of reflexology. Complete healing in half the time. Perfect for those who are reluctant to miss out on valuable beach time but understand the spa is an essential part of the vacation experience.

### Gentlemen's Rendezvous

80 min – \$185

Perfect for the busy executive. This relaxing treatment includes a classic body massage, a hydrating facial and a conditioning scalp massage.

### Ladies Pampering Package

80 min – \$185

No island getaway is complete until you've pampered yourself. This relaxing treatment includes a classic body massage, a hydrating facial and a conditioning scalp massage.

### Totally Holistic

80 min – \$185

Experience natural healing benefits, promoting tension relief, balance and maintenance of body harmony, and the replenishment of your energy. Includes Reflexology, Cranio Sacral and Reiki.


## Body Escapes

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### Scrubs

*All body scrubs include a scalp massage.*

#### Fresh Scrub Bar 50 min – \$115

 Select a specially formulated sea salt or sugar scrub combined with your choice from our Fresh Herb Scrub Bar. Relax and revitalize with fresh lavender, lemongrass, rosemary, or mint. A luxurious moisturizer application leaves skin smooth and refreshed.

#### Caribbean Sea Salt Glo 50 min – \$110

A blend of Italian olive oil and marine salts, infused with essential flower oils and fresh seaweed, deeply cleanses and invigorates. Healthier, younger-looking skin is revealed, leaving your entire body glowing. A luxurious moisturizer application leaves skin smooth and refreshed.

#### Honey & Almond Scrub 50 min – \$110

Indulge the body with pure honey, almonds and fresh buttermilk. Based upon an ancient beauty ritual, this natural cleanser is massaged into the skin, helping to purify and remove dry skin cells. A luxurious moisturizer application leaves skin smooth and refreshed.

#### Anguillian Coconut Pineapple Scrub 50 min – \$110


Delicious skin-quenching coconut milk, pineapple juice and essential oils deeply cleanse, exfoliate dry skin cells and stimulate circulation. A luxurious moisturizer application leaves skin smooth and refreshed.

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For maximum benefit, the Tropical Rain Vichy Shower may be added to your scrub for an additional \$25

### Wraps


#### Hydroponic Cucumber & Aloe Wrap 50 min – \$120

 Cucumbers harvested from CuisinArt's Hydroponic Farm, combined with fresh aloe, are used to provide instant relief from sunburn and help restore moisture to dry, dehydrated skin. A soothing seaweed cream application completes this treatment.

#### Warmed Seaweed Body Wrap 50 min – \$120


This wrap, rich with antioxidants, combines brown, red and green seaweeds that tighten and tone while balancing. The body is gently wrapped while your skin soaks in essential vitamins and minerals. This treatment includes a re-energizing application of seaweed body cream.

#### Après Soleil Soothing Face & Body Treatment 50 min – \$155

 **Sunburn relief from head to toe!** – The combination of a soothing seaweed face mask and a Hydroponic Cucumber & Aloe Body Wrap, using freshly harvested cucumbers from CuisinArt's Hydroponic Farm, provides instant relief to skin that has been overexposed to the sun. The ultimate in hydration, skin is fully soothed, moisturized and refreshed.

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### Fresh Ingredients

 Harvested daily from CuisinArt's Hydroponic Farm, the allure of our Fresh Escape services is not to be missed! As fresh as our cuisine, Venus Spa's fresh treatments are a culture to embrace.

## Healing Waters and Sea Escapes

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Indulge in the **Healing Waters** of the Venus Spa – a combination of fresh water and revitalizing mineral sea salt specially formulated to match the healing mineral content of the local seawater for maximum therapeutic benefits.

Salt water adds buoyancy, which decreases the pressure exerted on the joints and facilitates ease of movement. The water temperature of 37°C (body temperature) allows the body to completely relax without having to work to maintain homeostatic temperature.

*Please arrive 30 minutes before treatment to allow time to shower off all creams and sunscreens first. This treatment is not recommended for people who experience motion sickness, and a bathing suit is required.*

### Healing Waters Mineral Soak 25 min – \$30

Simply relax and revitalize in our Healing Waters Pool and benefit from the therapeutic use of sea salt water and its mineral-rich content. Individual wet lounges with water jets activate circulation, promote detoxification and help to relieve tension and muscle aches.

### Healing Waters Sea Scrub & Soak 50 min – \$150

This deep-cleansing exfoliating treatment offers a blend of aromatic sea salt, mineral salts and essential oils that is massaged into the skin to remove impurities and dead skin cells. The Tropical Rain Vichy Shower will melt away stress and tension, stimulate circulation and leave your skin smooth and radiant. Complete this experience with the Healing Waters Soak.

### Aqua - Massage Therapy 50 min – \$150

Experience complete and ultimate relaxation as your therapist moves you through the water using gentle massage and stretching techniques. The warmth and buoyancy of the salt water helps to eliminate outside stress, as you are lulled into a deep sense of peace.

### Anguillian Water Journey 80 min – \$195

This experience begins with the Caribbean Sea Salt Glo and Tropical Rain Vichy Shower and concludes with a healing Aqua Massage in our Healing Waters Pool.

### Caribbean Thalasso Wrap & Soak 50 min – \$145

This journey begins with a rich Warmed Seaweed Body Wrap with antioxidants, combined with seaweeds that tighten and tone the skin while allowing the absorption of essential vitamins and minerals. Complete this treatment with a relaxing Healing Waters Mineral Soak.

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**Sea Escapes** – Our invigorating hydrotherapy treatments stimulate your muscles and revitalize, rebalance or just relax your body. Hydrotherapy treatments are performed in a specialized state-of-the-art hydrotherapy tub.

### Restoring Milk & Honey Bath 25 min – \$55

This lavish bath harnesses the essential nutrients from milk and honey to cleanse, nourish and moisturize the skin. A moisturizer application completes this relaxing bath.

### Caribbean Seaweed Bath 25 min – \$55

Utilizing seaweed and hydro massage with a therapeutic tub unlike any other, feel the body melt as layer below layer of tension is dissolved.

### Vita Cura™ Scrub & Bath 50 min – \$120

This treatment begins with a warm sea salt scrub to exfoliate and remove excess dry skin. After showering, you soak away any residual stress in our hydrotherapy tub filled with enriched seaweed to nourish and soothe the body.



## Luxurious Escapes

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### Couples Rendezvous

105 min – \$480

Designed for our couples who would like to reconnect in our truly relaxing Couple's Suite.

- ◆ Anguillian Coconut Pineapple Scrub
- ◆ Couples Swiss Duet Rain Shower
- ◆ Couples Massage
- ◆ Floral Escape Soothing Bath Soak
- ◆ Finishing touch includes seasonal fruit and a toast of Champagne

### Couples Tropical Sea Escape

105 min – \$480

Enjoy the ultimate spa experience in our luxurious Couple's Suite

- ◆ Anguillian Sea Salt Couples Jacuzzi
- ◆ Seaweed Wrap
- ◆ Couples Swiss Duet Rain Shower
- ◆ Warm Seashell Couples Massage
- ◆ Enjoy refreshing tropical coconut water in the half shell

### Couples Delight

80 min – \$350

Relax and refresh together with this unique Couple's Suite retreat.

- ◆ Scrub of the Day – choice of Kiwi Coconut, Mango Ginger or Lemongrass
- ◆ Couples Swiss Duet Rain Shower
- ◆ Couples Massage

### Couples Sweet Dream

120 min – \$520

Savor the sweet life. Using chocolate/peppermint massage oil to melt away tension, this romantic and luxurious couple's retreat will create a lasting memory.

- ◆ Organic Chocolate Sugar Scrub
- ◆ Duet Shower
- ◆ Couples Massage
- ◆ Deluxe Couples Pedicure w/Hot Stone Foot Massage
- ◆ Champagne & Chocolate

### Heart of the Ocean

80 min – \$190

Based on the tradition of European thalassotherapy, seaweed is used to relieve stress and invigorate sore, stiff muscles.

- ◆ Seaweed Wrap
- ◆ Mini-Facial
- ◆ Sea Shell Massage

### Nourishing Island Sampler

80 min – \$190

- ◆ Anguillian Coconut Pineapple Scrub (with Tropical Rain Shower)
- ◆ The Anguillian Massage
- ◆ Mini Seaweed Facial (with conditioning scalp massage)

### Men's Hideaway

125 min – \$240

- ◆ Caribbean Warm Stone Massage
- ◆ Gentlemen's Mini-Facial
- ◆ Executive Pedicure

## Golf Escapes

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### Revive

80 min – \$175

Soothe tired muscles and feet with a combination that will rejuvenate.

- ◆ Anguillian Salt Whirlpool Foot Soak with Leg Massage
- ◆ Deep Tissue Massage with Scalp Massage

### Retreat

80 min – \$185

State-of-the-art therapeutic hydrotherapy tub designed to ease away muscle tension.

- ◆ Anguillian Salt Hydrotherapy Tub Treatment
- ◆ Deep Tissue Massage with Scalp Massage

### Relief

80 min – \$195

Ancient pressure point techniques on the feet ease pain and promote deep relaxation.

- ◆ Reflexology with Hydrating Mint Foot Masque
- ◆ Deep Tissue Massage

### Golfer's Mate Escape: "Let Them Play"

#### Half Day at the Spa

3 hours 15 min – \$325

Enjoy the pleasures of a relaxing experience at the Spa.

- ◆ Relaxation Massage
- ◆ Hydra Dew or Seaweed Facial
- ◆ Kanshi Coconut and Mint Manicure and Pedicure

*Add lunch to Golfer's Mate for additional \$20*

*Hydroponic Salad & Choice of Iced Tea or Lemonade served during your pedicure.*

## Fitness

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For those who wish to begin, refine or continue their fitness regimen while on holiday, our personal trainers are here to put you through your paces. From yoga to the "full body assault," you'll be as relaxed or as challenged as you want to be.

### Personal Training

One-on-One Training 25/50 min – \$55/95

Partner Training (2 persons) 50 min – \$150

Small Group Training (3 to 4 persons) 50 min – \$65 per person

### Aqua Personal Training

50 min – \$125

Take advantage of the natural resistance of the water as you condition the muscles in the peaceful and relaxing Healing Waters Pool. The buoyancy of the salt water facilitates ease of movement and provides a stress-free workout on the joints.

*Private and Group Yoga: Please contact the Venus Spa for rates and to schedule your appointment.*

# Rusk Salon

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## Manicure/Pedicure

### Manicures

European Manicure	\$35
Mango Melt Manicure	\$55
Sea Spa Hand Treatment	\$65
Polish Change	\$20
French (additional)	\$10

### Pedicures

European Pedicure	\$50
Sea Spa Foot Treatment	\$75
Piña Colada Pedicure	\$100
Polish Change	\$20
French (additional)	\$10

### Repairs/Acrylics

Nail Repair	\$5
Acrylic Removal	\$40
Acrylic Refills Only	\$45
Refills with Manicure	\$80
Acrylic Nails – Full Set	\$100
French (additional)	\$10
Paraffin Wax – Hands or Feet	\$25

**European Manicure** – A popular basic manicure: The cuticles are softened and pushed back, and the nails are shaped, buffed and polished. The result is a well-groomed, healthy look.

**Mango Melt Manicure** – This ultimate manicure includes the basics of the European Manicure. In addition, a warm herbal pack is placed around the neck to soothe and relax tired muscles. Delicious Mango Sugar Scrub exfoliates, rejuvenating serum restores vitamins to the skin, and Mango Moisturizing Cream is used to massage from fingers to elbows, leaving hands soft, radiant and healthy.

**Sea Spa Hand Treatment** – This wonderful manicure includes the basics of the European Manicure. In addition, a rejuvenating anti-aging serum is applied, followed by a relaxing massage from fingers to elbows. A seaweed mask (a mini-facial for the hands) follows, leaving hands clean, refreshed and healthy.

**European Pedicure** – A basic pedicure: Cuticles are softened and pushed back, and the toenails are shaped, buffed and polished. A coarse foot file is used to remove rough, dead skin, especially on the heels. Feet are soaked and cleansed in a warm whirlpool of water, then exfoliated with sea salt, leaving skin healthy and refreshed. Hot towels relax feet prior to a luxurious foot massage.

**Sea Spa Foot Treatment** – A specialty pedicure that includes the basics of the European Pedicure. In addition, feet are soaked in a warm whirlpool mixture of seaweed and invigorating peppermint essential oil. A combination of Salt Glo and peppermint oil is used to exfoliate the skin. Warm towels are applied prior to a slow, deep foot massage using cream with peppermint essential oil that leaves feet feeling revived, refreshed and healthy.

**Piña Colada Pedicure** – This unique pedicure includes the basics of the European method. In addition, enjoy a frosty piña colada while your feet soak in a warm whirlpool of fragrant coconut milk, followed by a pineapple/coconut exfoliation up to the knee. Hot towel application precedes a relaxing warm seashell massage of the feet and legs using Coconut Moisturizing Cream. The ultimate tropical pedicure experience!



## Cuts & Styles

Blow-Dry Only	\$45–65
Shampoo & Blow-Dry	\$55–75
Ladies' Cut & Blow-Dry	\$85 and up
Ladies' Cut Only	\$40
Shampoo & Set	\$65 and up
Shampoo & Hot Comb (press)	\$80
Gentlemen's Cut	\$35
Beard & Bang Trim	\$10
Children's Cut	\$35
Wedding Consultation only	\$25
Bridal Up-Do (special occasion) Trial	\$100
Bridal Up-Do (special occasion)	\$100
French Braid	\$25

## Hair Braiding

Full Head with Beads	\$200
Full Head without Beads	\$150
Half Head with Beads	\$100
Half Head without Beads	\$75
Single Braid with Beads	\$5
Single Braid without Beads	\$3
Cornrow – per braid with Beads	\$7
Cornrow – per braid without Beads	\$5

## Hair Treatments

Conditioning & Blow-Dry	\$95
Conditioning (scalp massage without blow-dry)	\$45
Relaxer	\$75
Relaxer with Treatment	\$110
Hot Oil Treatment	\$45
Hot Oil Treatment with Blow-Dry	\$90

## Color

Retouch Only	\$40 and up
Retouch with Blow-Dry	\$100
Single Process	\$125
Partial Highlights (foils)	\$45–60
Half-Head Highlights (foils)	\$95
Full-Head Highlights (foils)	\$175

## Makeup

Makeup Consultation (light application)	\$50
Makeup Application (special occasion)	\$100

## Waxing

Chin or Lip	\$20
Brow Shaping (w/tweeze & trim)	\$30
Chin, Lip & Brow Shaping	\$65
Chin & Neck	\$30
Underarm	\$40
Custom Bikini	\$40–150
Half Leg	\$60
Full Leg	\$100
Half Arm	\$35–50
Full Arm	\$65
Back or Chest	\$40–90
Abdomen	\$20–40
Feet (includes toes)	\$20
Fingers/Toes	\$1 per digit

*Time and cost of waxing may vary based on coarseness and/or thickness of hair.*



*CuisinArt*  
GOLF RESORT & SPA

For reservations and additional information, please contact the Venus Spa:  
Phone 264.498.2000 , ext. 3820 • Email: [spa@cuisinart.ai](mailto:spa@cuisinart.ai)

[www.CuisinArtResort.com](http://www.CuisinArtResort.com)

  
THE LEADING HOTELS  
OF THE WORLD