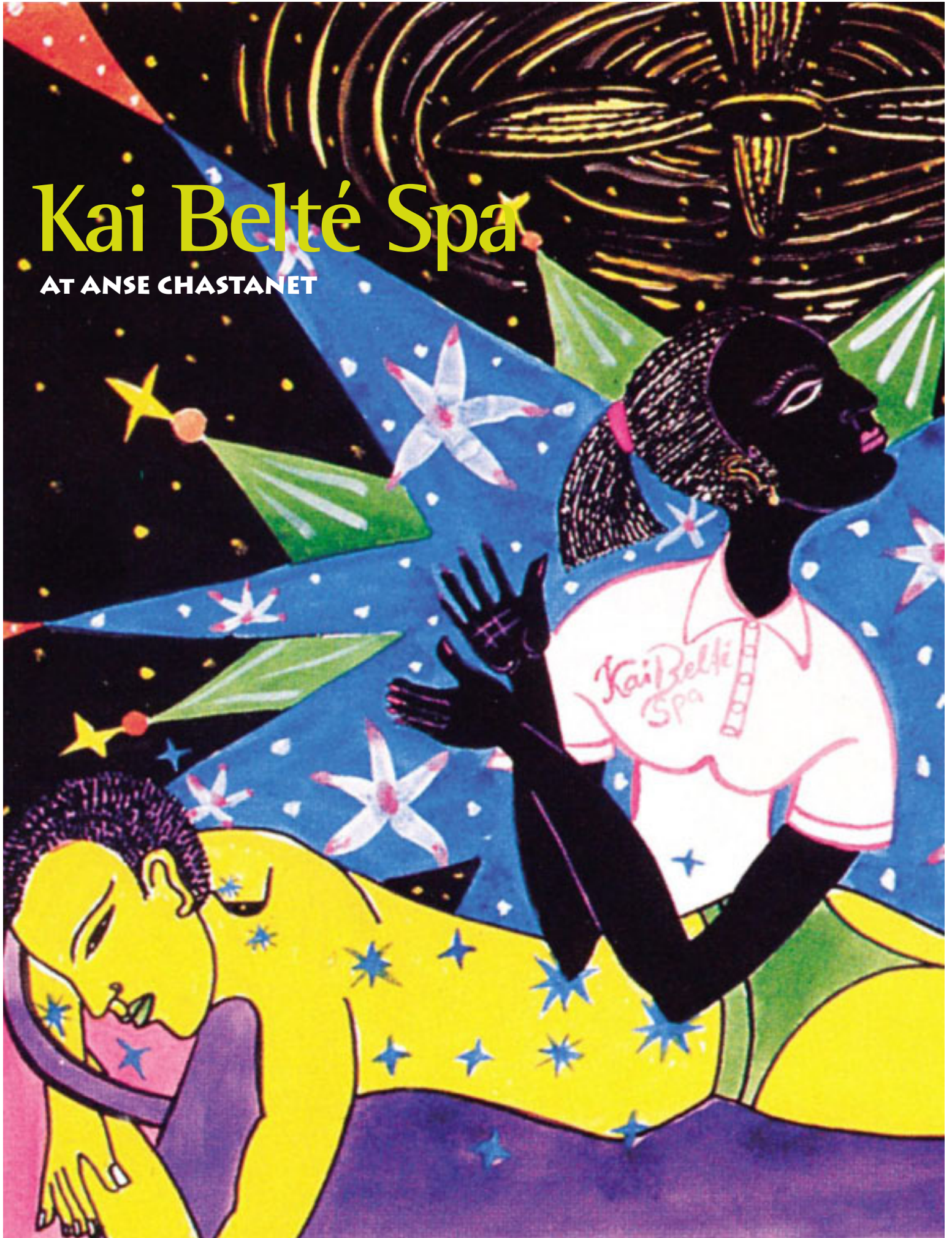


Kai Belté Spa

AT ANSE CHASTANET





Massage and Beauty Treatments at Anse Chastanet's KAI BELTE SPA

Your stay at ANSE CHASTANET will not be complete unless you have taken advantage of the many diverse massage and beauty treatments offered by our spa Kai Belté (Patois/Creole: house of beauty). The spa is located at beach level between the Trou au Diable Restaurant and the scuba centre.

Our professional therapists use best quality products only. Kai Belté beauty products have been created especially by Creative Beauty Innovations who pioneered the use of botanical ingredients in skin care products in the United States. All products are made with the highest quality, cold-processed French herbal extracts with essential oils, Swiss bio-extracts and naturally derived water-based emulsions.

Kai Belté Spa now also offers ayurvedic treatments. 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. The practitioners at Kai Belté Spa 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.

Treatments are available daily from 9.15 a.m. – 6 or 8 p.m.

Please come and visit us at Kai Belté

Kai Mer

Enjoy A Spa Treatment In Our New Spa Setting Kai Mer

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 the following treatments:
Swedish or Deep Tissue Massage • Aromatherapy • Shiatsu
• Foot Reflexology or Thai Foot Massage
Rate: US 120 per hour

Mini Massage Course
Rate: US 200

Consult our spa therapists about any other spa treatments.

At a surcharge of US 80 per hour couples can also book a simultaneous massage treatment or the popular couples mini massage course.

Rates are subject to 10% service charge



Body Rituals



Swedish Massage

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

1hr	US 93.00	EC 251.10
½ hr	US 60.00	EC 162.00
Platinum Massage 1½ hr	US 148.00	EC 399.60
Pregnancy Massage	US 105.00	EC 283.50

Anse Chastanet's Ultimate "FORGET THE OUTSIDE WORLD" Treatment

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 197	EC 531.90
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Aromatherapy Massage/Lymphatic

This light rhythmic massage will ease stressed muscles by using only the purest essential oils drawn from plants, herbs and flowers to induce relaxation of the nervous system and beautify the skin.

1 hr	US 103.00	EC 278.10
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Deep Tissue Massage

Ideal for people who suffer from upper and lower back strains, sport related injuries and those who prefer a very deep massage. This Nero-muscular massage works with trigger points and referral areas.

1 hr	US 115.00	EC 310.50
90 min	US 164.00	EC 442.28
½ hr	US 68.00	EC 183.60

Chair Massage

Relax on this specialized chair guaranteed to relax your neck, shoulders and back. Ideal and quick relief after a long journey. No need to remove your clothing.

20 min. US 55.00 EC 148.50

Kai Belte's "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 121.00 EC 326.70

(+ US 10 with Aromatherapy)



Shiatsu

Shiatsu is a distinct Japanese contribution to holistic healthcare. Shiatsu is primarily pressure, usually applied with thumbs and elbows along the meridian body energy lines, improving organ function and reducing muscle tension.

1 hr US 115.00 EC 310.50

90 min US 154.00 EC 415.80

Foot Reflexology

Just like in shiatsu, this technique is based on the theory that energy zones run throughout the body. By pressing on certain reflex points on the feet it stimulates the corresponding organs, glands or body parts improving circulation, relaxing and balancing the body as a whole. Guaranteed to put you to sleep.

½ hr US 54.00 EC 145.80

1 hr US 84.00 EC 226.80



Romancing Massage

Mini-Massage Course for Couples

Relax your partner by learning the basic strokes of Swedish massage. Enjoy this fun filled 2 hours of soothing away all those muscles due to the stresses of everyday life. Includes instruction manual and oil to get you started on an experience you will never forget, and your partner will never get enough of.

2 hrs US 176.00 EC 475.20

Couples Massage

If you don't want to let each other out of each others sight for even an hour, then this is the right treatment for you. Enjoy the pleasure of 2 simultaneous 50 minute massages in the privacy of your own room.

50 min US 176.00 EC 475.20

Hydrating Aloe Body Wrap

This relaxing wrap is a combination of an application of a cooling aloe gel, silky lotion with healing tea tree and aloe vera and a refreshing and hydrating lavender face and body mist. You will be lightly wrapped, allowing for the penetration of product, reducing discomfort and re-hydrating the body. This refreshing treatment is recommended for instant relief of sun burn and restores moisture to the client's dehydrated skin.

40 min US 60.50 EC 163.35

Loofah And Sea Salt Body Scrub

Start your holiday with a gentle full body, skin exfoliating treatment which refines the texture of your skin, and also improves circulation. Available with loofah or with a selection of Masada sea salts for dry, sensitive and normal skin. An excellent treatment to be combined with a Swedish or Aromatherapy Massage.

40 min US 71.50 EC 193.05

Sea Weed Mud Wrap

This whole body masque does not only relax, but the sea kelp combined with Vitamins A,E and C along with extracts of ginkgo and fennel also remineralize, rejuvenate and purifies your skin. The wrap will also help in stimulating stagnant skin that may be suffering from poor cellular respiration!

60 min US 99.00 EC 267.30

Facial Rituals

European Facial

A classic facial which comprises of a thorough cleansing, gentle exfoliation, steam, facial brushing and relaxing facial massage, followed by a rejuvenating and hydrating masque scented with neroli, cedarwood and rosehips oil. To complete this treatment, a chamomile - bisabolol based moisturizer is used to soothe the skin, the Swiss bio-extract "Revitalin" enhancing a healthy glow.

1 hr US 90.00 EC 243.00

Special After-Sun Facial

This facial has been designed to treat and calm slightly sun burnt skin, or skin which has been exposed to a lot of sun and wind.

After light cleansing, enjoy a soothing azul - gel masque, containing cornflower extract, fibronectin and matricaria oil (azulene) which makes it ideal for very sensitive skin. The treatment is completed with applications of Vitamin C Serum which will assist in the repair and protection of cell tissue, Hydra Gel for extra hydration, and Vitamin C creme for skin rejuvenation.

35 min US 66.00 EC 178.20

Mini Facial

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

35 min US 60.00 EC 162.00

Cellular Repair Facial

This soothing facial is designed especially for mature or dry, dehydrated and sun damaged skin and is especially recommended as your final facial treatment prior to departure. Soluble collagen, shea butter and natural vegetal oils hydrate and rejuvenate, a collagen blanket provides a protective layer, the final touch being the light botanical treatment gel known for its healing and revitalizing properties.

1 hr US 109.00 EC 294.30





KAI BELTE SPA PACKAGES

TOP TO TOE

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

3½ hrs US 251.90 EC 680.13

BEAUTIFUL BRIDE

Start THE DAY with a facial, manicure and pedicure

2¼ hrs US 186.00 EC 502.20

SOOTHE YOUR NERVES - GROOM TO BE

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

2¼ hrs US 183.00 EC 494.10

Purifying Facial and Back Treatment

This facial is for oily skin with blemish problems and is designed to leave the skin free of impurities and help achieve a clear complexion. This treatment includes the back, probably the most under cared part of your body. A medicinal masque containing camphor and sulphur will help draw out impurities, or will help to calm down sudden blemishes. Plant Essence Toner, Bee Propolis Extract known for its anti-septic and soothing properties, and finally Calendula oil-free day creme with extracts of the flowers from the marigold plant, horsetail, lemon, pine cone, and rosemary conclude this treatment.

75 min US 109.00 EC 294.30

Gentlemen's Facial

This relaxing hydrating treatment is especially designed for men whose skin is irritated by shaving or is over-exposed by the sun.

1 hr US 90.00 EC 243.00

Tailor Made Packages

PLEASE CONSULT OUR SPA MANAGER OR SPA THERAPIST
TO MAKE UP YOUR OWN TREATMENT PACKAGES

Hand & Feet Rituals

Manicure

45 min US 35.00 EC 94.50

Deluxe Spa Manicure

Includes special Spa Manicure Crystal Exfoliating System to remove dead skin cells, followed by a 10 minute paraffin wrap during which your therapist will treat you to a neck and scalp massage.

60 min US 60.00 EC 162.00

Manicure/Paraffin Treatment	US 42	EC113.40
French Manicure	US 45	EC121.50
Polish Change	US 18	EC 48.60
French Polish Change	US 19	EC 51.30
Nail Repair	US 8	EC 21.60
Tip Removal	US 45	EC121.50
Acrylic Refill – nail	US 10	EC 27.00
Acrylic Refill – full set	US 40	EC108.00
Full Set Acrylic	US 50	EC135.00
French Acrylic	US 60	EC162.00

Pedicure

60 min US 50.00 EC 135.00

Deluxe Spa Pedicure

Includes special Spa Pedicure aromatherapy products. Start by soaking your feet in a sea weed foot bath with special sea rocks containing Tea Tree oil, fragrant Eucalyptus Oil, softening Rice Bran Oil, Dead Sea Salts and Vitamin E. After the exfoliating sea scrub, enjoy a rejuvenating marine aromatherapy foot masque with hydrating sea extracts, conditioning mineral clays and soothing botanicals, while at the same time receiving a brief neck and scalp massage. Leaves your feet feeling soft, moisturized and cool for hours.

75 min US 70.00 EC 189.00

Pedicure / Paraffin Treatment

60 min US 66.00 EC 178.20



Natural Treats

Our tropical surroundings allow us to access fresh tropical flowers, fruits and vegetables which we can blend for unique natural treatments. Our therapists use honey, cucumber, avocado, bananas, papaya, aloe, lime, coconut to for facial treatments or sunburn. Ingredients are seasonal and may not always be available. We require 24 hours' notice to prepare your natural treat for you.

Hair & Scalp Rituals



Head And Scalp Massage

“The Einstein Brain Energizer”

It is never too late for your first head,scalp and upper body massage. The relaxing yet energizing effect of this 20 minute treatment may surprise you.

20 min US 43.00 EC 116.10

Hair Braiding with Beads

1 Strand	US 2.00	EC 5.40
Full head	US 60.50	EC 163.35
Long Hair	US 77.00	EC 207.90

Conditioning Hair Treatments

Let us help you in reducing the effects of sun and sea water on your hair with a conditioning hair repair masque. Washing, hair treatment, light scalp massage and blow dry

US 71.50 EC 193.05

Hair Styling

Shampoo & Conditioning		US 40.00	EC 108.00
Washing & Styling	short hair	US 40.00	EC 108.00
	medium hair	US 54.00	EC 145.80
	long hair	US 77.00	EC 207.90
Wedding Styling	from	US 75.00	EC 202.50
Makeup	from	US 50.00	EC 135.00

Hair Trimming

Appointment and prices on request From US 40

OTHER TREATMENTS

DEPILATORY WAXING

Half Leg	US 40.00	EC 108.00
Full Leg	US 55.00	EC 148.50
Bikini	US 35.00	EC 94.50
Underarm	US 25.00	EC 67.50
Facial Waxing: Lips, chin, brows each	US 20.00	EC 54.00
Eyebrow Shaping	US 20.00	EC 54.00
Eyebrow Tinting	US 30.00	EC 81.00
Brazilian Wax	US 50.00	EC135.00

Ayurvedic Rituals

Ayurveda is a 5,000 year old East Indian health tradition that combines mind, body and spirit to effectively detoxify and balance your sense of well-being. By applying pure herbs and oils specially designed for your constitution to the energy points on the body, you will leave any of these treatments feeling calm, centered and rejuvenated.

BINDI HERBAL BODY TREATMENT

The original HERBAL BODY TREATMENT is at the heart of our Ayurvedic Rituals program. In Sanskrit Bindi means point of origin, the point from which everything begins and everything ends. This Ayurvedic Herbal Body

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.

It provides a total body detoxifying and deep cleaning experience that leaves the skin soft smooth and nourished with warm herbal infused body oils. This powerful combination of herbs and oils actually works to strengthen the immune system and eliminates the feelings of stress and anxiety.

Using a blend of herbs and oils personally selected for you, this Ayurvedic treatment will bring the body into balance. It begins with a gentle full body exfoliation using crushed warm herbs followed by a warm oil application and finished with our herbal wrap, which allows for maximum absorption of the healing properties of the herbs and oil. Together these techniques improve circulation, release energy blockages and transport you to a heightened sense of well-being. Your skin will glow with vitality!

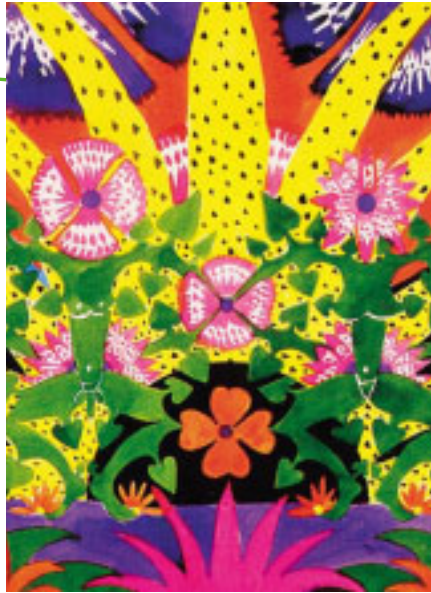
90 minutes US 142.00 EC 383.40



SHIRODHARA

The Shirodhara is an Ayurvedic Therapy which begins with a stream of warm oil dripping 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!

60 minutes US 105.00 EC 283.50



AYURVEDIC WHOLISTIC FACIAL

The Ayurvedic Wholistic Facial uses only the purest, natural ingredients to restore, nourish and balance all skin types and emotions. The natural herbs work to cleanse exfoliate and balance skin, the Ayurvedic essential oils rejuvenate and promote cell growth, massage of the Marma Points helps to relieve energy blockages throughout the body, the warm Herbal Ease Packs warm and calm the body and the Hydration Ritual nourishes dehydrated and mature skin. The Ayurvedic Wholistic Facial goes beyond most European Facials as it incorporates diagnosis of each individual's constitutional type, deeply cleanses skin using only natural products, and focuses on balancing the entire body.

During this facial, your skin is analyzed and treated in accordance with the 3 primary elements: Air (Vata), Fire (Pitta) and Earth (Kapha). The use of herbs and essential oils will restore balance to the skin and your entire being.

60 min US 96.00 EC 259.20

NIRVANA

Nirvana (ultimate bliss) is a deluxe Ayurvedic package which includes the Shirodhara and the Bindi Herbal Body Treatment. These powerful purification and rejuvenation therapies combined create the ultimate experience that surpasses all, bringing balance to our weary mind, body and soul.

2 hours US 198.00 EC 534.60

AYURVEDIC DOSHA BALANCING TREATMENT

Included in the Dosha Balancing Treatment are a body exfoliation, botanical body mask and dry brushing, as well as a choice of Swedish or deep tissue massage and a dosha specific mini-facial. The 90 minute treatments include a steam wrap.

The Ayurvedic Dosha Balancing treatment is a relaxing, nourishing and balancing treatment for all doshas.

Dosha Balancing Treatment with

60 min Swedish	US 108.00	EC 291.60
60 min Deep Tissue	US 120.00	EC 324.00
90 min Swedish	US 154.00	EC 415.80
90 min Deep Tissue	US 170.00	EC 459.00





ANPAGAL

Your spa experience will not be complete without having experienced our amazing ANPAGAL treatment.

ANPAGAL (patois/creole for TOGETHER) is based on the principles of an Abhyanga massage:

This double massage will be a very luxurious and de-toxing experience for all that receive it. Abhyanga is a brisk massage and oleation technique performed by two therapists working in rhythmic tandem with special attention to feet and hands. Abhyanga is a massage that is specific for nourishing the skin lubrication the tissues/joints and balancing the subtle energies of the body. Abhyanga is an important step in preparing for or when going through a cleanse: the strokes and oils help to remove stagnant, sticky toxins from the tissues while directing them to the areas of elimination. 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.

75 minutes
US 242.00 EC 653.40



