




# SPA & WELLNESS

relax  
·  
restore  
·  
rejuvenate

Phone (800) 958-0387 | (876) 957-0387  
WhatsApp (876) 395-9753  
[reservations@tensingpen.com](mailto:reservations@tensingpen.com)



*Welcome to a place of relaxation and serenity.  
Take a moment to inhale and exhale.*

### **Appointments**

*Open 9 am - 5 pm*

*Other times available by special appointment*

*All wellness and spa treatments must be booked at the Front Desk  
at least 3 hours in advance.*

*Appointment times and location are based on availability.*

### **Locations**

*Our therapists provide relaxing treatments in our open air  
wellness huts, our Seasoning Hut for large groups, or the  
privacy of your own room.*

### **Cancellations**

*Kindly notify us as soon as possible to cancel or reschedule your  
appointment. This allows us to contact our therapists in time.*

*No-shows or cancellations made less than 3 hours of scheduled  
treatment incur a charge of 25% of treatment cost.*

*No-show or cancellation of Yoga class made less than 3 hour of  
scheduled class incurs a 50% charge of class cost.*

Please add 10% Govt. Tax to all listed prices.



# TENSING PEN SPA

## MASSAGES

CHOOSE COFFEE, COCONUT, PEPPERMINT, OR LEMONGRASS ESSENTIAL OILS

**SWEDISH MASSAGE | 60 MIN \$90 | 90 MIN \$120**

A full body massage that combines gentle strokes and varying pressures to release tension in the muscles and tissues caused by stress. Therapist will ask you to specify your desired pressure level.

**DEEP TISSUE MASSAGE | 60 MIN \$100 | 90 MIN \$140**

A deeper more focused body massage, targeting chronic tension in muscles and connective tissues, to free toxins, and restore circulation of blood and oxygen.

**ALOE VERA MASSAGE | 60 MIN \$95 | 90 MIN \$130**

Used since ancient times to treat and heal the skin, Aloe Vera is very useful on sunburns and after tanning. Locally produced Aloe Vera is used for this gentle massage treatment.

**FOUR HANDS BODY MASSAGE | 60 MIN \$160**

The ultimate relaxing full body massage, performed by two trained therapists working simultaneously to enhance your treatment.

**BACK MASSAGE | 30 MIN \$45**

Pink salt from the Himalayas is revered for its healing effects. Eliminate toxins, stimulate circulation, and soothe sore muscles with this refreshing scrub.

**JAPANESE HOT STONE MASSAGE | 60 MIN \$130 | 90 MIN \$180**

A specialty massage using smooth heated stones and Tensing Pen's special blend of massage oil. The hot stones relaxes muscles and increases blood flow to the area treated, thereby accelerating the healing process.

**REFLEXOLOGY FOOT MASSAGE | 30 MIN \$65**

Organic cane sugar works as a natural exfoliant to remove dead skin, detoxify, and stimulate your skin to heal and renew. This gentle scrub is scented with Peppermint & Lemongrass.



**ORGANIC LOCALLY MADE CANNABIS BUTTER**

*can be used in any of these treatments  
for an extra \$20 per 60 minutes treatment,  
or \$30 for 90 minutes treatment.  
Its properties help relieve sore muscles.*

*Please specify when booking your appointment.*



Please add 10% Govt. Tax



# TENSING PEN SPA

## SCRUBS, NAILS, FACIALS, MAKE-UP

### **BODY SCRUB WITH BROWN SUGAR AND ESSENTIAL OILS | 60 MIN \$90**

Choose COCONUT, COFFEE, LEMONGRASS or LAVENDER. Mixed with brown sugar, this exfoliating mixture is massaged into your skin to remove dead skin cells and improve circulation. Followed by the application of a moisturizer, leaving the skin soft and toned.

### **BODY SCRUB WITH BROWN SUGAR AND COCOA BUTTER | 60 MIN \$90**

Jamaican Brown Sugar is combined with cocoa butter to remove dry and dull skin cells, followed by a gentle massage of cocoa butter to leave the skin soothed and smooth. A scrub designed for overly dry skin, in need of nutrients and improved circulation.

### **BODY SCRUB WITH SEA SALT, SPICES AND COCOA BUTTER | 60 MIN \$90**

Our proprietary blend of spices and herbs smooth the skin and aid in improving the appearance of the skin and blood circulation. Our special mix is known for its antimicrobial, anti-inflammatory and antioxidant properties.

### **NAILS**

Salon Services can be arranged in the privacy of your cottage, on your patio or balcony.

Regular Manicure	\$30		Regular Pedicure	\$40
French Manicure	\$40		French Pedicure	\$50

### **FACELIFT MASSAGE | 60 MIN \$95**

Deep relaxing massage techniques stimulate the underlying layers of skin and soft tissue of the face. Designed to reduce the visibility of surface wrinkles and tone facial muscles.

### **TOTAL RELAXATION FACIAL | 60 MIN \$80**

The ultimate facial, it includes steam, cleansing, mud mask and a moisturizing facial massage. Includes a mini hand, foot and calf massage. Designed to leave you with a sense of deep well-being.

### **CLEANSING MUD AND SPICES FACIAL | 60 MIN \$95**

Deep cleanse, exfoliate and nourish sensitive skin with this gentle skin-renewing facial. This facial is customized for sensitive skin. A mini hand, foot and calf massage is also added to the treatment.



*An additional 30 minutes back massage can be added to any facial for an extra \$45.*

### **HAIR AND MAKE-UP**

Several styles and options can be offered, in the comfort of your own cottage: From simple make-up to more elaborate airbrushing for special occasions, from a simple blow-dry to a sophisticated updo.

Make-up	Starts at \$100
Hair Styling	Starts at \$80





# TENSING PEN SPA

## COUPLES TREATMENTS



*All Couples Treatments can be also arranged for groups, such as Bachelorette parties.  
Our Seasong Hut transforms into a Private Spa for you and your group, up to 6 guests at a time.  
All our Couples Treatments can be upgraded for Bridal Couples. Please inquire.*

### COUPLES SWEDISH MASSAGE

**60 MIN \$175 | 90 MIN \$240 PER COUPLE**

The Swedish is the perfect massage for side-by-side wellness, for you and your partner or friend. Two of our trained therapists will help your muscles relax and reset. Mention to your therapist the level of pressure you prefer.

### COUPLES DEEP TISSUE MASSAGE

**60 MIN \$190 | 90 MIN \$280 PER COUPLE**

A deeper more focused body massage for both of you, targeting chronic tension in muscles and connective tissues. This massage style goes deep into the muscle knots to help soreness, free toxins, and restore circulation of blood and oxygen through the body.

### COUPLES ALOE VERA MASSAGE

**60 MIN \$180 | 90 MIN \$260 PER COUPLE**

Unwind side-by-side with your partner or friend, while two trained therapists massage both of you using skin-soothing Jamaican aloe vera. A great way for a couple or friends to spend quality time together while being totally pampered.

### COUPLES BODY SCRUB WITH BROWN SUGAR AND COCOA BUTTER

**60 MIN \$190 PER COUPLE**

Enjoy a pampering side-by-side body scrub, sloughing away dead cells, and revealing glowing skins, while you both relax to the sound of the ocean. A relaxing way to spend time with a loved partner or friend



Please add 10% govt tax



# TENSING PEN SPA

## WELLNESS

### YOGA

Daily from 9:30 - 10:30 at the Seasong Hut  
Classes suitable for beginners and advanced levels.  
Booking must be done at the Front Desk prior to class.  
Fee: \$20 per person, with a minimum of 3 guests.  
Private Class: \$60 for 1-3 guests.

*Please notify us 3 hours before class in case of cancellation*

### RELAXING PAINT AND SIP CLASS BY THE OCEAN

Wednesdays, 3 PM - 5 PM  
Sip your favorite wine while partaking in a relaxing paint class with a local artist. All supplies are provided, just bring a smile!  
Sign up 1 day prior at the Front Desk.  
Fee: \$40 for adults | \$35 for children 12 and under

*Please notify us 3 hours before class in case of cancellation*



### GUEST WELLNESS PRACTITIONER CLASSES

*We are constantly adding wellness practices with local and international experienced guest practitioners. Please inquire*

### SOUND HEALING - SUNSET MEDITATION - YOGA NIDRA

**Seasonal**, at the Seasong Hut. Please inquire at Front Desk

Guided Meditation to the sound of the waves and soothing sound bowls. Booking must be done 2 days ahead at the Front Desk.  
Fee: \$60 per person, with a minimum of 3 guests.  
Private Class: \$80 for 1-3 guests

*Please notify us of cancellation 3 hours before class.*

### MEDITATION YOGA, OPTIONAL PSYLOCIBIN JOURNEY

**Seasonal**, at the Seasong Hut. Please inquire at Front Desk

Guided Meditation. Journeying into the Self with microdose of psilocybin mushroom.  
Booking must be done 2 days ahead at the Front Desk.  
Fee: \$60 per person, with a minimum of 3 guests.  
Private Class: \$100 for 1-3 guests.

*Please notify us of cancellation 3 hours before class.*



Please add 10% govt tax