



The Cove
ELEUTHERA, BAHAMAS

SPA SERVICES MENU

ALLURING. SERENE. LUXURIOUS.

INDULGE IN SPA SERVICES THAT REFLECT THE BEAUTY AND BLISS OF THE COVE

COVE RELAX

Utilizing long, fluid strokes and light dry-brushing to stimulate the circulatory system and promote detoxification, this classic massage relieves muscle tension and improves circulation.

- 60-minute session \$130
- 90-minute session \$180 (includes a full-body scrub)
- 120-minute session \$230 (includes full-body scrub, 90-minute Swedish Massage and 30-minute reflexology)

SIGNATURE WELLNESS MASSAGE

This custom treatment combines stretching, deep tissue massage and reflex points to reduce stress and relax muscles. Using a variety of techniques, your therapist will help bring relief to areas of pain and stiffness.

- 60-minute session \$130
- 90-minute session \$170
- 120-minute session \$220 (includes 90-minute signature massage and 30-minute reflexology)

SWEDISH MASSAGE

This classic massage relieves muscle tension and improves circulation. The massage will gently guide you to relax and release stress.

- 60-minute session \$120
- 90-minute session \$160
- 120-minute session \$200 (includes 90-minute Swedish massage and 30-minute reflexology)

FOOT REFLEXOLOGY

Through a technique that applies gentle pressure to specific areas on the soles of the feet, our therapists will assist with stimulating the body's own healing processes and bringing about a state of deep relaxation.

- 60-minute session \$120

TRADITIONAL THAI

Through this ancient technique, our therapist will stretch your body into yoga-like positions and apply deep, rhythmic pressure. Traditional Thai work can be an excellent and effective way of remaining flexible, energized and healthy. Please arrive wearing loose-fitting clothing. Thai massage pants will be provided to you.

- 75-minute session \$150

DEEP TISSUE MASSAGE

Deeply therapeutic, this custom massage targets chronic tension. Using a variety of techniques, your therapist will help bring relief to areas of pain and stiffness.

- 60-minute session \$130

SHIATSU

To balance energy flow through the meridians of the body, your therapist will use specialized acupressure techniques in combination with gentle stretching. Please wear loose fitting clothing.

- 75-minute session \$150

HEAD, NECK AND SHOULDER MASSAGE

To improve circulation and ease tension, this therapeutic treatment offers a combination of acupressure, warm and cool compresses and specialized massage.

- 60-minute session \$120
- 90-minute session \$160 (includes 30-minute foot reflexology)

EXPRESS MANICURE

Hand cleansing, cuticle removal, and nail trim (no nail color).

- 45-minute session \$45

EXPRESS PEDICURE

Feet cleansing, cuticle cutting, nail trim (no nail color).

- 55-minute session \$45

SIGNATURE MANICURE

Hand cleansing, exfoliating scrub, hand massage, nail trim, cuticle cutting, nail buffing and nail polish.

- 60-minute session \$65

SIGNATURE PEDICURE

Feet cleansing, exfoliating scrub, feet massage, nail trim, cuticle cutting, nail buffing and nail polish.

- 60-minute session \$75

SPA HOURS ARE 10:00 AM - 9:00 PM. FOR APPOINTMENTS DIAL 242.335.5141 OR DIAL EXTENSION 1818 ON YOUR GUESTROOM PHONE.



QUEEN'S HIGHWAY
GREGORY TOWN, ELEUTHERA
BS 1548 BAHAMAS

RESORT: 242.335.5141
RESERVATIONS: 866.644.4452
THECOVEELEUTHERA.COM

Spa guests must be 18 years of age or older to receive treatments. Please book your appointment 24-hours in advance. Most treatments are also available for 75 minutes. Please inquire within. All spa services are available in-room (+\$20). Appointments must be cancelled at least 10 hours before your scheduled time to avoid any cancellation charges. Cancellations made within 5 hours of appointment will be charged 50% of the scheduled service price. A no-show will result in a full price charge.