



RHIZOPHORA
— SPA —

at GOLDWYNN
Nassau, Bahamas

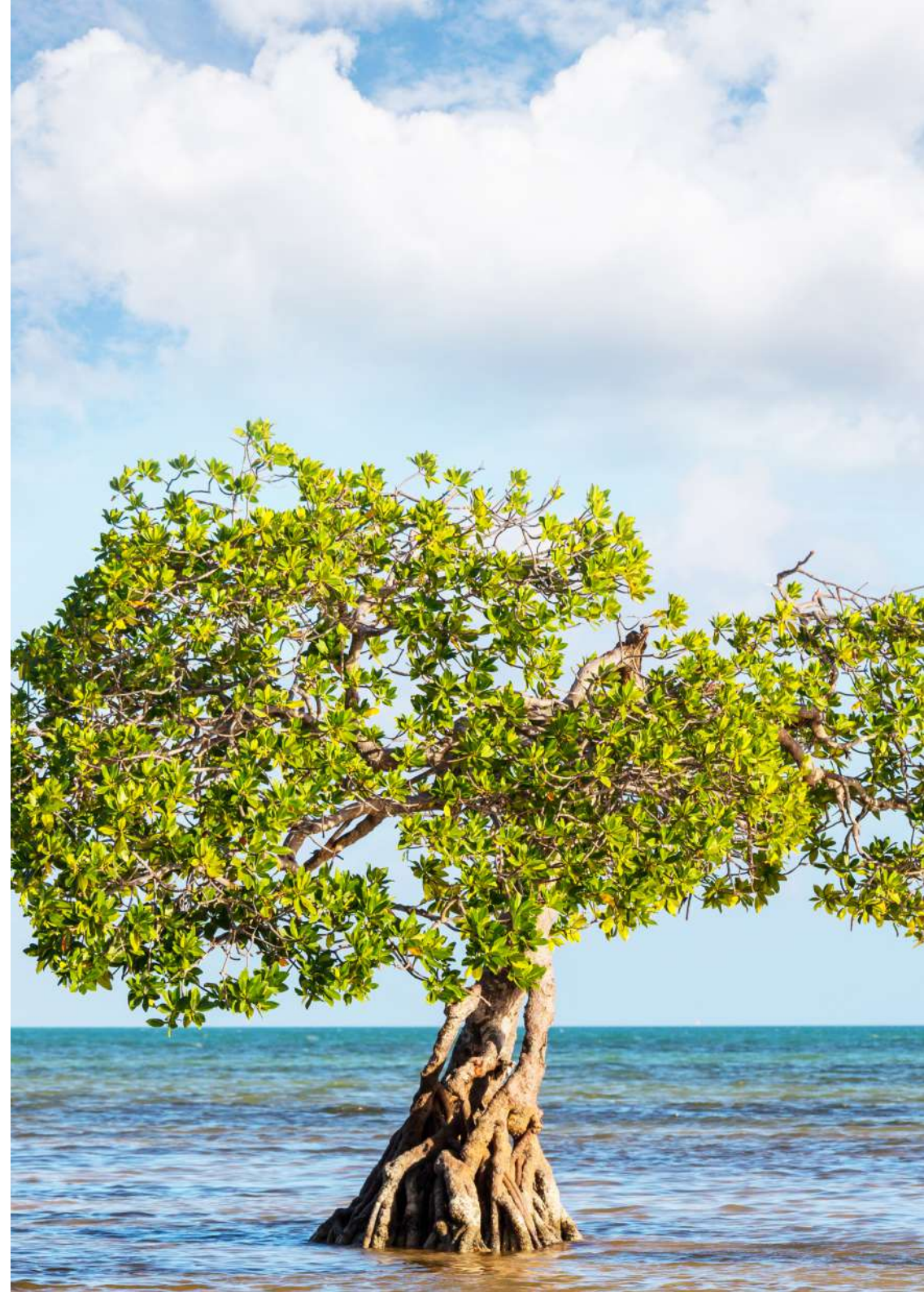
About Us

The Rhizophora Spa invites you to experience luxurious and holistic spa therapies in the heart of Cable Beach, on the ground floor of The Goldwynn Resort and Residences. Rhizophora Spa is the offspring of Windrose Spa, which in its beginning was a hidden Bahamian gem at the Compass Point Beach Resort where it has been successfully thriving for over a decade.

The Rhizophora tree, also known as the true mangrove, gives inspiration to our Spa's name and logo. The Rhizophora tree anchors its elaborate and eye-catching roots in the wetland mud and creates an ecosystem that protects The Bahamas and other coastal zones against storms and erosion while keeping them healthy.

In the same way the Rhizophora tree protects the marine ecosystem, Rhizophora Spa provides you with a holistic system that will stabilize and maintain your well-being with the interface of the power of touch with mind and body technologies.

At Rhizophora Spa at Goldwynn you will reach inner peace and strength and allow your energy to abundantly thrive, just like the Rhizophora tree.



Introduction

Rhizophora Spa Therapies are designed with VOYA, and Biologique Recherche products to deliver a high-quality spa experience bringing you to a new level of peace and relaxation.

Our intimate and island chic sanctuary features three treatment rooms, one of them being our RHIZ in BEAUTY room where you will have the great privilege to experience multiple or simultaneous treatments of total well-being from head to toe. An elite nail salon with two manicure stations and two comfortable and luxurious pedicure chairs with hydrotherapy and massage features.

For our hotel guest who wish to remain in the comfort of their rooms, for your convenience we will bring to you a first class in-room spa experience. You will have the privilege to choose from a range of treatments including bath butler services, hair wash and styling services and a variety of massages that are available on our spa menu.



Massage Therapies

RHIZOPHORA Deep Tissue Massage

50 minutes – \$180 | 80 minutes – \$250

Reach a deeper level of comfort as you Inhale deeply during your massage. Experience slow strokes, deep forearm pressure on tense areas to help realign deep connective and muscle tissue. These variety of techniques are combined to help you restore comfort, diminish muscle pain and feel stronger and more energized.

Includes:

- Warm welcome touch.
- Targeted areas of tension.
- Scalp massage.
- Closing ritual.

RHIZ with VOYA Massage

50 minutes – \$170 | 80 minutes – \$240

Close your eyes, relax, and bid stress farewell. Your Rhizophora Spa Therapist rhythmically applies proven effective Swedish massage techniques, combined with VOYA luxury body oils made from the highest quality botanical ingredients and aromatherapy oils to deeply hydrate and nourish your skin, whilst allowing your mind to experience deep relaxation..

Choose from:

ANGELICUS SERRATUS: Helps nourish, detoxify and stimulate.
MINDFUL DREAMS: Helps release tension and promotes relaxation.
SERENERGISE: Helps Soothe muscle aches and stiffness

Includes:

- Warm welcoming touch.
- Full body aromatherapy massage.
- Scalp massage.
- Closing ritual.

RHIZOPHORA Warm Stone Massage

50 minutes – \$220 | 80 minutes – \$310

Melt your tension away as locally gathered heated stones are applied to specific energy points on the body. Combined with a full body massage using these smooth heated stones to help you relax and sooth tension stored in the deeper layer of muscle tissue.

Includes:

- Warm welcome touch.
- Warm stone massage.
- Scalp massage.
- Closing ritual.

RHIZOPHORA Sports Recovery Massage

50 minutes – \$180 | 80 minutes – \$250

Time to recover and experience immediate relief from stiff aching muscles and sore joints. You will receive a customized massage combining assisted yogic stretching, deep breathing and deep massage application after an initial assesment with your Rhizophora Spa Therapist. Highly recommended for athletes and those of you who are frequently or intensely physically active.

Includes:

- Warm welcome touch.
- Assisted yogic stretching.
- Deep breathing.
- If needed Theragun massage.

RHIZOPHORA Couple's Massage

50 minutes – \$320 | 80 minutes – \$460

Take time out for two and experience spending quality time together whilst receiving a soothing massage near to each other in our spa's intimate sanctuary. Whether you are planning a romantic getaway, or making time to reconnect with your friend or a loved one, this is the experience for both of you. Reset, restore, and rejuvenate together at Rhizophora Spa.

Includes:

- Warm welcoming touch.
- Aromatherapy massage.
- Scalp massage.
- Closing ritual.

RHIZOPHORA Costal Massage

50 minutes – \$240 | 80 minutes – \$300

Escape in the heart of nature and take a breath of fresh air during a realxing massage in your outdoor cabana that you are renting for the day weather permitting. A unique and tranquil experience that allows you to bask in the beautiful Bahamian seaside atmosphere.

Includes:

- Warm welcoming touch.
- Aromatherapy massage.
- Scalp massage.
- Closing ritual

Neck, Back and Shoulder Massage

25 minutes – \$100

Take a quick break and embrace yourself in relaxation as your Rhizophora Spa therapist focuses on the areas that commonly retain the most stress and tension. Yes, your neck, back and shoulder will thank you.

Includes:

- Neck, back and shoulder massage.
- Warm towel on the back.

In Suite Massage – Additional \$50 surcharge per guest





Ancient Therapies

Abhyanga + Shirodhara Bliss Therapy

90 minutes – \$280

Nourish your body and restore a youthful glow to your skin with our Abhyanga massage, an ancient remedy originated from India more than five thousand years ago. Luxuriate in herbal massage oils that are customized to your body's energy needs. You can indulge further in this luxurious experience by adding our Shirodhara, where an oil infusion streams over your forehead to calm your nervous system, dissolve stress and bring you to a state of bliss and balance.

Includes:

- Warm welcome touch.
- Customized herbal oil blend.
- Luxurious oil massage.
- Scalp massage.
- Steady stream of warm oil flows from the forehead & lavishly nourishes the hair.
- Closing ritual.

Reflexology

60 minutes – \$180

Treat your feet with this ancient modality that utilizes a natural healing art based on the reflexes in the feet that correspond to every gland, organ and parts of the body.

A finger walking and pressure points technique is performed to the organ-specific reflex zones to help unblock stagnant energies and enable healing from within.

Rhizophora East Meets West Massage

80 minutes – \$320

Time to harmonize the mind, body and energy. This is the ultimate indulgent experience for the curious mind. Explore the best of both worlds in one place. Your Rhizophora Spa Therapist will combine Eastern techniques using reflexology and marma therapy. Western techniques are added using sports massage and hot stone placement to enhance the traditional massage application.

Includes:

- Warm stone placements.
- Marma points.
- Yogic stretching.
- Slow and deep forearm pressure during full body massage.

Organic Muslim Bag Massage

80 minutes – \$280

A real sensory treat, warm steamed bags of orange, clove, ginger and Fucus Serratus seaweed are gently massaged into the body releasing the precious seaweed oils.

We use a combination of the finest organic ingredients & seaweed to massage your body, to gently exfoliate and nourish your skin.



Biologique Recherche Facial Therapies

RHIZOPHORA CUSTOM FACIAL

60 minutes – \$180

“For youthful glowing skin”

An in-depth skin analysis is performed before receiving this facial treatment followed by a deep pore cleansing and exfoliation. Then a custom serum is applied using specialized facial massage techniques and is completed with the application of a facial mask designed for your skin type.

The results are a more radiant and youthful skin.

SOIN LISSANT

90 minutes – \$260

“For plumped-up skin”

A skin reconditioning and plumping treatment that uses hyaluronic acid, silk extract, and royal jelly to deeply hydrate the skin. Combined with a unique powder of milk proteins to protect and calm the skin of your face, neck and décolleté. This treatment is topped off with a sculpting massage application and lymphatic drainage to smooth and lift the face.

The results are hydrated, smoothed and regenerated skin.

MICRO-PUNCTURE LAB

90 minutes – \$350

“To combat the effects of ageing”

An intensive treatment that activates collagen production through intra-epidermal micro-stimulation and helps combat premature signs of skin ageing.

REMODELING FACE FACIAL

60 minutes – \$280 | 90 minutes – \$380

“To optimize the efficacy of our treatments”

A state-of-the-art bio-electric stimulation treatment that combines the power of three currents: Galvanic current which improves the absorption of the active ingredients, low and medium frequency currents which reshape and tone, and Athermic pulsed high-frequency current which revitalizes the epidermis and for instant and lasting results.

LIFT C.VS

60 minutes – \$180

“For lifted, better toned skin”

Natural amino acids exfoliate dead skin cells to stimulate the epidermis and increases oxygen exchange. Combined with specialized massage techniques for mature skin that leaves it more lifted, smoothed, toned and refined.

Biologique Recherche Facial Therapies do not include steam and extractions.
(Please book an express facial which will add 25 mins to your treatment time for an additional \$55)



Organic Facials

By: VOYA

SELF DISCOVERY RADIANCE FACIAL

50 minutes – \$140

This skin type-specific, ocean-inspired organic facial is deeply detoxifying, thoroughly revitalizing, and helps to smooth skin tone and increase clarity. VOYA's Self Discovery Radiance Facial incorporates a relaxing facial massage to release any build-up of toxins and to repair and nourish skin cells damaged by pollution and chemical exposure.

You will be left with a revived glowing complexion that is both enriched and strengthened.

- Sensitive/Normal
- Dry/Dehydrated
- Combination/Oily

ANTI-AGEING RESTORATIVE FACIAL

80 minutes – \$180

This treatment is suitable for all skin types, particularly for those in search of anti-ageing results. The anti-ageing restorative facial is made using VOYA's finest organic ingredients combined with antioxidant algae complexes and a restorative blend of aromatherapy oils.

This mix of seaweed and botanical ingredients helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. This facial results in instantly firmed and tightened skin with a natural and more radiant glow.

RESURFACING RADIANCE FACIAL

50 minutes – \$160

A highly effective resurfacing facial that targets congested lackluster and dull skin. Using a combination of seaweed extract, naturally derived glycolic acid and lactic acids with pineapple fruit enzymes, this facial will give your skin back its natural radiant glow.

Our advanced exfoliation treatment assists in diminishing fine lines and reducing the size and will brighten the appearance of the skin.

INTENSE DEFENCE FOR MEN FACIAL

50 minutes – \$140

Exclusively created for men's specific skincare needs, this powerfully effective treatment exfoliates the skin with bamboo spines, enabling a deeper cleanse.

The client will enjoy a soothing face and scalp massage, where VOYA's seaweed leaves and Mermaid's Purse mask are used to soothe even the most sensitive of skin. Fantastic for those affected with shaving rash, razor burn or ingrown hairs; the skin is left hydrated, fresh and mattified.



Prenatal Therapies

Prenatal Massage

50 minutes – \$170

A massage for the mother-to-be helps reduce back and neck pain associated with pregnancy. Smooth relaxing strokes will put mother at ease.

Proper body positioning and body pillows will be used to help support the belly allowing the expectant mother to be completely relaxed and comfortable.

Organic Precious Moments

50 minutes – \$170

A VOYA's Organic Precious Moments treatment is tailored specially to Mum and her growing bump. The growing bump is enveloped in a specialized mask helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention.

The hydrating organic masks work their magic while Mum enjoys a beautifully relaxing face, hand and arm massage. This is the perfect rejuvenating treatment to support the wonderful journey to motherhood.

Organic Prenatal Voyager

80 minutes – \$240

A relaxing organic wellbeing ritual promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing your skin. A full body exfoliation will gently buff the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to gently ease stress and tension with a top to toe body, face and scalp massage.

Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.

Body Therapies

BAHAMIAN FEVER GRASS BODY SCRUB

60 minutes – \$180

Achieve an island glow as your massages with a blend of sea salt infused with fever grass, hibiscus flower and healing neem bush. This body treatment will leave your skin feeling soft and radiant.

You will return to your ventures feeling energized and uplifted.

VOYA Warm Spiced Mud Wrap

90 minutes – \$260

The seaweed is taken fresh from the ocean and its purifying elements are encapsulated in the wrap. The extract is rich in potent anti-oxidants and minerals. Definitely, for the results-conscious client, this wrap has immediate and noticeable effects on the skin, including firming and toning.

The treatment is also a serious detoxifier, metabolism stimulator and a natural anti-ageing boost. Infused with aromatic spices of ginger and orange to revive the senses.

Organic Seaweed Leaf Wrap

90 minutes – \$260

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses organic seaweed leaves to scrub and wrap your body and is excellent in conjunction with a weight loss program.

Beginning with a bladder-wrack body buff, this treatment detoxifies firms and softens the skin. The whole body is then covered in Laminaria Seaweed leaves for instant results. Completed with an application massage of 'Softly Does It' to nourish and soften





Nail Therapies

RHIZ with VOYA MANICURE

55 minutes – \$80

To nourish, recondition and refine your hands, you will first enjoy a 'Time to Shine' exfoliation from the hand to elbow. This is followed by a deeply relaxing massage of the hands and arms, after which your hands are wrapped in warmed Atlantic seaweed leaves to hydrate, increase circulation and condition dry hands. To complete this treatment, nourishing 'Handy to Have' hand cream is applied.

RHIZ with VOYA PEDICURE

70 minutes – \$100

To recharge the circulation of the lower limbs and refine your skin you will first enjoy a Sea Salt Scrub exfoliation from the knees down. This is followed by a deeply relaxing massage of the lower legs after which your legs are wrapped in warmed Atlantic seaweed leaves to detoxify, increase circulation, and revive tired feet and legs. To complete this treatment, nourishing 'Softly Does It' is applied.

TRADITIONAL MANICURE

45 minutes – \$55

Complete with a full detailed manicure, this moisturizing hand treatment also includes a de-stressing hand and arm massage with anti-stress massage oil that will relax you and release any built up tension.

TRADITIONAL PEDICURE

60 minutes – \$75

Complete with meticulous pedicure, this relaxing treatment is an indulgent experience. Moisturizing, hydrating, distressing and exfoliating, your feet are rendered silky smooth. Includes a decadence foot massage with an anti-stress massage oil and a tension relieving massage of the legs.

CND™ SHELLAC™ MANICURE

50 minutes – \$65

The perfect manicure that gives the advantages of no drying time, no chipping, no smudging and leaves a lasting shine for up to 14 days. A Shellac coating is applied to nails instead of regular polish and cured in a LED lamp. Includes a detailed manicure before polish and a relaxing hand and arm massage after polish.

CND™ SHELLAC™ PEDICURE

60 minutes – \$85

Experience the perfect pedicure that gives the advantages of no drying time, no chipping, no smudging and leaves a lasting shine for up to 14 days. A Shellac coating is applied to nails instead of regular polish and cured in a LED lamp. Includes a detailed pedicure and callus removal before nail polish and a relaxing massage on the legs and feet after polish application on the toes.

EXPRESS MANICURE

30 minutes – \$40

A short and sweet treat for your hands; including nail shaping, push back cuticles, moisturized hands and your choice of regular nail polish.

EXPRESS PEDICURE

45 minutes – \$55

Give your feet a break for a little pampering; including nail shaping, push back cuticles, filing of the feet, moisturizer and your choice of regular nail polish on the toes.



Packages

Our Rhizophora Packages are designed using VOYA's revolutionary range of highly effective seaweed-based products that are organic and sustainable. We take you on a voyage through the zones of the mangroves to give you the ultimate experience at Rhizophora Spa.

Black Mangrove INDULGENCE

180 minutes – \$530

The Black Mangrove Indulgence allows you to have a combination of hydrating and oxygenating spa treatments that will help your body restore energy and help your skin look radiant, bright and healthy.

Your body will be enveloped in an Organic Warm Spice Mud Wrap that is infused with aromatic spices of ginger and orange to revive the senses. Benefit from the seaweed extracts that are rich in potent anti-oxidants and minerals. This is followed by a Deep Tissue Massage to help your energy thrive.

Complete with the Anti-ageing Restorative Facial that is made using VOYA's finest organic ingredients and utilizing the exclusive remineralizing, Mermaid's Purse face mask and Laminaria seaweed leaves.

Buttonwood Earthing Ritual

200 minutes – \$480

Take your worries away and take this time to reconnect with yourself. The Buttonwood Earthing Ritual is a purifying and grounding experience that begins with a gentle dry skin brushing technique to exfoliate dead skin cells and eliminate toxins. Experience a deep nourishing and relaxing treatment as your body is cocooned in VOYA's Buoyancy Lavender Wrap.

These carefully considered aromas can help soothe emotions, stress and renews inner peace. During the time you are cocooned an Express Self Discovery Facial will be performed on you. Drift into deep relaxed and dreamlike state with VOYA's Mindful Dream Massage then take a final step to anchor yourself during this grounding experience with a RHIZ with VOYA Pedicure plus Reflexology.

Red Mangrove OASIS

200 minutes – \$510

Inspired by the red mangrove zoning found at the water's edge, this package is designed to hydrate and detoxify your body from head to toe.

Beginning with a VOYA's Ocean Seaweed Leaf Wrap which includes a Bladder-Wrack Body Buf to detoxify, firm and soften the skin. The whole body is then covered in Laminaria Seaweed leaves for instant detoxifying results.

Enjoy an Express Facial during the wrap, followed by an application massage of 'Softly Does It' to nourish and soften the skin. Finally float away from your oasis after receiving an Express Rhiz with VOYA Manicure and Pedicure.

White Mangrove SERENITY

150 minutes – \$390

The White Mangrove Serenity takes you into a deep relaxing zone. Release trapped energy and melt your tensions away with our Warm Stone Massage.

Achieve optimal skin health with VOYA's Skin Renewal Facial that includes advanced serums and moisturisers tailored to suit your skin's specific needs. This advance facial offers a range to choose from including; Anti-Pollution, Anti-Oxidant or Skin Renewing Booster Serums to combat various skin concerns.

Conclude your serene experience with a 30 minutes Foot Massage and Hydrating Paraffin Foot Treatment for silky, soft feet.

The Express Menu

SKIN INSTANT LAB	30 MINUTES	\$75
EXPRESS FACIAL	25 MINUTES	\$100
EXPRESS BACK OR FOOT MASSAGE	25 MINUTES	\$100
BAHAMIAN FEVER GRASS BODY SCRUB	25 MINUTES	\$105
EXPRESS MANICURE	25 MINUTES	\$35
EXPRESS PEDICURE	35 MINUTES	\$45

ADD ON TO ENHANCE MASSAGE THERAPIES

SHIRODHARA	25 MINUTES	\$90
WARM STONE ADD ON		\$45

ADD ON TO ENHANCE FACIAL THERAPIES

LED LIGHT THERAPY		\$50
PRO PEEL AHA OR BHA		\$75
OXYGEN FACIAL		\$50
VOYA MARINE EYE TREATMENT		\$40

ADD ON NAIL THERAPIES

FRENCH POLISH		\$10
GEL POLISH REMOVAL		\$15
POLISH CHANGE		\$20
GEL POLISH CHANGE		\$35

Bridal Services*

BRIDAL HAIRSTYLE		\$150+
BRIDAL MAKEUP APPLICATION		\$150+
BRIDAL HAIR CONSULTATION		\$110
BRIDAL MAKEUP CONSULTATION		\$110
WEDDING PARTY HAIRSTYLE		\$130+

*Services can be done in guest's room, at an additional cost of \$50

Salon Services*

SHAMPOO AND STYLE INCLUDES BLOW DRY		\$80+
SPECIAL OCCASION HAIR DESIGN		\$100+
HAIRCUT AND STYLE INCLUDES BLOW DRY		\$100+
BANG TRIM		\$45
FLAT OR CURLING IRON		\$45+
FRENCH BRAID		\$45
CHILDREN'S HAIR CUT & STYLE INCLUDES BLOW DRY		\$50
MEN'S HAIRCUT & STYLE		\$65
MEN'S WET TRIM		\$50
MOUSTACHE, BEARD, EYEBROW TRIM		\$30
MAKE-UP APPLICATION		\$135
TEMPORARY EYELASH ENHANCEMENTS		\$35

Waxing or Body Sugaring Hair Removal

BROW MAINTENANCE		\$25
BROW SCULPTING		\$35
LIP OR CHIN		\$25
FULL FACE		\$65
UNDERARM		\$40
FULL ARM		\$75
HALF ARM		\$40
MEN'S CHEST		\$75
BACK		\$90
STOMACH		\$40
BASIC BIKINI		\$50
BIKINI PLUS		\$70
BRAZILIAN		\$85
FULL LEG		\$130
HALF LEG		\$75

+ Price starts at

SPA OPENING HOURS

Monday to Sunday 10:00 am – 6:00 pm

MAKE A RESERVATION

To make a reservation please email us at info@rizophoraspa.com

PREGNANCY

Our prenatal massage is offered during the second trimester or 14 weeks to 27 weeks of pregnancy.

RHIZOPHORA SPA GIFT CARD

Our gift cards can be purchased at the Rhizophora Spa and are available in any dollar amount. Please advise us when booking your spa appointment if you will be redeeming a gift card.

CANCELATION POLICY

We require at least 24 hours notice for cancellation to avoid being charged the full price of your treatment on the credit card used to reserve your appointment.

PRICES

For your convenience a 20% gratuity and 10% VAT will be added to your bill for all services. Additional gratuity for outstanding service is discretionary.

SERVICES AND PRICES

All prices are quoted in USD and are subject to change at anytime without notice.

ARRIVAL AND SPA ETIQUETTE

For those of you receiving a Biologique Recherche Facial, we ask that you arrive 30 minutes prior to your scheduled appointment. Upon arrival at the spa you will be greeted in the space devoted to skin diagnosis by one of our spa therapists. An analysis of your Skin Instant will be carried out on our Skin Instant Lab and this enables your spa therapist to design the best matched treatment protocol for your skin type.

For any other treatments scheduled, please arrive 15 minutes prior to your appointment time. Regretfully if you are late, we may have to shorten your treatment time to be on schedule for the next guest.

To maintain a peaceful and serene atmosphere at the spa, we ask that you turn off your cell phone and electronic devices upon arrival.

AGE REQUIREMENTS

Guest under the age of 18 receiving spa treatments and salon services must be accompanied by a parent or guardian.

VALUABLES

RHIZOPHORA SPA accepts no responsibility for loss of jewellery and other valuables at anytime on the spa premises.

HEALTH CONDITIONS

Your health and safety is important to us! Kindly advise us of any health conditions, allergies, pregnancy, injuries, recent surgery and medical treatment which could affect your choice of treatment when reserving your spa treatment with us.



RHIZOPHORA SPA

CONTACT US

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