



Sugar Cane Club  
HOTEL & SPA

# Sugar Cane Club

Visit our Award-winning Spa at the Sugar Cane Club, where time is left at the door and you can begin a journey far away from the pressures and pace of everyday life.

The spa provides a haven of peace and tranquility and features 7 treatment rooms and a menu selection of traditional massages, customized facials, beauty treatments, hydrotherapy and much more. A Steam room and relaxing outdoor terrace with dipping pool completes the experience which are amenities for you to enjoy before and after your treatment. It's the perfect retreat to pamper yourself after a busy day or to just unwind and reconnect with friends, family and loved ones. Visit our spa for just an hour or for a day and let us show you what relaxation is all about.

## **“A place simply like no other”**

Committed to enhancing the lives of our guests through beauty, harmony and well-being. A place to be pampered and rejuvenated by the thoughtful service of our professional therapists.

# Featured Products

## Phytomer

Meaning plant of the sea, Phytomer products combine marine extracts from oceanic plant life to produce long term results for those seeking true solutions to well-being. For over 35 years, by following a philosophy of thalassotherapy or “seawater therapy” Phytomer utilizes rich marine sources to recreate the art of marine healing in order to restore balance and beauty through innovative skin and body care.

## Fleurs

Fleur’s is one of our professional brands that highlights the power of flowers in their scientific, poetic and sensory dimension. The skin benefits of the essential oils created by these mildly scented botanical flowers are endless and are a real pleasure to use. Our Fleur’s treatments are inspired by the fairy tale like world of flowers inviting escape and providing an emotional experience.

## Creative, OPI and Essie

We aim to give you the best nail care by using products containing essential oils, vitamins, minerals and anti-oxidants to moisturize, soothe, rejuvenate and polish the skin to create a harmonious balance for both hands and feet.

Escape for a day



*...and enjoy all we have to offer*





## Facials

Sugar Cane Spa is proud to offer facial services that addresses the needs of every skin type and condition. Each treatment begins with an in-depth skin analysis . Your facial is specifically tailored to you and designed to not only produce a radiant complexion, but to also offer an experience of total relaxation. We have selected the finest skin care product in the world and are proud to offer you the purest choice in thalassotherapy, the most therapeutic use of seawater and marine based ingredients.

### The Sugar Cane Island of Youth *(80 mins)*

This is the facial you have long envisioned. A pioneering treatment combining high performance and well-being for visible youth effectiveness after the 1st treatment. This miraculous sequence begins with a rhythmic back massage and a lavish skin remineralization. Targeted anti-wrinkle and firming concentrates, two exfoliants applications to lift, nourish and seal complete with a hand and foot massage makes this experience a deeply relaxing sojourn. Your skin is left smoother and firmer, glowing with new radiance!

## Hyper-Pigmentation Facial (60 mins)

A clarifying treatment designed to reduce the appearance of dark spots caused by sun damage, pollutants and aging.

An active natural treatment masque is applied after a double exfoliation process to boost the breakdown of concentrated melanin. This treatment is suitable for all skin types and ethnicities.

For best results, this process requires a series of treatments, daily home care and sun protection.

## Hydra-Splash Facial (50 mins)

Thirsty skin remains the most common complaint of all skin types, which can be radically improved by increasing ester levels in the epidermis. This facial incorporates moisturizing amino acids, complex sugars and minerals extracted from seaweed to replenish the skins ability to hold water, necessary for a soft, dewy complexion.

## Soothing Sea Breeze Facial (50 mins)

Do you have sensitive skin? This facial is for you! Get the cool-down with this extra mild, award-winning treatment.

The products are formulated to regenerate, oxygenate and soothe irritated skin. The masque used, cools, reduces redness and leave the skin calm and refreshed.

## Ocean Oxygen Facial (50 mins)

Dull, lifeless or problematic complexion? Revive those sluggish cells with our seaweed-based rebalancing self-heating masque. Its rich formula of marine-rich elements, minerals and vitamins provides nourishment for your skin and regulates vital functions. Once tissues are recharged and oxygenated a bright, healthy clear skin tone emerges.

# Therapeutic Massages

Surrender your senses and release all tensions in the hands of our skilled therapists as they treat your body with a series of customized manipulations, designed to heal, rejuvenate and bring balance to the physical, mental and spiritual self thus promoting a feeling of inner peace.

## Couples Swedish Massage (60 mins)

This is a journey for two. Rediscover the joy of relaxing with your significant other, family member, or even a friend. Two therapists will massage you side-by-side, in unison so that you always know how your partner feels.

You will finish the experience with an increased sense of bonding and togetherness.

## Barbados Rumba (60 or 80 mins)

A wonderfully therapeutic Swedish massage customized to address your specific needs, using the healing combinations of warm oils and free flowing rhythmic strokes that is both calming and relaxing.

Treatment is customized to address your needs.

## Sugar Cane Deep Tissue Massage (30,60 or 80 mins)

A reinvigorating massage tailored to your individual needs which utilizes focused techniques to work on the deeper muscle structure of the body. It aims to release the chronic patterns of tension found in the contracted areas, either following or going across the fibres of the muscles, tendons and fascia with specific hand positions, systematic strokes, pressure points and breath movement techniques to loosen muscular congestion and improve the circulatory system.

## Sea Current Lymphatic Massage *(60 mins)*

Designed to mirror the gentle rhythm of the ocean, our sea inspired Lymphatic massage is an exploratory mapping of the entire body, using light pressured pumping strokes to simulate the circulatory and lymphatic systems. This ocean massage features a self-heating seawater mousse and replicates the movements of the sea to naturally channel the release of all blockages and toxins.

## Aromavedic Massage *(30, 60 or 80 mins)*

A delightful massage ritual using aromatherapy oils to energize the senses, revitalize the body and clear away toxins with gentle to medium pressure. Created with three custom blends, formulated with natural plant and flower oils beneficial to body and mind with specific massage techniques to stimulate the organs of the body, to increase circulation and lymph flow whilst dissolving your strains and stresses to bring about a restorative balance of mind and spirit.

## Soul to Sole Reflexology *(50 mins)*

A deeply relaxing, specialized trigger point foot massage stimulating the mind and body to enhance your body's natural healing abilities. Foot Reflexology massages are deeply relaxing with therapeutic benefits that are compounded when utilized as a frequent therapy. The more you go, the healthier you feel.

# Manicures

## Sugar Cane Signature Manicure (70 mins)

This supreme hand experience is the perfect antidote for the hardest working part of your body.

Our signature manicure includes a warm milk bath for rejuvenation, an invigorating exfoliation on hands and forearms for restoration, followed by our signature aromatic warm towel ritual and a luxurious massage for total relaxation. Treatment features, a paraffin mask application, nail shaping, cuticle care and your choice of polish.

Your skin will emerge glowing and velvety smooth to the touch.

## Hydrating Manicure (60 mins)

Keep skin and nails hydrated with our signature blend of enriched essential oils to promote strong natural nails and soft beautiful skin. After grooming and exfoliation and a creamy almond mask application, a rich buttery infusion with ultra penetrating oils and natural shea butter is massaged into the skin to seal, hydrate and restore smooth supple skin.

## Nail Enhancements & Extras

Gel Overlays (60 mins)

Acrylic / Gel Nail Extensions (80 mins)

Acrylic/ Gel Infills (60 mins)

Shellac Polish (60 mins)

Polish Change (20 mins)

Soak Off (45 mins)

# Pedicures

## Sugar Cane Signature Pedicure *(75 mins)*

Sit back and relax in one of our comfy pedicure thrones whilst we repair and renew your feet. We begin with a relaxing milk bath scented with the renewing effects of salt crystals, followed by customized nail grooming and our aromatic warm towel ritual; a luxurious paraffin masque infused with mineral oils that lock in moisture ending with a soothing leg massage and your favorite shade of polish.

## Caribbean Sea Pedicure *(75 mins)*

Pamper your feet with the natural therapeutic effects of the sea! The feet are first submerged in our enriched sea water bath elixir, scented with essential oils to soften, renew and restore the feet's vitality. Grooming, followed by a granule exfoliation, prepares your feet for our relaxing peppermint masque and invigorating lower leg and foot massage. This revitalizing treatment is then topped off with your choice of polish.

## Soufflé Marin Detoxifying Pedicure *(75 mins)*

Experience the rejuvenating and healing effects of our detoxifying mineral foot soak in this powerful nutrient rich, marine therapy. Includes a delectable aromatic exfoliation formulated with vitamin E and aloe vera and other organic ingredients which is both nourishing to the feet and stimulating to the senses. Your feet are left oxygenated and energized! Nail shaping and cuticle maintenance is followed by your choice of polish.

# Body Scrubs

One key to youthful beautiful skin is through exfoliation or the removal of dead skin cells. This refining process not only makes the skin smoother; it actually accelerates the growth of new cells.

These fresh cells are better at absorbing moisture applied to the surface, thus maintaining the moisture balance needed for healthy glowing skin.

## Island of Delights Body Glow *(45 mins)*

This invigorating treatment blends the bounty of the surrounding sea with nourishing oils. Allow your mind to drift away on the Caribbean waters as marine oil and a sprinkling of tiny marine salt crystals gently polish the skin. This exfoliation removes all traces of roughness, leaving behind exquisitely silky skin.

## Sugar Cane Body Polish *(45 mins)*

Purification for the entire epidermis is achieved in this treatment as an aromatic and sugary blend is vigorously applied to the body. A warm shower rinse melts away the scrub and is followed with a luxurious application of hydrating cream. You will experience skin that is soft, supple and tingling with renewed life.

## Golden Treasures Body Exfoliation *(45 mins)*

This sweet escape begins with an exfoliating scrub delightfully scented to remove dead skin cells followed by a luxurious application of nourishing body milk with pure gold particle which is liberally massaged into the skin, to reveal unbelievably soft, glowing pearlescent skin.

# Body Cocoons

Our intensive, full-body, relaxing body cocoon treatments achieve incredible therapeutic results to bring about an enhanced state of calm and well-being. All cocoons begin with dry brushing to remove impurities and prepare the skin for the absorption of the natural elements contained in our mineral rich body masques. After the masque sequence your body will be cocooned for ultimate relaxation and retention of the active nutrients. All therapies end with a custom blended moisturizer for velvety smooth skin and a blissfully relaxing scalp massage.

## Detoxify and Refortify Treatment *(80 mins)*

This spectacularly rich self-heating, high-grade algae cocoon, delivers mineralizing, rejuvenating and soothing effects to tight, congested tissues and muscles, whilst relieving fatigue and exhaustion throughout the body. The featured sea-weed based mud with its complex marine nutrients draws out toxins and impurities while infusing your skin cells with all the minerals and trace elements it craves to completely detoxify, revitalize and restore cellular and circulatory activity in one treatment. Drink lots of water and enjoy a refreshed feeling of lightness and balance.

## Firming & Anti-Cellulite Marine Wrap *(50 mins)*

A targeted treatment therapy, designed with powerful ingredients beneficial in reducing cellulite and rebuilding damaged collagen whilst contouring excess fat. Treatment includes a deep marine anti-cellulite scrub, proven specific massage technology in draining and detoxifying, followed by a body wrap to allow the formula to penetrate the skin for a smooth, taut appearance. A series of treatments is recommended for best results in addition to our Alguomer Detoxifying Bath.

# Special Spa Packages

## Body Ritual *(2hr)*

Inhale the calming and rebalancing benefits of a geranium bath, followed by our uplifting and detoxifying full body scrub. This holistic package ends with a luxurious full body massage leaving your skin feeling firm and soft.

## Caribbean Breeze *(2hr 30 mins)*

Sugar Cane Spa is offering Spa “tapas” allowing our clients to experience some of the rejuvenating elements our spa offers, such as our Body Scrub, Balancing Massage, Customized Facial and Mini Manicure. Always focused on achieving your four states of well-being: physical, spiritual, emotional and social.

## Sugar Cane Rush *(3hr 10 mins)*

Slip into our relaxing hydrotherapy bath and let every muscle in your body be treated with our bath’s pressurized jets followed by our luxurious Sugar Cane Body Polish to gently remove all traces of roughness with its tiny marine sugar crystals and moisturizing oils. To complete this treatment, the hands and feet are pampered with our Hydrating Manicure and Caribbean Sea Pedicure, leaving skin refreshed from head to toe.

## Tropical Ravine Escape *(2hr 40 mins)*

Begin this alluring aromatic escape with our Golden Treasures Scrub. Float away as your body is treated to the relaxing benefits of an aromatic Swedish massage that gently kneads and pummel to a blissful state of euphoria, complete with our nourishing customized facial.

## The Bajan Queen *(3hr 30 mins)*

The captivating floral essences found in our legendary Golden Body Wrap followed by our therapeutic full body massage to further absorb the nutrients into your skin. Our targeted facial leaves your skin nourished and glowing, ending with our Soufflé Marin Pedicure.

## Pamper Me in Paradise *(4hr 45 mins)*

This journey begins with an effervescent hydrotherapy bath that is delightful to the senses as your body unwinds. Our customized swedish massage takes you deeper to untangle any remaining knots left in your body whilst our Island of Youth Facial renews the face to leave you radiant. We complete this voyage with our Hydrating Manicure and Signature Pedicure. Includes lunch and beverage.

## Sunset Romance *(Couples 4hr 35 mins)*

Enjoy a deeply relaxing swedish massage together, filled with soothing aromas and candlelights. Luxuriate in our customized marine inspired facial, unique and personal to your skins specific needs whilst a sweet almond oil and sea salt exfoliant nourishes and moisturizes the hands. A 3 step marine inspired pedicure completes this sojourn to leave you feeling renewed. Includes lunch and wine.

## Bridal Party Packages

What better way for the bride, groom or the entire party to get it together, than a trip to Sugar Cane spa; where your walk down the aisle is just as important to us as it is to you. We're just the right place for you and your friends to unwind and relax with luxury treatments and boundless indulgences.

Customize your own packages specifically for you and your party.

# Specially Designed for Men

## Men's Custom Marine Facial *(50 mins)*

This deeply cleansing facial exfoliates and moisturizes to reduce sensitivity commonly associated with daily shaving and sun exposure. This treatment leaves your skin feeling revived and rejuvenated to put your best face forward.

## Men's Essential Manicure *(60 mins)*

This vitamin enriched manicure uses the highest quality products and begins with a luxurious soak, a light cuticle care, and nail shaping, followed by an exfoliation that leaves the hands feeling smooth to the touch.

## Men's Well-Heeled Pedicure *(60 mins)*

This sea water enriched pedicure begins with a moisturizing foot bath containing essential oils designed to ease sore muscles and hydrate the skin. Contouring of nails and light cuticle maintenance is followed by a foot and lower leg massage leaving your skin feeling smooth and restored.

## Hot Mud & Salt Scrub Treatment *(80 mins)*

A power pack renewing treatment beginning with our hot mud application and sea salt body scrub to detoxify and even out skin texture, ending with a full body massage to relax tight, tired muscles.

## Natures Bliss Package *(2h 40 mins)*

Start your journey with a sea salt exfoliation to smooth and restore the skin, followed by a hot mud application and massage to stimulate circulation and relax tight muscles. This treatment concludes with a Custom Marine Facial to leave you feeling relaxed and revitalized.

## Forest Rejuvenation Package *(4hr)*

This package has been created for those men who truly wish to experience the warmth and harmony of the Caribbean. This retreat includes a full body massage, followed by a customized facial catering to your skins specific needs, leaving it cool, clear and fresh as the Caribbean breeze. A soothing and rejuvenating manicure and pedicure finishes the experience, the perfect reward for your over worked hands and feet!

## Zen for Men *(4hr)*

Bring yourself into the moment with this customized retreat specifically geared for masculine balance.

This therapeutic escapade begins with a detoxifying bath, followed by an aromatic massage designed to help relieve muscular tension. Next follows a personalized gentleman's facial formulated to address the specific needs of your skin complete with our luxurious Signature Pedicure to leave you feeling totally relaxed.

# Hydrotherapy Bath

The healing effects of water have been shown to increase circulation, improve the performance of the lymphatic system and soothe nerves. So whether you're a tub soaker or confirmed shower type, consider trying one of our treatment therapies in our specially designed hydrotherapy tub. Each wonderful treatment can be enjoyed on its own or with other spa indulgences to create a duo ritual.

## Alguomer Detoxifying Bath (30 mins)

This detoxifying bath with lyophilized seaweed purifies from the inside out, drains excess fluid from tissues and helps to accelerate weight loss and cellulite reduction. It is an ideal part of any body contouring program.

## Sea Salt Bath (30 mins)

The beneficial effects of bathing in Dead Sea Salts and its unique therapeutic and beautifying powers has been recognized since ancient times. This sultry sea salt bath gently draws out impurities and replenishes essential nutrients, leaving skin healthy and luminous and is ideal for soaking away muscular aches and pains.

## Relaxing Bath (30 mins)

Unwind with an effervescent multi massage bath. With relaxing bubbles to help remineralize and ease aching muscles, bewitching your senses and offering total well-being.

# Beauty Enhancing Services

## Sienna X - Island Girl *(30 mins)*

A beach beautiful tan in moments, designed specifically to give you a smooth, golden brown tan. Our award winning tanning solution contains natural, nourishing ingredients which also enhances your newly bronzed skin. This natural sunless tan is just a spray away, taking you from the board room to Barbados in just under twenty minutes!

## Wax Services *(30 – 80 mins)*

Look and feel your best by having unwanted body hair effortlessly removed. Our wax treatment professionals take the utmost care to protect the health and elasticity of your skin with efficient application and removal techniques to leave your skin absolutely smooth.

\*Full Leg \*Half Leg \*Full Arm \*Half Arm \*Full Back \*Half Back \*Full Chest \*Half Chest \*Upper Lip \*Chin \*Eyebrow  
\*Underarm \*Bikini Wax \*Brazilian Wax \*Eyelash Tinting \*Eyebrow Tinting

## Steam Room *(20 mins)*

We all deserve to relax and get pampered, and what better way to do this than by visiting our spa and using our relaxing steam room to open up your pores which will effectively aid in softening your skin, soothing your nerves and relaxing tight muscles.

The steam also helps to clear out any impurities from the skin which is especially good for those who have acne and is a great flush for the sinuses.

# The Sugar Cane Spa

## Treatment Rooms

The Spa at Sugar Cane Club features 7 treatment rooms designed with the ultimate spa treatment in mind. Enjoy complimentary use of towels, robes, slippers and lockers while our therapists take you on an unforgettable journey.

## Opening Hours

The Spa is open 7 days a week for your convenience.

Monday – Sunday 9:00 am– 5:00 pm.  
Open most Bank Holidays.

## Arrival Time

We advise that you arrive at least 20 minutes prior to your scheduled treatment to allow sufficient time to indulge in some of our complimentary amenities. Take a dip in our plunge pool amidst our botanical gardens or our complimentary steam room to open up the pores and improve circulation. All late arrivals will result in a reduced treatment time at your expense, so as not to affect the next scheduled appointment.

## Spa Reservations

It is recommended that you make your reservations in advance to avoid any disappointment. All treatments for hotel guests can be charged to your room bill for convenient payment at the end of your stay. For other clients we accept most forms of payment: cash, cheques, credit or debit cards. You may call the Spa during the hours of 9:00 am – 5:00 pm. Credit card details and a local contact telephone number are required to make any local spa reservations.

## Clothing Apparel

We strive to ensure your privacy and comfort during your time with us. You will be suitably draped at all times during your treatments; underwear may be kept on for comfort.

Don't forget to bring along your swimsuit if you will be utilizing the steam and pool facilities.

## Fitness Zone

Looking for something to do to keep the fitness levels up while on vacation? Why not try our squash court where you can enjoy a game with the family or a friend. The viewing area upstairs is ideal for spectators to witness the fast-paced game. There's always the gym next door where you can work up a sweat, utilizing the cardio machines and weights.

## Whom Should I Tell If I Have Any Special Concerns

Please advise the receptionist at the time of booking your appointment if you have any special needs, allergies or medical conditions, especially if you are pregnant. Remember to communicate with your therapist to ensure your satisfaction and get the best results from your treatment.

## Cancellation Policy

Cancellations are accepted up to six (6) hours prior to the start of your treatment to avoid a cancellation charge. All cancellations after (6) hours will incur a 50% charge on the treatment price. If you fail to show up for your treatment without notification, you will be charged in full.

## Age Limit

Children under the age of 14 are not permitted to use the Spa Facilities.

Sugar Cane Club, Maynards, St. Peter, Barbados  
Tel: 1(246) 422-5026 ext 5036  
[spa@sugarcaneclub.com](mailto:spa@sugarcaneclub.com) | [sugarcaneclub.com](http://sugarcaneclub.com)