

A large outdoor spa pool at dusk. The pool is filled with blue water, reflecting the sky and the lights from the building. In the background, a stone structure with a large dome and several arches is visible. Waterfalls are cascading down the stone walls. The sky is a deep blue, and the overall atmosphere is serene and luxurious.

*The Spa
at
Sandy Lane*

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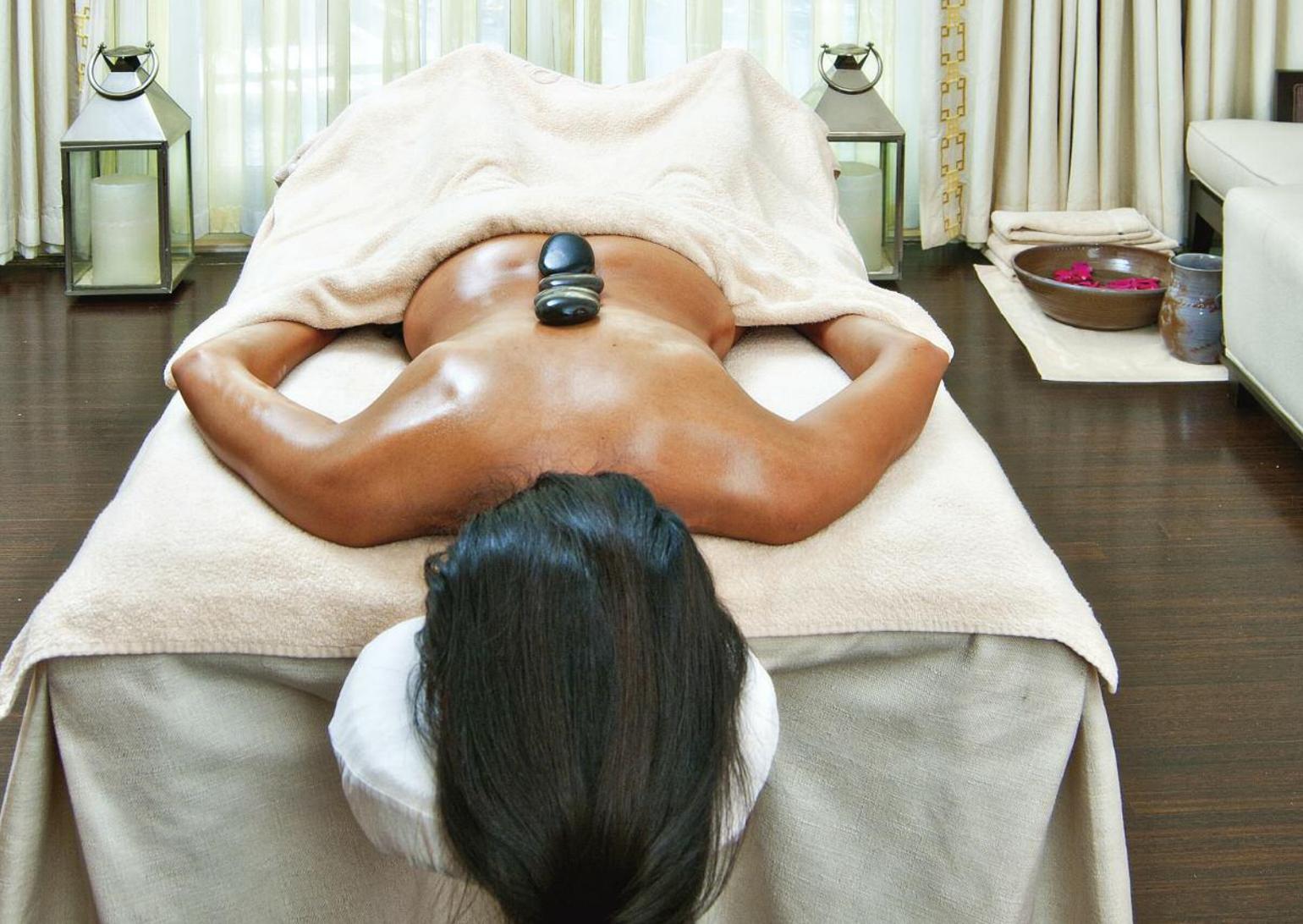
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The Massage Collection

**Sandy Lane
Massage**

A traditional Swedish full body massage using light to medium pressure to relax aching muscles and stimulate circulation. Your therapist will tailor the treatment to your specification using our Signature Sunrise and Sunset oils created exclusively for us by Aromatherapy Associates.

60 mins
90 mins

**Back, Neck &
Shoulder Massage**

Using Swedish style massage combined with hot lava shells or hot stones and the sublime Sandy Lane Signature Sunrise and Sunset oils, this massage concentrates on areas of tension and leaves the back feeling relaxed and the body de-stressed.

45 mins

**Deep Tissue
Massage**

An extremely effective deep massage, working on specific areas of tension. Ideal for golfers and fitness enthusiasts, this treatment helps to ease deep-seated tension. De-stress muscle oil with black pepper and rosemary is used to alleviate stress and tension.

60 mins
90 mins

**The Aromatherapy
Experience**

The Aromatherapy Associates traditional aromatherapy full body massage fuses the best massage practices from the East and West. Carefully applied pressures stimulate the nervous system while Swedish and neuromuscular massage techniques support a healthy circulation, soothing the body and mind.

60 mins
90 mins



Signature Romance Ritual

This unique treatment will leave you with the warmest memories of your time at Sandy Lane. This bespoke couples treatment begins with a foot soak ritual in a candlelit room with rose petals and soothing aroma. Hands and feet are exfoliated before being lovingly layered with nourishing body butter. Side by side full body massages are performed, using our Signature Sunrise or Sunset oils, leaving you both totally relaxed. The treatment ends with a wonderfully relaxing scalp massage. Finally, feast on fresh fruit and chocolate and sip on a refreshing beverage, while relaxing in your own private hydro pool.

120 mins

Sandy Lane Hot Stone Massage

An all embracing treatment incorporating an intensive hot stone massage and balancing of the chakra points. Warmed aromatic oils, combined with the therapeutic effects of the hot stones, are used to massage the body allowing a sense of deep relaxation.

75 mins

The Specialty Collection

Shiatsu

Japanese Zen-style shiatsu helps to balance the body, mind and spirit through a skilled manipulation of the body's meridian system. The art of working with pressure points providing whole-body balancing, gentle stretches, along with joint manipulations help to alleviate muscle tension.

90 mins

Thai Massage

This healing art calms and re-balances using rhythmical compressions on acupressure points and flowing yoga style stretches. The treatment is performed on a traditional Thai mattress. Steaming Thai herb-infused compresses are applied to the body to release any last traces of muscular tension.

90 mins

** This massage can also be performed as a table Thai Massage.*

60 mins

90 mins

Reiki

This holistic treatment activates and balances the body on an emotional, physical and spiritual level. The gentle laying of hands promotes natural healing and leaves a sense of well being.

60 mins

**Treatments available on request.*

Foot Zone Therapy

This ancient Chinese therapy involves working with pressure points across the reflex zones of the feet to leave a sense of wellbeing. Each zone corresponds with vital organs or parts of our body and naturally restores and maintains balance.

60 mins

Bajan Head Massage

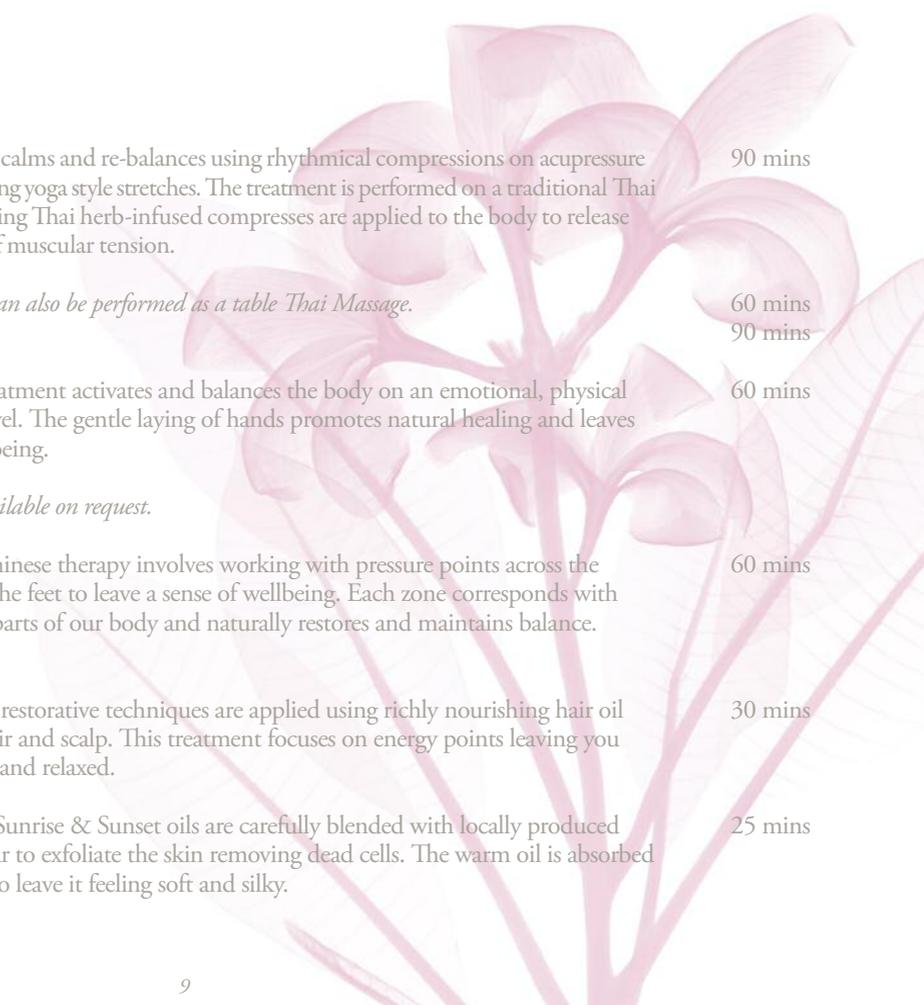
Energizing and restorative techniques are applied using richly nourishing hair oil to condition hair and scalp. This treatment focuses on energy points leaving you feeling uplifted and relaxed.

30 mins

Bajan Sugar Cane Scrub

Our Signature Sunrise & Sunset oils are carefully blended with locally produced raw brown sugar to exfoliate the skin removing dead cells. The warm oil is absorbed into your skin to leave it feeling soft and silky.

25 mins



Real Nurturing for the Mum-To-Be A full body massage, using rose oil focusing on the back, neck, shoulders and lower legs to ease aches and pains. Your body will feel soothed and your skin pampered. A nurturing experience for both mother and baby. 60 mins

Sandy Lane Tanning Treatment Using a natural formula with anti-ageing nutrients, this treatment provides a healthy looking tan without the harmful effects of the sun rays. The skin is gently prepared with a white tea, grape seed and walnut shell exfoliator. The Nutritan formula is sprayed onto the body to ensure an even and natural coverage. A light tan which appears after 8 hours, will last for up to seven days. 45 mins

We strongly recommend that you do not combine with any other Spa treatment. Avoid sunbathing and bathing or showering for 8 hours after application. Wear dark clothing on the day of application.

The Facial Collection: Aromatherapy Associates

Aromatherapy Prescription Facial A personalized prescriptive facial using therapeutic essential oil-based products and pressure point massage to boost complexion, revive your skin texture and leave you looking radiant. 60 mins

Luxury Anti-Age Facial Using the nourishing properties of rose and frankincense, this treatment is specially formulated for mature, dry, tired and devitalized skin. This luxurious facial includes a mud mask and overnight repair mask interspersed with the most relaxing facial massage. A specialized eye massage is performed to address fine lines and wrinkles and at the conclusion of this treatment, your skin is left looking radiant and toned. 90 mins

Rose Radiance Facial Pure hands-on therapy at its best! More than a facial, this is a facial experience. This thorough skincare treatment culminates with a relaxing scalp massage and a pampering hand and arm massage. Your skin will be left toned, polished, delicately scented and radiant. 60 mins

Deep Cleansing Facial The skin is re-balanced with pore refining and naturally antiseptic lavender and tea-tree after this deep cleansing facial. This treatment includes steam and extractions and will leave your skin feeling fresh, soft and super clean. 60 mins

Microdermabrasion First Session A specially designed treatment with micro-fine aluminum oxide crystals which remove a thin layer of the outer skin to exfoliate and stimulate circulation, improving the overall appearance and luster of your complexion. 60 mins

Microdermabrasion Anti Aging Facial 60 mins

Microdermabrasion Follow Up Treatment *Please note that consultation is required 48 hours prior to this treatment. No direct exposure to direct sunlight is recommended after treatment and sun block should always be used. We also recommend a follow up treatment. Details given upon consultation.* 45 mins



Wraps

Bajan Herbal Linen Wrap	Natural linens are heated in an infusion of Bajan detoxifying herbs. The entire body is cocooned, to stimulate, increase body temperature and encourage the elimination of toxins.	30 mins
Sunburn Cooler	Rescue your sun-drenched skin with a refreshing and soothing banana leaf body wrap. The legendary healing powers of lavender cool your overheated skin while peppermint and aloe comfort and soothe.	60 mins
Citrus Detox Reviver	Feel cleansed inside and out with this powerful treatment. After exfoliation to smooth and refine the skin, a stimulating body massage is performed to encourage the release and elimination of toxins. Detoxifying citrus gels and oils are applied to the body followed by a firming and toning mud mask envelopment. This treatment concludes with a foot massage.	90 mins
Rose Hydrating Cocoon	Indulge in this nourishing and thoroughly moisturizing treatment. Rich oils and creams of damask rose are layered into freshly exfoliated skin leaving it glowing, silky and revitalized.	60 mins
The Enrich Body Experience	An exotic experience to deeply nourish the skin and tantalize the senses. This transforming experience begins with an intense body exfoliation to stimulate and revive dull looking skin. Neglected hands and feet are tended to, with special care and attention paid to dry skin and cuticles. Thirsty skin is replenished with an exotically fragranced serum to leave it soothed and refreshed. Pure dry skin oil is layered onto the skin to nourish and is followed by a definitive protective layer of body butter, full of the ultimate in moisturizing ingredients. While you are cocooned in layers of luxury, a relaxing scalp massage completes this intensive treatment. The result is the long lasting effect of irresistibly smooth skin!	90 mins

The Hydrotherapy Collection

The Jet Blitz Experience	An invigorating water jet massage, aimed at stimulating lymphatic circulation and relax aching muscles, excellent for detoxifying.	15 mins
Hydrotherapy Bath	After consultation with your therapist, a personal experience is selected for you. The choice of color therapy to coincide with chakra energy points, beautifully scented bath oils and jets that work with areas of concern make this the perfect treatment for total relaxation.	30 mins
Oceana Hydrobath Program	A full range of programs has been created to allow specific needs to be addressed from detoxifying to relaxing sore muscles. Choose from 10 specific programs or customize your own. Spa reception would be happy to recommend one that is most suitable for you.	30 mins
Swedish Miracle Wrap With Facial	A wrap combining the finest natural ingredients from Northern Europe with the Egyptian art of pressure wrapping to tighten, contour and deeply cleanse the body. With the use of rich natural sea clays, this wrap compresses and nourishes the skin.	90 mins

*Please avoid eating at least one-hour prior to start of treatment.
Not recommended for men.*

The Rhassoul Experience

A ritual experience using healing clay. The ceremony begins with your choice of enriching clay or detoxifying algae being gently applied to the body. Radiant heat is then generated within the walls and seats of the Rhassoul. The temperature rises to 38degrees and the clay dries before an aromatic steam is released to moisten the clay. This is then washed away with a warm, gentle rain shower leaving the skin refreshed and looking radiant.

30 mins

This can be an add-on before or after your treatment. Speak to the Spa Receptionist at time of booking for recommendation.

The Experiences: Half Day Experiences

Golfer's Tonic	Deep tissue massage (60mins) Enrich Foot Therapy	1 hr 30 mins
The Bajan Indulgence Experience	Body scrub with coconut oil/coconut gratings and brown sugar Warm clay wrap in banana leaves Full body massage with coconut oil Bajan Lunch from Spa Café	2 hrs 30 mins
The Purifying Program	Jet Blitz Hydrobath Bajan Herbal Linen Wrap Detoxifying Aromatherapy Massage	2 hrs 30 mins
Nurture Retreat	Rose Hydrating Cocoon or The Real Nurturing Mum-To- Be Rose Radiance Facial Pedicure Spa Café Lunch	3 hrs 30 mins
Bridal Bliss Option 1	Bridal Make Up and Trial Romantic Bliss Manicure Pedicure Complimentary File and Polish Changes for Three Bridesmaids A gift voucher for \$100 from The Collection (hotel guests only)	3 hrs 45 mins



The Experiences: Full Day Experiences

Bridal Bliss Option 2	Bridal Make Up and Trial Manicure or Pedicure and Polish Change Sandy Lane Massage	3 hrs
The Shared Experience 2 persons	Rhassoul Sandy Lane Massage Private hydrotherapy Pool (30mins) with complimentary fruit punches <i>Add a Manicure or Pedicure</i>	2 hrs 15 mins 3 hrs
The Ritual	Foot Soak Bajan Herbal Linen Wrap Spa Café Lunch Choose from The Rose Hydrating Cocoon/Citrus Detox Reviver/ Enrich Body Experience Aromatherapy Massage with oil that corresponds to wrap chosen	4 hrs 15 mins
Total Indulgence	Hydrobath Body scrub The Aromatherapy Experience Aromatherapy Prescription facial Spa Café Lunch Manicure or Enrich Hand Therapy Pedicure or Enrich Foot Therapy Gift voucher for \$100 from The Collection (hotel guests only)	5 hrs 30 mins

As You Like It Option 2

Create your own collection by selecting any combination of three treatments. 4 hrs 30 mins

The Aromatherapy Experience/ Deep Tissue
Rose Radiance Facial/Deep-Cleansing Facial
Spa Café Lunch*
Citrus Detox Reviver /Rose Hydrating Cocoon

** Choice of lunch in the treatment room or Spa Café. Please place your order for lunch on arrival for your treatment at the Spa Reception Desk.*

The 30 Minute Essentials: The Body Collection

Herbal Linen Wrap with Hot Stones

Enveloped in a warm cocoon designed to rid the body of toxins, while paying special attention to your Chakras, and a relaxing Head Massage to unwind and calm down. 30 mins

Back Massage with Lava Shells

This is absolute bliss. Lava Shells glide over your back, targeting your stressed areas, bringing you comfort, relief and pure pleasure to muscles and troubled spots. 30 mins

Enrich Foot Therapy

A perfect ritual for tired feet. After bathing the feet, an intensive skin tissue oil and serum are applied along with a warm mineral mud mask. This is followed with a fabulous foot and leg massage that will ease away the tension from a day on the golf course, tennis court or perhaps after a long flight.

30 mins

Enrich Hand Therapy

Ideal therapy for soothing dry skin and cuticles. After a luxurious hand soak, intensive skin tissue oil and serum are applied along with a warm mineral mud mask. A wonderfully relaxing massage using enriching body butter completes this experience.

30 mins

The 30 Minute Essentials: The Facial Collection

Firming and Lifting Eye Treatment

This firming treatment for the eyes, targeting fine lines and wrinkles, lifts, revitalizes and relaxes the entire area. This is followed by a stimulating head massage.

30 mins

Intensive Rejuvenating Neck Treatment

This intensive treatment for the neck and décolleté, focuses on firming and lifting. Intensive exfoliation with enzyme and bamboo extract reduces roughness, uneven pigment and loose skin. An energizing mask and massage, calling on the rejuvenating effects of Gotu Kola and deep penetrating peptides, leaves skin firm, smooth and restored.

30 mins



Radiance Mini Facial

Gentle and nourishing yet effective. This facial targets sensitive and delicate areas of the face to encourage circulation and hydration, leaving the skin radiant and silky soft.

30 mins

Balancing Mini Facial

Balancing and clarifying. This facial is ideal for the skin with an oily condition and prone to breakouts. It is decongesting and purifying leaving the skin renewed.

30 mins

Sundari

The Tridosha Theory

When the five eternal substances – space, air, fire, water and earth combine to form the human body, they do so by creating three vital energies, or doshas. These are the forces that govern all psycho-physiological functions in the body and mind respectively. They construct the body and serve to maintain it in a dynamic state of health. However, when these vital forces are aggravated, due to improper gross or subtle factors, the body- mind connection begins to suffer and the disease process begins.

Vata

It is the most powerful among doshas. Formed by the interaction of space and air, Vata is movement, the body in motion. Treatments are warm with slow deliberate movements to sooth and balance the Vata energies. Warm food, moderately heavy textures, added butter and fat; salt, sour, and sweet tastes; soothing and satisfying foods, all are good for settling the disturbed Vata. Use food such as: warm soups, stews, and hot cereals, fresh baked.

Pitta

Formed by the interaction of fire and water. . .the polarity of these two elements plays an important role for Pitta, which regulates the body metabolism and transformations in the body's form. The treatments combine both cool and warm elements with a focus on releasing mental and muscle tensions. Cool or warm but not steaming hot foods; bitter, sweet, and astringent tastes, are what are perfect for this body type. Take cool, refreshing food in summer. Reduce the consumption of salt, oil and spices, all of which are "heating" to the body. Salads and fresh vegetables are good.

Kapha

It is formed by the structural properties of earth, with water in its role as a lubricant to different tissues of the body, which also aids strength and adds stamina to the body. Treatments are stimulating to encourage detoxification and cleansing. Warm light food, dry food, cooked without much water, minimum of butter, oil and sugar are recommended for this body type. Stimulating foods with pungent, bitter and astringent tastes and deep fried foods are best avoided. Eat lightly cooked foods or raw fruits and vegetables. 'Eat' spicy, bitter and astringent foods. Watch out for eating that little bit extra, a typical Kapha tendency.

** Healthy Ayurvedic Meal options are available at the Spa Cafe.*



Ayurvedic and Wellness Consultation

The Ayurvedic consultation explores your physical, mental and emotional health to help you understand your unique energetic constitution or combination of Doshas (the three dynamic living forces) that determines your body type and possible imbalances. The Ayurvedic consultant then prepares a sequence of experiences and a program of recommended foods and exercise according to your body type that will help bring more balance, energy and peace to your entire being.

30 mins

Ayurvedic Lifestyle Recommendation

Ayurveda promotes a lifestyle that is in harmony with Mother Nature. In this Consultation, the benefits of the experiences, diet and exercise program during your stay are evaluated.

30 mins

Sundari: The Body Collection

Sandy Lane Abhyanga Experience

This traditional synchronized full body massage is delivered by two experienced Ayurveda therapists using oils selected to balance the dosha. The treatment begins with a tea offering and foot ritual, followed by a four hand exfoliation of the body whereby the skin is gently scrubbed and left silky smooth. The treatment continues with a rhythmical four hand massage and to finish, an express facial is performed. This is total indulgence!

120 mins

Sundari Abhyanga Massage

This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy and restoring the flow or “prana,” the life force that stimulates the body’s vital life force.

60 mins

Swedana

A full body marma stimulating massage with dosha specific oils is followed by therapeutic sweating, induced by the placing a steam tent over the treatment table to create a private sauna. It increases circulation, speeds up the elimination of toxins, relieves muscle pain and stiffness.

90 mins

Udwarthana

This is a deep, dry massage using herbal powders which stimulate the hair follicles assisting to break down the body’s excess subcutaneous fat. This massage aims to address obesity and mobilizes toxins, beneficial for firming and toning.

60 mins

Tan Lepa

This treatment stimulates the natural cleansing and healing abilities of the body. Following a full body herbal oil massage, a dosha specific full body mask is applied to the entire body that aids in drawing out toxins and relieving aches and pains, leaving your entire body refreshed and calm.

90 mins

Chakradhara

This balancing and calming experience uses the flow of warm herbal oils over the chakras whilst incorporating a specific Marma point massage to restore vital energy flow and balance the fluctuation of each chakra. The therapist will use kneading, squeezing and rubbing motions to release tension and toxins and other impurities from the tissue.

60 mins





Sundari: The Facial Collection

SUNDĀRI Dosha Facial

Delight the senses and let your skin be renewed with this unique customized facial treatment that begins with a relaxing back massage and concludes with a foot massage (pada abhyanga.) An assessment of your constitution, (dosha) creates a personalized dynamic and balancing experience with extraordinary results and a healthy natural glow.

90 mins

Vishuddha Harmonizing Facial

Vishuddha means 'extremely pure'. The 16 petals of the throat chakra are reflected on the face. Herbal oils are the medium for healing, and combined with ancient marma massage and light nurturing stokes this facial purifies and opens up the energy field of the face and neck. It works to remove blockages and stimulate the flow of energy along the pathways of the face and so prepare them to receive the prana and light. This facial awakens the blissful higher energy in the body as well as restoring beautiful and glowing skin.

90 mins

Kapha Purifying Facial

Neem - Find balance for the overactive Kapha. This intense cleansing facial uses powerful products and specialized techniques to normalize oil production, draining impurities by stimulating lymphatic flow, and refining pores.

60 mins

Vata Ultra Hydrating Facial

Omega 3 - Reawaken skin with a holistic facial customized to your Vata dosha. Naturally active ingredients are custom-blended for intensive exfoliation and renewal. A signature Marmassage involving pressure point stimulation completes the experience delivering newly radiant skin.

60 mins



Pitta Brightening Facial

Rooibos Enzyme- This beautiful treatment is designed for your Pitta dosha. Your skin is cleansed with a combination exfoliating cleanser, peeled lightly and brilliantly moisturized with corrective products to aid in preventing acne, smoothing skin texture, and diminishing hyper pigmentation.

60 mins

Sundari: Scrubs and Wraps

Kapha Earth Energizing Body Mask

Enjoy the benefits of a stimulating mask using ancient herbs and spices. The warming and detoxifying effects of ginger and cardamom enhance the natural healing abilities of the body. Feel revived, nurtured and rejuvenated.

90 mins

Vata Aroma Cocoon

The ultimate in relaxation! This Wrap consists of feather light lymphatic drainage movements that use a blend of grounding, and moisturizing essential oils, cocooned in a warm blanket to enhance the absorption of the blend of Omega 3 infused oils into the skin. We complete with an application of warmed cream to seal the moisture into your skin.

90 mins

Pitta Balancing Detoxifying Wrap

Laden with healing minerals, clay has been celebrated for thousands of years. Enjoy a complete revitalizing and Pitta calming envelopment using the pure healing elements of triphala, neem and green tea.

90 mins





**Vata Grounding
Sugar Scrub**

Essential oils of rose and sandalwood infused into organic sugar, exfoliate, hydrate and strengthen the skin, while calming and soothing the mind.

30 mins

**Kapha Invigorating
Scrub**

Contains natural walnut powder and cardamom infused with 100% pure essential oils of grapefruit, sandalwood and palmarosa. Good for cleansing and reducing cellulite.

30 mins

**Pitta Detoxifying
Scrub**

Contains natural date seed infused with 100% pure essential oils of orange, neem, eucalyptus and coconut oil. Mentally and physically healing and detoxifying.

30 mins

Sundari: Ayurvedic Hair and Scalp Treatments

**Dosha Nurturing
Scalp Treatment**

The pure oils of coconut, palmarosa and rosewood are massaged into the scalp for hydrating, regenerative and calming effects. The hair is towel steamed to help better absorb the essential oils to improve hydration and elasticity of the hair. This treatment is excellent for dry, dehydrated scalp and hair.

30 mins

**Indian Head
Massage**

This ancient experience relaxes tones and eases muscle tension in the back, neck, scalp and shoulders. It also aids in the elimination of toxins by stimulating circulation, creating a positive energy flow through the chakras leaving you in a state of tranquility and peace. This treatment is ideal for reduction of jet lag, anxiety and headaches.

60 mins



Shirodhara

Warm herbal oil is poured in an even stream on to the forehead to pacify and revitalize the mind and the body. As well as its intense rejuvenating and anti-aging effects, Shirodhara improves memory, normalizes sleep patterns and addresses other neurological disorders.

60 mins

**Shirodhara involves a steady stream of warm medicated herbal oil on the forehead while lying on a flat surface with the head back. The oil is poured very slowly for 12-15 minutes followed by a gentle scalp massage. Dhara is done in absolute silence and helps you to relax and helps you to create a balanced state of peaceful rest for the mind and the body. The scalp massage helps to relieve headaches, anxiety and is recommended for hypertension.*

To Finish

Solar Manicure

The hands are exfoliated using Sweet Almond oil and Sea Salt to gently nourish, followed by a moisturizing Shea butter massage.

45 mins

Raw Earth Pedicure

A wonderful three-step pedicure, also recommended for men, beginning with a raw sugar foot scrub to gently exfoliate, followed by a volcanic clay foot mask to moisturize. To complete, a foot massage using lotion enriched with vitamins and minerals that will leave the feet rejuvenated and smooth.

60 mins

Creative Spa Manicure

This deluxe citrus facial for the hands is a wonderful rejuvenating treatment that will deeply hydrate and help to restore your skin's youthful appearance. An intense two-step citrus acid exfoliation concludes with an essential oil and vitamin hand and arm massage.

60 mins

Creative Spa Pedicure

A luxurious marine inspired facial for the feet, focusing on the heel area using hydrating cucumber cream. A three-step exfoliation process using beach sand, sea salt and alpha hydroxy acid will leave your feet feeling refreshed and smooth. A pampering and blissful foot and calf massage completes your pedicure.

75 mins

Both the Creative Manicure and Pedicure can be enhanced with a paraffin dip in the manicure or the choice of paraffin dip or a mud mask in the pedicure. An additional 15 minutes for this service is required.

The Signature Sandy Lane Manicure

75 mins

The Signature Sandy Lane Pedicure

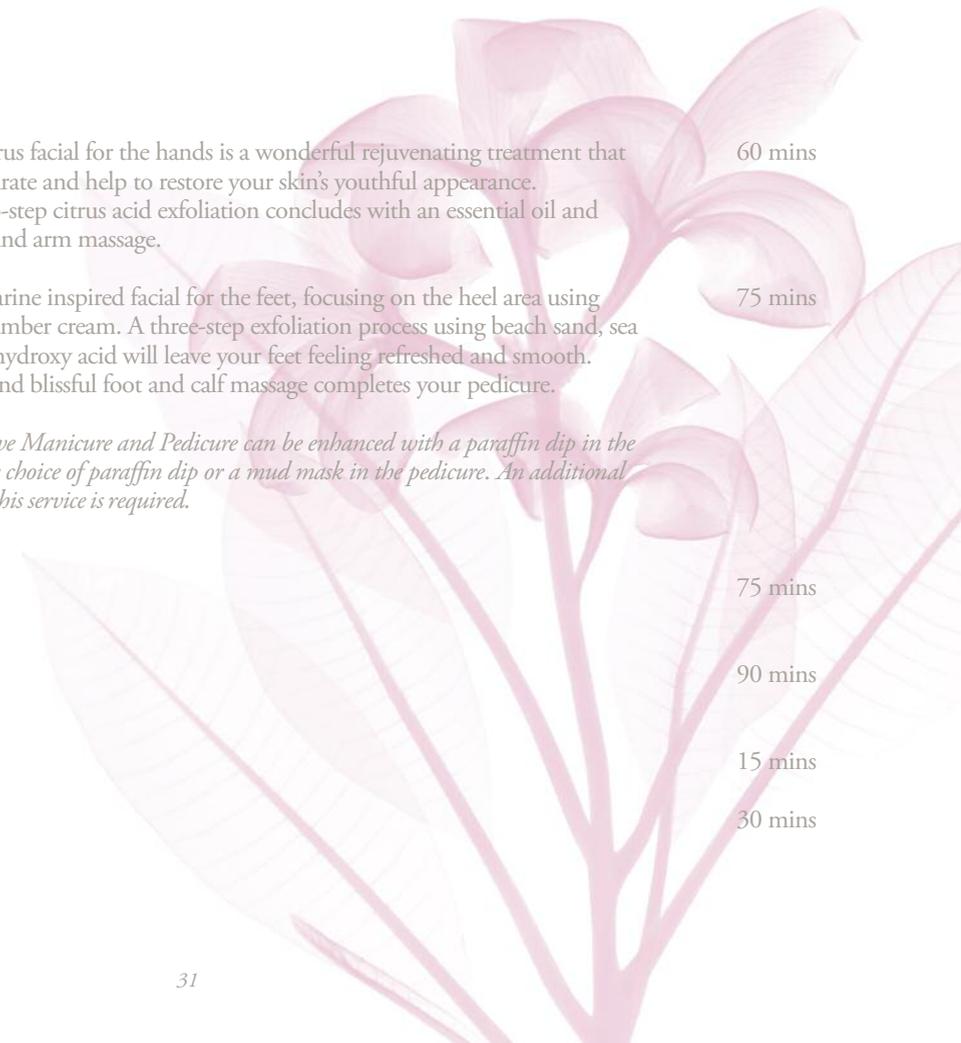
90 mins

File & Polish Change

15 mins

French Polish Change

30 mins



Creative French
Spa Manicure 75 mins

Creative French
Spa Pedicure 90 mins

Gelish Nails

The perfect solution for chip free and extended wear color. Gelish combines UV3 technology with the ease of polish and the permanence of gels.

Signature Gelish
Manicure 75 mins

Signature Gelish
Pedicure 90 mins

Gelish Polish
Change 30 mins

Gelish French
Polish Change 30 mins

Removal 30 mins

Please note that times for Signature Manicures and Pedicures can be adjusted to suit if needed.

Make Up

Make Up Experience 45 mins
Make Up Lesson 90 mins
Bridal Make Up 45 mins
(including trial)

Waxing

Full Leg 45 mins
Half Leg 30 mins
Bikini 15 mins
Underarm 15 mins
Lip and Chin 15 mins

Eyebrows & Eyelashes

Eyebrow Shape 15 mins
Eyelash Tint 30 mins
Eyebrow Tint 15 mins
Please request either: wax, tweezers or threading.
A sensitivity test must be carried out 24 hours prior to treatment.



Fitness & Classes

The Fitness Centre is available to Sandy Lane Resident guests only. Guests must be over the age of 16 years.

Fitness Assessments

We recommend that before embarking on a new exercise regime or to maximize on the results of your current workout plan, allow our Fitness Instructors to guide you through a range of tests. This will ascertain your current fitness level. The results will highlight any areas of specific need, particularly useful when designing an exercise program that will be personalized and most effective.

Full Fitness Assessment

This assessment will allow you to determine your overall level of physical fitness and will include tests to measure: resting heart rate, lung function, aerobic capacity, flexibility, muscle strength, muscle endurance and body composition

60 mins

Personal Training

Our qualified instructors will motivate you and create a program that will address your personal needs and goals. These programs can be tailored to improve flexibility, overall body tone and strength. A consultation will identify your individual requirements before starting the one hour session.

60 mins

Stretching

30 mins

Pilates

The Pilates method is a series of precise movements designed to stretch and strengthen the muscles without adding bulk. The focus is on the core muscle groups and is performed on specifically designed exercise apparatus under the supervision of our instructor.

60 mins

Yoga

Work one to one with our yoga instructor to get a personalized session to match your personal level and goals. The focus will be on the body through asana (postures) and pranayama (breathing flow of energy) practices, all of which are excellent in developing flexibility muscular strength and as an aid to detoxification.

90 mins

Fitness Classes

We offer a variety of complimentary fitness classes daily including mat pilates, spinning, circuit training, yoga, boxercise and aqua aerobics.

60 mins

General Information

Spa Reservations – Ext 2100

Open: 9:00am – 8:00pm

We strongly recommend making your Spa reservations in advance to avoid disappointment.

Allow your personal therapist to design a sequence of treatments which will suit your specific and immediate needs.

Consultations

When making any treatment bookings under the Sundari Ayurvedic Product Line, please note that it is recommended to have a Consultation prior to booking treatments due to the fact that these treatments are dosha specific and the therapists can only evaluate what treatments are most suitable, if a consultation is performed.

Treatment Suites

The Spa at Sandy Lane features 11 personalised treatment suites each with shower, bathroom and either outdoor garden, private hydro pool or skylight.

Hydro Pool, Heat Experiences & Spa Garden

We invite you to come at least 30 minutes before your scheduled treatment to allow sufficient time to enjoy the benefits of these complimentary experiences.

Fitness Centre

Open: 7:00am – 8:00pm

The main gym comprises a full range of LifeFitness resistance weight machines, treadmills, bikes, cross trainers and rowers by Concept II. A selection of free weights, the Vibrogym, an exercise studio, a meditation room and a fitness assessment room complete the set up.

Health Conditions

Please advise the receptionist at the time of booking if you have any health conditions, allergies, or injuries which could affect your choice of treatment. We can ensure your safety and enjoyment.

Pregnancy

We have specially designed treatments for expectant and nursing mothers. Please allow our trained Spa team to advise you on treatments that would be most suitable during this special time.

Spa Etiquette

The Spa environment is peaceful, tranquil and conducive to relaxation. To ensure that all our guests benefit from this serene environment we ask that all Spa users respect others guests rights to privacy and refrain from smoking, using mobile phones and pagers throughout the Spa.

Do I Have A Choice Of Therapist?

You do have a choice of male or female therapist. Please indicate your preference to the receptionists. Please note however, that we cannot guarantee the availability of any particular therapist. All of our therapists are trained to provide the highest standard of treatments. Please be advised that no inappropriate behavior or requests will be tolerated.

Cancellation Policy

Cancellations are accepted up to 4 hours or more prior to the start of your appointment without incurring a charge. If notification is given within 4 hrs or less to the start of the treatment, you are charged 50% of the treatment price. If you fail to show up for your treatment, you will be charged in full.



Check-In

We recommend you arrive at least 30 minutes prior to your appointment to allow time to change and take full advantage of our facilities. Appointments begin promptly at the scheduled time. Should you arrive late, your appointment will be shortened to facilitate the next appointment. We recommend that you bring a bathing suit if you wish to experience heat facilities and hydro pool.

Dress Code

Please arrive suitably attired – no bare backs or bare feet are allowed. We provide a robe and slippers in guest lockers and disposable underwear is available for your comfort. For the Thai massage, we provide loose Thai suits for you to wear however you are also welcome to wear your own loose fitting clothing. Guests booked for a self tanning treatment are also invited to wear their own swimsuit or, if they would prefer, disposable under-garments are available.

Age Requirements

The Spa is an adult only environment. The minimum age requirement for access into the Spa is 16 years. This includes the Gym and Spa treatments.

Spa Reservations: Ext. 2100 **Email:** spareception@sandylane.com



*The Spa
at
Sandy Lane*

Spa Reservations: Ext. 2100 • Email: spareception@sandylane.com
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