

CAYO ESPANTO

A PRIVATE ISLAND

We at Cayo Espanto believe in providing each guest with world class luxury spa experiences. It is with that standard in mind, we've crafted the below services to choose from during your stay with us.

Massage Therapies

Swedish

This full-body massage incorporates traditional Swedish strokes with a customizable pressure range for the ultimate relaxation experience.

60-minutes = \$100 ; 90-minutes = \$150

Deep-Tissue

This option is best suited for those who prefer a massage experience to go deeper to release muscular adhesions that restore your body's natural function.

60-minutes = \$120 ; 90-minutes = \$170

Aromatherapy

Allow the aroma of your choosing to relax, revitalize, uplift and give you balance. The aroma-essential oils will relax your mind while the full-body Swedish massage will do the same to your body.

60-minutes = \$105 ; 90-minutes = \$155

Hot Stone

Warm basalt stones are integrated into a full-body massage, allowing for the warmth of the stones to penetrate deep into your muscles and melt away all tension and stress.

75-minutes = \$165

Ear Candling

This centuries old, pressure-soothing practice begins with placing a cylinder into the ear at one end and lighting the other, creating a gentle vacuum. The cylinder's removal of excess wax from the ear leaves each guest feeling calmer and more relaxed.

45-minutes = \$100

Spa Therapies

Coconut Ginger Glow

Delight all your senses with this sugar body polish – followed by a warm coconut milk bath - that will give life to dull, dry skin while sealing in and providing moisture.

45-minutes = \$120

Citrus Drench

The shea butter and antioxidants used in this session will soften your skin while the moisturizing body wrap relaxes you from the inside out – the ideal body treatment for sun lovers.

60-minutes = \$120

CAYO ESPANTO

A PRIVATE ISLAND

Sea Weed Scrub

Relax your muscles and your mind in our seaweed scrub created to increase circulation, exfoliate and rejuvenate your skin as well as reducing water retention and restoring skin elasticity.

45-minutes = \$110

Sunburn Relief

The soothing effects of aloe and seaweed smoothed over your body will relieve and nourish your skin. As the nutrients are refreshing your skin, your face, scalp and feet will enjoy a gentle massage.

45-minutes = \$150

Mayan Coffee Scrub & Cocoa Wrap

The invigorating blend of coffee from the Belizean Mayan Mountains combined with chocolate will awaken, refresh and exfoliate your skin while a full body cocoon of raw cocoa will help slow down aging and restore the natural radiance and healthy glow of your skin.

60-minutes = \$130

Facials

Tropical Enzyme

A deliciously luxurious mixture of purified papaya, pineapple extracts and local brown sugar will exfoliate, leaving your face feeling and looking refreshed and clean.

45-minutes = \$75

Moor

This gentle facial is formulated with the perfect combination of vitamins and minerals to provide a uniquely revitalizing, anti-stress treatment.

45-minutes = \$75

The Refreshed Man

The man's facial is designed specifically to relieve skin that has been stressed by shaving, travel and environmental pollution.

45-minutes = \$75

Chocolate Mousse

Featuring organic cocoa powder, oatmeal and honey, this antioxidant rich facial will moisturize and awaken your skin.

45-minutes = \$75

Hydrating Pumpkin

The special Pumpkin Moisture Mask restores your skin, helps reverse sun damage and leaves your skin feeling hydrated and looking youthful.

45-minutes = \$75

CAYO ESPANTO

A PRIVATE ISLAND

Nails

Classic Manicure

A traditional manicure that includes a nourishing soak, gentle exfoliation, hydrating hand massage, full nail-care and polish finish.

25-minutes = \$25

Classic Pedicure

This traditional pedicure features a softening soak, gentle sugar scrub, hydrating foot massage and full nail care with polish.

35-minutes = \$45

Spa Manicure

Beginning with a warm mineral soak and exfoliating salt scrub, this rejuvenating hand treatment will leave tired hands feeling refreshed and beautiful with a polish finish.

50-minutes = \$55

Spa Pedicure

A warm mineral soak stimulates circulation while a salt scrub softens even the driest skin and leaves feet feeling purified and soothed – made complete with a polish finish.

50-minutes = \$65

Special Packages

A Chocolate Affair

Indulge in a Mayan coffee scrub and cocoa wrap for two followed by Swedish Massages using organic cocoa oil and a Chocolate Mousse facial to finish.

Time TBD Upon Booking = \$590

Couples Escape

Each couple will enjoy a Coconut Ginger Glow, Swedish massage, facial customized just for them and a classic pedicure. The experience will be completed with a bottle of wine accompanied by a selection of cheese and fresh fruit.

3 ½-hours = \$620

The Mommy-To-Be

The ultimate spa experience, specialized to create the ultimate relaxation experience for women who are expecting, begins with a Coconut Ginger Glow scrub to gently exfoliate the skin. Next the mommy-to-be will enjoy a soothing pre-natal massage followed by a Spa Pedicure complete with a leg massage designed to assist with leg circulation – all while listening to the sounds of the calming sea.

3-hours = \$250

****Please feel free to reach us at 1.888.666.4282 or reservations@aprivateisland.com to book or inquire about any of the above offerings****