

Nail Salon Services

Spa Manicure	60 mins	\$270.00
Spa Pedicure	60 mins	\$325.00
French Manicure	45 mins	\$325.00
Paraffin Hands/ Feet	15 mins	\$135.00
Paraffin Hands/ Feet	30 mins	\$190.00
Re-Polish	10 mins	\$145.00

Waxing Services

Full Leg	\$350.00
Half Leg	\$180.00
Bikini	\$190.00
Underarm	\$160.00
Arm	\$160.00
Back	\$230.00+
Eyebrows	\$100.00
Upper Lip/Chin	\$70.00

**Receive a 15% Discount
when Booking 2+
Waxing Services in Same Session**

Steam /Sauna Room
by appointment 30 mins \$55.00

Hydro-therapy Bath
Use of Light/Chromo by Appointment
30 mins \$55.00

Offers

Purchase a Minimum of 5 Massage Treatments in advance and get the 6th Free. Must Use within 3 (three) Months of purchase.

Gift Certificates, Honeymoon Packages, Birthday Packages, Girls Weekend Packages available email thespa@legrandtobago.com for further details and offers.

Safety of Guidelines for the benefit of Guests + Staff

- Minimum Age for Spa Treatments is 16 Years old
- Parent/Legal Guardian **Must** Be present for 16 to 18 Year Olds
- Guests/ Visitors are asked to arrive for their appointments at least 10-15 minutes before treatments, Sit, Relax, Breathe, and Centre Yourself.
- All Guests/ Members are required to fill out and Medical Questionnaire & review COVID-19 Policy.
- Arriving late for your appointment will simply limit the time for your treatment, thus lessening the effectiveness for the treatment and your enjoyment.
- All Guests/ Visitors using the Spa & Gym Facility are asked to Shower Prior to all treatments, anyone that does not shower prior to treatment will forfeit their treatment.
- No Sun lotion, creams, salty skin, or sweaty skin; skin must be clean and free of perfumes etc, Wet Bathing Suits are not allowed in Spa.
- Any guest who is sun burned will not be able to partake in treatments on damaged skin.
- Persons with inflamed eyes, nasal or ear discharges, boils, open sores or other evident skin or bodily infections will **Not** be permitted in the Spa & Gym Facility.
- Guest/Visitors with High Blood Pressure and Heart Conditions are not permitted to use the Steam Room and Sauna.
- Wear proper bathing costumes in all bathing areas.
- No smoking, drinking of alcohol or food is allowed in any area of the Spa & Gym Facility.
- Please Do Not Shave in the Sauna, Steam Room, Bathtubs, or Wet Spa Areas.
- A cancellation charge of 50% the printed price will be made on appointments cancelled less than 12 Hours in advance this applies to Treatments that are not part of the All-Inclusive package.



The Roman Spa & Bath

Menu of Services

T: +1 (868)610-6685/283-2597/463-2946

E: thespa@legrandtobago.com

W: www.legrandtobago.com

Covid-19 Regulations in Effect as Per National Guidelines on The Day of Treatment. Staff Are Required to Wear Masks Due to Close Contact, Guests Encouraged to Wear Masks, Sanitize + Continue to Distance

All Spa Services are Subject to VAT & Service Charge

Prices + Offers Subject to Change Without Notice

Credit Card Required to Hold Booking.

Subject to No Show & Cancellation Fees

All Prices Quoted in TT Dollars

Updated October 2022

Massage Therapy

Aromatherapy Massage

60 Min	\$550.00
75 Min	\$650.00
90 Min	\$790.00

A holistic & rejuvenating experience protecting the body's immune system while calming the emotions. It is called the 'Sensual Science' because it combines the power of touch with a sense of smell to enhance mind-body balance. The highly potent essential oil penetrates the body via the skin and olfactory system as the massage progresses.

Swedish Massage

60 Min	\$425.00
75 Min	\$525.00
90 Min	\$650.00

Rooted in Eastern Tradition, the Swedish Massage manipulates the body in such a way that it releases unwanted tension, while improving circulation and soothing the mind, body and spirit.

Hot Stone Massage

60 Min	\$600.00
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Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Hot Stone massage therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body.

Deep Tissue Massage

60 Min	\$625.00
75 Min	\$675.00
90 Min	\$750.00

Deep-tissue massage is a specific type of massage therapy that concentrates on the deep layers of muscle, fascia and connective tissue in the body. Using deep finger pressure and slow, firm strokes to encourage blood flow and oxygenation.

Localized Massages

The localized massages are designed to go directly to these specific areas:

Back	30 mins	\$250.00
Head & Face	30 mins	\$250.00
Neck & Shoulders	30 mins	\$250.00
Legs	30 mins	\$250.00
Hands & Feet	30 mins	\$250.00

Body Treatments & Wraps

Salt Body Glow

60 Min	\$550.00
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Feel stress melt away as your skin is gently massaged using a blend of aromatic sea salts, mineral salts and essential oils to remove impurities, dead skin cells and stimulate circulation. Your skin surface is smooth, healthy and radiant, fully prepared for further body treatments.

Full Body Polish

60 Mins	\$550.00
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Enhance your body's appearance with our all- natural herbal extract Full Body Polish. Non- irritating Jojoba granules followed by our anti- stress emulsifying oil, which polishes, smoothens and softens the skin.

Facial Treatments

Rejuvenate your skin with our wide variety of Facial Treatments:

Mini Facial	30 mins	\$350.00
Deep Pore Cleansing	60 mins	\$450.00
Re-Hydrating Facial	60 mins	\$550.00
Sensitive Skin Facial	60 mins	\$550.00
Anti Ageing Facial	60 mins	\$650.00

GYM

Open Daily 5am to 10pm

MONTHLY /DAILY Gym Pass
\$300.00/\$55.00 Per Person Per Day

Tennis Court Per Hour Per Court
\$55.00 (includes 2 rackets and 3 Balls)

Squash Courts Per Hour

\$55.00 (includes 2 rackets and 3 Balls
+ Protective Eyewear)

Minimum Age Requirements for

GYM/SPA Use is 16 Years Old

Please note that the Gym is NOT GENERALY supervised, users of Fitness equipment do so at their own risk.

Visit the Front Desk for Day Use passes, Monthly Membership and other facility use needs.

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