



#### WELLNESS CLASSES

A variety of wellness & fitness related activities are available on property. Contact the Guest Services Desk for the list of classes and scheduling your session.

#### GROUP PACKAGES

Group rates are available for Brides & Bridal Parties, Showers, Birthdays, Workshops and Special Occasions. Contact the Spa Manager for more information.

#### CANCELLATION POLICY

24 hours notice prior to your appointment time required for cancellations without a charge.

#### SPA ETIQUETTE

Please arrive 10 minutes prior to your service. Kindly be seated at the sitting area outside the cave entrance, as the doors to the spa cave stay locked at all times for safety reasons. Your therapists will lead you into the cave when it is time for your appointment.

If you wish to use the restroom facilities before/after your spa services, kindly use the restroom facilities located at the pool/beach area as restrooms are not available within the cave.

#### GRATUITY

17% gratuities will be added to your final bill.



[www.grottobay.com](http://www.grottobay.com)

#### OPEN DAILY:

8.45AM – 8 PM

441 293 8333

[naturaspa@grottobay.com](mailto:naturaspa@grottobay.com)

11 Blue Hole Hill,  
Hamilton Parish CR04  
Bermuda



# NATURASPA

SPA SERVICES | PRICE LIST



## MASSAGES

<b>Signature</b>	50 min	\$165.00
	80 min	\$195.00
<b>Deep Tissue</b>	50 min	\$150.00
	80 min	\$180.00
<b>Sports</b>	50 min	\$150.00
	80 min	\$180.00
<b>Swedish</b>	50 min	\$130.00
	80 min	\$160.00
<b>Four Handed</b>	50 min	\$240.00
	80 min	\$270.00
<b>Hot Stone</b>	50 min	\$170.00
	80 min	\$200.00
<b>Prenatal</b>	50 min	\$150.00
	80 min	\$180.00
<b>Warm Bamboo</b>	50 min	\$145.00
	80 min	\$175.00
<b>Traditional Thai</b>	30 min	\$105.00
	50 min	\$130.00
<b>Couples</b>	50 min	\$290.00
	80 min	\$330.00
<b>Back Neck &amp; Shoulders</b>	30 min	\$95.00
<b>Back Neck &amp; Shoulders with Hot Stones</b>	30 min	\$115.00

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## SPA TREATMENTS & ADD-ONS

<b>Vanilla Sugar Glow</b>	45 min	\$125.00
<b>Tangerine Salt Glow</b>	45 min	\$125.00
<b>Marine Algea Body Wrap</b>	50 min	\$140.00
<b>Sedona Mud Body Wrap</b>	50 min	\$140.00
<b>Hopi Ear Candling</b>	25 min	\$65.00
<b>Back Facial</b>	30 min	\$105.00
<b>Warm Oil Scalp Treatment</b>	25 min	\$85.00
<b>Foot Treatment</b>	25 min	\$85.00
<b>Spa Medley</b>	50 min	\$165.00
<b>Spa Medley</b>	80 min	\$195.00

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## ENHANCERS

<b>Foot Treatment Enhancer</b>	15 min	\$35.00
<b>Warm Oil Scalp Enhancer</b>	15 min	\$40.00
<b>Hot Stone Enhancer</b>	15 min	\$45.00
<b>Thai Massage Enhancer</b>	15 min	\$45.00
<i>An enhancer is included within the treatment time and is not added on as additional time</i>		
<b>BLISSY MISSY</b> <i>For little misses under 15</i>		
<b>Blissy Mini Massage</b>	30 min	\$45.00
<b>Blissy Foot Massage</b>	30 min	\$45.00

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