



## **DISCOVER TRANQUILITY AND RELAXATION THROUGHOUT THE ISLANDS OF THE BAHAMAS**

*Visitors Embrace Island Time and Rejuvenate the Senses with Bahamian Spa Experience*

Throughout the Islands Of The Bahamas luxurious spas offer visitors the perfect place to unwind and recharge. Leave the worries from the home and the office behind and enjoy the calming atmosphere and beautiful beaches that are only the beginning of the relaxation process. In addition to the spas featured throughout the islands, visitors outside Nassau should inquire with their hotels as many resorts can arrange massages on the beach. Can you get more relaxed than that? Schedule an appointment and relax to the natural sounds and aromas of the ocean.

Each spa offers signature treatments that spoil guests with indigenous ingredients that bring harmony and balance back to everyday life.

### **Nassau/Paradise Island**

**SPA, One&Only Ocean Club:** The Spa at *One&Only Ocean Club*, a resort-style estate doesn't simply offer massages, but ceremonies of indulgence performed at a serene villa in the privacy of a guest suite or ocean-view cabana. This spa experience aims to provide tranquility both outside and in. Following treatments guests enjoy a Japanese Tea Ceremony with herbal teas and fresh fruit.

**The Mandara Spa, Atlantis, Paradise Island Resort:** The Mandara Spa at the mega-resort, Atlantis, Paradise Island, offers a full menu of massages, facials, body treatments, aromatherapy treatments and salon services. Mandara successfully blends the unique qualities of Asian service and exotic spa treatments with a respect for natural beauty and a serene ambiance. Signature services include La Therapie Renew Facial, Elemis Deep Tissue Massage and Ionithermie Algae Detox.

**RED LANE™ SPA, Sandals Royal Bahamian Spa Resort & Offshore Island:** Pamper the mind, body and soul at the spa in all-inclusive Sandals Royal Bahamian Spa Resort & Offshore Island. Classic European techniques combined with a Caribbean touch are why readers of Condé Nast Traveler named Sandals Royal Bahamian one of the "Top Caribbean Spa Resort Escapes." The salon features a tropical nail bar and several hair stations ideal for special celebrations.

**Sivananda Ashram Yoga Treatment:** A true sanctuary of peace and simplicity Sivananda Ashram Yoga Retreat is ideal for those looking to escape the hectic demands of daily life. The retreat and its Yoga Vacation program are built around the practice of ancient yoga techniques for balanced living. Peaceful days lead into intriguing nights with presentations of music and dance.

### **Grand Bahama Island**

**Senses Spa & Fitness Center, Radisson Our Lucaya:** "Come to your senses" and experience exotic, island-inspired treatments and restore your sense of calm while they

*(more)*

detoxify, purify, soften and polish your body. Signature services include Total Senses Massage, Sense of Peace Wrap, Sense of Joy Wrap, Pure Sense Facial, Bahamian Wrapsody and a Seasonal Facial. This full-service spa and is also equipped with a fitness center, full range of spa, salon and fitness services and spa boutique.

**Old Bahama Bay Resort & Yacht Harbour:** Old Bahama Bay Resort & Yacht Harbour, a luxury-suite resort on Grand Bahama's secluded West End offers serenity with the convenience of a major destination. Unwind with spa services that feature Reiki, Couples Massage, Serenity Massage, Total Bliss Massage, Salt Glow, Reflexology and a fitness center.

### **The Out Islands**

**The Spa, Abaco Club On Winding Bay:** Spa treatment at The Abaco Club features a comprehensive collection of signature products and treatments, incorporating a range of active therapeutic plant abstracts and the finest essential oils. Both men and women can indulge in an invigorating array of aromatherapy remedies. A visit to the fitness facilities, with awe-inspiring views of the beach and Winding Bay, is also the perfect way to top off an indulgent stay.

**SeaStar Spa, Grand Isle Resort & Spa:** Located in the Great Exumas Grand Isle Resort & Spa is an oceanfront villa only beach resort with extraordinary views of white-sand beaches that are sure to relax any guest. Spa services include hot stone massage, warm seashell massage, aromatherapy, deep tissue and Swedish massage as well as other indulgences such as body polishes and treatments including seaweed, detoxifying, hydrating, soothing, and slimming. The spa also specializes in facial treatments, scalp massages, wax treatments, manicures, pedicures and makeovers.

**THE SPA, Kamalame Cay:** The Spa at Kamalame Cay, an exclusive, ocean-side hideaway on Andros, is the perfect refuge from the fast-paced, high stress world of today – a place to concentrate on restoring and rejuvenating body, mind and soul. The experienced Spa team personalizes a unique package of treatments to ensure maximum benefit and complete relaxation from every visit.

The Islands Of The Bahamas have a place in the sun for everyone from Nassau and Paradise Island to Grand Bahama to The Abaco Islands, The Exuma Islands, Harbour Island, Long Island and others. Each island has its own personality and attractions for a variety of vacation styles with some of the world's best scuba diving, fishing, sailing, boating, as well as, shopping and dining. The destination offers an easily accessible tropical getaway and provides convenience for travelers with preclearance through U.S. customs and immigration, and the Bahamian dollar at par with the U.S. dollar. Do everything or do nothing, just remember It's Better in The Bahamas. For more information on travel packages, activities and accommodations, call 1-800-Bahamas or visit [www.Bahamas.com](http://www.Bahamas.com). Look for VisittheBahamas on the web on [Facebook](#), [Twitter](#) and [YouTube](#). To purchase one-of-a-kind items from The Bahamas, visit [www.eshopbahamas.com](http://www.eshopbahamas.com).

# # #

#### **Media Contacts:**

Kelly McKenna  
Weber Shandwick  
(212) 445-8380  
Kmckenna@webershandwick.com

Anita Johnson-Patty  
Bahamas Ministry of Tourism  
(954) 236-9292  
ajohnson@bahamas.com