

tiamo

SPA TREATMENTS



WELLNESS AT TIAMO

In keeping with our philosophy of being at one with your environment, all our products are organic in nature and derived from the sea.

Use the peace and tranquility of our island to nourish and replenish your mind and body with one of our signature treatments.

YOUR FACE

DEEP CLEANSING FACIAL

50MINS

Using natural and fully biodegradable products this facial will bring your skin back to a natural healthy balance. Includes cleansing detoxification massage, exfoliation, extracting, steaming, intensive algae and hydrating mask, accompanied by a massage of scalp, shoulders, neck, arm and/or feet.

\$115

TIAMO SEA OF LIFE FACIAL

50/80MINS

A series of marine-base skin care therapies visibly firms, rejuvenates and reduces the appearance of fine lines and wrinkles and renews the skin's natural firmness helping to avoid premature aging.

\$120/\$170

GENTLEMEN FITNESS FACIAL

50MINS

The face is deeply cleansed, moisturized, and soothed to reduce sensitivity commonly associated with daily shaving. An energizing facial mask is applied, and a scalp massage is a must to leave you feeling revived and relaxed.

\$115

BACK CLEANSING FACIAL

50MINS

An overlooked area that is just out of reach.! Includes cleansing, exfoliating, steaming to lift impurities, extractions, as well as a relaxing massage. A final care cream is applied to seal moisture into the skin to leave it silky smooth.

\$115



TIAMO
SOUTH ANDROS ISLAND | THE BAHAMAS

YOUR BODY

ESALEN MASSAGE THERAPY

50/80MINS

Uses long and flowing movements across the body as a whole harmonizing the entire being, mind and spirit.

\$120/\$170

THE ULTIMATE TIAMO TOUCH MASSAGE

50/80MINS

Calm your mind, body and spirit with our signature massage. Melt away the stress and tension of the "real world". Placing your body in a state of total relaxation at one with yourself and nature.

\$130/\$170

DOUBLE HAUL CASTOR RELIEF MASSAGE

50/80MINS

Promoting better health and well being for those anglers who've had a long haul day! This massage uses deep pressure to attain an over-all body balance improving posture and enhancing physical performance.

\$130/\$170

HEAD, NECK & SHOULDER

25/50MINS

A great relief for tension headaches, and stress which often builds up in the neck and shoulder – too much time at the laptop! This will leave you feeling all knotted out. Please note this is not a full body massage.

\$75/\$120

ALL WRAPPED UP

TIAMO OCEANIC SEAWEED WRAP

80MINS

Surround yourself with all the earths' elements. A gentle body scrub is followed by our natural seaweed mask mixed with oils and herb extracts The body is then wrapped and insulated while a head and scalp massage is performed. This treatment will leave your skin enriched and healthy with a radiant glow. After a strong shower removes the mask, an application of warm oil will complete this re-mineralizing detoxifying treatment. \$75

AFTER THE SUN

30MINS

Designed to help relieve damage caused by over exposure to the sun. A cool layer of pre aloe gel with the essential oil of lavender and tea tree is soothed on the skin and the body is then wrapped. Whilst you relax a head and neck massage is given. We end with an application of SPF 30 to further protect the skin. This treatment is perfect for sun drenched or sun burned skin.

\$75

tiamo
SOUTH ANDROS ISLAND | THE BAHAMAS

ALL RUBBED OFF

LAVENDER AND MINT SALT EXFOLIATION 50MINS
First the skin is cleansed, then a salt base of delicate lavender and mint is massaged and rubbed on the body to remove dry skin allowing it to except moisture. After a refreshing shower the treatment is completed with a warm application of oil. \$105

SWEET HONEY & MILK BODY POLISH 50MINS
This classic spa treatment awakens a silky, smooth radiant glow while polishing away dryness, flakiness, and rough areas. Warm oil will be applied to complete this magnificent exfoliation treatment. \$105

LEFT TOO SOON 1 HOUR
Catch up and put your body at ease with a leg and bikini wax followed by a file and paint on toes and fingers. \$110

MINI SOUTH BIGHT ESCAPE 1 HOUR
Take a mini flight to paradise with a 25 minutes back massage, 35 mini manicure or 35 facial and end with a pina colada drink and one of our special facial kit designed for your skin type. \$120

PURE TRANQUILITY 3 HOURS
Delight in a quiet end of the day with a bottle of champagne & chocolate covered strawberries; a 60 minutes massage of your choice, 50 minutes deep cleansing facial, and conclude with our 60 minutes Signature pedicure. \$320

FINGERS AND TOES

Dip into an eco friendly beautiful copper foot spa or keep your toes and nature happy with our dissolving toe separators.

TIAMO SIGNATURE MANICURE 1 HOUR
A deluxe manicure offering a full manicure service with the addition of gentle exfoliation, warmed towels, lower arm and hand massage, and wonderful paraffin mask. Finished with a polish of your choice. \$60

TIAMO SIGNATURE PEDICURE 70 MINS
Pamper your feet with this treatment that combines a soothing relaxing foot spa and a cleansing exfoliation scrub followed by a tingly natural mint lower leg and foot massage, enhanced in a traditional pedicure bowl. A real treat for our "hard working" feet!. \$80

PARAFFIN APPLICATION \$10
POLISH CHANGE \$10
FRENCH POLISH \$15



WAXING

EYE BROW	\$20	FULL LEG	\$70
BIKINI	\$35	HALF LEG	\$50
UNDERARM	\$25	LIP/CHIN	\$20
BACK WAX	\$60	FULL ARM	\$50
HALF BACK	\$40	HALF ARM	\$30

SPA ETIQUETTE TIPS AND GUIDELINES

Wear what is comfortable for you. We recommend no clothing for most treatment, though you may wear undergarments if you prefer. Our therapists are professionally trained and will drape you with sheets to ensure your privacy at all times.

We recommend arriving at least 10 minutes early so you may fill out your health history questionnaire and ensure your full treatment can be preformed and enjoyed.

Be sure to notify the staff of any concern you may have before booking your treatment or if you have any physical ailments or disabilities, or if you are pregnant. We welcome you to discuss openly your likes, dislikes, concerns, or questions with your therapist before and during your treatment.

Remember that our therapist want you to enjoy your visit as much as possible so let them know if anything can be done to make you more comfortable.

To really get the most benefit of your spa experience and de-stress as much as possible during your spa service/s try to free your mind of any thoughts of your everyday life. You will achieve a state that will allow your mind and body to relax and forget about all the worries of the outside world. Focus on taking nice deep breathes and disengage your muscles as much as possible.

The treatment/s that you select are scheduled especially for you. Appointments can be cancelled or rescheduled without penalty if notification is provided at least four (6) hours in advance of the booking time. Arriving late will reduce the time of your treatment, limiting the effectiveness and pleasure. Your treatment must end at the appropriate time so that the next guess is not delayed.

