



# LA MER

— DAY SPA —

## Opening Hours

Monday – Saturday | 9am – 6pm

Sunday | 10am – 4pm

Level 1 BHP Billiton Building

Invaders Bay, Port of Spain

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## MASSAGE THERAPY



- **XPRESS**

\$300

The perfect pick me up. This 30 minute of relaxation or deep tissue treatment relieves tension on the back, neck and shoulders.

- **REFLEXOLOGY (30mins)**

\$350

An ancient Chinese treatment used to relieve tension and treat illness on the feet and hands using zone therapy with specific thumb and finger techniques.

- **REFLEXOLOGY (1 hour)**

\$495

- **SWEDISH MASSAGE (1 hour)**

\$575

A massage treatment used to relax the entire body: it is exceptionally beneficial for increasing the level of oxygen in the blood and helps decrease muscle toxins.

- **AROMATHERAPY (1 hour)**

\$600

Scents have the ability to reduce anxiety, induce sleep, ease depression and can also boost energy levels.

- **DEEP TISSUE (1 hour)**

\$690

The actions are similar to Swedish massage but deeper pressure is used to release chronic muscle tension. The focus is on the deeper layers of muscle tissue.



## SPECIALIZED MESSAGES



- **HIMALYAN SALT STONE MASSAGE (1 hour)** \$750

Negative ions are produced when heated, creating a sense of peace and a deeper sense of relaxation. The stones contain micro-bacterial properties. They also provide 84 essential and trace compounds such as iron and magnesium for added health benefits.

- **HOT STONE (1 hour)** \$720

Combining hot stones in a full body massage provides a healing experience. The hot stones help to expand blood vessels which encourages blood flow throughout the body and can relieve chronic pain and reduce stress.

- **SPORTS MASSAGE (1 hour)** \$725

This therapy is to support the reduction of tension and stress which accumulates in the body's soft tissues during the course of training.

- **PRE-NATAL MASSAGE (1 hour)** \$575

This therapeutic bodywork focuses on the special needs of the mother to be...it enhances the function of muscles and joints and improves circulation.

- **POST-NATAL (1 hour)** \$575

This treatment, much like a Swedish massage is great for relaxation, stress reduction, pain relief and other health benefits such as hormone regulation, reduced swelling and improved sleeping habits.

- **CUPPING (1 hour)** \$600

The suction and negative pressure can loosen muscles and encourage blood flow. It is used to relieve back and neck pains, stiff muscle fatigue and even cellulite.

- **LYMPHATIC DRAINAGE (1 hour)** \$575

A very gentle massage that fosters the drainage of lymph, which is a vital part of the immune system.



## SIGNATURE FACIALS

*Products used: Sothys & Repechage*



- **LA MER SIGNATURE**

\$500

This is a therapeutic facial treatment tailored to the needs of each client. Our custom signature facials address issues such as congestion, dehydration, skin sensitivity and anti-aging.

- **CORRECTIVE FACIAL (1 hour)**

\$595

An Institute treatment specifically catering to persons suffering with frequent breakouts and acne Rx 3.

\*\*Facial Add Ons\*\*

Eye Contour Treatment \$ 180

## REJUVENATING FACIALS

- **ANTI-AGING FACIAL (1 hour)**

\$595

Formulated with special anti-aging ingredients and exclusive seaweed this treatment helps reduce the appearance of fine lines and wrinkles and improves the skin's firmness.

- **BRIGHTENING WITH GLYCOLIC PEEL (1 hour)**

\$645

This is an instant pick-me-up for the skin and helps to uncover a more radiant complexion.

- **ULTRASONIC SKIN SMOOTHING (1 hr 15mins)**

\$645

This facial uses a micro-exfoliant a gentler alternative to microdermabrasion. It helps maintain a healthy glow and uses oscillating frequencies for deep penetration.

- **EXPRESS FACIAL (30mins)**

\$345

This mini facial is great for the person on the go (cleanse, exfoliate, massage and mask) for all skin types.

- **BACK FACIAL**

\$745

This facial is used to cleanse and purify the pores on your back and clear the skin of dead skin cells.



## BODY SCRUBS/FIRMING WRAPS



- **BODY SCRUBS (1 hour)**

\$450

Using products formulated with the highest quality natural and organic ingredients...shea butter, almond oil, argon oil and other powerful moisturizers.

- **HIMALAYAN SALT SCRUB (1 hour)**

\$480

Helps flush out toxins and contains minerals that enhances the skin.

- **FIRMING WRAPS (1 hour)**

\$450

The combination of freshly harvested seaweed and peppermint essential oils will stimulate, rejuvenate and purify the skin...great for aching muscles and water retention.

## NAIL CARE

- Polish Change Hands/Feet \$110

*Shape, buffing, nail cleanse, cuticle care, colour of choice*

- Classic Manicure \$200

*Shape, buffing, nail cleanse, cuticle care, hand scrub, colour of choice*

- Classic Pedicure \$285

- Classic Manicure and Pedicure \$470

- Paraffin Manicure \$220

- Hydrating Pedicure \$300

- Gel Manicure \$285

- Gel Pedicure \$350

- Gel Application (Hands Only) \$200

- Gel Application (Toes Only) \$200

- Luxury Spa Manicure \$250

- Luxury Spa Pedicure \$325

*Mask, paraffin, hot stone between toes, hand scrub, light massage, aroma oil*



## NAIL CARE – ADD ON’S



|   |      |
|---|------|
| • Gel Polish Removal  | \$50 |
| <i>Soaking of polish, shape, buffing, nails cleanse, cuticle care</i> |      |
| • French Polish   | \$70 |
| • Callus Treatment  | \$60 |
| • Xpress Nails ( <i>press ons</i> )                                   | \$85 |
| • Paraffin Treatment ( <i>ONLY</i> )                                  | \$30 |

## WAXING

|   |       |
|---|-------|
| • Eyebrow / Chin / Sides of Face  | \$40  |
| • Underarms   | \$70  |
| • Stomach   | \$95  |
| • Chest   | \$115 |
| • Half Arms   | \$100 |
| • Full Arms   | \$180 |
| • Half Legs   | \$140 |
| • Full Legs   | \$220 |
| • Full Legs & Bikini  | \$345 |
| • Bikini  | \$150 |
| • Brazilian (Full)  | \$325 |
| • Quick Fix Brazilian ( <i>prebook appt when checking out 3-4 wks</i> ) | \$260 |
| • Full Face   | \$175 |
| • Back  | \$185 |

## ADDITIONAL SERVICES

|                                       |       |
|---------------------------------------|-------|
| • Eyebrow Tint                        | \$80  |
| • Brow and Lash Tint                  | \$150 |
| • Spray Tan                           | \$350 |
| • Lashes - <i>By Appointment Only</i> |       |



## LA MER'S EUCALYPTUS STEAM ROOM



- Use of our Eucalyptus Steam Shower with our 16inch rain fall showerhead 30 minutes. \$150

### SPA PACKAGES

*(Approx. 1hour - 2 hours)*

- **TIME FOR ME** \$695  
Full body scrub, eucalyptus steam shower with an xpress massage
- **SCRUB & GLOW** \$750  
Full body scrub, eucalyptus steam shower and spray tan
- **PAMPER ME** \$795  
Mini facial, classic manicure & classic pedicure
- **MINI RETREAT** \$950  
Body scrub, eucalyptus steam shower, swedish or aroma massage
- **JUST THE TWO OF US** \$1000  
Full body swedish massage (60mins) with 15 minutes eucalyptus steam shower.
- **LA MER RETREAT** \$1800  
Spend a day at our spa being pampered and feeling relaxed. Includes a scrub, swedish massage, facial mani/pedi and a light healthy lunch.
- **COUPLES LA MER RETREAT** \$3200  
Spend a day at our spa being pampered and feeling relaxed. Includes a scrub, swedish massage, facial mani/pedi and a light healthy lunch.

### Tuesday Specials

*Make time for yourself*

- Xpress massage, mini facial & facial wax of choice  
\$650

### Wednesday Specials

*Your body deserves the best*

- Classic manicure & pedicure & reflexology (15mins)  
\$545



### **POLICIES & PROCEDURES**

We request you to arrive 15 minutes prior to your scheduled appointment. Late check ins can result in a reduction of your treatment time.

### **CANCELLATION POLICY**

Should you need to change or cancel your appointment please notify us 24 hours prior to your scheduled appointment, so that you avoid being charged.

### **PURCHASE A GIFT CERTIFICATE**

“Give the gift of complete relaxation”