

Spa Etiquette

Book in advance: Book your appointment beforehand. A client consultation will be done which entails information on allergies or medical conditions, special needs and other personal data. All information is kept **confidential** as mandated by the laws of Saint Lucia, according to the Saint Lucia National Standard SLCP14: 2012 Code of Practice for Beauty and Wellness.

Arrive at the spa 15 minutes early: A spa visit is the time for rejuvenation and rest. Arrive at the spa earlier than the time of your appointment so you can unwind and clear your mind before beginning your treatment. During this time we will complete your consultation.

Wear casual attire: Pre or post shower options are available. If you're coming directly from a tour or the beach, you may walk in feeling tired, but you'll leave feeling refreshed and revitalized, so bring something comfortable to wear post-treatment.

Wear as little jewelry as possible: Leave all unnecessary valuables at your villa since you will be required to remove them for best service.

Speak Up! Your therapists will most likely ask: Are you comfortable? Should I increase or decrease pressure? Take deep breaths? Is the room too warm or cold? Remember, your therapist maybe performance focused. If there is anything they can do to make your experience more pleasurable, don't be afraid to let them know.

Limit consumption of food: Try not to eat for at least an hour before the treatment.

Avoid consumption of alcohol on the day of the treatment: Alcohol consumption has many contra-indications to spa treatments. Avoid any alcoholic beverages on your spa day.

Drink plenty of water: A spa treatment often releases toxins from the body, so be sure to drink plenty of water before and after your treatment to keep yourself properly hydrated.

Silent or turn off your cell phone at the spa: This is your time to escape and experience me time. Also, it is a common courtesy to the therapist or other guests.

Gratuity: A common spa courtesy of tipping is a great way to show your therapist that they did an exceptional job.