



Spa & Wellness Services

Massage and Therapeutic Bodywork

Victoria House Signature Relaxation Massage

Relaxation Swedish massage techniques enhanced with essential oils, and hot towels. Warmed basalt stones are placed over your abdomen, further grounding and calming.

60 min \$110, 75 min \$125, 90 min \$145, 2 hr \$180

Therapeutic Deep Tissue Massage

Deep tissue massage is beneficial in releasing chronic muscle pain and tension. Deep or specific muscle compression and friction along the grain of the muscle, assists in releasing deeply held tension and trigger points.

45 min \$90, 60 min \$115, 75 min \$140, 90 min \$160, 2 hr \$190

Hot Stone Massage

In this blissful treatment, your massage therapist utilizes warm basalt stones and oils to induce a deep state of relaxation and encourage your body's natural detoxification.

60 min \$120, 90 min \$160

Couples Massage

The above massages may also be booked for couples massage in our spa couples room or on our spa pier. Above pricing applicable per person.

CranioSacral Therapy (CST)

Using a gentle, noninvasive touch and very light pressure, CranioSacral Therapy releases tension in the body, relieving pain and improving function and body health. CranioSacral Therapy releases restrictions in the fascia, bone and soft tissue that surround the central nervous system.

60 min \$120, 90 min \$160

Energy Healing Massage

Relaxation or deep tissue massage therapy techniques combined with CranioSacral or Reiki healing energy techniques.

60 min \$120, 90 min \$160

Maya Abdominal Therapy®

Inspired by traditional indigenous Maya healing techniques in Belize developed to address the position and health of the pelvis and abdominal organs. This therapy assists in relieving and healing digestive and reproductive imbalances. Can be combined with Relaxation or Deep Tissue Massage.

60 min \$120, 90 min \$160

Pre Natal

Prenatal massage techniques focus on the specific structural, physiological and psychological needs of mom and her growing baby during pregnancy.

60 min \$120

All Prices in US and include G.S.T. (general sales tax).

24 hours cancellation notice required.



Reiki

Reiki translates from Japanese to 'Universal Life Energy.' It is a harmonizing, high vibration, purifying energy that has its own natural intelligence. This energy works on the physical, emotional, mental and spiritual levels, helping to bring us back to our natural state of peace and wellbeing. Transmitted through gentle touch, or hands off the body. Reiki is balancing, soothing and calming.

60 min \$110, 75 min \$125, 90 min \$145

Shiatsu

Pressure, kneading and stretching applied along meridians and at effective points to stimulate a healthy flow of energy throughout the body. This therapy, rooted in Traditional Chinese Medicine, is effective for addressing a wide range of conditions. It is applied through loose comfortable clothing.

60 min \$115, 75 min \$140, 90 min \$160, 2 hr \$190

Thermo-Auricular Therapy (Ear Candling)

An ancient natural and non-invasive therapy handed down by many indigenous civilizations. Warming and balancing, this therapy is helpful for tinnitus, congestion, tension headaches and hearing impairment. (Please allow 24 hours before or after flying or diving when scheduling this treatment).

1 candle per ear 30 min \$60
2 candles per ear 60 min \$110

Acupuncture

The insertion of small needles at various effective points stimulates a healthy flow of energy throughout the body. This therapy, rooted in Traditional Chinese Medicine, is effective for addressing a wide range of conditions including arthritis, asthma, depression, fatigue, headaches, insomnia, musculoskeletal pain, and stress relief.

60 min \$90

All Prices in US and include G.S.T. (general sales tax).

24 hours cancellation notice required.

Body Treatments

Coco Body Polish

Experience this luxurious, exfoliating body treatment that nourishes and refines skin tone, maintains skin's moisture level and improves suppleness. This full body exfoliation treatment includes coconut oil and sea salt or local natural sugars, local honey, essential oils, a warm outdoor shower rinse, and topped off with a glorious cocoa body butter application (not a massage) to seal in the hydrating benefits. 60 min \$115

Hibiscus Honey Hair Masque

Nourishing and hydrating, this treatment incorporates warm Belizean coconut oil, fresh hibiscus, honey and essential oils, generously applied and massaged into scalp and hair. 30 min \$65

Rejuvenating Sour Cherry Antioxidant Body Wrap

This body treatment is good for all body skin types, especially for vitamin deficient, loose, dehydrated, and anemic skin. Sour cherries are a powerful fruit containing a high amount of anthocyanins antioxidants known for scavenging free radicals. Blackthorn known as the Hungarian blueberry or wild plum revitalizes, hydrates and enhances the skin tone. Polyphenols fight free radicals while fruit acids tighten the skin. 75 min \$150

Sun Quencher

Hydrating and cooling. This treatment incorporates local coconut oil, fresh aloe vera, local honey, yogurt, and cucumber gently massaged over your whole body. Enjoy a hand and foot massage while you wrap. A warm (or cool) rinse followed by a cocoa body butter or copal/lavender oil application. 60 min \$125



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Rituals

The Victoria House Signature Treatment

Coco Body Polish, a warm shower rinse in our outdoor retreat, followed by our Signature relaxation massage with local cocoa butter, essential oils, hot stones and heated towels. All local and natural ingredients used.

105 min \$180
For couples 105 min \$360

Inner Peace

15-minute pressure point scalp massage with essential oils, 30 min Thermo Auricular Therapy (1 candle per ear), followed by our 60 min Victoria House Signature Relaxation Massage.

105 min \$180

Rejuvenating Sour Cherry Antioxidant Body Wrap and Massage

This body treatment is good for all body skin types, especially for vitamin deficient, loose, dehydrated, and anemic skin. Sour cherries are a powerful fruit containing a high amount of anthocyanins antioxidants known for scavenging free radicals. Blackthorn known as the Hungarian blueberry or wild plum revitalizes, hydrates and enhances the skin tone. Polyphenols fight free radicals while fruit acids tighten the skin. Body wrap is followed by 60-minute relaxation massage.

120 min \$200



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24 hours cancellation notice required.

Facials

We use *ilike Organic Skin Care* products in all of our facials. **ilike** products are full of vitamins, fruit acids and bioflavonoids, combined with other active ingredients. They treat, nourish and beautify the skin, rejuvenating it from the inside out.

Customized Facial

Let our talented estheticians pamper you with organic facial products appropriate for your skin's needs. Following a thorough analysis, our experts will design an ilike organic skin care facial personalized for you. Your skin will benefit through customized cleansing, exfoliating, treatment mask, vitamin supplement, and hydration while you relax in luxury.

60 min \$115, 90 min \$160

Vitalizing Mini Facial

Saturate your skin with antioxidants to enliven your complexion and combat environmental stress. Fruit acids and iron supplements benefit devitalized skin and improve elasticity. Reduce puffiness while stimulating your skin with essential vitamins and minerals.

30 min \$70

Deep Cleansing Facial

Feel your skin "breathe" as our esthetician cleanses impurities and restores balance. Our Deep Cleansing Facial is beneficial for all skin conditions, especially problematic. Purge your pores and soothe irritated skin for a calm, unblemished complexion.

60 min \$115

Grape Stem Cell Solutions Facial

Our anti-aging facial combines scientific breakthroughs with naturally gorgeous solutions to benefit our guest with mature skin. Grape Stem Cells enhance cellular regeneration while supplying the skin with essential antioxidants. Revitalize dry, mature skin and delay the appearance of skin aging.

60 min \$115

Hydration Facial

Designed for our oil deficient guest, this facial will drench your skin with rich organic nutrients to deeply hydrate and balance your skin. Your complexion will be softened, smoothed, and revitalized with vitamins and oils for the healthiest glow.

60 min \$115

Oxygenating – Lightening Facial

Wonderful for all skin types, the Oxygenating-Lightening Facial treatment is especially favorable for our guest with an uneven complexion. Infusing the skin with oxygen and supplying organic lightening ingredients, this treatment helps to reduce pigmentation and improve tone.

60 min \$115

Sexy Back Facial

Choose any of our facials listed above, for your back!

60 min \$115

Men's Hot Towel Facial

The Men's Facial is designed for male skin conditions including inflamed follicles, ingrown hairs, irritated, inflamed skin, oily skin, open pores, and skin sensitivities. This facial leaves the skin calm, balanced, hydrated and revitalized.

60 min \$115

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24 hours cancellation notice required.

Facial Add On's

Extractions

10 min \$15

'Eco Fin' Hand or Foot Heated Masque

A natural and healthy, nourishing hand/foot treatment, made with 100% natural plant-based emollients and pure essential oils.

15 min \$20

Rejuvenating Sour Cherry Antioxidant Hand Masque

For all body skin types, especially for vitamin deficient, loose, dehydrated, and anemic skin. Sour cherries are a powerful fruit containing a high amount of anthocyanins antioxidants known for scavenging free radicals. Blackthorn known as the Hungarian blueberry or wild plum revitalizes, hydrates and enhances the skin tone. Polyphenols fight free radicals while fruit acids tighten the skin.

15 min \$20

Soothing Eye Repair Treatment

This treatment is good for all skin types especially loose, wrinkled, premature and mature skin types. The effects reduce the appearance of fine lines, wrinkles and dark circles. Lifting, firming and tightening.

15 min \$20

Grape Stem Cell Solutions Firming Neck and Décolleté Treatment

Grape Stem Cells and Phytoestrogens or red clover and hops will firm, lift and tighten the skins tissues resulting in a more youthful look.

10 min \$20

Lip Treatment

This treatment is good for all skin types. The effects hydrate, soften and repair lips that may be dry and chapped.

10 min \$20



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24 hours cancellation notice required.

Grooming Services

Caribbean Manicure

This treatment incorporates an exfoliating scrub with hot towel removal. Nails and cuticles are groomed. A relaxing hand and arm massage with a hydrating cocoa butter cream with hot stones nourish and soothe. Polish it off with a Vinylux polish application of your choice or a natural nail buffing for a high gloss shine.

Gel polish also available, see below.

45 min \$40

Gel Polish Only (no mani)

30 min \$30

Polish Change

15 min \$20

Caribbean Pedicure

Put your feet up and relax in our pedicure recliner while your lower legs and feet are exfoliated with our coco azucar scrub, toenails and cuticles are groomed and your lower legs and feet are massaged with hot stones and cocoa butter. Conclude this incredible relaxing experience with a natural nail buffing or a Vinylux polish application of your choice.

Gel polish also available, see below.

60 min \$55

Gel Polish Only (no pedi)

30 min \$30

Polish Change

15 min \$20

Nail Add On's:

Gel Polish

30 min \$25

'Eco Fin' Hand or Foot Heated Masque

A natural and healthy, nourishing hand/foot treatment because it is made with 100% natural plant-based emollients and pure essential oils. No petroleum, artificial dyes, or synthetic fragrances.

15 min \$20



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24 hours cancellation notice required.

Waxing

Eyebrow	15 min	\$20
Chin	15 min	\$15
Upper Lip	15 min	\$15
Chin and Lip	25 min	\$20
Nose	10 min	\$15
Half Arm	25 min	\$30
Full Arm	35 min	\$35
Underarm	20 min	\$20
Half Leg	30 min	\$40
Full Leg	40 min	\$65
Back	30 min	\$60
Bikini	20 min	\$40
Brazilian	30 min	\$50

Tinting

Eyebrow Tinting	15 min	\$20
Combined with Brow Wax	20 min	\$35
Eyelash Tinting	15 min	\$20

Wellness Enhancements (Add On Services)

Add these services onto any 1+ hr service you have scheduled.

'Eco Fin' Hand or Foot Heated Masque

This is truly a healthy, nourishing hand/foot treatment because it is made with 100% natural plant-based emollients and pure essential oils. No petroleum, artificial dyes, or synthetic fragrances.

15 min \$20

Detoxifying Dead Sea Salt Foot Bath

Dead Sea Salts, warm basalt stones and hot water soothe and detoxify tired feet.

20 min \$25

Reflexology

Treatment focusing on acupuncture points on hands or feet.

30 min \$50

Radiant Face Massage

Facial massage focused on pressure points on your face, head and ears.

30 min \$50

Relaxation Massage

Relaxation massage for head, neck and shoulders.

30 min \$50

All Prices in US and include G.S.T. (general sales tax).

24 hours cancellation notice required

Packages

Bridal Bliss

60 min Victoria House Signature Relaxation Massage, Caribbean Manicure and Pedicure
2.5 hrs \$190
For couples 2.5 hrs \$380

Red Carpet Ready

60 min Victoria House Signature Relaxation Massage, 60 min Facial, Caribbean Manicure and Pedicure
3 hours \$300

Island Zen

Hibiscus Honey Hair Masque, Coco Body Polish, 60 min Victoria House Signature Relaxation Massage, and 60 min Facial
3.5 hours \$325

Belize It

Combine 3 treatments of choice and receive 8% discount or 4+ treatments for a 10% discount to be used same day by same person.

Week Long Wellness Retreat

Enjoy a week of wellness services scheduled at your convenience throughout your stay. 3 yoga classes (at scheduled class time), 60 min relaxation massage, your choice of 90 min hot stone massage, Maya Abdominal Massage® or Cranio Sacral session, 60 min Facial, and Caribbean manicure and pedicure. Receive 8% off any additional spa services. This rate is per person. \$490

Customized Retreat

Please inquire about customized retreats for wellness available for individuals or groups.



All Prices in US and include G.S.T. (general sales tax).
24 hours cancellation notice required.

Juniors Spa Menu

Age 12 and under

Relaxation Massage

Relaxation massage incorporating Swedish massage techniques, hot towels and essential oils. Focus is on back, shoulders, neck, head, hands and feet. 30 min \$65

Mini Coco Body Polish

Exfoliating and nourishing, this full body exfoliation treatment includes coconut oil and sea salt or local natural sugars, local honey, essential oils, a warm shower rinse, and topped off with a glorious cocoa body butter application (not a massage) to seal in the hydrating benefits. 45 min \$90

Mini Caribbean Manicure

This treatment incorporates a peppermint hot towels, nails and cuticle grooming, a relaxing hand and arm massage with a hydrating cocoa butter cream, and a Vinylux polish application of your choice or a natural nail buffing for a high gloss shine. 30 min \$30

Mini Caribbean Pedicure

Put your feet up and relax in our pedicure recliner while your feet are exfoliated with our coco azucar scrub, toenails and cuticles are groomed and your lower legs and feet are massaged with cocoa butter. Conclude this incredible relaxing experience with a natural nail buffing or a Vinylux polish application of your choice. 30 min \$35

Hibiscus Honey Hair Masque

Ultra nourishing and hydrating, this treatment incorporates warm Belizean coconut oil, fresh hibiscus, honey and essential oils, generously applied and massaged into scalp and hair. 30 min \$65

Adolescent Facial

For all skin types that may be problematic, open pored, sensitive or normal/combo skin. This facial is the perfect start to teach the preteen how to properly care for their skin leaving it clean, brightened and refreshed. The combination of herbs such as lemon, blackthorn, sour cherry, peach, and stonecrop, promotes a clear complexion and tightens the pores with fruit acids. 60 min \$115

Thermo Auricular Therapy (Ear Candling)

An ancient natural and non-invasive therapy handed down by many indigenous civilizations. Warming and balancing, this therapy is helpful for tinnitus, congestion, tension headaches and hearing impairment. (Please allow 24 hours before or after flying or diving when scheduling this treatment). 30 min \$60

Princess Package

Relaxation Massage, Mini Facial, Mini Caribbean Manicure, Mini Caribbean Pedicure
2 hours 15 minutes \$200

All Prices in US and include G.S.T. (general sales tax).

24 hours cancellation notice required.

Yoga



60 minutes of Flow and Restorative Yoga M, W, F 8:45 AM
Weather dependent. Please confirm time with spa reception and to sign up. \$18 pp

Private Yoga Up to 5 \$100, \$18 each additional

Outcalls

At your home or resort

Allow us to come to you for your services. With a minimum of a 2 hour service (2 massages, a 2 hour massage, or a 60 min massage and another hour long service) and within 10 minutes of Victoria House, we will come to you for no additional service fee. Travel fee may apply. Call for details.

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24 hours cancellation notice required.**

To prepare for your spa service

Arrival

Please arrive 15 minutes prior to your treatment to allow time for check-in and preparation for your service. If you are delayed in your arrival, please remember that your service will end at its original time to avoid inconveniencing other guests.

Clothing

Special attention to draping is practiced during all treatments for your comfort and privacy. A pre or post treatment shower and is available should you choose.

Suggestions

Eating a light meal before your service is recommended. It is suggested that no alcohol or coffee be consumed prior to your spa experience. Adequate amounts of water should be consumed before and following your treatment. Please stay out of the direct sun and use sun block following any of our exfoliating treatments.

Medical Conditions

A brief health history form will be given to you at the time of check-in. Please indicate any medical conditions or disabilities that may be affected by your treatment such as high blood pressure, allergies, heart ailments or pregnancy.

Valuables

Please do not bring jewelry or other valuables to the spa. The spa does not assume any liability for the loss of personal items.

Cancellations

We ask that appointment changes or cancellations be made 24 hours prior to your scheduled appointment. Cancellations within 4 hours of your treatment, and no shows will be charged 100% of the treatment rate.

Gratuities

Gratuities is not included in spa menu pricing. Accepted at your discretion.

Our Spa Practitioners

Roxanne Ancona

Massage Therapy, Body Treatments, Ear Candling, Facials, Mani & Pedi
Roxanne has a certificate through the Crystal Lotus School of Massage in Belize and has been a massage therapist for 13 years. Roxanne enjoys working intuitively with deep pressure assisting in releasing chronic tension while holding the intention to bring greater peace to her clients.

Shirley Eiley

Massage Therapy, Body Treatments, Ear Candling, Facials, Mani & Pedi
Shirley has a certificate through the Crystal Lotus School of Massage in Belize and has been a massage therapist for 9 years. Shirley enjoys working with and learning more about the healing elements found in nature.

Jennifer Ingvoldstad, NCBTMB

Massage Therapy, Shiatsu Therapy, Maya Abdominal Therapy, Cranio Sacral Therapy, Body Treatments, Ear Candling, Facials, Waxing, Yoga, Herbs
Jennifer is Nationally Certified for massage and bodywork in the USA and has been practicing for 13 years. She specializes in working with chronic and acute pain patterns, migraines, PTSD and trauma, abdominal pain, digestive complaints and women's reproductive health. She incorporates elements of indigenous healing techniques in her treatments. She is a student of Rosita Arvigo.

Robert Novak, L.Ac.

A licensed physician in the state of Florida to practice Acupuncture, Herbology, Homeopathic Medicine, Oriental Medicine, AIT injection therapies. Nationally Certified by NCCAOM with their highest degree as a Diplomat of Oriental Medicine. Roberts approach is to relieve pain and assist the body in repairing the root problem and improving health.

Maria Sealey (Mel)

Massage Therapy, Body Treatments, Ear Candling, Facials, Mani & Pedi
Maria has a certificate through the Crystal Lotus School of Massage in Belize and has been a massage therapist for 13 years. Maria most enjoys relaxation massage, hot stone massage, and aromatherapy.

Asareli Olivarez (Asa)

Massage Therapy, Body Treatments, Ear Candling, Facials, Mani & Pedi
Asareli is certified through the IxChel School of Massage with Rosita Arvigo and has been a massage therapist for 8 years. Asareli enjoys learning and loves deep tissue massage the most.

Almita Valenzuela (Alma)

Massage Therapy, Body Treatments, Facials
Alma is certified through the Holistic School of Massage and Spa Therapy in Belize City, and has been a massage therapist for 2 years.

Seidy Valladerez

Massage Therapy, Body Treatments, Ear Candling, Facials
Seidy is a graduate of Santuario Naturista El Eden, a 2-year massage and wellness program in Mexico. She has been a massage therapist for 7 years and is also a Pharmacy Assistant. Seidy's passion is connecting with and helping others.

Kathleen Vello (Kathy)

Mani, Pedi, Waxing
Kathy is a graduate of ICAT in Chetumal, Mexico. She has been practicing esthetics for 8 years specializing in manicures, pedicures and waxing.

Maria Vides (Ellie)

Mani, Pedi, Waxing, Massage, Facials
Ellie is a graduate of Technical School or Cosmetology in El Salvador. She has been practicing esthetics for 12 years and massage therapy since 2014.