



## 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

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

24 hours cancellation notice required.



### **Energy Healing Massage**

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

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

### **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

### **Champissage (Indian Head Massage)**

Is another Ayurvedic treatment aimed at balancing a person's Doshas, or vital energies. Doshas are essential components of each individual and are vital to physical and emotional wellbeing. When Doshas are out of balance we are more susceptible to disease and stress and can become ill. Treatment begins with a small client intake to identify Doshas, followed by 60 min or 90-minute head, neck and shoulders massages using essential oils specially tailored to every individual.

60 min \$110, 90 min \$145

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

24 hours cancellation notice required.

## **Vedic Thai Table Massage**

Ayurveda is based on achieving balance by promoting harmony between body, mind and spirit. Vedic Thai massage is an Ayurvedic treatment that uses techniques including breath and body compressions to clear chakras of obstructions.

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

## **Thai Compression Ball Therapy**

This Ayurvedic treatment uses of steaming parcels of aromatic herbs and spices to assist in healing body mind and spirit.

60 min \$120, 90 min \$160

## **Arvigo 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

## **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.

\*Pain Relief Patches available directly with acupuncturist, at an extra cost.\*

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 number 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

## Coffee Body Wrap

Loaded with antioxidants to fight aging, and caffeine to stimulate skin cells, an exfoliating Coffee Body Wrap leaves you with smoother, tighter and brighter skin while helping to detoxify your body and invigorate the senses. The diuretic effect of coffee also works on fat cells closest to the skin to help reduce the appearance of puffiness, cellulite and Rosacea.

75 min \$125

## Chocolate Body Scrub

Cacao was one of the ancient Maya's gifts to the world, and as delightful as eating chocolate is, those effects are subtly magnified when absorbed through the skin. In addition to hydrating, exfoliating and plumping, a chocolate body scrub promotes a sense of wellbeing.

60 min \$115

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

24 hours cancellation notice required.

## Chocolate Mint Body Scrub

This delightful scrub has all the benefits of a chocolate body scrub with the addition of mint. With its anti-pruritic and antiseptic qualities, mint works with cacao to soothe skin that's prone to rashes, itching, or has been exposed to sun, insects or abrasions. Mint's Vitamin A content then strengthens and refreshes skin while reducing surface oils, leaving you with a healthy glow.

75 min \$150



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

24 hours cancellation notice required.

## Facials



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

### **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

### **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

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

24 hours cancellation notice required.

## **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, 90 min \$160

## **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, 90 min \$160

## **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, 90 min \$160

## **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, 90 min \$160

## **Sexy Back Facial**

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

60 min \$115, 90 min \$160

## **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, 90 min \$160

## **Facial Add On**

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

24 hours cancellation notice required.



**Extractions**  
\$15

10 min

### **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 number 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 effect hydrates, softens and repairs lips that may be dry and chapped.

10 min \$20



## **Grooming Services**

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

24 hours cancellation notice required.



## 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.

45 min \$40

## 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

## Nail Add On

### Shellac Polish Add On

30

min \$25

### Polish Change Only

15 min \$20

### Shellac Polish Only

30 min

\$35

## '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

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

24 hours cancellation notice required.



## Waxing

Eyebrow	15 min \$20
Chin, Lip or Nose	15 min
\$15	
Chin and Lip	25 min \$20
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.

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

24 hours cancellation notice required.

### **'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

## **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

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

24 hours cancellation notice required.



## Packages

### Caribbean Bliss

60 min Victoria House Signature Relaxation Massage, Caribbean Manicure and Pedicure

2.5 hrs \$190

For couples 2.5 hrs \$380

### Infinite Balance

60 min Victoria House Signature Relaxation Massage, 60 min Facial, Caribbean Manicure and Pedicure

3 hrs \$300

### Island Zen

Hibiscus Honey Hair Masque, Coco Body Polish, 60 min Victoria House Signature Relaxation Massage, and 60 min Facial

3.5 hrs \$335

### 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.

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

24 hours cancellation notice required.

## **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.

## **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**

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

24 hours cancellation notice required.

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 \$60

### **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 hrs 15 min \$180

## **Yoga**



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

24 hours cancellation notice required.



60 minutes of Flow and Restorative Yoga. Weather dependent. M, W, F 9:00 AM. Please confirm time with spa reception or Front Desk and to sign up.

\$18 pp

## **Private Yoga**

Up to 5 persons for \$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 or email for details.

## **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 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**

Please let us know of any medical conditions or disabilities that may be affected by your treatment such as high blood pressure, allergies, heart ailments or pregnancy.

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

24 hours cancellation notice required.

## **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. Last minute cancellations and no shows are subject to 100% of the cost of treatment.

## **Gratuity**

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

## **Our Spa Practitioners**

### **Roxanne Ancona**

Massage Therapy, Body Treatments, Ear Candling, Facials, Arvigo Maya Abdominal Therapy, Energy Work.

Roxanne has a certificate through the Crystal Lotus School of Massage in Belize and has been a massage therapist since 2006. Roxanne enjoys working intuitively with deep pressure assisting in releasing chronic tension while holding the intention to bring greater peace to her clients.

### **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 since 1999. Maria mostly 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 since 2010. 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 since 2015.

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

24 hours cancellation notice required.

### **Seidy Valladarez**

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 since 2005 and is also a Pharmacy Assistant. Seidy's passion is connecting with and helping others.

### **Angelica Carmita Ventura (Carmen)**

Massage Therapy, Body Treatments, Ear Candling, Facials, Mani & Pedi.

Carmen is certified through the Holistic School of Massage and Spa Therapy in Belize. She has been doing this work since 2006.

### **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.

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

24 hours cancellation notice required.