



C A R A

— SPA —

AT CARLISLE BAY

WHERE NATURE RESTORES BALANCE



CFRA

— SPA —

AT CARLSLE BAY

Welcome

Welcome to CARA Spa, inspired by the rhythm of the island and the art of slowing down, our spa is a place to pause, breathe deeply and reconnect with yourself.

From the moment you arrive, every detail is thoughtfully considered, creating space for rest, presence and renewal. Through mindful touch, therapeutic botanicals and intuitive care, we support the body's natural ability to restore balance and wellbeing. Here, the pace softens, the mind quiets and a sense of calm returns.

We are delighted to welcome you to this sanctuary of calm, care and restoration.

Philosophy

At CARA Spa, we embrace the art of slowing down. True wellbeing is found in returning to nature: stillness, simplicity, and balance. Inspired by the grounding rhythm of the rainforest, our philosophy is rooted in holistic restoration. Each treatment is a mindful ritual designed to restore harmony between body, mind, and spirit. In a world of constant movement, we invite you to pause, breathe, and return to your natural state of wellbeing.

Please call **4126** to make your appointment or email **caraorganicspa@carlisle-bay.com**.

Our therapists will be delighted to guide you in selecting the most suitable treatments according to your needs.

All prices listed are in US dollars and are subject to 10% service charge and 17% ABST (Antigua & Barbuda Sales Tax)..

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YOUR SPA JOURNEY

A seamless flow of restoration from arrival to departure. A signature scented cold towel awakens the senses and marks the beginning of your journey. Herbal infusions are served as you unwind and reconnect with breath and presence.

SPA FACILITIES & AMENITIES

Six luxurious treatment sanctuaries including a private couples suite. A state-of-the-art fitness centre, supporting strength, movement, and vitality. Restorative sauna and cold plunge pool designed to balance heat, cold, and circulation. Surrounded by tropical tranquillity and natural light.

OPERATING HOURS

Open daily from 8:00 AM to 6:30 PM
(Please check with reception for current seasonal hours).
Fitness Centre open 24 hours.

WELLNESS PROGRAMME

Monday	Pilates 7:00 AM
Tuesday	Sunrise Yoga 8:00 AM
Wednesday	Sunrise Yoga 8:00 AM
Thursday	Sunrise Yoga 8:00 AM
	Water Aerobics 3:00 PM
Friday	Pilates 7:00 AM
	Sound Therapy 4:45 PM
Saturday	Fitness Yoga 8:00 AM
	Sunset Yoga 4:45 PM
Sunday	Rest / restore day

EXCLUSIVE TO IN-HOUSE GUESTS

Pre-booking required by 5:00 PM the day prior.
Private Yoga, Pilates, and personal training are available on request.



OUR SPA PARTNER

GROUND

Discover GROUND, a Cork-based wellness brand founded by expert Peigin Crowley, who brings decades of experience in designing luxurious spa experiences. Born from a desire to support well-being during challenging times, GROUND offers 100% natural, vegan products crafted in small batches in Ireland. Each hand-blended therapeutic oil is designed to address sleep, stress, hormone health and skin wellness. With a therapist-centric approach, GROUND invites you to embrace intuitive self-care rituals that promote rest, reconnection, and renewal, honouring the unique needs of every individual. Elevate your wellness journey with GROUND's sincere and soothing offering of advanced massage rituals.



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OUR SIGNATURE FACE & BODY RITUALS

THE GROUNDING RITUAL

Soothing Mental Anxiety & Stress

This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body.

60 MINS - Full Body Massage | **\$190**
90 MINS + Face Gua Sha & Scalp Massage | **\$270**

DEEPLY GROUNDED FACE & BODY

The Absolute in Skin & Body Wellness

Surrender in full to our signature Grounding Ritual to relieve stress and anxiety, followed by chosen GROUND Biome Facial to restore skin wellness and repair the delicate barrier.

120 MINS - Includes Grounding Ritual & Biome Facial | **\$340**

THE RESTORATIVE RITUAL

For a worried mind, headaches & migraines

Combining nurturing facial massage with soothing Gua Sha techniques, this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on releasing tension in the face, neck, décolleté and scalp.

60 MINS - Face, Neck, Shoulder & Scalp Massage | **\$180**
90 MINS + Back Massage | **\$250**



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OUR FACIAL RITUALS

THE BIOME REPAIR FACIAL

Restoring & Supporting Skin Barrier

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe & repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

60 MINS | **\$180**

120 MINS + Abdominal Massage | **\$290**

THE BIOME CUSTOM FACIAL

Soothing & Cooling for Sensitive, Hormonal Skin

Designed to support each and every skin using a tailored combination of therapeutic massage techniques, lymphatic drainage and bio-identical ingredients. All with the aim to work on the skin and gut microbiome connection, relaxing both the mind and the skin.

This facial treatment is customised based on thorough consultation making it especially beneficial for those with challenging skin conditions.

60 MINS - Facial | **\$180**

90 MINS - Facial | **\$250**

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OUR MASSAGE RITUALS

THE SLEEP REPAIR RITUAL

Ideal for Insomnia & physical fatigue

This ritual was especially developed to guide the mind and body into deep slumber. Soothing, flowing massage techniques and pressure points combined with mindful breathwork help to induce deeper breathing and invite rest in.

90 MINS - Full Body Deep Sleep Focus | \$200
120 MINS + Restore Body Wrap | \$330

THE BALANCING RITUAL

(Menopause Accredited Training)

Empowering through the Menopause journey

Designed with women in mind, this hands-on approach to wellbeing is truly holistic. Each ritual commences with an aromatherapy foot bath and breath work and uses Cold Stone Massage, Gua Sha, Reflexology and Lymphatic Drainage helping to soothe the body during hormone fluctuations.

90 MINS | \$220
120 MINS + Digestive or Joint Support | \$320

MUSCLE RECOVERY RITUAL

Repair & Recovery of the Muscles

Flowing, rhythmical and firm, this massage was created to assist in releasing overworked muscles of the body from their tense & tightened position. Helping to alleviate aches & stiffness while also improving circulation, this deeply relaxing massage will aid in restoring balance, improving quality of movement and renewing energy levels. While the Muscle Recovery Ritual places specific focus on the forearms, back, shoulders, hips & glutes both purpose & pressure will be intentionally personalised to your individual needs. Includes use of GROUND's Magnesium Spray & Fitness Body Oil.

60 MINS + Focused Back of Body | \$180
90 MINS + Intensive Full Body | \$250

THE SALT STONE RITUAL

Support & restoration for mind, body & muscles

Experience the healing power of hand-carved Himalayan salt stones, naturally mineral-rich, to relax muscles and soothe the nervous system. This warming full body massage combines therapeutic massage with the detoxifying, exfoliating, and energy balancing properties of the salt stones, promoting muscle relaxation, easing tension and improving circulation.

60 MINS - Full Body Massage | \$180
90 MINS + Salt Foot Bath, Face Gua Sha & Hot Oil Scalp Treatment | \$270



ADVANCED BODY RITUALS

SECRET RIVER OF HEALTH

Lymph For Longevity Accredited Training

Designed to have a deeply relaxing, sedating impact, this rhythmic full body ritual works to encourage and support lymphatic flow while inducing a state of rest and renewal. Extend to include the face and scalp to further encourage a gentle but full system cleanse.

60 MINS - Full Body | **\$220**

90 MINS + Face Lymphatics & Gua Sha | **\$320**

THE WANDERING RITUAL

Vagus Nerve Support - Ideal for Burnout

Reconnect deeply with the wanderer within, the Vagus Nerve, our inner source of sincere wellbeing. This holistic approach to hands on massage creates a safe space to attune to our innate gut intuition and create a renewed connection to our inner self. This full body massage ritual includes focus on Abdomen, Face, Neck & Ears with Marble Stone & Gua Sha Massage Techniques

120 MINS - Therapeutic Full Body Massage | **\$320**

OUR PREGNANCY RITUALS

COMFORTING RITUAL

Pregnancy care: Therapeutic Massage for the second & third trimester

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting treatment for the second and third trimester of pregnancy. It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows through pregnancy. Full body massage delivered in the side lying position.

60 MINS - Full Body Pregnancy Massage | **\$170**
90 MINS + Face Gua Sha & Scalp Massage | **\$260**



Additional Offerings

BODY WRAP	60 MINS \$160
DEEP TISSUE MASSAGE	60 MINS \$180
HOT STONE MASSAGE	60 MINS \$180
INDIAN HEAD MASSAGE	50 MINS \$160
REFLEXOLOGY	50 MINS \$160
REIKI	50 MINS \$160
SALT SCRUB	50 MINS \$140

GROUNDED TOGETHER

Share a moment of calm with this nurturing massage experience for two. Designed to ease tension, quiet the mind and restore balance, this side-by-side treatment encourages deeper relaxation and meaningful connection. Leave feeling refreshed, grounded and reconnected with yourselves and each other.

60 MINS | \$320
90 MINS | \$480

ISLAND RHYTHM

Surrender to the natural rhythm of island life with this deeply restorative face and body experience.

This personalised wellbeing ritual encourages you to slow down, breathe deeply and embrace a more mindful pace. Combining your choice of a 90-minute therapeutic massage with a bespoke 60-minute Biome Facial, the experience nurtures both body and skin while restoring a profound sense of balance and wellbeing.

150 MINS | \$390

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Frequently Asked Questions

Consultation

If you would like further information on any of our treatments or to discuss your specific needs, please do not hesitate to contact us, we will be happy to assist.

Arrival

Please arrive at least fifteen minutes prior to your appointment to allow time to change, relax and complete any necessary consultation forms. This will ensure you enjoy the full duration of your treatment.

What to bring

Towels and robes are provided. For the majority of treatments, you will be provided with a robe and asked to undress, leaving your underwear garments on. Should you wish, you may change in your suite and arrive at the spa in your robe. We encourage you to wear your own slippers to support our green initiatives, although we do provide slippers if requested. Sauna and Experience Showers are available along with complimentary bath products. Please leave all valuables and jewellery in your suite as the spa will not be held responsible for misplaced valuables.

Refreshments

Relax after your treatments in our chill out area with a herbal tea of your choice.

Non-residents

24 hours' notice is required for spa bookings for guests not staying at Carlisle Bay.

Cancellation policy

Should you wish to cancel your appointment, please contact us at least twenty-four hours in advance to reschedule or cancel with no charge. If you cancel within eight hours, a cancellation fee of 50% will apply. Any non-arrivals will be charged at the full amount.

Opening hours

Open daily from 8:00 AM to 6:30 PM
(Please check with reception for current seasonal hours).

Gifts

A CARA Spa treatment makes the perfect gift. Please ask at the Spa Reception for assistance with a gift certificate. For more information, visit our website: www.carlisle-bay.com

WWW.CARLISLE-BAY.COM





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