



*Sensations* **IBEROSTAR**

MENU | ENGLISH



# WELCOME TO A WORLD OF SENSATIONS

Designed to improve every aspect of your experience, Spa Sensations personalizes relaxing treatments, reconnecting with you and those around you. More than a treatment, Spa Sensations is a sensory experience.

## **Local inspiration**

Local community knowledge is integrated into Spa Sensations treatments to offer you a range of locally-inspired treatments, often the best kept secrets based on ancient local traditions. Making use of the curative properties of native plants and herbs, we have based our products on their curative properties, aimed at **stimulation, restoration and nourishment**.

We have united an avant-garde spirit with holistic wellness, rejuvenation and beauty treatments that go beyond the ordinary. Rest your feet and let your worries melt away while you relax at the hands of our expert spa therapists at any of our resorts.

## **Everything is connected**

From the foods you eat to the products we use, wellbeing is built-in to your whole experience at Spa Sensations. Our aim is to improve every aspect of your experience so you feel immediate and tangible benefits no matter how long your stay.

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## WELLBEING EXPERIENCES

By SPA Sensations Team Bavaro

Our team of professional therapist have created the best experiences for you with the best sensations and products with Dominican roots and fusion with other cultures, offering the best of the Caribbean. An unmissable unique and unforgettable experience.

What do you fancy?

### A TRIP THROUGH THE SENSES /

1 H 50 MIN / \$ 230 USD

The best trip for the senses where the body, mind and soul find the best sensations. Tibetan-inspired massage with the melodious music of the Tibetan bowl and a blend of relaxing hot oils. Balance your mind and free your energy To finish, a delicious Asian tea will be waiting for you.

Feel it, don't just believe it!

### LAVENDER /

1 H 50 MIN / \$ 230 USD

The best aromatic and relaxing experience provided by lavender in all its glory. We begin the experience with a salt and lavender exfoliation, followed by a body massage with lavender cream, and finishing with a face massage with quartz.

The best experiences, don't miss it!



### TROPICAL CARIBBEAN /

1 H 50 MIN / \$ 230 USD

The Caribbean offers myriad tropical fruits with some exclusive benefits for the skin, providing hydration and vitamins.

Your body will be exfoliated with brown sugar from the Dominican Republic, followed by a tropical fruit wrap for maximum hydration and to finish, an energetic massage with strokes from bamboo canes.

*The Caribbean on your skin, enjoy!*

### EXPERIENCE BETWEEN CULTURES /

1 H 50 MIN / \$ 230 USD

Fusion of cultures brings us unique experiences.

Dominican exfoliation with different tropical fruits for you to choose from, blended with coconut and a relaxing massage with hot stone reflexology, originating from ancient Chinese therapies.

*The best fusion, give it a try!*

### CARIBBEAN WITH COCONUT /

1 H 50 MIN / \$ 230 USD

The properties of Caribbean coconut bring us the best of the Caribbean. Its exfoliating properties prepare and clean our skin, an emulsion made from its milk is used as a moisturizer, we use its relaxing coconut oil for a massage and its husk is prepared to provide the best sensations. Ends with a refreshing coconut drink.

*Without coconut there is no Caribbean, - aren't you going to try it?*





## FACIALS

Your skin, like the landscape, has been molded by time and the environment. Our experts will make you feel rejuvenated and renovated.

### HYDRATION /

50 MIN / \$ 170 USD

Face cleansing is important because it improves the general look of the skin. Our essential facial is designed to meet basic skincare needs. Balance and moisture will be restored to the skin, and the damaging effects of the environment will also be combated.

### CLEAN PERFORMANCE /

50 MIN / \$ 160 USD

Careful deep cleaning without affecting the microbiome or drying out the skin, with sustainably grown Teatree oil extract, prebiotics, probiotics, cannabidiol (CBD), and hempseed oil. It stimulates the synthesis of lipids in the epidermis to improve the structure of the skin's natural protective barrier.

Vegan, Gluten Free, Lactose Free, PEG Free.

### OILY SKIN /

50 MIN / \$ 170 USD

Facial especially designed to regulate the skin's oil and moisture levels in an intelligent way: dry areas receive more intense moisturization to ensure moisture is retained, and the sebum associated with oily skin is sustainably reduced.



### COLLAGEN VEIL MASK /

50 MIN / \$ 200 USD

Intense facial moisturization, helps to improve the look of fine lines and wrinkles immediately. The collagen it contains gives the skin a youthful, fresh and smooth appearance and stimulates the skin's repair mechanisms.

### HYALURONIC ACID /

50 MIN / \$ 200 USD

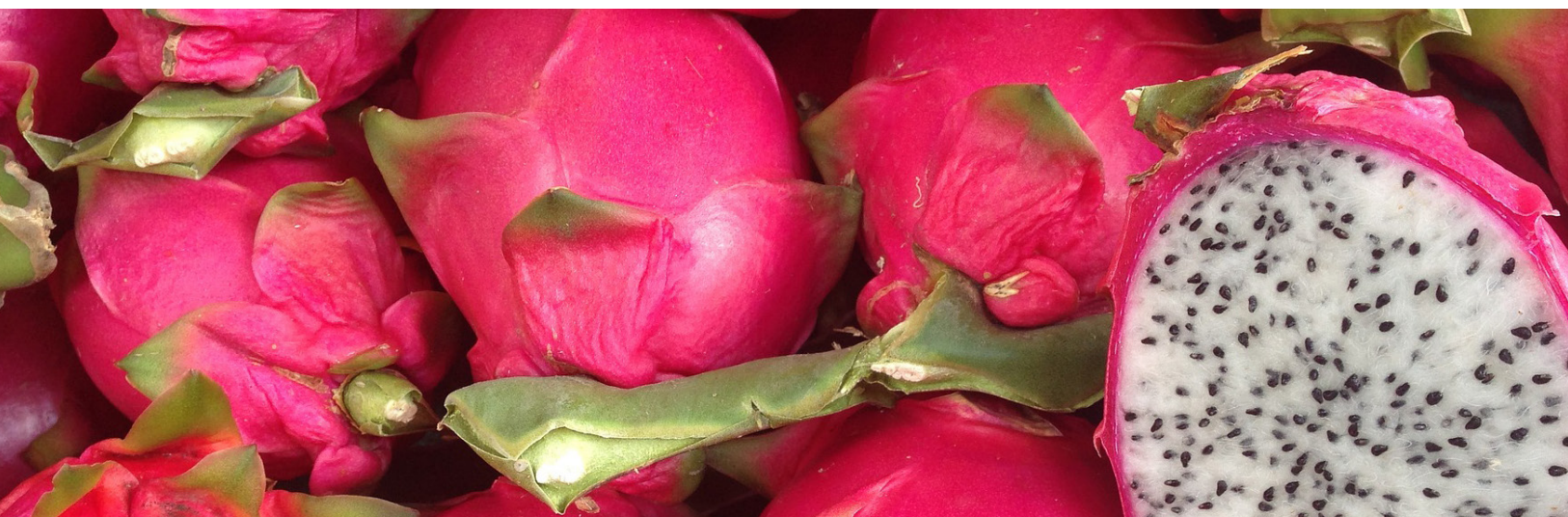
Facial with a HYDRO-HYPE effect: from the inside and the outside. From the inside: rehydrates the skin from the inside by stimulating the skin itself to synthesize hyaluronic acid. From the outside: stabilizes the moisture levels of the skin. With triple hyaluronic acid for intense hydration to reduce the presence of lines and wrinkles for a smoother appearance.

### VITAMIN C /

50 MIN / \$ 180 USD

Facial with stable vitamin C concentrate, helps improve skin smoothness and firmness, reduces wrinkles, protects against oxidative damage from the environment and free radicals, resulting in a more even complexion with more vital freshness, smoothness and firmness.





## BODY CARE

### BODY EXFOLIATION /

Recommended before sunbathing for a better and longer lasting tan

30 MIN / \$ 95 USD

## WRAPS

50 MIN / \$ 165 USD

### ALOE VERA

Treatment with aloe vera and honey, for sunburnt .  
Made from locally grown aloe vera

### ANTI-CELLULITE

Wrap to reduce cellulite in specific areas.

### VOLCANIC MUD

Nutritious and Healing High in minerals and stimulates metabolism.

### SEAWEED

Moisturizing wrap which is re-mineralizes, detoxifies, activates circulation and hydrates

### TROPICAL FRUITS

Get wrapped up in the flavors and smells of the Caribbean with this wrap with typical locally harvested fruits from the Dominican Republic.









## MASSAGES

Experiences based on ancient therapies that balances human beings across three dimensions: Body, Mind and Spirituality.

**THERAPEUTIC /** 50 MIN / \$ 175 USD – 80 MIN / \$ 210 USD

We use heat treatment on areas of pain, we work with analgesic balsam and perform movements for any areas of tightness.

**FOOT REFLEXOLOGY /** 50 MIN / \$ 165 USD

Your whole body is reflected in your feet. We activate the body's self-healing powers with precision through the pressure points

**RELAXING /** 50 MIN / \$ 140 USD – 80 MIN / \$ 185 USD

Classic relaxing massage, with light pressure

**MASSAGE WITH AROMATHERAPY /** 50 MIN / \$ 155 USD – 80 MIN / \$ 190 USD

Supremely relaxing, heat penetrates the muscle, relieving tension  
Traditional therapy to align and activate the chakras. Feel the best of experiences



#### DEEP /

50 MIN / \$ 155 USD – 80 MIN / \$ 190 USD

Reaches the deepest layers of your body, eliminates toxins, reduces tension and revitalizes

#### MASSAGE WITH HOT STONES /

50 MIN / \$ 175 USD – 80 MIN / \$ 200 USD

Supremely relaxing, heat penetrates the muscle, relieving tension.

Traditional therapy to align and activate the chakras. Feel the best of experiences.

#### 4 WITH AROMA /

50 MIN / \$ 240 USD

Double the benefit with two massage therapists working simultaneously.

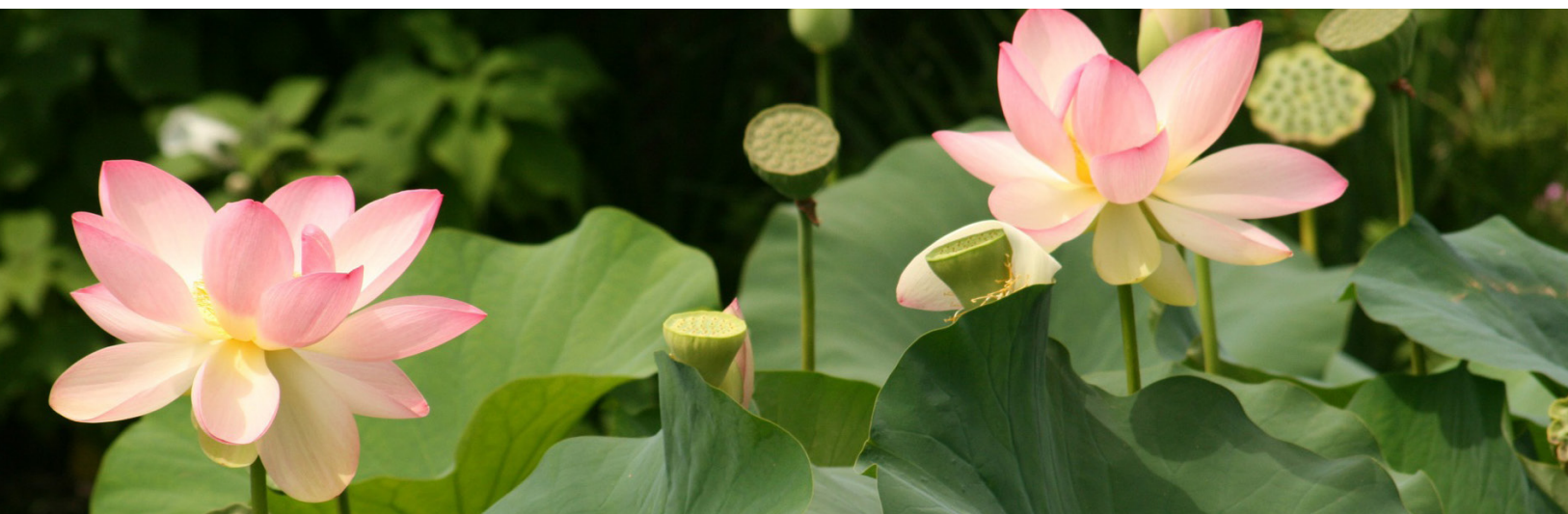
#### SPA SENSATIONS

#### SIGNATURE MASSAGE /

50 MIN / \$ 180 USD – 80 MIN / \$ 215 USD

Head massage, body massage and foot reflexology





## RITUALS FOR COUPLES

### CARIBBEAN /

2 H 50 MIN / \$ 540 USD

Milk and honey bath, accompanied with natural fruit juices, honey, oat and tropical fruit body exfoliation and essential oils body massage.

### CHOCOLATE /

2 H 50 MIN / \$ 540 USD

Milk bath accompanied by Dominican style hot chocolate. Chocolate exfoliation, chocolate wrap to help improve the figure and reduce cellulite and body massage with chocolate oil to finish.

### COCONUT FOR TWO /

2 H 50 MIN / \$ 540 USD

All the properties of coconut in a single experience. We begin with the best of body cleanses, with coconut pulp exfoliation to leave the skin soft and ready. This is then followed by a coconut milk bath in a private jacuzzi. Moisturization is provided through a wonderful coconut emulsion wrap.. To finish, an energetic massage to benefit from all the properties of coconut oil with coconut husk.



## WELLBEING EXPERIENCES

Just one experience? A combination of different treatments creates a wonderful experience. All packages include 2 hours of spa hydrotherapy.

### DELUXE VEGAN HYDRATION /

1 H 50 MIN / \$ 220 USD – 2 H 30 MIN (WITH MASSAGE) / \$ 320 USD

Body exfoliation, moisturizing body mask, moisturizing facial. Vegan treatment with Retinol and baobab properties. Luxury for your skin

### WHOLE BODY BEAUTY /

2H 20 MIN / \$ 250 USD

Hydrating facial, body massage, hand and feet moisturization.

### TROPICAL CACAO /

2 H 20 MIN / \$ 270 USD

Exfoliation with organic cacao followed by a lovely chocolate body mask to nourish your skin. To finish, a massage with oil from the best organic cacao of the Dominica Republic leaving the skin and the body with the best sensations.

### ENERGIZING /

2 H 20 MIN / \$ 270 USD

Invigorating anti-aging treatment with Champagne pear stem-cell extract, lime, green tea and a refreshing citrus touch, ending with an energetic massage which will leave your skin fresh and radiant.

### RELAXING /

2 H 20 MIN / \$ 270 USD

Body pampering treatment, based on champagne pear stem cell extracts and thermal water, with a relaxing aromatic composition. With a relaxing massage to finish which will nourish, relax and clam your skin.



## HAIR REMOVAL

EYEBROWS /	\$ 20 USD
UPPER LIP /	\$ 20 USD
HALF LEG /	\$ 60 USD
FULL LEG /	\$ 75 USD
BIKINI /	\$ 40 USD
BRAZILIAN /	\$ 65 USD
UNDERARM /	\$ 20 USD
BACK /	\$ 75 USD





## BEAUTY TREATMENTS

### HAIRCARE

SHAVE /	\$ 30 - 50 USD
MEN'S HAIRCUT /	\$ 40 - 60 USD
WOMEN'S HAIRCUT /	\$ 60 - 85 USD
WASH AND CUT /	\$ 50 - 90 USD
COLOR / DYE /	\$ 70 - 120 USD
HIGHLIGHTS /	\$ 90 - 150 USD
**DAMAGED HAIR TREATMENT /	\$ 45 USD
REFRESHING MASSAGE (SCALP) WITH AMPOULE /	\$ 45 USD
*CARIBBEAN BRAIDS (WHOLE HEAD) /	\$ 80 - 135 USD
*CARIBBEAN BRAIDS (HALF HEAD) /	\$ 50 - 70 USD
*CARIBBEAN BRAIDS (EACH) /	\$ 8 USD
BRAID EXTENSIONS (EACH) /	\$ 15 USD

### BRIDAL

BRIDAL HAIRSTYLING (REHEARSAL) /	\$ 90 USD
BRIDAL HAIRSTYLING /	\$ 110 USD
MAKE-UP /	\$ 70 USD



## BEAUTY TREATMENTS

### HAND AND FOOT CARE

HAND AND FOOT RITUAL / \$ 160 USD

Bath with salt, manicure and pedicure spa, 20 min massage with stones.

MANICURE AND PEDICURE SPA WITH MASK / \$100 USD

MANICURE / \$40 USD

SPA MANICURE / \$60 USD

POLISH ONLY / \$25 USD

FRENCH MANICURE / \$30 USD

GEL MANICURE / \$35 USD

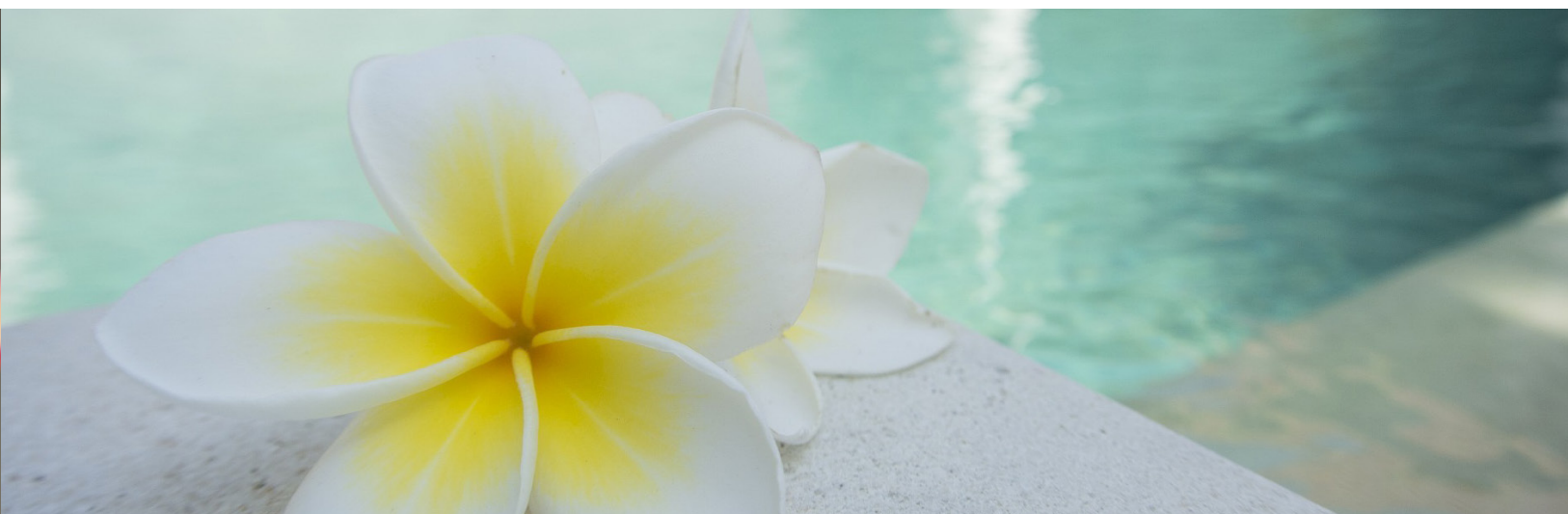
GEL REMOVAL / \$25 USD

PEDICURE / \$55 USD

SPA PEDICURE / \$70 USD

FRENCH MANICURE / +\$10USDPERSERVICE

GEL MANICURE / +\$15USDPERSERVICE



## SPA ETIQUETTE

### BOOKINGS AND CANCELLATIONS

Spa Sensations requires 24 hours' notice for cancellations. You can re-book your Spa treatment, no less than 4 hours before the initial booking or an additional cancellation fee of 50% of the original cost of the treatment will be charged. If you arrive late, the time reserved for the treatment will be reduced. Please arrive at least 15 minutes before the booked time or 1 hour before if you would like to use the hydrotherapy facilities (remember to bring your bathing suit). The spa concierge will help you to choose the best treatments and the recommended order to have them in.

### ENTRANCE

Spa Sensations offers a relaxing and calming environment for its clients. It is important to respect the privacy and tranquility of the environment, limiting the use of mobile phone and maintaining a moderated tone of voice. Please tell the concierge if you have any health conditions, allergies, injuries, high blood pressure or physical disabilities which may be relevant before the treatment. Spa Sensations only offers treatments to pregnant women after their first trimester or before their last trimester. All our therapists are professionally trained.

Spa Sensations offer the choice between a male or female therapist, depending on availability. Spa Sensations reserves the right to refuse spa treatments to guests who appear to be under the influence of alcohol.

### DURING YOUR EXPERIENCE

Spa Sensations will provide you with a robe and slippers to use during your stay.

We recommend that you book all treatments in advance to guarantee availability. Smoking is not permitted at Spa Sensations, nor is the consumption of alcohol or food brought from outside. Skin that has been recently shaved or exposed to the sun may experience irritation when exfoliated or undergoing hair removal. Avoid shaving or sunbathing before your spa treatment.

### EXIT

Gift vouchers are available. Please contact a spa representative for more information. All prices are in US dollars and may change without prior notice. Please be aware that tips are not included.

If you would like to continue enjoying the Spa Sensations experience at home, all the products used during our treatments will be available for sale in the reception area.

## IBEROSTAR SELECTION BÁVARO

Opening hours: 9 am to 6 pm  
Ext. 1787 - 1789