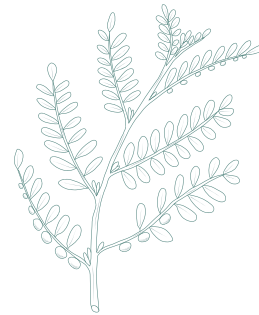




THE SPA





Neem

Powerful antibacterial, antifungal, and anti-inflammatory properties, making it beneficial for skin health, immunity, and detoxification.

WELCOME TO THE SPA

On Mustique, wellbeing is a way of life - a chance to reconnect, restore balance and truly embrace the spirit of the island. Inspired by the beauty that surrounds us, we invite you to embark on an evocative journey of mindful movement, expert touch, and the purest natural products.

Mustique's Signature Treatments have been meticulously crafted to capture the essence of the island within two timeless spa rituals.

- Mustique Himalayan Stone Body Ritual*
- Mustique Lymphatic Flow Ritual with Movement Cupping*

These unique therapies sit alongside a curated selection of holistic treatments in partnership with Bamford. Sharing our philosophy of living consciously and respecting the earth, Bamford offers its expertise and beautifully crafted, organic body and skincare products to enhance your experience.

Refined Wellness, Inspired by Nature.



can also be used as a bowl
or musical instrument ↪

Calabash

Rich in antioxidants and low in calories,
supporting digestion, hydration, and
heart health.

THE SPA TREATMENT LIST

MUSTIQUE SIGNATURE TREATMENTS

- *Mustique Himalayan Stone Body Ritual*
- *Mustique Lymphatic Flow Ritual with Movement Cupping*

BAMFORD BODY TREATMENTS

- *B Vibrant Treatment*
- *B Silent Treatment*
- *Full Body Signature Treatment*
- *De-Stress Massage*
- *Deep Tissue Massage*
- *Back, Neck & Shoulder Massage*
- *Full Body Exfoliation*
- *After Sun Treatment Purity Detoxifying Facial*

BAMFORD ORGANIC FACIALS

- *Awaken Resurfacing Facial*
- *Restore Rejuvenating Facial*
- *Purity Detoxifying Facial*

BAMFORD GROOMING DEPARTMENT (MEN'S)

- *Edition 1 Signature Treatment*
- *Edition 1 Recovery Treatment*

OTHER TREATMENTS

- *Thai Massage*
- *Basalt Hot Stone Massage*
- *Reflex Therapy*
- *Hands & Feet Treatments*
- *Beauty Treatments*

MUSTIQUE SIGNATURE TREATMENTS

MUSTIQUE HIMALAYAN STONE BODY RITUAL

60 MINUTES – \$240

Release tension and restore inner balance with this deeply relaxing full-body massage, using hand-carved Himalayan salt stones. Rich in 84 naturally occurring minerals, these warm stones not only ease muscular tension, but also replenish the skin, improve circulation and gently detoxify the body.

Targeting areas of deep tension, the soothing heat of the stones works in harmony with tailored massage techniques to promote a profound sense of calm and clarity. The treatment helps to balance the body's energy, reduce stress, and support a restful state of being. A grounding ritual that leaves you feeling nurtured, lighter, and restored inside and out.



tiny fruits grow beneath leaves, which is unusual

MUSTIQUE LYMPHATIC FLOW RITUAL WITH MOVEMENT CUPPING

60 MINUTES – \$240

This gentle yet effective full-body ritual is designed to stimulate the lymphatic system, support detoxification, and restore your natural vitality. Using movement cupping techniques the treatment encourages the flow of lymph, helping to reduce fluid retention, boost circulation, and enhance the body's natural cleansing processes.

The vacuum effect created by the cups gently lifts the skin, promoting the elimination of stagnant waste and toxins while delivering fresh nutrients to the tissues. This deeply therapeutic experience leaves you feeling lighter, brighter, and more balanced, with visibly improved skin tone and reduced puffiness. Ideal for those seeking to reboot their system, support post-travel recovery, or simply reconnect with their body's natural rhythm.

Seed Under Leaf

(Phyllanthus niruri) is known for supporting liver health, aiding in kidney stone prevention, and boosting antiviral defence.



the leaves can be crushed and brewed as a tea for its calming and immune boosting properties

Soursop

Rich in antioxidants and vitamin C, known for boosting immunity, reducing inflammation, and supporting healthy digestion.

BAMFORD BODY TREATMENTS

Bamford's award-winning organic and natural products are specially created for use in the Bamford Haybarn Spa. Their body treatments combine a variety of holistic therapies, each specifically designed to relax, restore or rejuvenate.

B VIBRANT TREATMENT

90 MINUTES – \$270

A revitalising experience to energise the body, awaken the senses and increase positivity. A refreshing foot bathing ritual followed by sound therapy, work to rebalance the energy channels. Gentle exfoliation, using a warm botanic sugar polish, rejuvenates the skin and increases circulation. Stimulating marma point, full body and Indian head massage using cool, clarifying Citrine crystals, combined with soothing breathwork, to focus the mind and leave the body relaxed yet invigorated.

B SILENT TREATMENT

60 MINUTES – \$220

Bamford's treatments are devoted to relaxing your body and preparing it for sound, restful sleep. A stress-reducing footbath using their b-silent night-time concentrate opens the body's meridians. This moves on to a full back massage with Bamford's b-silent body oil, a blend of Roman chamomile, cannabis sativa and lavender flower oils. A massage on the neck and chest pressure points aims to release chronic stress, and prepare the body and mind for deep, peaceful sleep.

Mimosa

(Mimosa pudica) is valued for its anti-inflammatory and wound-healing properties, and is traditionally used to support nerve health and digestive balance.



BAMFORD FULL BODY SIGNATURE

90 MINUTES – \$270

Bamford's signature treatment combines carefully targeted ancient healing techniques to offer you a fully immersive body experience. Japanese shiatsu massage is used to open the body's meridians, penetrate the muscles and start to unblock the energy channels to restore balance and flow. An Indian head massage, relieves headaches, pain, and calms the mind. This technique has been shown to increase circulation to the brain as well as improve scalp and hair condition. The treatment incorporates a foot bath, abdominal massage, and finishes with assisted yogic breathing to refresh the lungs and oxygenate and invigorate the body.

DE-STRESS MASSAGE

60 MINUTES – \$185

A treatment to calm both the body and mind, this holistic massage eases tense muscles and reduces stress levels, while restoring and realigning energy in the body. A soothing footbath begins the cleansing and relaxation process, drawing toxins from the body, to reduce inflammation and aid sleep. A shiatsu massage targets pressure points to release tension, balance energy flow and trigger the process of self-healing. Swedish back and leg massage focuses on relaxing the muscles and reducing both emotional and physical stress.

DEEP TISSUE MASSAGE

60 MINUTES – \$185

This full-body massage uses a combination of shiatsu and traditional techniques to work with the deep layers of muscle tissue and treat acute tension and injuries from overuse. Adhesions in the muscles can cause pain, inflammation and restriction of movement so this massage works to increase blood flow, realign the different layers of tissue, relax tight muscles and encourage them to strengthen and heal.

BAMFORD BACK, NECK AND SHOULDER MASSAGE

30 / 45 MINUTES – \$100 / \$130

A focused massage directed at the most common areas of tension in the body. Swedish massage techniques are used to work deep into the muscle groups of the back and shoulders with special attention given to any knots. Specific pressure points are targeted in the upper back and neck to encourage profound relaxation and release tension.



BAMFORD FULL BODY EXFOLIATION

45 MINUTES – \$185

As well as gently removing dead skin cells to reveal the freshly invigorated skin underneath, this regenerative treatment is designed to improve circulation and blood flow. The whole body is lightly massaged with a warm blend of pure sea salt and brown sugar suspended in invigorating oils and moisturising body butters, which stimulates revitalisation.

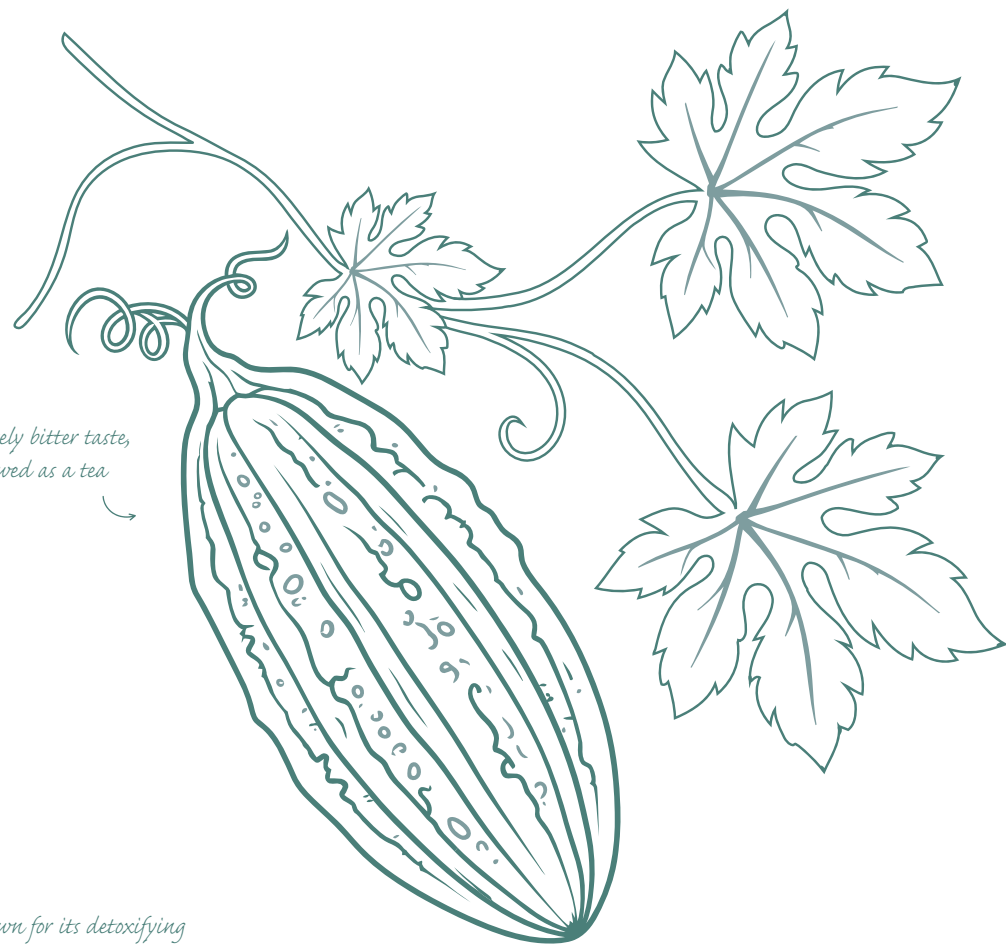
After rinsing off with warm water, the rich geranium body cream is then applied using gentle massaging strokes, leaving the skin soft, smooth, and deeply hydrated, as well as primed for further treatments.

BAMFORD AFTER SUN TREATMENT

60 MINUTES – \$220

This treatment provides sun-stressed skin with everything needed to recover. A relaxing footbath is followed by a soothing full body wrap with Bamford's luxurious rose, chamomile and lemon body cream. A deep cleanse and a moisturising face mask calm irritation. Reflexology and a final application of body oil complete the recovery.





known for its intensely bitter taste,
especially when brewed as a tea

Bitter melon

(Momordica charantia) is known for its detoxifying properties, helping to cleanse the blood, regulate blood sugar, and support digestive health.



fruit like olives

Neem

Powerful antibacterial, anti-fungal, and anti-inflammatory properties, making it beneficial for skin health, immunity, and detoxification.

BAMFORD FACIALS

Bamford skincare is made using the finest natural and organic ingredients. Their active properties work alongside these carefully designed facials to achieve targeted visible results.

We offer three different styles of facial according to the result you wish to focus on.

Choose to smooth and resurface, plump and rejuvenate or clear and purify your skin. All facial treatments begin with a complete skincare consultation and skin analysis.

AWAKEN: RESURFACING ORGANIC FACIAL

A radiance boost designed to leave skin smoother, refined and glowing. Particularly recommended for sun damage, uneven texture or between seasons.

60-MINUTE FACIAL – \$185

After the opening cleanse, skin is gently resurfaced with ultra-fine volcanic exfoliants and fruit enzymes. Facial reflexology stimulates and drains the lymphatic system to resurface, then a facial massage using hot and cold jade stones stimulates circulation.

Bamford's stones are carved into heart shapes for applying targeted, gentle pressure on the face and are stored in an ice bath for contrast with the hot stones.

Your therapist works with an antioxidant-rich nurturing facial oil containing evening primrose and rosehip oil to heal and nourish the skin. This is followed by a relaxing neck and shoulder massage while a nourishing sleep mask is absorbed. Rich moisturiser and a refining serum complete the treatment leaving you with radiant, glowing skin.

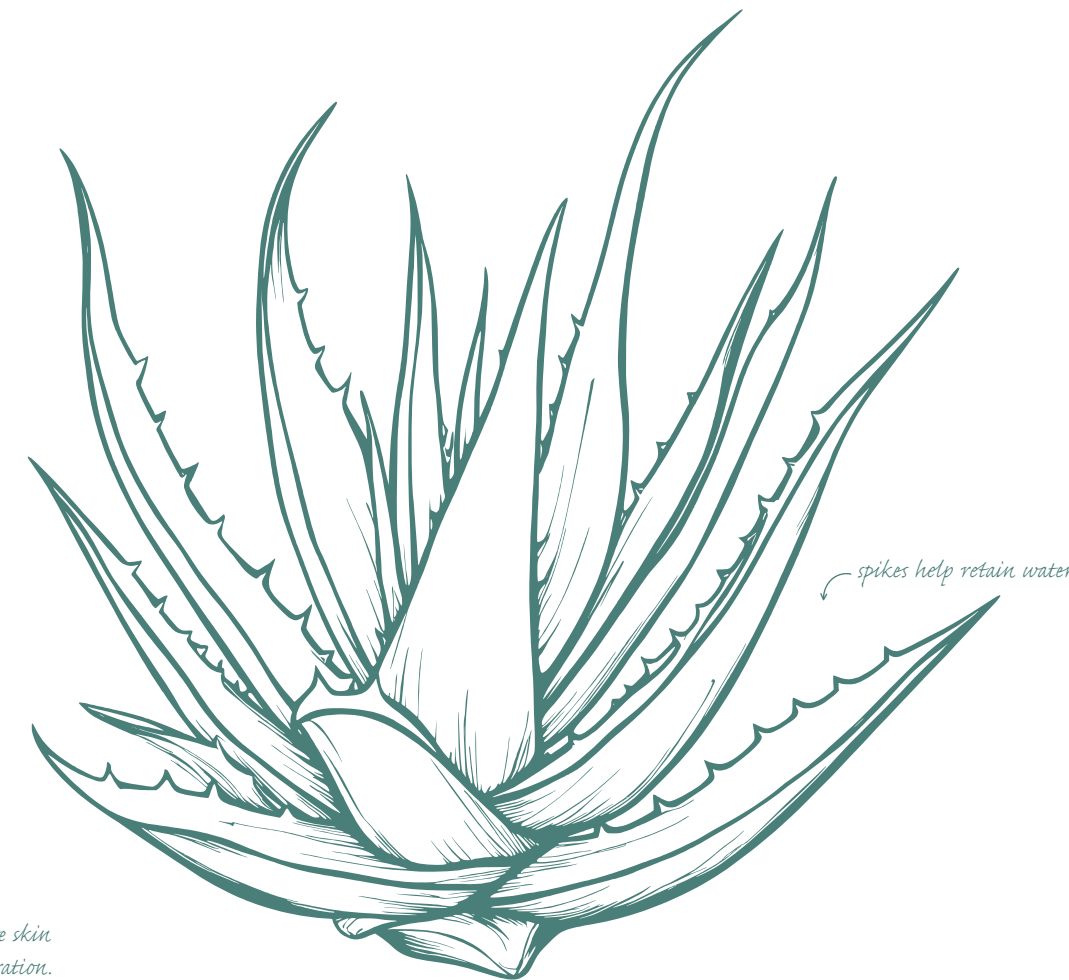
90-MINUTE FACIAL – \$270

A more indulgent treatment which includes a soothing footbath and deep tissue back massage focusing on shiatsu pressure points to release tension in the back and shoulders.

The treatment progresses on to Bamford's facials, targeting specific concerns. Skin is left radiant and glowing and the body deeply relaxed.

Aloe Vera

Renowned for its soothing, anti-inflammatory properties that promote skin healing, aid digestion, and boost hydration.



RESTORE: REJUVENATING ORGANIC FACIAL

A deeply hydrating treatment designed to lift and plump the skin and reduce the appearance of fine lines and wrinkles. Particularly recommended for dry or mature skin.

60-MINUTE FACIAL – \$185

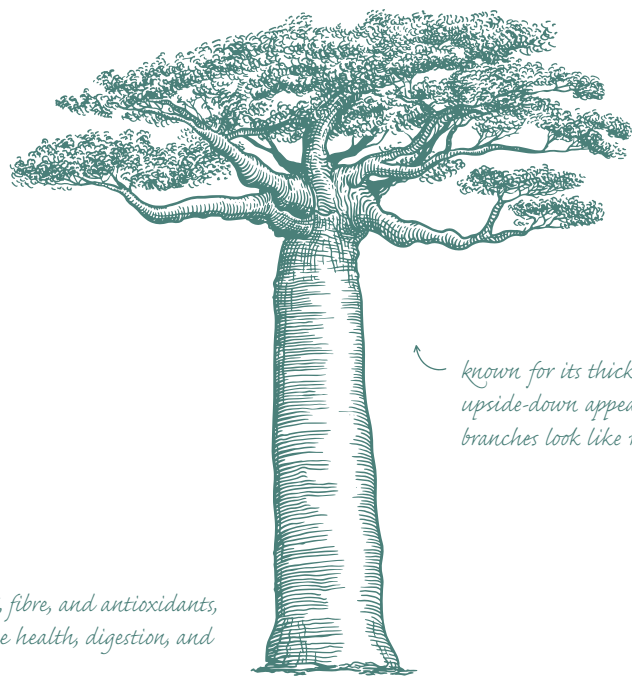
After the opening cleanse, facial reflexology stimulates and drains the lymphatic system to plump and tone the skin, then a facial massage using hot and cold jade stones stimulates circulation. The stones are stored in an ice bath for contrast with the hot stones.

A deeply relaxing neck and shoulder massage is performed while a hydrating, plumping mask is left to absorb. Made with soy stem cells and hyaluronic acid, a naturally occurring substance in the skin that retains water and maintains elasticity, the mask helps to reverse and prevent the signs of ageing.

Eye cream containing cacay nut oil — one of the world's richest sources of vitamin A, which boosts the production of collagen and elastin and reduces the appearance of fine lines and wrinkles — is then applied using soothing cold moonlight stones. Skin is left firmer, rejuvenated and more youthful looking.

90-MINUTE FACIAL – \$270

A more indulgent treatment which includes a soothing footbath and deep-tissue back massage focusing on shiatsu pressure points to release tension in the back and shoulders before the 60 minute facial is performed. Skin is left plump and firmer, and the body is deeply relaxed.



known for its thick trunk and upside-down appearance — its branches look like roots

Baobab

Rich in vitamin C, fibre, and antioxidants, supporting immune health, digestion, and energy levels.

PURITY: DETOXIFYING ORGANIC FACIAL

A purifying treatment to brighten and clear the skin, target blemishes and pigmentation. Recommended for oily, blemished or menopausal skin or anyone affected by city pollution.

60-MINUTE FACIAL – \$185

Bamford's signature double cleanse and steam works deeply to extract impurities.

Facial reflexology stimulates and drains the lymphatic system to detoxify the skin, while a facial massage using hot and cold jade stones stimulates circulation. The stones are carved into heart shapes for applying targeted, gentle pressure on the face and are stored in an ice bath for contrast with the hot stones.

Hydrating hyaluronic facial mask mist delivers two spectrums of hyaluronic acid to instantly plump the skin. A deeply relaxing neck and shoulder massage is performed while a mineral-rich detoxifying clay mask is applied then left to dry, drawing out toxins, heavy metals and pollutants. Moisturiser and serum are applied to finish, leaving skin soothed, pure and beautifully clear.

90-MINUTE FACIAL – \$270

A more indulgent treatment which includes a soothing footbath and deep-tissue back massage focusing on shiatsu pressure points to release tension in the back and shoulders before the 60-minute facial is performed. Skin is left soothed, bright and beautifully clear and the body is deeply relaxed.



Moringa

Packed with vitamins, minerals, and antioxidants, helping to boost immunity, reduce inflammation, and support overall wellness.



BAMFORD GROOMING DEPARTMENT MALE SPECIFIC TREATMENTS

BGD EDITION 1 RECOVERY TREATMENT

60 MINUTES – \$185

The Bamford grooming department edition 1 recovery treatment has been created to combat the stresses of modern life. Beginning with a back massage, using their specially blended massage oil and hot stone therapy, the treatment moves on to a simple and effective facial and head massage. Great for reducing stress and promoting deep relaxation. The recovery treatment sets you back on track.

BGD EDITION 1 SIGNATURE TREATMENT

90 MINUTES – \$270

The Bamford grooming department edition 1 signature treatment has been specially created for the modern active man. A combination of traditional Japanese massage, Swedish massage, hot stone therapy, acupressure facial, and reflexology.

The treatment encourages blood flow through the body, relieves over-tired muscles and pain, reduces stress and promotes deep relaxation. The signature treatments restore your equilibrium ready for the challenges ahead.



Seed Under Leaf

(Phyllanthus niruri) is known for supporting liver health, aiding in kidney stone prevention, and boosting antiviral defence.

THAI MASSAGE

60 MINUTES – \$195

Dec to April only

Realign, restore, revive.

Thai Massage is a deeply therapeutic ritual, blending ancient techniques – yogic stretches, deep tissue work, and traditional massage – to restore balance and alignment throughout the body. Designed to counteract modern-day stress and tension, it releases muscular tightness, enhances flexibility, and promotes overall wellbeing.

Far more than relaxation, Thai massage follows the body's energy lines and fascial pathways to address specific concerns, including migraines, neck stiffness, frozen shoulder, plantar fasciitis, and deep-seated muscle tension. Each session is uniquely tailored by our skilled therapists, combining the wisdom of Thai tradition with expert anatomical knowledge to deliver truly restorative, long-lasting results.

the leaves can be crushed and brewed as a tea for its calming and immune boosting properties



Sour sop

Rich in antioxidants and vitamin C, known for boosting immunity, reducing inflammation, and supporting healthy digestion.

OTHER TREATMENTS

BASALT HOTSTONE MASSAGE

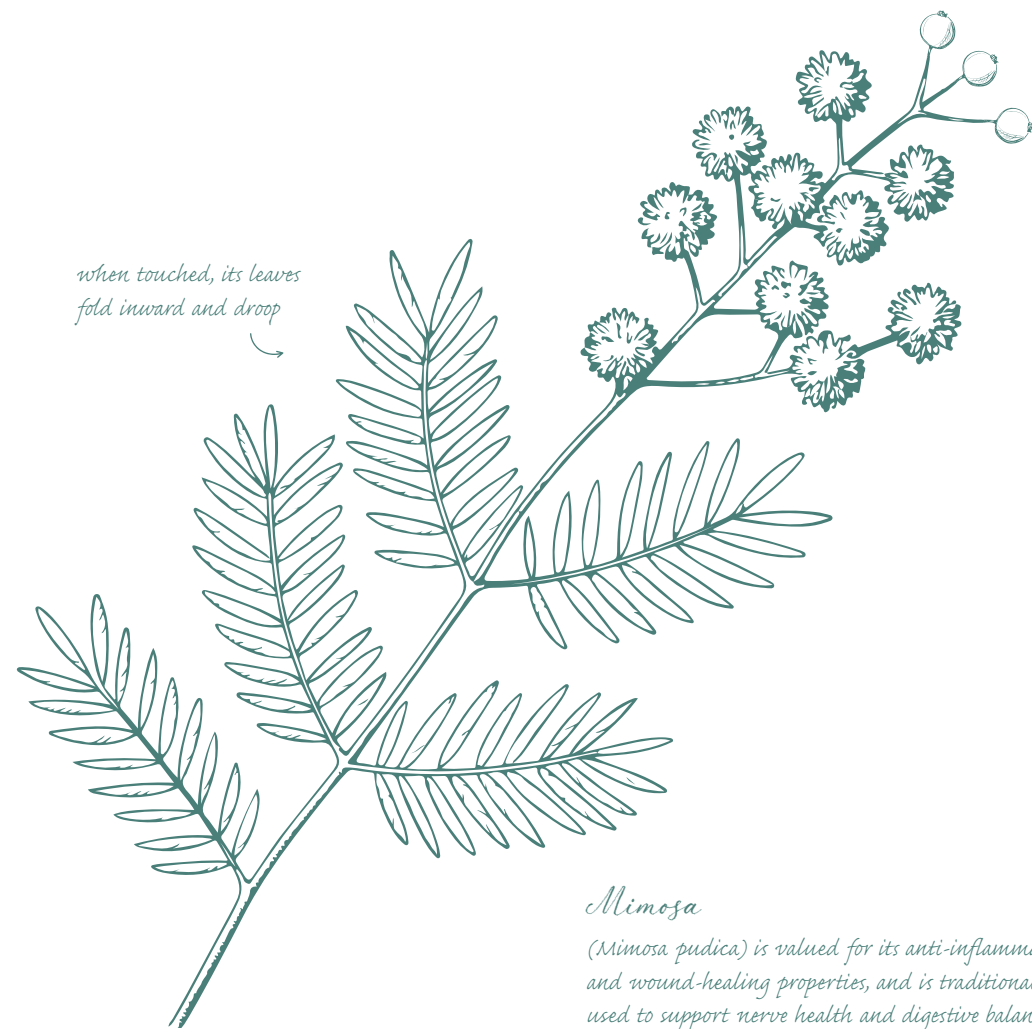
60 MINUTES – \$195

A deep massage therapy using hot basalt rocks to ease tension and relieve pain in your muscles. This de-stressing massage uses a therapeutic blend of massage oils to improve circulation, rejuvenate and balance your body, mind and soul.

REFLEX THERAPY

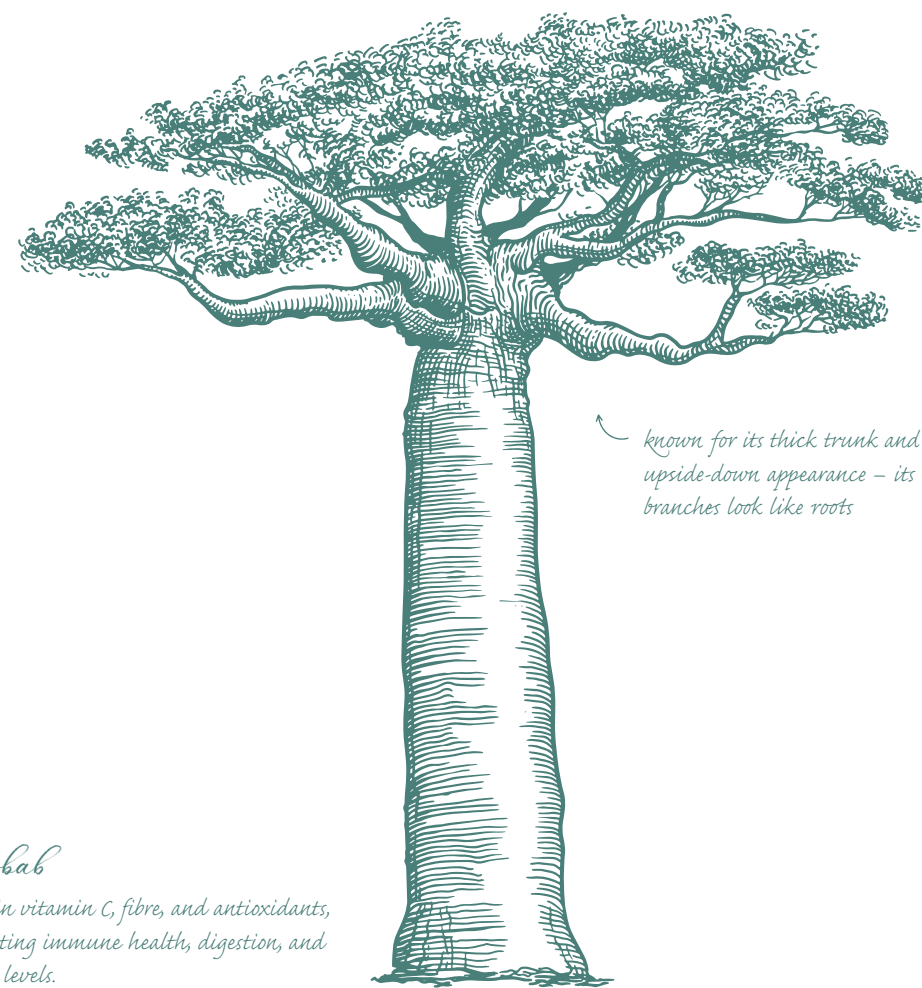
60 MINUTES – \$185

Reflexology, also known as zone therapy, is an alternative practice. This specialised foot massage uses techniques involving the application of pressure to specific points on the feet. This stimulates the body, relieving anxiety, aids in healing and unblocking the nerve zones in the feet.



Mimosa

(Mimosa pudica) is valued for its anti-inflammatory and wound-healing properties, and is traditionally used to support nerve health and digestive balance.



Baobab

Rich in vitamin C, fibre, and antioxidants, supporting immune health, digestion, and energy levels.



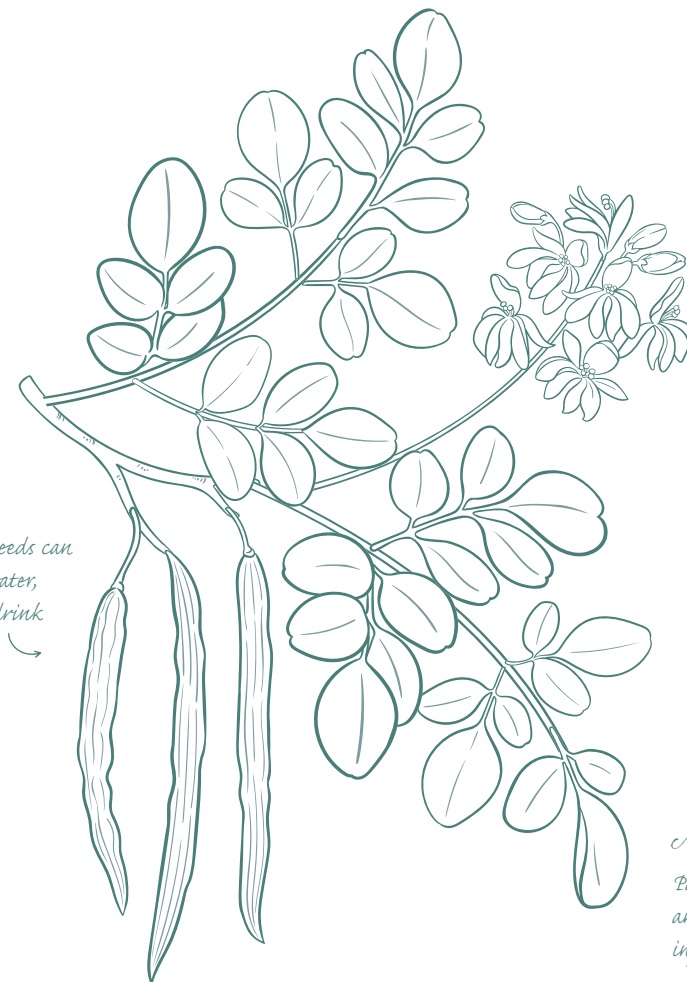
HANDS & FEET MANICURE

MANICURE.....	\$70
PEDICURE.....	\$85
GENTS MANICURE.....	\$55
FRENCH MANICURE.....	\$80
FILE & POLISH.....	\$45
CND SHELLAC MANICURE.....	\$85
CND SHELLAC PEDICURE.....	\$95



BEAUTY TREATMENTS

EYELASH TINT.....	\$50
EYEBROW TINT.....	\$40
EYELASH & EYEBROW TINT.....	\$75
WAXING FULL LEG.....	\$85
HALF LEG.....	\$65
BIKINI.....	\$45
BRAZILIAN BIKINI.....	\$75
UNDERARM.....	\$35
EYEBROW SHAPE / WAX.....	\$35
LIP OR CHIN.....	\$30
HALF ARM.....	\$40
BACK WAX.....	\$65



crushed moringa seeds can
help purify dirty water,
making it safer to drink

Moringa

*Packed with vitamins, minerals, and
antioxidants, helping to boost immunity, reduce
inflammation, and support overall wellness.*

THE FINE PRINT

OPENING HOURS

The Spa is open every day in December – April from 9.00am – 7.00pm, with the exception of Friday & Saturday when it closes at 6pm.

May – November the Spa is open from 9.00am – 6.00pm.

SPA RESERVATIONS

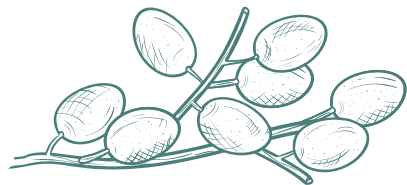
To make a booking, please call extension 8754 or 8215. Please note a credit card number will be required to secure a booking.

SPA CANCELLATIONS

For reservations cancelled less than 24 hours in advance, 50% of the cost will be charged. No shows will be charged for the full cost of the treatment booked.

GIFT VOUCHERS

Spa gift vouchers can be purchased at The Spa. They are valid for one year from date of purchase and can be redeemed against any treatment.



GRATUITIES

Gratuities are not included in the cost of the treatment. They may be given at your discretion and can be charged to your hotel bill.

IN-HOUSE / IN-VILLA SERVICE

The Spa offers an in-room service at an extra \$35 per treatment during opening hours and \$65 per treatment after opening hours. The Spa offers an in-villa service at an extra \$65 per treatment during opening hours and \$95 per treatment after opening hours. These treatments are on request and subject to availability. Please note waxing, packages, and body wraps are not available.

SHARED TREATMENTS

If you want to spend a morning or afternoon being pampered together, please do not hesitate to ask for a double booking for shared treatments.

TERMS & CONDITIONS

Please note rates are inclusive of 16% VAT and subject to change without prior notice. The Cotton House has a non-smoking policy. We kindly ask that mobile phones are switched off before entering the spa to avoid disturbing other guests. Children under the age of 16 must be accompanied by an adult.





To make a booking please call extension 8754 or 8215