

## SPA SERVICES

### SPA SERVICES MENU

Vassa Spa is created, from its very architecture, with a serene, exquisite, elegant, and smooth flow, designed to inspire your complete relaxation.

Discover Vassa Spa and experience total well-being and relax in your own private sanctuary.

Inspired by traditions, philosophy, and state-of-the-art techniques from around the world, Vassa Spa has created a selection of treatments that restore your inner equilibrium.

Unwind from the stress of everyday life, and indulge in ancient healing rituals, rich with oils, aromatic herbs, and spices. Embark on an inner journey towards a serene and peaceful oasis.

Vassa Spa also provides an original Spa experience for kids, allowing the entire family to enjoy a magical and unforgettable time together.

The Bride-to-be can relax with our special rituals in a private wedding space, where all of her needs are taken care of on the most important day of her life.

## WELL-BEING THROUGH THE RITUAL OF HYDROTHERAPY

### Ice Fountain

The Ice Fountain's purpose is to provide the ultimate hot/cold contrast during your thermal bath circuit. This phase is highly recommended for a general stimulation of the body, specifically aiding the process of vasoconstriction and helping achieve a supple circulatory system.

The object of this bath is to rub the surface of the skin with the Fountain's ice to maximum the benefit from the thermal contrast phase.

The resulting benefits include: muscle relaxation, stimulation of the nervous system, and a period of optimal vasoconstriction.

### Cold Mist Shower

This bath has an efficient, soothing thermal contrast, with a temperature controlled mist constantly maintained around 15°C, giving a pleasant combination of cool thermal contrast with a persistently delicate and relaxing ambiance.

### Thermal Contrast Nebuliser Bath

This bath has an efficient, soothing thermal contrast, with a temperature-controlled nebuliser constantly maintained around 15°C, giving a pleasant combination of cool thermal contrast with a persistently delicate and relaxing ambiance.

### Cold Plunge Lagoon

This pool's purpose is to provide efficient thermal contrast after a hot sauna, steam room, or jacuzzi phase. A rapid plunge into waters at controlled temperatures between 15°C and 18°C causes rapid thermal contrast and vasoconstriction throughout the body. Thermal contrast also helps optimize circulation and boost the immune system.

## SPA SERVICES

### Jacuzzi

A hydromassage bath, more commonly known as a jacuzzi or hot tub, is a warm/hot water tub equipped with a series of motor-propelled nozzles that shoot high-pressure streams of water, providing relief to specific areas in the back and legs via directed hydromassage.

### Sensory Pool

The Sensory Pool is the evolution of immersion baths. This pool was built to provide the ultimate in relaxation and hydrotherapy for the entire body. A series of different hydrojets provide a distinct range of hydromassages and sensations. Bubble propulsion and water jets configured at different pressures can provide both a dynamic and relaxing massage. Hydrotherapy benefits include: muscle relaxation, stimulation of the circulatory system, and relief of joint soreness, as well as stress-related discomfort.

### The contrast pool offers the following areas:

**Bubble Beds:** A placid rolling bed that provides a delicate hydromassage through relaxing air bubbles.

**Triple Level Hydromassage:** Provides a localized massage via the application of water jets directed at the hips, thighs, and calves.

**Geyser/Air Sole Massage:** Simultaneously provides a stimulating and relaxing massage on the soles of one's feet.

**Swan Neck:** This long stainless steel tube with a narrow nozzle is designed to produce outstanding water pressure, which in turn provides an intense, dynamic hydromassage, ideal for aching backs.

**Waterfall:** Designed to provide a gentle cascade effect, thus helping relieve the neck and shoulders from muscular tension and discomfort.

## SPA SERVICES

### WELLNESS RITUALS

Enjoy our selection of the best massage treatments from around the world, and allow yourself to be relieved of fatigue and muscular pain. Enjoy our warm welcome rituals as well as the mystical sounds of our ending rituals.

#### Facials

Nothing expresses our vitality and radiance more sincerely than our complexion. At Vassa Spa we offer the most state-of-the-art cell regenerating, moisturizing, and nourishing treatments, thanks to our European products and cutting-edge technology for skin care.

#### Hydrating Facial Treatment by Natura Bisse®

Recover your face's natural beauty with the Triple R's philosophy: Renew, Replenish, and Repair. A deep, smooth exfoliation will eliminate dead skin cells and prepare your skin for this hydrating treatment, ready to absorb its hydro-intensive ingredients. Ingredients such as Natural Moisturizing Factor and Vitamin A help replenish and preserve your skin's moisture, repairing its natural hydration processes and maintaining the optimum balance between hydration and protection. **(50 min)**

#### The Cure by Natura Bisse®

Detoxifying enzymatic cure. A thoroughly cleansing protocol based on a cutting-edge, thermo-active enzymatic detoxification. This consists of enzymatic heat that opens and softens pores, while the refreshing botanical elements included in the formula close and purify them. Extractions are expertly performed through a nearly imperceptible extraction technique while the nano-stimulating mask with a deliciously foamy texture efficiently releases its moisturizing, soothing, and revitalizing effects on the skin. The final touch is a tinted hydrating veil that provides a radiant and luminous appearance. **(80 min)**

#### Vitamin C Facial by Natura Bisse®

##### *Signature Treatment*

Do something good for your skin; give it a boost of energy with 100% pure Vitamin C. This anti-oxidant treatment relieves sun-damaged skin and helps fight the signs of premature aging. A reparative serum, containing a high concentration of Vitamin C, is formulated to improve appearance and stimulate collagen production to firm skin texture. This treatment provides an extraordinary experience for your skin by drenching it with essential vitamins and nutrients. Skin will emerge nourished and revitalized. **(50 min)**

## SPA SERVICES

### Gents Facial by Natura Bisse®

Time for men's skincare

This stimulating treatment was specifically designed for male skin to counteract the effects of under-eye circles, lack of time, stress and daily shaving, which results in dull, lifeless skin. This exclusive combination of highly effective products adapts to the needs of each skin type while the comforting massage for the scalp, neck and shoulders will transport you to a state of profound relaxation. Inspired by techniques used by traditional barbers aimed at comforting the skin during shaving, this treatment will provide your skin with a clean, youthful, and revitalized appearance. (50 min)

### Refreshing "Vassa" Facial by Natura Bisse®

A speedy recovery for your skin. Refreshes, purifies, and helps your skin to maintain its natural shine. (25 min)

### Age-Defying Facial by Natura Bisse®

Switch gears on the aging process. Sagging skin, fine lines and a dull tone are often associated with mature skin. The Age-Defying Facial is all about active ingredients designed to zero-in on these stubborn signs of aging. This facial is a structural reparative treatment that addresses the underlying problems of aging at the skin's cellular level. Targeted ingredients such as key amino acids, A-E-C vitamins and isoflavones work deep within the skin to compensate for the visible effects of hormonal deficiencies. Age-Defying Facial hits reverse on the aging process by reactivating healthy cell functions and replenishing your skin's cells with their most basic needs. The result is instantly firmer, more radiant skin. (80 min)

## SPA SERVICES

### TRADITIONAL THERAPIES

#### Basic Massage

Select the area of your choice. (25 min)

- Back and Neck Massage
- Legs and Feet Massage
- Acupressure, Head, Shoulders, and Neck

#### Blue Serenity Massage

The natural mixtures of essence oils for this natural massage cultivate a sense of deep serenity and calmness. This gentle massage will help you release tension.

Acupressure will be applied according to your needs (four-handed version for 30% extra charge). (50/80 min)

#### Additional Techniques

Prenatal Massage (50 min)

Deep Tissue Massage (50/80 min)

Stretching (50 min)

Lymphatic Drainage (50/80 min)

#### Reflexology

An ancient, traditional technique that consists of stimulating certain reflection points on one's feet corresponding to the nervous systems of the vital centers of the body. The service creates a therapeutic effect in the metabolism. (50/80 min)

## SPA SERVICES

### ALTERNATIVE THERAPIES

#### Essence Aroma Massage

*Signature Treatment by Natura Bisse®*

This gentle massage with aromatic and therapeutic balms is specially designed to relax, balance, detox, and revitalize body, mind, and soul; inspiring a profound sense of well-being.

This wonderful therapy balances, restores and revitalizes the central nervous system.

This is not recommended for pregnant women. (50/80 min)

#### Vital Essential Balm

Aromatic herbal and citrus balm with revitalizing and antioxidant benefits.

*Karite butter, sunflower oil, vitamin E and bergamot essential oil, in addition to coriander, kiwi, pineapple, peach and violet essences.*

#### Citric Essential Balm

Aromatic herbal and citrus balm with relaxing and antioxidant benefits.

*Sweet orange, mandarin, and lemon, lavender flower, cypress, sage and olive. An invigorating and relaxing experience for the skin.*

#### Sacred Stones

Stones have been an intricate part of Mayan culture due to their perceived healing and restorative properties. Heated stones are applied in conjunction with a relaxing and replenishing massage that helps relieve muscle pain, tension, and accumulated fatigue. This massage has been described by many as a spiritual and mystical experience. (80 min)

#### Holistic Raindrop Spa

*Signature Treatment*

Immerse yourself in our “Rain Drop” ayurvedic therapy.

Experience the therapeutic benefits of a ritual based on the perfect combination of relaxing massage techniques and the synergy of pure plant elements such as cypress, wintergreen, basil, and mint. All the power of essential oils in a massage designed to balance body, mind, and spirit with the exquisite Vassa touch.

An internal reconciliation with yourself. (80 min)

## SPA SERVICES

### ALTERNATIVE THERAPIES

#### Thai-Atsu Therapy

The fusion of two ancient cultures, Shiatsu and Traditional Thai, achieves exquisite harmony within the walls of Vassa Spa. During the Shiatsu sequence, our therapist applies localized pressure on different parts of the body, using mostly their hands (especially thumbs and palms). Afterwards, following a constant dance of manipulations, Traditional Thai harmonizes different stretching movements allowing the release of blocked energy and meridians. This therapy liberates one's self completely from stress and anxiety, leaving only a state of absolute inner peace. **(80 min)**

#### Relaxing Vassa Herbal Massage

*Signature Treatment*

Massage created to pamper and indulge the body's needs, through relaxing and therapeutic effects via the application of warm natural oils based on Dominican herbal culture. In harmony with various techniques such as Lomi Lomi, reflexology, Shiatsu and soft manipulations of Swedish origin. All of this is done in order to achieve a relaxed state of mind and spirit. **(80 min)**

## SPA SERVICES

### VASSA SPA ... PLEASURES FOR THE BODY

Enjoy our body treatment selection aimed to revitalize and renew your skin, whilst cleansing, exfoliating, and helping your complexion absorb the benefits of the active ingredients. Discover a newfound vitality, and through this well-being ritual, find a whole new way to be one with yourself.

#### **Cranberry and Ginger Intense Exfoliation**

This energizing scrub uses sea salts infused with fragrant ginger and cranberry essential oils. These regenerative ingredients are refreshing and excellent for increasing superficial blood circulation. Ideal for thick and tough skin. (25 min)

#### **Lime and Orange Gentle Exfoliation**

Experience a gentle exfoliation with the use of a shea butter cream blended with lime and orange essence. This well known fusion has energizing and oxygenating benefits that help regenerate blood circulation. A perfect end to your exfoliation comes in the form of a light back massage. (25 min)

#### **Wild Cherry Nectar Anti-Oxidizing Body Wrap**

A body wrap produced from wild cherry extract containing a large amount of antioxidants, including Vitamin C, helps push back signs of aging and helps increase the body's potential to protect against free radicals. It also contains a significant amount of Vitamins A and B1, B2 and B3, promoting a beautiful complexion and helping prevent skin damage. (50 min)

#### **After-Sun Noni/Aloe Vera**

A body wrap designed to counter discomfort caused by excessive sun exposure; combining elements such as re-generative and moisturizing aloe vera, anti-inflammatory noni, as well as a touch of eucalyptus. This refreshing combination provides protection against attacks from the elements, resulting in a relaxed, fresh, and hydrated complexion. (50 min)

#### **Coconut-Pineapple Body Wrap**

A body wrap designed from a combination of pineapple juice and coconut oil. This treatment is ideal for dry skin, aimed at giving renewed vitality to damaged skin, leaving your complexion radiant and hydrated. 100% natural. (50 min)

#### **Chocolate/Coffee Wrap**

A delicious special treatment made with active ingredients that are specially aimed at replenishing sensitive and dehydrated skin. The luscious benefits of these ingredients include evoking aromas and granting your skin a revitalized and radiant look. The result: renewal at a cellular level, stimulating circulation and enhanced hydration, dermal nourishment, and skin elasticity. (50 min)

## SPA SERVICES

### ROMANTIC COUPLES

#### Moonlight Romantic Massage

Enjoy a serene massage with your favorite person under the moonlight in harmony with Caribbean Sea breeze. After your massage, enjoy a bottle of champagne and delicious chocolate strawberries to accompany your experience. **(60 min)**

#### Just For Us Ritual

Enjoy a special therapy with heated herbal compresses and green tea oil running over your body. Accompanied by a special tea infusion for complete relaxation. **(60 min)**

#### Soulmate Ritual

*Signature Treatment*

Special couples massage. This ritual will allow you to enjoy the essence of Tantra through a time traveling experience. Damask roses, Egyptian jasmine and ylang-ylang combined with exotic spices and fine woods all heighten our senses, carrying you to a sensual world of pleasure. Using a natural silk body mask to cover your body, this will be an incomparable experience. Chocolate fondue and champagne included. **(80 min)**

### RITUAL OF ELEMENTS VASSA

#### Serenity Water

*Signature Treatment*

Ayurvedic therapy with heated herbal compresses and green tea oil running over your body. Accompanied by a special serenity and harmony facial for complete relaxation. **(80 min)**

#### Revitalizing Fire

*Signature Treatment*

This treatment starts with an antioxidant-rich exfoliation, followed by a Vitamin C treatment and a relaxing serenity massage, finished with a refreshing facial. Choose your preferred essence. **(80 min)**

#### Regenerating Earth

*Signature Treatment*

Starting with sacred stone therapy, followed with a purifying treatment of acupressure head and face shiatsu points, accompanied by the synergy of your choice. **(80 min)**

#### Air Purification

*Signature Treatment*

The session begins with an herbal mud massage and a hydrating capillary hair treatment that helps purify your mind and body. Accompanied by the synergy of your choice. **(80 min)**

## SPA SERVICES

### BEAUTY SALON SPECIALS

#### Wild Orchid, Damaged Skin Manicure

Manicure made from orchid extract works as an antiseptic, helping to contribute to the care and maintenance of skin. It also counters the signs of aging and protects skin against wrinkles and inflammation by helping to combat skin care problems. (50 min)

#### Nails

Regular Manicure	French Nail Polish
Regular Pedicure	Gel Color Manicure
Nail Polish Change	Gel Removal

#### Maracuya Pedicure

Invigorating and moisturizing pedicure ritual that helps provide rest, relaxation, and turns back the clock for exhausted feet, leaving a protective coating and enduring smoothness with an enduring feeling of well-being. (50 min)

#### Hair

Ladies' Haircut	Glamour Hair Style
Gentlemen's Haircut	Bridal Style
Shampoo & Blow Dry	Bridal Style & Rehearsal
Shampoo & Hair Straightening with Blow Dryer or Iron	Bridal Suite Per Hour Use of the Beauty Salon Equipment Inside the Spa per hour.
Up-Do Styling	

#### Makeup

Makeup & Rehearsal  
Airbrush Makeup

#### Braids

Braids (each)  
Braids Half Head  
Braids Full Head, Short Hair  
Braids Full Head, Medium Hair  
Braids Full Head, Long Hair

#### Waxing

Lip/Eyebrow/Chin Wax  
Face Wax  
Arm Wax  
Underarm Wax  
Back Wax  
Bikini Line Wax  
Half Leg Wax  
Full Leg Wax

#### Beauty Salon Special Plans

##### Beauty Plan 1:

Manicure + Pedicure + Hair Treatment

##### Beauty Plan 2:

Manicure + Pedicure + Hair Treatment + Facial

## SPA SERVICES

### WEDDING RITUAL

All our Bridal packages include the right to use the Bridal Suite and enjoy our Spa Bites Menu.

#### **Bride's Essence**

An experience that begins with a refreshing facial, followed by a back massage and reflexology massage. Ends with makeup and hairstyle. (200 min)

#### **Relaxation Ritual for the Bride**

Rice wrap with Indian flower blend/milk bath/serenity massage. (130 min)

#### **Groom's Ritual**

Deep Tissue/Sports Facial for Men/ Reflexology. (180 min)

#### **Half Day Purification Ritual at Bridal's Suite**

Receive a back massage followed by a body wrap and a relaxing bath in preparation for that special day. Ends with hydrating facial, manicure and pedicure. (240 min)

#### **Bridal Suite**

*(Without service booked)*

Extra hour at Bridal Suite

## SPA SERVICES

### MENU FOR KIDS

#### Between 5 and 9 years old

Aromatherapy Massage (25 min)	Body Wraps (25 min) Chocolate, Vanilla Sweet berries
Balancing Massage (25/50 min)	“Pebble” Mini- Facial (25 min)
Honey and Oat Exfoliation (50 min)	Bubbles Cleanser Facial (25 min)
Pink SPA (65 min)	
“My First Facial” Treatment (25 min)	

#### Teens from 10 to 17 years old

Mud Massage with Egyptian Roses, Green Apple or Soothing Chamomile (50 min)
Wild Berries Facial (50 min)

#### Beauty Salon

Kid’s Haircut
Girl’s Make Up
Girl’s Hairstyle
Short, Medium & Long Hair

#### Hands and Feet

Mani or Pedi (25 min)
Manicure with Hand Snowball Massage (25 min)
Pedicure with Foot Snowball Massage (25 min)
Treatment for Hands and Feet (25 min)

#### Between 5 and 9 years old

**One Day at the Spa**  
Soothe your senses and start with a relaxing scented massage, followed by a hydrating treatment for both hands and feet. Spa gift included. **(80 min)**

**Magical Day at the Spa**  
Discover a magical treatment of your choice (strawberries, chocolate or vanilla), followed by a balancing oil massage and a wonderful facial treatment for both hands and feet. A magical Spa gift included. **(80 min)**

**Spa Sweet Honey**  
Enjoy a delicious experience, starting with a nutritious skin exfoliation, followed by a marshmallow butter massage and a bubbling facial ending in a sweet pedicure. A sweet gift included. **(80 min)**

#### Between 10 and 17 years old

**Teen’s Day Spa**  
Specially made for teens. Enjoy this unforgettable moment designed for you, beginning with the mud massage of your choice (Egyptian roses, green apple, or soothing chamomile), followed by a purifying facial with a combination of wild berries (strawberry, blueberry, raspberry), and finishing with a hand and foot massage. Spa gift included. **(100 min)**

# SPA GUIDELINES

## Spa Hours

08:00 to 20:00 h, 7 days a week; appointments on request and subject to availability.

## Spa Reservations

For more information and reservations do not hesitate to contact us at Vassa Spa, 809-468-0505 ext. 61 or email us at: [spareservations@karismadominicana.com](mailto:spareservations@karismadominicana.com)

We encourage our guests to schedule their appointments in advance to ensure your preferred time and treatment is available. Bookings made upon the day of service and walk-in appointments are always welcome, though subject to availability.

## Arriving at the Spa

Please arrive at least 30 minutes prior to treatment booking time to allow time to fill out client consultation cards or 60 minutes prior to your Spa Experience with the Hydrothermal Ritual.

## Late Arrivals

Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied, so as not to inconvenience other guests.

## Spa Etiquette

The best way to fully enjoy your Spa experience is arriving on time. Please turn off your mobile phone when entering the spa to preserve harmony. The use of bathing suits during your hydrothermal experience is mandatory.

## Health Concerns

On arrival at the Spa you will be given a health consultation card to fill in. Please inform the Spa of any allergies or medical conditions, including, but not limited to: pregnancy, high blood pressure, asthma, etc. Some treatments are cautioned for certain conditions.

## Gift Certificates

Vassa Spa gift certificates are perfect for any occasion and are available for individual treatments, spa or bridal packages or retail products from our Spa boutique.

## Cancellation Policy

We require 6 hours prior notice of changes or cancellations. Appointments cancelled after the 6 hours will incur a 50% charge. Cancellations within 3 hours of the scheduled treatment will incur a 100% charge. PACKAGES INCLUDE THE USE OF THE WATER JOURNEY FACILITIES ON SCHEDULED DAYS. PRICES INCLUDE TAX AND SERVICE CHARGE AND ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. PRICES QUOTED IN U.S. DOLLARS.

# SPA POLICIES, SECURITY & PROTOCOL

## Policies

Providing you with full comfort and well-being is our core concern. Before you receive any service, parents must sign a special form and must inform staff about any special medical condition, such as high blood pressure, allergies, and/or child-prescribed medications that can be counterproductive for certain services.

Security: Parents or legal guardians must show valid identification in order to collect a child under the age of 18. Parents are welcome to stay with their kids at the facilities during service.

## Security and Protocol

Fun and safety is in everything we do. For that reason it is important to remember that running and/or jumping is prohibited in the Spa Suites at all times.

Therapist instructions must be followed at all times. Spa equipment is constantly sterilized. Disposable materials available.

Vassa “Renaissance by Rain”  
For further information please call  
809-468-0505 ext. 61 or email us at:  
[spareservations@karismadominicana.com](mailto:spareservations@karismadominicana.com)

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