
THE SPA
BY ISLAND HOUSE

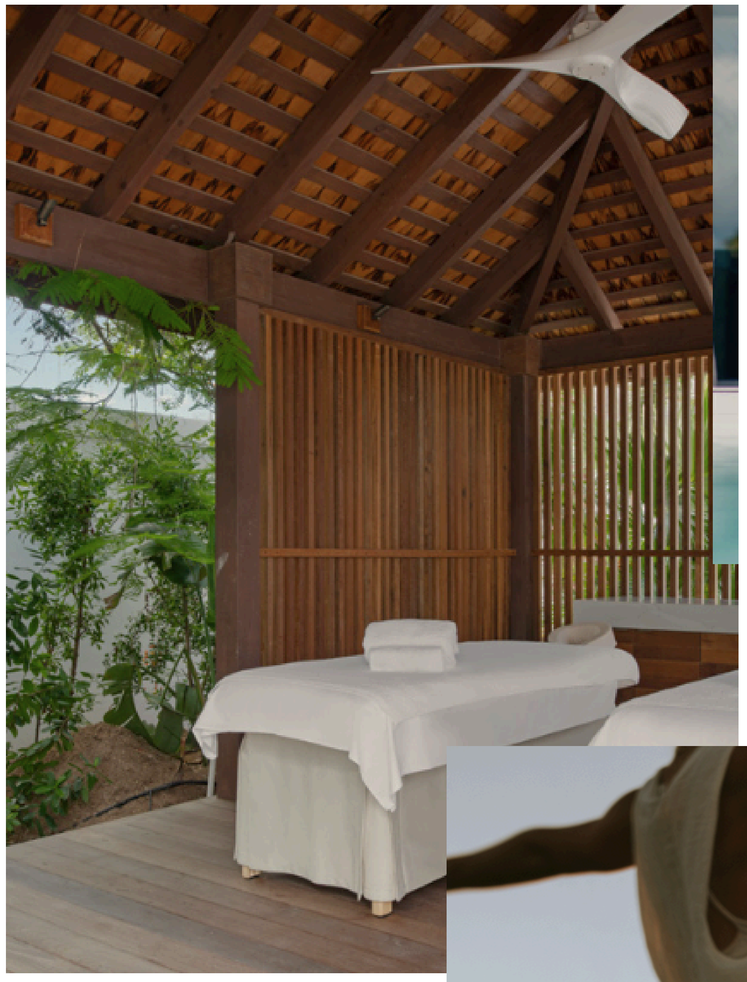
ISLAND RENEWAL YOUR WAY

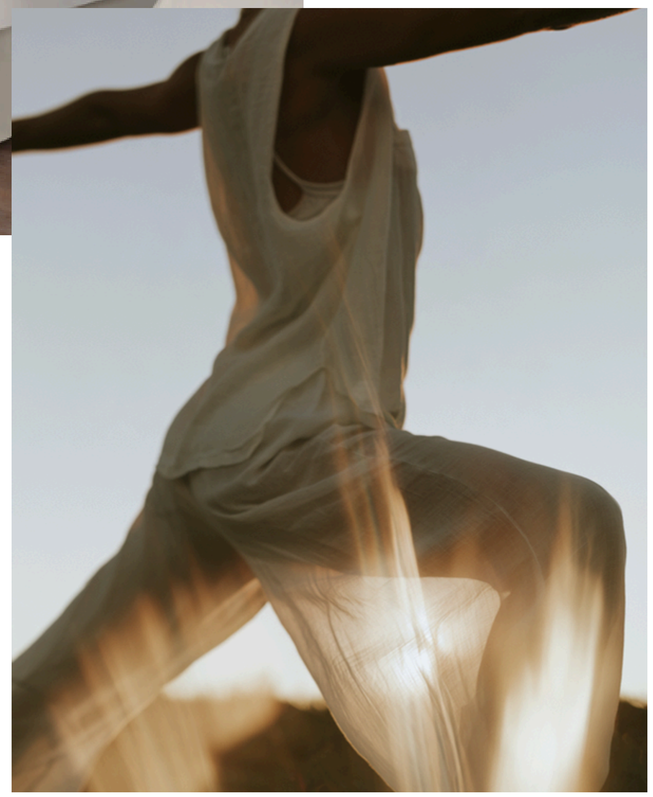
The Spa by Island House is the wellness expression of our promise: personalised, grounding, and deeply restorative care.

Your villa becomes your sanctuary wherever you are.

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IN-VILLA WELLNESS, REDEFINED

The Spa by Island House offers a thoughtfully branded spa experience powered by ila's globally recognised expertise.

Every treatment is delivered directly to your villa, creating a serene environment shaped by pure botanicals, Himalayan minerals, and ancient healing traditions.

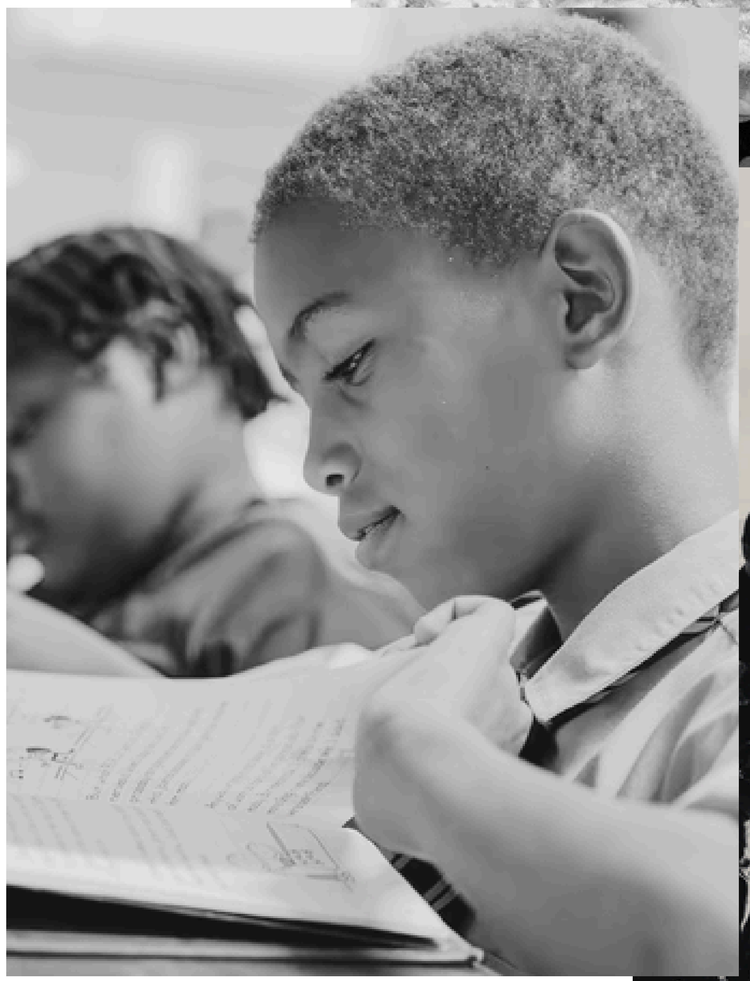
THIS IS IN-VILLA WELLNESS, ELEVATED WITH GLOBAL EXCELLENCE AND SHAPED BY THE SOUL OF THE ISLANDS

OUR APPROACH IS SIMPLE: CARE FOR YOU,
CARE FOR THE ISLANDS.

THE PROMISE

A portion of every treatment supports Island House LVM's chosen charities, ensuring that the wellbeing we cultivate extends beyond our guests to the local community and the environment that sustain us.







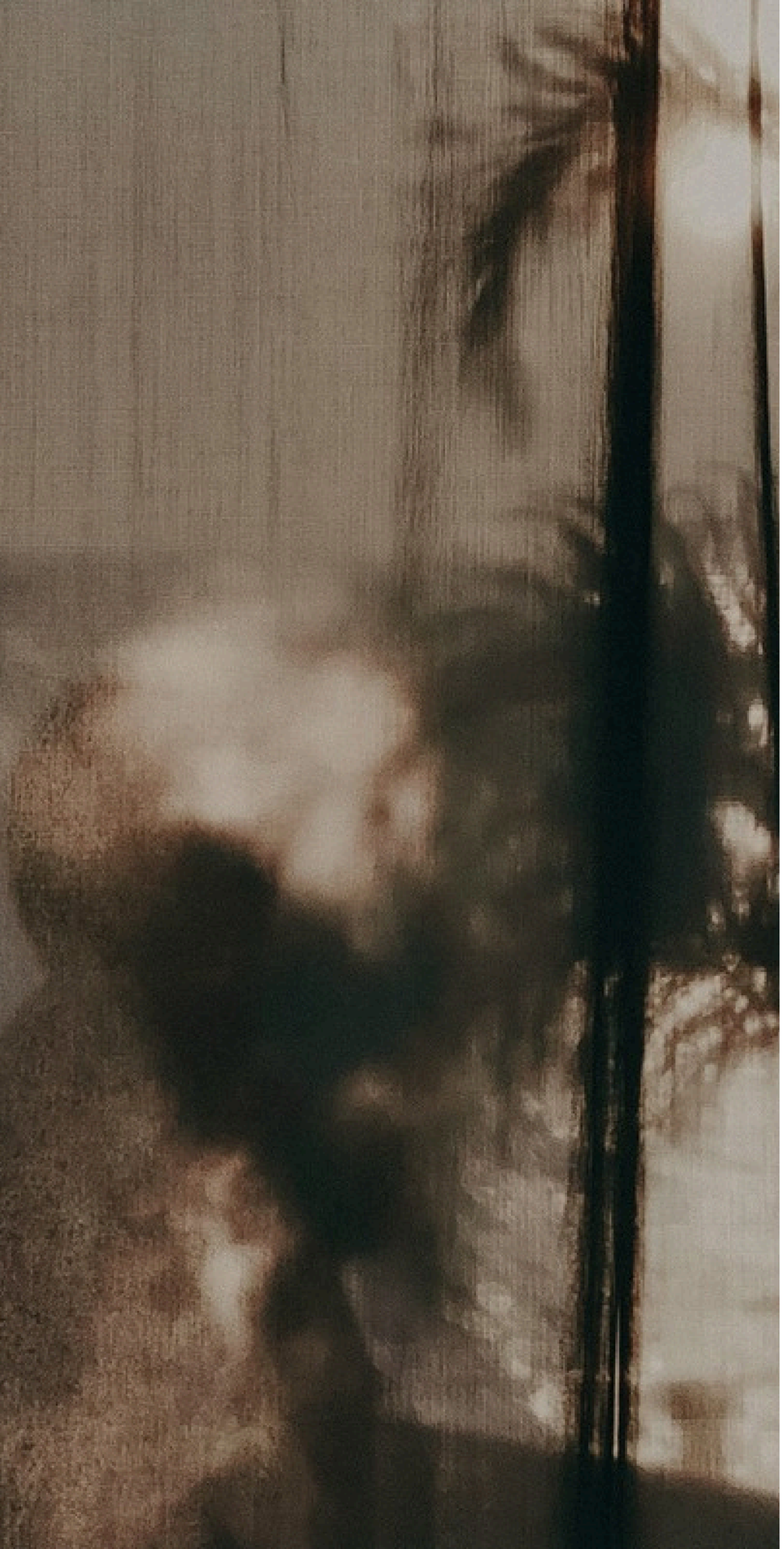
YOU ARE IN THE BEST OF HANDS WITH OUR EXPERIENCED AND EXPERT THERAPISTS.

THE TREATMENTS

A harmonious collection of signature rituals, therapeutic massages, radiant facials, mindful nail care, and private yoga sessions - each one a gentle invitation to slow down, soften and renew in the quiet beauty of the islands.

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THE EXPERIENCE

A Seamless, Elevated Experience

- Effortless Booking
- Therapist Arrival & Setup
- Personalised Consultation
- Tailored Treatment
- Post-Treatment Ritual & Enhancements
- Quiet Departure & Follow-Up

EVERY DETAIL REFLECTS QUIET LUXURY, AUTHENTICITY,
AND A DEEP RESPECT FOR NATURE.

ISLAND RENEWAL, *YOUR* WAY

TREATMENT MENU

SIGNATURE TREATMENTS

CBD CALMING RITUAL

This restorative face and body treatment is designed to reduce fatigue, calm the nervous system, and restore balance, while delivering visible skin-brightening results. A specialist Marma-point back massage releases tension and helps settle the stress response. The treatment continues with an illuminating CBD facial for the face and neck to calm inflammation, support the skin barrier, and enhance radiance. A targeted nerve-point facial massage releases facial tension, leaving the complexion brighter, smoother, and refreshed. You'll leave feeling calm, centred, and revitalised, with a healthy, luminous glow.

120 MINUTES US$290

INNER PEACE IMMERSION

This soothing immersion is designed to calm the nervous system and ease anxiety, encouraging deep relaxation and balance. The experience begins with a full-body scrub, followed by the Inner Peace massage using rose, jasmine, and sandalwood to soften tension and support emotional calm. It concludes with Ananda Face Therapy, leaving you feeling deeply relaxed, nurtured, and restored from head to toe.

120 MINUTES US$290

KU NYE FIVE ELEMENT RITUAL

This Tibetan-inspired ritual supports recovery from deep fatigue, releases tension, and replenishes dry, depleted skin. Ku Nye massage techniques, including rhythmic kneading, hand cupping, and targeted pressure points, improve circulation and restore comfort, while nourishing oils support whole-body balance. The treatment concludes with Ku Nye Face Therapy and a calming head massage, leaving you feeling restored, nourished, and renewed from head to toe.

120 MINUTES US$290

ROSE & ALOE COOLING BODY WRAP

This cooling body treatment helps reduce heat, calm inflammation, and deeply hydrate stressed skin. A refreshing mist of rose hydrolat cools and comforts, followed by a light massage with nourishing body cream. A rose and aloe vera gel wrap soothes sensitivity, supports skin repair, and restores moisture. Skin is left feeling cool, calm, and rehydrated, with a refreshed, settled sensation throughout the body.

60 MINUTES US$225

SKIN BRIGHTENING SCRUB WITH AMETHYST WRAP

This restorative treatment combines gentle exfoliation with deep sensory calming to renew both skin and mind. A pearl and jasmine Himalayan salt scrub smooths and brightens the skin while supporting circulation, followed by an amethyst gel body wrap to encourage relaxation and skin regeneration. The result is skin that feels smooth, radiant, and replenished, alongside a sense of calm and mental clarity.

90 MINUTES US$245

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MASSAGE TREATMENTS 01

ISLAND SHELL BODY MASSAGE

Warm, polished shells glide across the body in rhythmic, ocean inspired movements that melt tension and restore deep calm. Each shell is infused with mineral rich marine oils, releasing gentle heat that soothes muscles and enhances circulation.

60 MINUTES / 90 MINUTES — US$200 / US$245

ISLAND TIDES HEAD MASSAGE

A deeply soothing treatment designed to quiet the mind and release tension held in the head, neck, and scalp. Warm botanical oils infused with marine essences are gently massaged into the scalp using slow, rhythmic movements that mimic the soft drift of ocean tides.

60 MINUTES / 90 MINUTES — US$200 / US$245

DEEP THERAPEUTIC RECOVERY MASSAGE

A recovery-focused full-body massage designed to relieve deep muscular tension, support joint mobility, and accelerate physical recovery. Using Shiatsu-based stretches and rhythmic pressure-point techniques, the treatment works into muscles and connective tissue to improve circulation, release restriction, and restore ease of movement. Ideal for those experiencing ongoing physical demand, fatigue, or muscular tightness, leaving the body feeling looser, lighter, and more resilient.

90 MINUTES — US$245

HOLISTIC RELAXATION MASSAGE

A deeply soothing, full body massage designed to quiet the mind and restore inner harmony. Gentle, flowing movements mimic the soft drift of ocean tides, easing tension and inviting the body into a state of pure relaxation.

60 MINUTES / 90 MINUTES — US$200 / US$245

HOT STONE MASSAGE

Smooth, heated stones are placed on the body and used in long, flowing massage strokes. The heat penetrates deeply into muscles, helping them relax more quickly and allowing the therapist to work more effectively.

60 MINUTES / 90 MINUTES — US$200 / US$245

KU NYE RECOVERY MASSAGE

This deeply restorative body treatment supports recovery from fatigue, releases muscular tension, and replenishes dry, depleted skin. Using rhythmic kneading, targeted pressure points, and Tibetan hand cupping, the massage works into muscles and connective tissue to improve circulation and promote deep relaxation. Warm stones and herbal poultices enhance comfort and calm the nervous system, leaving the body feeling restored, nourished, and at ease.

90 MINUTES — US$245

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MASSAGE TREATMENTS 02

KUNDALINI RESTORATIVE MASSAGE

This deeply restorative treatment reduces physical and mental fatigue while supporting balance and resilience within the body. Working with both the sympathetic and parasympathetic nervous systems, it encourages deep relaxation and nervous-system regulation. Marma point techniques and warm herbal poultices are applied to the back to release tension, improve circulation, and ease muscular fatigue. Subtle sound therapy enhances relaxation, leaving you feeling restored, rebalanced, and physically at ease, with renewed clarity.

75 MINUTES — US$225

MOVEMENT & MOBILITY THERAPY

A restorative, movement focused treatment designed to improve flexibility, ease stiffness, and restore natural mobility. Guided stretches, joint opening techniques, and flowing assisted movements mimic the gentle pull of the tides, encouraging the body to release tension and move with greater ease.

60 MINUTES / 90 MINUTES — US$200 / US$245

LYMPHATIC FASCIA RELEASE MASSAGE

This revitalising full-body massage stimulates circulation, supports natural detoxification, and reduces physical and mental fatigue, helping the body feel lighter, clearer, and more responsive. Targeted techniques encourage healthy blood and lymphatic flow, easing heaviness and supporting recovery from tiredness. An uplifting blend of juniper berry, geranium, lemongrass, and patchouli refreshes the senses, promotes mental clarity, and supports a positive mood, leaving you feeling physically refreshed, mentally clear, and renewed.

60 MINUTES — US$200

REFLEXOLOGY

A grounding, restorative treatment that focuses on the reflex points of the feet to rebalance the entire body. Warm marine oils and soothing compresses prepare the feet before precise pressure techniques release tension, improve circulation, and encourage full body harmony.

60 MINUTES — US$200

MOTHER TO BE RITUAL

This gentle, pregnancy-safe treatment is designed to support relaxation, reduce stress, and nurture the body during pregnancy, offering comfort and care for both mother and baby. An optional gentle exfoliation using a scrub made from blackcurrant seeds, naturally rich in antioxidants, helps softly smooth the skin and encourage lymphatic and circulatory flow, supporting lightness and comfort. The treatment continues with a deeply nourishing massage, using a blend of rosehip seed and argan oils, infused with lavender, geranium, and rose, to hydrate dry skin, improve elasticity, and help support skin prone to stretching. Carefully applied Himalayan herbal poultices are used on specific areas of tension to ease aches, reduce fluid retention, and soothe heat, encouraging overall comfort and balance. You'll leave feeling calm, supported, and deeply nurtured, with a renewed sense of ease and wellbeing.

60 MINUTES — US$200

THAI MASSAGE

A deeply grounding treatment inspired by traditional Thai healing. This dynamic, movement based massage blends rhythmic pressure, assisted stretching, and mindful breathwork to open the body and restore natural flow.

60 MINUTES / 90 MINUTES — US$200 / US$245

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FACIAL TREATMENTS

ANANDA HYDRATION FACIAL

This revitalising treatment begins with a gentle cleanse and soft exfoliation to brighten and refine, followed by aromatic Rose Damascena and sandalwood oils applied using Marma-point techniques to support skin vitality and balance. A cooling green clay mask soothes inflammation and restores harmony, leaving the complexion luminous, refreshed, and beautifully calm.

60 MINUTES US$180

CELLULAR AGE RENEWAL FACIAL

This advanced facial begins with expert cleansing and gentle therapeutic massage to calm and prepare the skin. A powerful blend of rare botanicals, naturally occurring gold, and pure Ethiopian frankincense works in synergy to support the skin's natural repair processes, strengthen the barrier, and enhance hydration. The ritual is elevated with Ila's BosTriWell® complex and hyaluronic extract to support collagen, smooth fine lines, and restore resilience. An optional photon mask enhances radiance, leaving the skin visibly calmer, stronger, and beautifully rejuvenated.

60 MINUTES US$180

DEEP CALM GROUNDING FACIAL

This deeply calming facial is designed to quiet the nervous system and prepare both skin and mind for rest. Light-touch techniques combined with aromatic jatamansi, vetiver, and jasmine gently release tension while supporting skin renewal. Warm herbal poultices are applied to key Marma points to ground the body, ease mental chatter, and invite a state of profound relaxation, leaving the skin soft, replenished, and the mind ready for deep, restorative sleep.

60 MINUTES US$180

KU NYE RESTORE FACIAL

This deeply restorative facial draws on time-honoured Tibetan techniques and nutrient-dense botanicals to nourish the skin and restore vitality. A gentle rosehip and honey exfoliation refines and prepares the complexion, followed by deep lymphatic massage and warm herbal poultices to release tension, encourage detoxification, and rebalance energy flow. The ritual is completed with a calming lavender and honey mask, leaving the skin hydrated, radiant, and renewed, and the whole system profoundly relaxed and re-energised.

60 MINUTES US$180

RECOVER & RESET FACIAL

This restorative facial draws on the healing power of rainforest botanicals to reset and rebalance stressed skin. Lymphatic drainage techniques and warm herbal compresses encourage detoxification, reduce puffiness, and revive circulation, while an Amazonian clay mask supports skin renewal and calm. The complexion is left clear, radiant, and refreshed, with softened facial tension and a renewed sense of balance.

60 MINUTES US$180

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NAIL TREATMENTS

MANICURE & PEDICURE

An elevated self care experience for hands and feet. Enjoy soothing exfoliation, nourishing hydration, and detailed grooming, leaving you feeling refreshed and beautifully renewed.

75 MINUTES

US$125

PRIVATE YOGA SESSIONS

HATHA YOGA

A gentle, mindful flow combining classic yoga postures, deep breathing, and intentional focus. As your body strengthens and softens, your mind settles into clarity. We close with soothing meditation, chakra alignment, and a loving kindness practice that nurtures inner peace.

60 MINUTES

US$200 (COUPLE) / US$75 PER ADDITIONAL PERSON (THIRD ONWARDS)

YOGA DISCOVERY

Perfect for beginners and those looking to deepen their practice. Explore mindful movement that eases stress, improves flexibility, and builds inner resilience. Guided by our expert yogi, your journey includes private yoga sessions, breathing techniques, guided meditation, and is complemented by signature massages and energy balancing treatments.

60 MINUTES

US$200 (COUPLE) / US$75 PER ADDITIONAL PERSON (THIRD ONWARDS)

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INFORMATION

HOURS OF OPERATIONS

The Spa by Island House is operational from 9:00am to 9:00pm, with last treatment bookable at 7:30pm. Should you wish to schedule a massage after opening hours, this can be arranged with advance notice and at an additional cost of 50% of the menu price per person.

RESERVATIONS

Reservations can be made by calling us at +1 (649) 347 6719 or you can email us at thespa@ihlvm.com. We suggest that you schedule your appointments in advance to obtain your preferred time. We always try our best to accommodate requests for individual therapists based upon their availability.

AGE REQUIREMENTS

Guests above 16 years are accessible to experience spa treatments.

HEALTH CONDITIONS

Kindly advise us of any health conditions, special preferences, allergies, or injuries that could affect your treatments prior to enjoying our spa services.

CANCELLATION POLICY

Should you wish to cancel an appointment, please allow us four hours' notice or a full cancellation fee will be charged. "No shows" will be charged at the full treatment price.

GRATUITIES

Should you wish to recognise outstanding service, gratuities may be left at your discretion and can be conveniently charged to your villa.

CHARGES

All services are subject to 10 per cent service charge and 12 per cent government tax.

BOOK YOUR SPA

Experience wellness shaped by the islands, elevated by ila, and tailored entirely to you.

The Spa by Island House
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Turks & Caicos Islands

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THE SPA

BY ISLAND HOUSE