



*Theresa Cruz*

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# ÀNI

DOMINICAN REPUBLIC

SPA MENU

ANI Dominican Republic's wellness philosophy is one of simple truth, that wellbeing stems not from striving, but through balance in all things: a stroll along the shoreline at dawn; a nutritional diet; a heart-pumping workout with a personal trainer or the joy of playing tennis with friends. The serenity of a therapeutic spa treatment, contributes to the relaxation of mind, body and soul.

Our beautiful, ocean view spa has two treatment suites as well as a steam room.

Reservations can be made upon arrival from 10am – 6pm.

We offer 12 complimentary treatments daily lasting 60 minutes each.

Guests are requested to arrive 5 minutes before the scheduled treatment.

## TREATMENTS

### “ANI FUSION” SIGNATURE TREATMENT

Experience a fusion of senses in our Signature Treatment “ANI Fusion” using our signature blend of oils - Ylang Ylang, Sandalwood and Vetiver - to bring a deep sense of relaxation and peace. You will enjoy a relaxing salt and oil back scrub to prepare you for a healing Basalt hot stone back massage, to melt away tension and promote deep relaxation.

Hot stones are placed on the chakra points to help ground your body’s energy whilst a reflexzone foot massage soothes the soles of your feet.

A neck and shoulder massage will help to relieve built-up tension, together with a relaxing hot stone face massage, using the contrast of cold healing Larimar crystals also known as the stone of tranquillity, sourced from the heart of the Bahoruco Mountains in the Dominican Republic. This will balance the heart, throat and third eye chakras using energy from the sea as sky.

### ANI “HOLISTIC” MASSAGE

Combining the natural therapeutic properties of essential oils and the healing power of massage therapy, this aroma-based oil massage will leave you feeling deeply relaxed and revitalised. Using their intuition and a range of diverse techniques, our spa therapists will tailor this therapeutic massage to individual needs with a unique blend of oils and long slow sedative strokes, leaving you feeling deeply relaxed and revitalised.

### DEEP TISSUE MASSAGE

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle, fascia (the connective tissue surrounding muscles) and tendons. As well as relieving chronic aches and pains and contracted areas such as the neck, shoulders, upper/lower back and legs, it also increases circulation and helps to detox the body and balance the mind.

Choose from

PEACE- Ylang Ylang - Sandalwood – Vetiver - Relaxes the mind and soothes the soul

AWAKENING - Eucalyptus - Ginger - Cardamom - Clears the mind and eases muscle tension

BALANCE - Mandarin - Juniper - Geranium - Harmonises the mind bringing inner and outer balance

## TREATMENTS

### HOT STONE TREATMENT

A deeply soothing, volcanic hot stone massage designed to help loosen tight muscles, induce relaxation, and balance the energy pathways. Allow the warmth of the hot basalt stones to give a deeper massage, creating a sense of comfort, relaxation and released tension, together with therapeutic pure essential oils to bring about balance and harmony. The heated strokes will melt away tension and work on deeper layers of muscles to ease stiffness and increase circulation.

### BODY SCRUBS

Start your stay with a rejuvenating salt and oil body scrub infused with pure essential oils designed to leave you with silky soft skin. Salt scrubs are a great way to remove impurities from the body and smooth rough textured skin. Choose from Peace, Awakening or Energizing oils.

### SUN BURN SOOTHER

This treatment is designed to cool and calm sun-burnt skin. We use natural, home-grown Aloe Vera with cooling Cucumber and the healing properties of Lavender. The elixir is gently applied to the body and face, instantly calming the skin, and reducing redness. We include a lymphatic face massage using healing Larimar crystals and fresh cucumber for renewed hydration of the face, finishing with a deeply relaxing scalp and foot massage.

### ANI "SYNC HEAD AND FOOT" MASSAGE

This treatment focuses on specific reflex points and areas on the feet. These reflex zones correspond to different organs and systems and by pressing these points have a beneficial effect on the body and mind. The treatment also includes a gentle soothing head and scalp massage which helps to induce total relaxation and relieve tense muscles-tired eyes and sinus congestion to restore balance.

## TREATMENTS

### THE CLASSIC

Mani or Pedi

60 minutes

Trim and nail shaping, cuticle care with oil, massage  
and nourishing treatment

### THE LUXE

Mani or Pedi

60 minutes

Deluxe cuticle care with oil, trim, nail shaping,  
extended massage, nourishing treatment,  
callus removal for pedicures, and exfoliating scrub

### EXPRESS POLISH CHANGE

Hands or Toes

25 minutes

Choose the polish of your choice



ÀNI Dominican Republic

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