



# Good Life SPA

Live to Relax... Relax to Live

Sonesta Maho Beach Resort, 3rd floor - Sint Maarten, Netherlands Antilles

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*Free Parking with Spa Treatments*

# Good Life SPA

## Information

### Spa Hours

Monday through Friday: 8:00 a.m. - 8:00 p.m.

Saturday: 8:00 a.m. - 6:00 p.m.

Sunday: 10:00 a.m. - 6:00 p.m.

### Spa Appointments

Because our spa services are very popular we recommend that you make reservations as far as possible in advance. We require a credit card number for all appointments. PLEASE read our cancellation policy below. All spa services are subject to availability and prices are subject to change without notice.

### Cancellation Policy

As standard in the industry, we reserve the right to charge a cancellation fee. For all treatments cancelled less than 24 hours prior to your scheduled time, we will charge a 50% cancellation fee. Regrettably appointments cancelled less than 4 hours prior your scheduled appointment will result in a 100% charge.

### Late Arrival Policy

As a courtesy to other clients, treatments must conclude at their scheduled time. Therefore we encourage you to arrive 10 to 15 minutes before your scheduled time.

You can enjoy a cup of tea or coffee in our lounge area, or make use of our complimentary Dry Sauna prior to your treatment(s).

### Personal Possessions

We regret that we cannot be responsible for the loss of or damage to personal articles. Though small lockers are provided upon availability we recommend that you do not bring or wear jewelry or any other items of value, as we ask you to remove them for your treatment. We also kindly ask you to switch off your cell phone if you are having a treatment in the Spa or waiting in the lounge area.

### Gratuities

Gratuities have not been included in our treatment fees as we leave this to your discretion. Please note that gratuities cannot be charged to a credit card or on a room charge and can only be accepted in cash.

### Age Policy

The atmosphere of our Spa and Fitness Center has been designed for adults. Any guest 15 years or younger must be accompanied by an adult. For their safety, children 12 years old or younger will only be permitted in the Fitness Center while receiving one-on-one fitness instructions under the constant supervision of their parents or guardians.

### Fitness

Our fitness Facility is fully equipped with cardio stations, weight lifting stations and free weights. Ask for Personal Trainer Services. Daily, Weekly and Monthly Membership available.



## Specialized Skin Care Facials

• **Traditional Facial** **55 min. \$90.00**

All skin types are different and require specialized care. At the Good Life Spa, we will provide you with a personalized, advanced facial treatment to meet your specific needs.

• **Good Life Expert Facial** **1h25 min. \$120.00**

The Good Life Facial Treatment includes a skin analysis with our revolutionary skin scanner.

Also, several of the facial steps are prolonged to ensure optimum results for your skin and ultimate relaxation for your person.

## Spa Packages

**"Just Arrived" Package** **\$120.00**

Mini Body Scrub & 55 min. Swedish Massage

**"Basic Beauty" Package** **\$180.00**

Traditional Facial, 55 min. Swedish Massage & Manicure

**"Sun Preparation" Package** **\$200.00**

Mini Body Scrub, 55 min.

Swedish Massage & Traditional Facial

**"Good Life Beauty" Package** **\$265.00**

Good Life Expert Facial, Good Life Aromamassage, Manicure & Pedicure

**"The Art of Absolute Well-Being" Package** **\$305.00**

Good Life Aromamassage 55 min., Traditional Facial, Absolute Well-Being Wrap, Reflexology 25 min.

## Massage Therapy



### Swedish Massage

This traditional massage relieves tension, detoxifies the body, eases mild muscular aches and improves circulation.

25 min. \$60

55 min. \$90

75 min. \$125.00

### Deep Tissue Massage

This strong massage aims to restore muscle alignment and proper range of motion.

25 min. \$65

55 min. \$100

75 min. \$150.00

### Hot Stone Massage

This unique therapy uses warm, high energy palm stones which are placed on your energy centers, instilling a meditative quietude.

55 min. \$110.00

### Reflexology

This massage focuses on touching and manipulating pressure points in the feet, hands and ears. This ancient treatment restores the free flow of energy throughout the body.

25 min. \$65.00 • 55 min. \$100

### Couples Massage

Enjoy a Swedish Massage in our couples room while you lie side by side.

55 min. \$160.00

### Four-Hands Massage

The ultimate massage experience... Two therapists perform a choreographed treatment that promises unparalleled relaxation.

55 min. \$160.00

### Good Life Aromamassage

Enter the world of Decl or Aromessence awakening your senses. Choose a balm according to your desires and replenish your body and mind to feel complete again.

55 min. \$115.00

**Relax** to rebalance energy flow and ease tension.

**Flow** to activate energy flow and stimulate microcirculation

**Detox** to activate energy flow, stimulate blood and lymph circulation

**Tonic** to accelerate energy flow, stimulate blood circulation and tone muscles.





## Body Treatments

Our fine, luxurious, unique treatments from Decléor using 100% pure, natural products will act on both your body and mind for a feeling of utter relaxation.

### **Invigorating body scrub**

This gentle exfoliation of the skin will whisk away the build-up of dead skin cells and restore a vibrant glow to your complexion. After your scrub, you can take a shower and continue your treatment with a 25-minute Swedish Massage during which a hydrating lotion will be applied to your skin.

**55 min. \$90.00**

### **Body Contour Wrap**

Breaks down stored fats, eliminates toxins and excess water, and smoothes the appearance of cellulite.

**55 min. \$90.00**

### **Firming and Moisturizing Wrap**

Helps improve skin elasticity and prevents skin sagging. Restructuring, nourishing and moisturising.

**55 min. \$90.00**

### **Absolute well-being wrap**

Envelops your body with a deep sensation of comfort. Soothes and relieves tension, relaxing your body and mind.

**55 min. \$90.00**

### **Oriental mud body mask**

Re-mineralizing and moisturizing the skin with a natural mud from Morocco.

**55 min. \$90.00**

### **Sunburn Aloe Vera Treatment**

A perfect way to repair and restore your skin after exposure to our strong Caribbean sun. After applying a pure aloe-based lotion to your body, you are cocooned in a wrap to infuse your skin with moisture.

**25 min. \$50.00**

## Waxing

Lip, Brow or Chin	\$15	Half Legs	\$35
Lip & Brows	\$25	Full Legs	\$45
Underarm	\$20	Bikini	\$30
Forearms	\$20	Bikini & Underarms	\$45
Full Arms	\$30	Back Wax	\$50
Chest Wax	\$35	Upper or Lower Back	\$35

## Hand & Foot Care

Express Manicure	\$25
Spa Manicure	\$35
French Manicure	\$40



Pedicure	\$45
French Pedicure	\$50

## Tinting

Brows	\$15	Eyelashes	\$15
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