

Printer Friendly Good Life Spa Brochure

Live to Relax...and Relax to Live

Think a day of relaxation is simply a way to “spoil” yourself? Think again... When the body is in a state of relaxation or sleep its functions actually increase, enabling it to absorb trace elements, vitamins and enzymes more efficiently. Relaxing spa treatments such as Body Wraps, Hydrotherapy Baths, Specialized Facials and Steam Dome Treatments are packed with active ingredients that restore, rebalance and rejuvenate. Rewarding yourself with a spa treatment is more than just spoiling yourself... it is literally giving something vital back to your body, mind and soul.

General Massage Information

All of our massages can be customized to suit your personal needs. Please let us know if you have any specific concerns such as allergies, current or reoccurring aches & pains, previous injuries or sensitive areas.

Essential oils are included complimentary in all our massage therapies, according to the need of the client.

Swedish Massage

Our traditional European full body massage relieves tension, detoxifies the body, eases mild muscular aches and improves circulation. We use varied pressures, combining long strokes, rolling, tapping, and kneading techniques. It is wonderful for general relaxation. (25 min, 55 min, 75 min)

Deep Tissue Massage

This healing massage is considerably strong and sometimes painful. By applying firm kneading pressure to the thin layer of connective tissue and separating muscle groups, we aim to restore muscular alignment and proper range of motion. This treatment frees “locked up” areas and emotional blocks in the body due to prolonged stress. Also helpful if you are experiencing limited range of motion, muscular spasms, aches or strains. (25 min, 55 min, 75 min)

Reflexology

Derived from ancient Egyptian, Chinese and Indian theories, this massage focuses on touching and manipulating pressure points in the feet, hands and ears. The feet are believed to be microcosms of the entire body with “reflex points” directly correlating to all body parts, major organs and the circulatory system. This treatment restores the free flow of energy throughout the body, relieves stress and improves circulation. (25 min, 55 min, 75 min)

Thai Massage

A wonderful massage combining Ayurvedic, Taoist and Shiatsu techniques. We work on pressure points and meridians to stimulate blocked energy and rebalance the whole body. This is much like an “assisted yoga”. Excellent for relieving general stress and exhaustion. Clients are asked to wear loose clothing for this treatment. Although 55 minute sessions are available, we highly recommend a 110 min session for the ultimate experience. (110 min)

Hot Stone Massage

This unique therapy uses high energy palm stones that have been formed by volcanic and sedimentary action. We encourage the “busy” mind to focus on the comforting warmth of the stones placed on your energy centers. They instill a meditative quietude for you to rediscover yourself. (55 min)

Lomi Lomi Massage

This incredibly relaxing massage is a traditional Hawaiian therapy that completely calms the mind and brings a sense of peace to the body. With graceful, long strokes and gentle rocking you float away to another world. (85 min)

Four Hands Massage

For the ultimate massage experience, two of our therapists work together performing a choreographed treatment that promises unparalleled relaxation. (55 min)

Energy Balancing Bodywork

We offer uniquely designed body therapies to balance the 5 Energies of the body’s 7 Chakras. (55 min)

Peter Smits’ Services

Good Life Spa accepts bookings for the services of Mr. Peter Smits (well known-author and health practitioner) for Alignment Therapy, Global Body Readings and Balancing, Personal Fitness Training, Seminars & Workshops, and Professional Education.

Body Treatments

To purify the entire body we whisk away dead skin cells with a specially formulated non-irritating scrub. Then we apply an intense hydrating lotion that leaves your skin smooth and silky. (55 min)

Body Mask

We start this toning treatment with a gentle body scrub before applying a remarkable firming mask. The mask’s high content of pure Chlorella algae extract and Marine Spring Water helps to delay signs of coetaneous aging and replenishes tissues by improving elasticity. To top it all off we finish with a gentle massage. Heaven! (55 min)

Cryotherapy Cold Wrap

This is a fresh, cool wrap... perfect to relieve tired, heavy legs, swollen ankles, and water retention by decreasing the temperature of the skin. It was developed to protect, strengthen, tone and increase circulation in the legs, especially in those areas prone to varicose veins. Depending on your specific needs, we may recommend combining this with Pressotherapy. (55 min)

Rain Shower

An invigorating spray that showers down over your body as you lay on the treatment table, stimulating you from head to toe. Activates all body systems, especially circulation, and is excellent as a follow-up to any exfoliation treatment. (25 min)

Pressotherapy

This treatment aims to improve the glandular and immune systems and especially reduce water retention. It is performed by wearing pressurized sleeves on the feet, legs and waist area that slowly, gently massage away discomfort. Provides relaxation as well as relief. (25 min)

Sunburn Aloe Rescue Treatment

A perfect way to repair your skin after exposure to the strong Caribbean sun. We use a pure aloe-based pack in a thermal wrap to infuse your skin with moisture. Rescue your skin with this ultra-soothing and hydrating treatment. (25 min)

Thalatherm Steamdome

Our brand new Thalatherm dome is the ultimate in luxury steam therapy. In the comfort and privacy of the dome, steam opens the pores eliminating toxins and promoting deeper absorption of your treatment's nutrients. We are happy to complement your treatment with a Cranial Massage at the same time. Our steamdome treatment can be taken with any of the following body treatments or on its own with custom blended essential oils.

Salt & Honey Glow

A refreshing exfoliation of dead skin cells using crushed sea salts and warm honey that leaves your skin radiant and soft. This treatment is finished with a rich moisturizing lotion. For more sensitive skin we exfoliate with natural brown sugar crystals. (55 min)

Seaweed Wrap

Our seaweed wrap contains exclusive beneficial marine ingredients. An intensely nourishing combination of seaweed, healing gels and/or oils... suited to your specific needs. One of our signature treatments, it is relaxing, detoxifying and even slimming. For those of you who are sensitive to seaweed we offer a "seaweed alternative" that is equally effective. (55 min)

Decongestion Therapy

A soothing blanket of steam and eucalyptus oil helps open the respiratory system and eases the discomfort of allergy and cold symptoms. (55 min)

Hydrotherapy

We think of this as our “power soak” that will whisk you away from the world. Our state-of-the-art multi-jet hydrotherapy tub works on specific areas of your body as well as induces a deep sense of relaxation and well-being. The water jet warmth and pressure promote penetration of active ingredients in your customized bath treatment. (55 min)

DETOXING: to eliminate toxins, refresh and assist in weight loss

REVITALIZING: to boost energy when feeling fatigued

PAIN RELIEVING: ideal after workouts or injury

RELAXING: to alleviate stress

Beauty Treatments

Traditional Facials

A thorough cleansing treatment using aromatic oils. Cleans skin, frees blocked pores and beautifies the skin bringing out your natural inner glow. (60 min)

Specialized Facials

Each of our specialized facials listed below include the unique reflex-thermal method of applying a self-heating mud pack along the spine as well as incorporating reflexology techniques. We follow the belief that the more relaxed you are the more receptive your skin is to the active ingredients used in your facial.

Purifying & Re-Balancing

This treatment was developed for oily and problem skin. We gently cleanse the skin and remove all impurities. A wonderful facial that purifies the skin, tightens pores, regulates excess sebum, reduces shine and generates a healthy, hydrated appearance. (80 min)

Intensive Moisturizing

This intensive facial procures immediate and lasting results, leaving your skin velvety soft. It instantly moisturizes the skin’s surface and restores the skin’s deep down natural hydrating mechanism. A wise choice after exposure to our strong Caribbean sun. Popular with those who cherish a youthful appearance. (90 min)

Anti-Age “Ogenese” Treatment

One of our single most popular facials. “Ogenese” with marine spring water is rich in calcium and oligo-elements. It replenishes and lifts the face and neck, protects against free-radicals (a major cause of premature aging of the skin) and helps minimize the appearance of the fine lines and wrinkles. (90 min)

Hypoallergenic Treatment

For those with sensitive skin requiring special care, this treatment contains patented active ingredients and a high concentration of Drieline, a high tolerance hypo-allergenic ingredient. We understand the importance and seriousness of gentle, soothing care. (75 min)

Hyper Pigmentation Reduction

For those who want to reduce the appearance of their pigmentation spots or simply lighten their skin we use Marine Coben, an active ingredient developed by Phytomer Laboratories. After 3 weeks of continuous use, the skin appears lighter. Tests have shown Marine Coben to be more effective than other pigmentation-reducing ingredients commonly used in cosmetics... and without side effects. (75 min)

Eyebrow Tinting

20 minutes

Hand & Foot Care

Manicure (40 min)

French Manicure (50 min)

Manicure with paraffin (50 min)

Nail polish (15 min)

French Polish (20 min)

Manicure with hand reflexology (60 min)

Pedicure (65 min)

French Pedicure (75 min)

Pedicure with paraffin (75 min)

Pedicure with foot reflexology (1hr 25 min)

Easy Feet: For those of you who are blessed with low maintenance feet (i.e. no need for callus cutting, removal of ingrown nails, etc.) the length of your pedicure is typically reduced by 15 minutes and we are happy to deduct \$15 from the price of your treatment accordingly.

Waxing

Lip (15 min)

Eyebrows (15 min)

Underarms (15 min)

Forearms (20 min)

Full arms (30 min)

Bikini (15 min)

Half leg (20 min)

Full leg (30 min)

Bikini, underarm (30 min)

Hair Care & Styling

Have a special evening after your massage? The Good Life Spa now offers a wash and styling service. Please contact us for more information.

Coming Soon!

By popular demand, the Good Life Spa will soon be offering a full range of Hair Care Services! We listen to our clients every wish. Thank you for your dedication!

Rejuvenating Therapies

Therapies total approximately 115-145 minutes

After-Sunburn Treatments

Hydrotherapy Remineralizing Bath with Oligomer
Body Wrap with Aloe Vera
Reflexology

Back Pain Treatments

Hydrotherapy Remineralizing Bath with Oligomer
Self-Heating Mud Wrap
Rhythm Massage or LPG Endermology

Stress Reduction

Hydrotherapy Remineralizing Bath with Oligomer
Rainshower
Relaxation Massage

Weight Loss Treatment

Hydrotherapy Bath with Seaweed
Reduction Wrap
Circulatory Massage or LPG Endermology

Cellulite Reduction

Hydrotherapy Bath or Steamdome Wrap with Seaweed
LPG Endermology Cellulite Treatment
Circulatory Massage or Pressotherapy

Decongestion Treatment

Self-Heating Mud Wrap
Eucalyptus Steamdome Therapy
Decongestion Massage

Re-Energizing “Pick-me-up”

Salt and Honey Glow Steamdome Wrap
Rainshower
Circulatory Massage

“First Signs of Flu” Treatment and Immune System Booster

Aromatherapy Bath
Aromatherapy Steamdome
Pressure Point Massage

Post Sport and Trauma Treatment

Cold Wrap with Peppermint

Rainshower

Circulatory Massage

Fitness Center

We are proud to offer you a high-tech, fully equipped workout facility. The Good Life Fitness Center is complimentary to Maho Beach Resort guests. If you are not staying at the Hotel, please ask us about our special memberships for island visitors and residents.

Personal Training Sessions

Choose from one of the following:

45 minute Personal Training Session

55 minute Personal Training Session

Sauna, Steam & Swiss Shower Area

Bathing suits are required in the sauna and the steam & Swiss shower areas. This area is complimentary to any guests who have booked a Spa Treatment or are using our Fitness Center.

Spa Policy

GRATUITIES

Gratuities have not been included in our treatment fees as we leave this to your discretion. All gratuities are appreciated, 15% is customary.

OUT OF SPA SERVICES

A service charge of 20% will be added to all treatments performed outside of the spa.

SPECIAL NEEDS

At Good Life Spa we take your health and comfort very seriously. Our clients' satisfaction is our greatest objective. Please let us know if you have specific concerns, needs, or questions. If you have skin sensitivities, allergies, or medical conditions please let us know when making your appointment and when you are introduced to your therapist.

OUR AGE POLICY

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

PERSONAL POSSESSIONS

We regret that we cannot be responsible for the loss of or damage to personal articles, including clothing and accessories. 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.

LATE ARRIVAL POLICY

As a courtesy to other clients, therapies usually must conclude at their scheduled finishing time. If you arrive late for your appointment, it is likely that we will not be able to extend your appointment beyond the time you have chosen to schedule with us. We encourage all of our clients to arrive 15 to 20 minutes in advance, enjoy a shower and a relaxing cup of tea.

OUR CANCELLATION POLICY

We take great care to provide our clients with outstanding service and we feel the popular demand for our treatments reflects this. As is 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 appointment time, we will charge a 50% cancellation fee. Regrettably, appointments cancelled less than 4 hours prior to your scheduled appointment time will result in a 100% charge. Prices subject to change without notice.

Contact Us

Spa Hours (High Season)

Monday thru Friday 8 a.m. – 8 p.m.

Saturday 8 a.m. – 6 p.m.

Please contact us regarding Sunday hours.

Good Life Spa

3rd Floor Maho Beach Hotel

St Maarten Netherlands Antilles

Tel: (599) 545-2540 / (599) 545-2356 / (599) 545-2115 hotel ext 4951

Fax: (599) 545-2358

Email: info@thegoodlifespaspa.com

Web-site: www.thegoodlifespaspa.com