

Facial Therapy

Royal Hibiscus Signature Facial

Incorporating Sweet Red Rose Cleanser combined with other moisturizing creams, this facial promises to give a rejuvenating glow to your face while refreshing and cleansing your pores.

50 minutes

King Triton's "All About Me" Gentleman's Facial

Specifically tuned to your individual skin type, this treatment includes cleansing, exfoliation, steam and a facial massage and finishing with a specialty masque.

Your skin will be instantly refreshed and renewed.

50 minutes

Coral Reef's Stone Crop Facial

Lightens and prevents pigmentation while moisturizing your skin. This refreshing facial is suitable for all skin types, including sensitive skins. Stone crop, a natural healing and pigment-reducing plant, gently cleanses and softens skin while lightening freckles and pigmentation. Years of sun damage are erased to bring back skin that is soft, supple and looks radiantly replenished.

50 minutes

Just For Me Facial

Everyone's skin is different, that's why this facial will be customized to meet your skin's special needs. We specialize in anti-aging, pigmentation issues, reducing rosacea flare-ups and acne treatments. Facial includes cleansing, skin analysis, exfoliation, treatment masque, and mini massage treatment.

50 minutes

Soothing Tropics Therapeutic Sun Repair Facial

Long-term exposure to the sun, including the occasional sunburn, is damaging to the skin and causes it to age prematurely. This specialized, deep-cleansing facial can help reverse these effects. Rich in amino acids, drenched with minerals and antioxidants and loaded with aloe vera, this facial helps to soothe, decrease redness and bring much needed oxygen to your skin. Excellent for all skin types, including sensitive.

50 minutes

Anti-Aging Advanced Facial

Clinically proven products will restore that youthful glow to your skin while replenishing moisture and hydrating your pores. Antioxidants, peptides and vitamins help to firm your skin, leaving it protected from the signs of aging.

50 minutes

Tranquil Turn-Back Facial

This treatment is designed to deep clean pores and relieve acne on the back. Customized products are used to cleanse, exfoliate, tone, moisturize and balance this often-ignored area of the body. The application of a personalized cream masque will nourish the skin. Excellent for all skin types.

50 minutes

Express Facial

Created specifically for the person on the go, these customized facials are uniquely designed to give maximum results in minimum time. Formulated to refresh, renew and revitalize, this treatment works with all skin types to reveal more youthful, healthy skin.

25 minutes

Touch Therapy

The Lazy Parrot Signature Massage

Light Pressure - This hydro-luxury massage is designed to provide a pampered experience while focusing on points that rejuvenate and relax the body by using heated towels throughout the treatment.

50 minutes

Bahamian Rhythmic Therapy

Moderate Pressure - Influenced by the warming of our goat skin drums to enhance the vibrating sounds and rhymes of our "junkanoo" beats. Rhythmic massages strive to enhance blood circulation, reduce tensions in muscle and enhance soft tissue healing.

50 minutes

Timeless Therapeutic Massage

Firm Pressure - This deep-tissue therapeutic treatment is designed for those who require a more intense, targeted massage working on a specific area of discomfort. Our therapists will customize your treatment to help release constricted muscles.

50 minutes

Atlantic Hot or Cold Stone

This treatment involves placing smooth heated or cold stones on the body's chakras to open natural energy channels. The basalt volcanic stones are then used to massage the muscles to achieve balance, harmony and relaxation.

50 minutes

On-The-Go Golfer's Express

This 25-minute massage is geared to the golfer on the go. Relax your back muscles and prepare for a hole-in-one.

25 minutes

Ragged Island Reflexology

Reflex points corresponding to specific areas of the body are stimulated in this treatment, helping to increase circulation and promote the release of stress.

25 minutes

Cupid's Couple's Massage

Enjoy a massage with a friend or romantic partner on side-by-side massage tables set within our exquisite couple's room. Two therapists work in unison to provide an unforgettable shared experience.

50 minutes, Priced according to the type of massage selected.

Massage 101: Learn to Massage Your Partner

Take turns working side-by-side with one of our professionally-trained therapists as we teach you the basic steps of massage. Your personal lesson will focus on the neck, back and shoulders. This is a wonderful way to share mutual love, laughter and relaxation, while you develop a skill you can enjoy for a lifetime together.

90 minutes

Spa-to-You (Beach or In-Room)

Let us bring the tranquility of the Spa to you as you enjoy a massage of your choice from one of our professional massage therapist in the comfort of your room or on the beachside overlooking peaceful Winding Bay.

50 minutes

80 minutes available by request

Please note, Spa-to-You massage treatments require 24-hour advanced booking.

Abaco Club Kids (10 - 14)

Tween Facial 25-minute facial
Tween Massage 25-minute massage
Manicure
Pedicure

Nails, Hands & Feet

Aromatherapy Manicure
Gel Manicure
Express Manicure
Paraffin Dip (for Manicure)
Aromatherapy Pedicure
Polish Change
Gel Polish change
Foot Masque
Soak Off

All manicures and pedicures include a softening soak, cuticle removal, file shaping, nail buff and application of lotion and polish.

Body Treatments

Bimini Blueberry Soy Slimming
Body Wrap
Sugar Scrub
Salt Scrub

All body treatments are 50 minutes.

Warm Wax Treatments

Bikini
Underarm
Arm Wax
Lip, Chin
Half Leg
Eyebrow
Full Leg

Special Treatment Add-Ons

Lip Treatment
Eye Treatment
Sweet Hands
Sweet Feet
Scalp Treatment

The Spa at The Abaco Club | Open Daily: 10:30 - 6:00 | spa@theabacoclub.com | 242-366-3856

*Prices do not reflect service or VAT charge. Guests of the Abaco Club Spa must be 18 years of age or older to enjoy the services and facilities. Guests ages 10-17 must be accompanied by a parent or legal guardian at all times during treatments or use of the facilities.

