



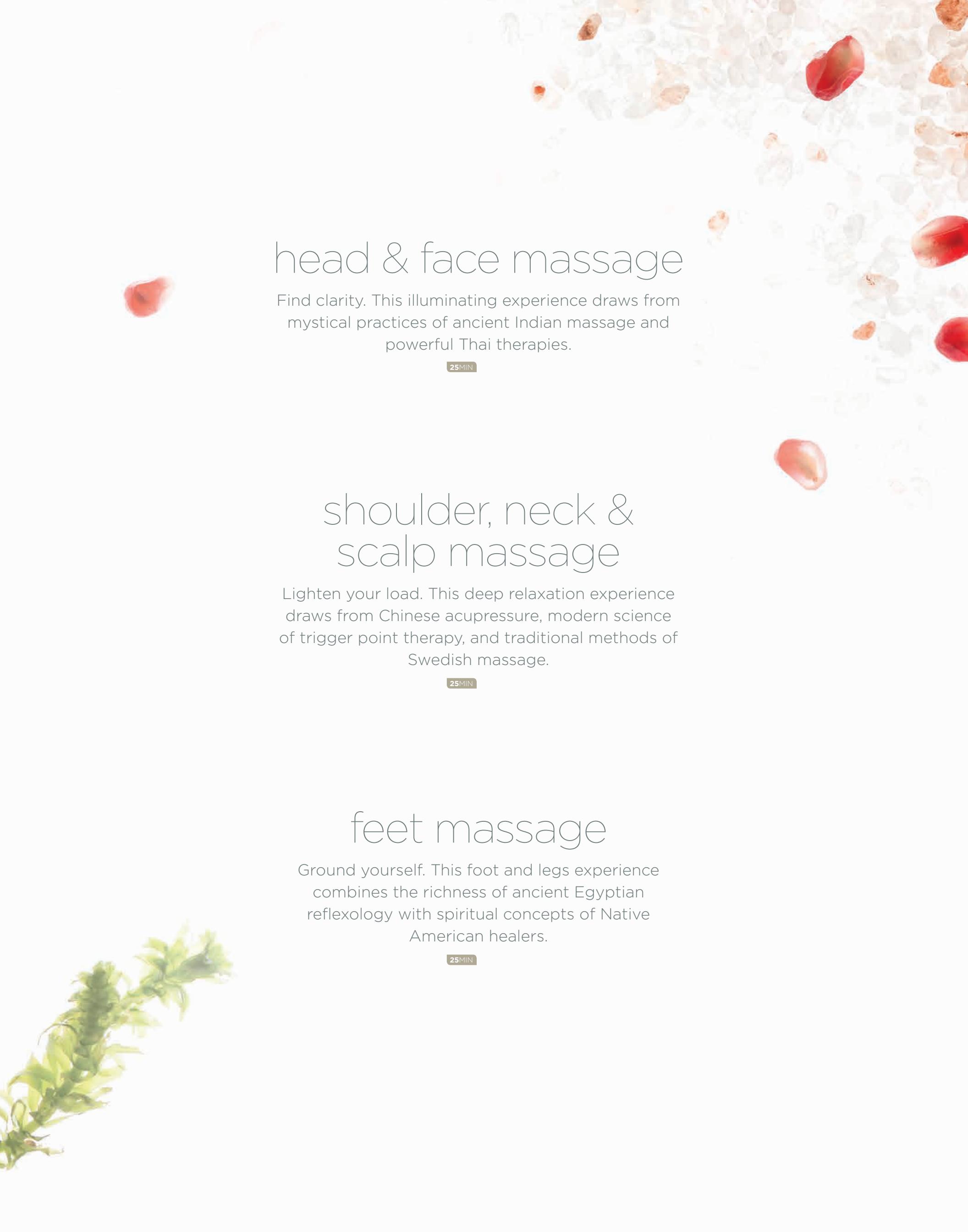
emerge  
brighter

# perfecting

*your journey*

eforea spa at Hilton Aruba Caribbean Resort & Casino is a place like no other where you will reconnect with self and emerge brighter. Our Essentials and Escape Journeys feature both results-oriented and locally inspired therapies.

Signature to eforea spa are the Journey Enhancements, powerful mini treatments that are added to your existing services or enjoyed by themselves. These treatments have been specially designed for eforea and introduce guests to special, commonly unexperienced techniques from the most fabled spa cultures around the world.



## head & face massage

Find clarity. This illuminating experience draws from mystical practices of ancient Indian massage and powerful Thai therapies.

25MIN

## shoulder, neck & scalp massage

Lighten your load. This deep relaxation experience draws from Chinese acupressure, modern science of trigger point therapy, and traditional methods of Swedish massage.

25MIN

## feet massage

Ground yourself. This foot and legs experience combines the richness of ancient Egyptian reflexology with spiritual concepts of Native American healers.

25MIN





# essentials

*journey*



## ESPA

Using only the very purest extracts, ESPA's award-winning and luxurious natural skincare products

are as unique as they are effective. ESPA's products are rich in heritage, texture and aroma that work in

harmony with every skin type and age, delivering lasting results every day.

# face

# massage

# body

## Pure Radiance

80MIN

Be naturally radiant with this powerful and highly effective facial designed to reduce pigmentation and smooth the skin. A deep cleanse, radiant mask, facial massage, and lifting mask leave the skin plump, toned, and luminous.

## Deep Cleansing Facial

80MIN

Clear up congestion with this deep cleansing, pore-refining facial. Essential Tea Tree and White Thyme oils soothe and calm the skin, encouraging a more balanced and clear complexion.

## De-Sensitiser Facial

50MIN

An effective gentle cleanse that will leave skin feeling soft and silky. Excellent for sensitive complexions and expectant moms.

## Age Defyer Facial

50MIN

Using powerful skin-illuminating botanicals, a multi-acid peel, brightening facial serum, and unique cooling masque, this facial makes skin lighter, brighter and more refined.

## Men's Purifying Facial

50/80MIN

Whether you need a deep cleanse, a healthy glow, or an extra dose of hydration, this personalized men's treatment combines a shoulder and scalp massage for the perfect relaxation experience.

## Swedish Massage

50/80MIN

The perfect introduction to massage, this traditional full-body massage relieves muscular aches and pains with a variety of techniques, pressures, and rhythmic movements.

## Fitness Muscle

50/80MIN

Go deeper to alleviate tension and muscular stress. Specialized techniques target common areas of discomfort to create a powerful massage, perfect for a stiff neck, painful lower back or sore, tight shoulders.

## Aromatherapy

50/80MIN

Breathe easy with this aromatherapy massage, which uses a blend of warm essential oils to address your specific needs. Choose from Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energizer, or Body Toner.

## Pre & Post Natal

50/80MIN

Relax and revitalize with a deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Add gentle back exfoliation if desired.

## Sundown Body Wrap

80MIN

Wrap up with this nourishing body treatment designed to comfortably raise the body temperature and increase the effects of the wrap. Includes exfoliation, Algae or Marine Mud application, and scalp massage.

## Relax & Reflect

110MIN

Discover true Caribbean relaxation with a gentle skin cleanse, relaxing Salt Scrub, an hour body massage, and scalp massage. Complete with a restorative aromatherapy oil blend of sweet orange, palmarosa and rose geranium.



# massage

# body

# combination

## Aloe Vera, Rum and Stone Massage

80MIN

Sure to sooth after a day in the sun, our signature massage combines hot black beach stones, lime infused massage oil and local rum with pure liquid aloe vera.

## Azeta di Coco Massage

50MIN

Ease up with this calming massage, which utilizes slow, localized movements in combination with warm coconut oil to heal the skin and relax tense muscles.

## Aloe Sun Relief Wrap

50MIN

A soothing veil of nutrient-rich cream and Aruban Aloe Vera wrap will cool and hydrate after a long day in the Caribbean sunshine. Extra attention is placed on the face to help repair over exposed skin.

## Caribbean Sensation Scrub

50MIN

Slough away toxins with a refreshing Caribbean Sea salt scrub to soften and revitalize skin. This treatment includes a 20 min back massage.

## Tropical Delight

80MIN

Delight your senses with a tropical journey with fresh local ingredients. A coconut and rice scrub and sweet mango oil massage will leave your skin silky smooth.



A close-up, slightly blurred portrait of a man with dark hair and a well-groomed beard and mustache. He is smiling warmly at the camera. The background is bright and out of focus.

escape  
*journey*



## ARUBA ALOE

Aruba Aloe creates products based on the nourishing Aloe Vera gel, a powerful plant that is prominent in Aruba's

heritage and culture, not to mention so unique in its countless benefits particularly as a healing moisturizer for skin that

has been over exposed to the Caribbean sunshine.



## eforea spa at Hilton Aruba Caribbean Resort & Casino

### SPA OPENING HOURS

|                    |               |
|--------------------|---------------|
| Monday to Saturday | 10.00 - 18.00 |
| Sunday             | 09.00 - 17.00 |

J.E. Irausquin 81, Aruba  
**phone** (+297) 526-6052  
[arubacaribbean.hilton.com](http://arubacaribbean.hilton.com)

### SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our SPA reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend to book in advance. All spa treatments and packages will need to be guaranteed with a credit card.

### ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation Form and/or Health Questionnaire. We recommend you arrive up to 30 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

### SPA FACILITIES & ACCESS

The following spa facilities are available at eforea Spa: sauna, steam room, cold plunge pool, spa changing and indoor, outdoor relaxation areas.

### GYM

A state-of-the-art gym equipped with 'True' cardio vascular and 'Nautilus' strength machines and free weights area. The Gym is available to hotel guests, members and day spa guests.

### CHILDREN'S POLICY

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the whole duration apart from manicures and pedicures taken in the Finishing Studio/Nail Studio. Please contact the eforea

reservations team for details on treatments available for our young guests. Access to the rest of the spa including the changing facilities, spa and heat experiences and gym are restricted to over 16's.

### CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

### SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, Blackberry, pager, camera and smoke free zone.

### HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

### PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

### GIFT VOUCHERS

An ideal gift for someone special. Please contact the eforea reservations team for details.

### PRICES

All prices are quoted in US dollar and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.