

HB HÔTEL ***
BAMBOU
MARTINIQUE

Tropical Spa

L'ART DU BIEN-ÊTRE TROPICAL

TAKE CARE OF YOU



BETWEEN LAND AND SEA OF
THE CARIBBEAN, TROPICAL SPA
REINVENTS THE ART OF WELL-
BEING BY INVITING YOUR BODY
AND YOUR MIND TO LIVE, IN
FULL AWARENESS, A UNIQUE
EXPERIENCE.

”

“

OUR GOAL: YOU LEAVE WITH A
FEELING OF COMFORT AND
TOTAL PEACE OF MIND!



ADULTS - MEN & WOMEN

Massages

Massages are practiced with a neutral or scented oil with exotic flavors of your choice. Without essential oils.

Traditional

By area

Skull, face, back, legs or feet.

20 min 25€

Sweetness

Massage of the front or the back of the body, from the feet to the head.

40 min 50€

Foot reflexology

Massage that relieves the body and stretches bruised feet through acupressure techniques on all of the feet. Each area worked corresponds to an organ or part of the body.

45 min 55€

Californian

Global massage which aims as much at relaxation as at awakening the senses. The long, slow and fluid movements with kneading and effleurages, allow a deep physical and mental relaxation.

60 min 75€ | 90 min 110€

Discoveries

Abhyanga (*Indian*)

Originally from India, this massage takes the senses on a journey and rebalances the body and its energies. Ideal for overcoming fatigue and stress and achieving relaxation and letting go.

60 min 90€ | 90 min 135€

Sport

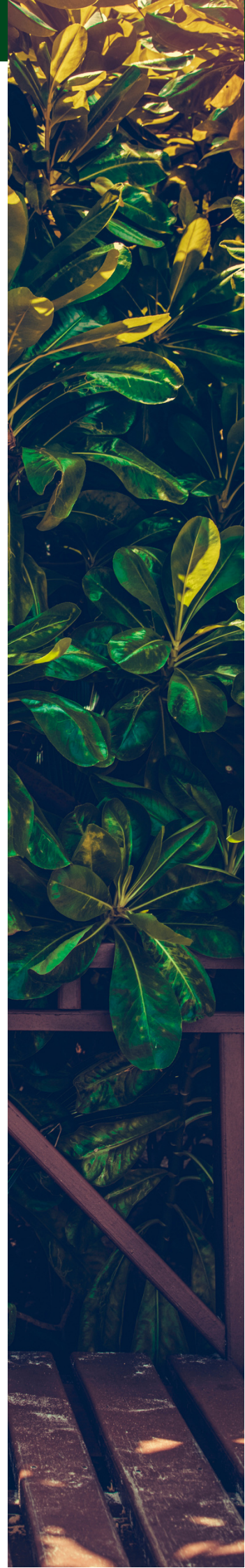
Tonic and dynamic massage, while being relaxing, it allows a muscular relaxation of the whole body. Very popular with athletes.

60 min 90€

Lomi-Lomi (*Hawaiian*)

Massage that is practiced with the forearms, fingertips, elbows and finger joints, to relax the muscles in depth. Ideal after a sports session.

60 min 90€



Massages

Massages are practiced with a neutral or scented oil with exotic flavors of your choice. Without essential oils.

Collection

Candle

Massage with delicately scented candle. The warm oil obtained by the melted candle will help you achieve deep relaxation during the massage.

60 min 85€

Pregnant woman

Gentle massage that will allow the future mother to relax while providing relief in case of painful side effects related to her pregnancy. Positions and maneuvers are carefully adapted. This massage is possible between the 4th and 8th month (not started) of pregnancy.

60 min 75€

Bamboo

Signature massage from our wellness center. At the same time relaxing, draining and energizing, this massage allows deep muscle relaxation and improved blood circulation, thanks to the use of real bamboo.

60 min 100€

5 Massages Package

Inquire at the reception of Tropical Spa



Facial treatments

Eye care

Deep eye treatment includes an eye contour mask and a massage.

70 min 15€

Radiance

This treatment includes facial cleansing, a gentle exfoliation, a mask and a day cream. The skin is radiant and sublimated.

45 min 55€

All treatments lasting 60 minutes or more include cleansing, exfoliation, blackhead extraction, massage, mask and application of cream.

Soothing

This cocooning treatment based on green banana and aloe vera soothes, calms and relaxes weakened and sensitized skin. The skin regains comfort and well-being.

60 min 70€

Detox & Purifying

This treatment reveals the radiance of the skin while purifying it thanks to the action of yellow clay and green banana. The complexion is fresh and luminous, the skin is smoothed, revitalized and rid of its imperfections.

75 min 85€

Anti-Aging & Lifting

This integral and deep treatment based on yellow banana and hyaluronic acid, is combined with a lifting massage. The skin regains youth and vitality.

90 min 110€

Package 6 facials

Adaped to your skin

From 378€



Body treatments

Moisturizing scrub

The scrub rids the skin of its impurities and makes it soft and hydrated.

Exotic moisturizing scrub

Exfoliation of the skin with grains of salt or cane sugar and the tropical perfumed oil of your choice.

30 min 35€

Moisturizing wrap

The wrap leaves the skin durably hydrated and allows it to regain tone and elasticity.

Scented moisturizing wrap

Warm moisturizing wrap perfumed with the exotic scent of your choice. Nourishes and soothes the skin, restoring its soft and silky appearance.

30 min 25€

The combo of exfoliation and wrap contributes to the elimination of toxins, revitalizes the skin and offers a gentle moment of relaxation.

Velvet Duo : Scrub + Wrap

An exfoliation followed by a moisturizing wrap, both perfumed with the exotic scent of your desire of the day.

60 min 50€

Palpate-roll

The best massage method to fight cellulite.

The session

Kneading of the skin to eliminate fat cells and activate venous and lymphatic circulation.

45 min 55€

The package

Personalized and effective treatment + a cinnamon scrub and a Rhassoul wrap offered during one of the sessions.

8 sessions 440€

Hand and feet treatments

Express manicure

Simple cleaning, cutting, filing of nails and nail polish.

25 min 25 €

Hand care treatment

Cleaning, cutting and filing of nails, exfoliation, mask, massage.

45 min 45€

Spa pedicure

Cleaning, cutting and filing of nails, soaking and sanding of plants, exfoliation, mask, massage.

60 min 60€

Simple nail polish supplement 6€

Supplement for semi-permanent nail polish 15€

These poses come in addition to hands or feet care treatments.

Simple nail polish 12€

Semi-permanent nail polish 30€

Removal of semi-permanent nail polish 10€



Waxing hair removal

Waxing is done with hot wax.

For Her

Eyebrows | Upper lips |
Chin 10€

Armpits 15€

Arm | Forearm 15€

Simple bikini 20€

Bikini 25€

Full bikini 30€

Thighs | Half Legs 25€

Full legs 35€

For Him

Eyebrows | Ears |
Nose 12€

Armpits 20€

Beard 25€

Full back | Chest 30€

Swimsuit 35€

Thighs | Half Legs 30€

Full legs 40€

Relaxation area

The hot tub (jacuzzi) has the power to relax the most tense muscles, increase blood flow and rid the body of toxins.

The steam room (hammam) allows the opening of the pores and contributes to a deep cleaning of the skin.

Hot tub & Steam room access

90 min 30 €

Rituals

Rituals are dispensed with a neutral or perfumed oil with exotic flavors, of your choice. Without essential oils.

Deserving mother

Maternity massage, emphasizing sensitive areas during pregnancy + Detox facial treatment.

The ideal gift to please a future mother.

120 min 100€

Tropical walk

Hydrating scrub + Californian Massage.

90 min 100€

Flower island

Exotic flavor scrub + Californian massage + Moisturizing wrap.

120 min 125€

Chill in Tropics

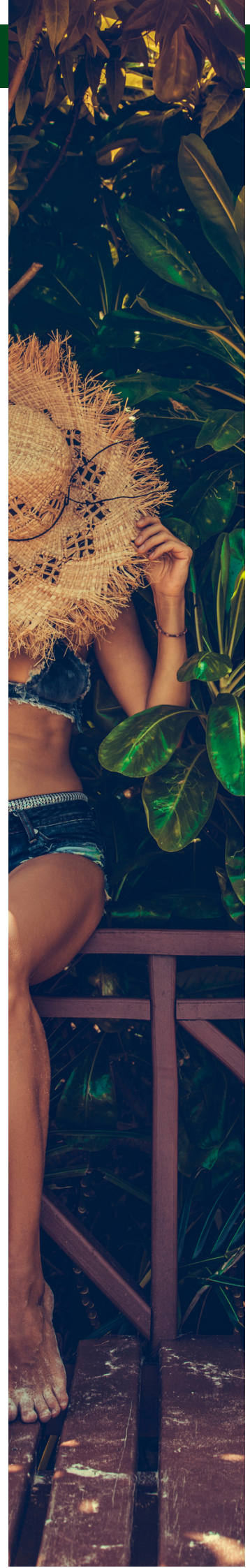
Hamam access + Exotic flavor scrub + Sweetness massage + Moisturizing wrap.

2h45 160€

Exotic sweetness

Exotic flavor scrub + Californian massage + Moisturizing wrap + Radiance treatment.

2h20 180€





LITTLE PIRATES - 5 TO 17 YEARS OLD

Treatments for minors

Tandem massage: Parent & Child

Massage of the back of the body, from head to toe to strengthen the relationship between a parent and their child aged 5 to 17 years.

30 min 70€

Moussaillon massage: Child

Gentle massage of the back of the body allowing a pleasant relaxation, for a child from 5 to 12 years old. Presence of a parent required.

20 min 25€

Sailor massage: Teenager

Massage of the back or front of the body offering a moment of zen, for a teenager aged 13 to 17.

30 min 40€

Soothing facial treatment

Deep cleansing of the face, including cleansing, exfoliation, extraction of blackheads, massage, mask and cream. From 12 to 17 years old.

60 min 60€

Purifying facial treatment

Deep cleansing of the face, including cleansing, exfoliation, extraction of blackheads, massage, mask and cream. From 12 to 17 years old.

60 min 60€

Armpits waxing

From 15 to 17 years old. Parental authorization required.

12€

Half-legs waxing

From 15 to 17 years old. Parental authorization required.

20€

Tropical Spa

L'ART DU BIEN-ÊTRE TROPICAL



**(Re)
learn how
to care of
you.**

Hopening days & hours

Monday 10 am - 5 pm

Tuesday 9:30 am - 6 pm

Wednesday 9:30 - 6 pm

Thursday 9:30 - 6 pm

Friday 9:30 - 6 pm

Saturday 9:30 - 6 pm

Sunday 10 am - 5 pm

Nous joindre

0596 66 61 06

0696 85 54 80

3050 from our room

www.spa-tropical.com

tropicalspa@hotelbambou.fr



TROPICAL SPA

Hôtel Bambou, Anse Mitan

97229 Les Trois-Ilets,

Martinique