



Spa Menu

YOUR TAILORED WELLNESS SANCTUARY
IN ST. BARTH

2025 - 2026



OUR TREATMENTS ARE AS UNIQUE AS YOU ARE

At Harmony, every massage is designed as a
journey for body and mind.

Surrounded by the beauty of St. Barth or in the
privacy of a tranquil suite, each detail is crafted to
help you unwind, breathe deeper, and restore your
inner balance.



A woman is lying on her back on a massage table, eyes closed, in a relaxed state. A therapist, whose arms and hands are visible, is applying a yellow oil from a glass dropper onto the woman's shoulder. The therapist has floral tattoos on their forearms. The woman is holding a small bottle of the same oil. The background is a blurred outdoor setting with greenery and a white umbrella. A semi-transparent dark rectangle is overlaid on the right side of the image, containing the text.

MASSAGE RITUALS

PERSONALIZED TREATMENTS DESIGNED TO RESTORE
BALANCE, RELEASE TENSION, AND BRING DEEP RELAXATION—
YOUR SANCTUARY IN ST. BARTH.



SELF CONFIDENCE

60min • 90min • 120min
180€ • 260€ • 310€

Gentle, flowing movements invite you to surrender fully. With light, slow pressure, this treatment restores serenity, nurtures inner confidence, and leaves you with a profound sense of calm.

MUSCULAR

60min • 90min • 120min
190€ • 270€ • 320€

A firm, targeted massage designed to release deep tension and revive tired muscles. Perfect for athletes, active travelers, or anyone seeking a powerful reset.

ENHANCE YOUR MASSAGE

+10min • 30€

- Scalp Oil Ritual, nourishing oil with a soothing scalp massage
- Face Mask, revitalizing mask applied during your treatment, leaving your skin fresh and glowing

(Enhancements can be added to any massage for an even more personalized experience.)

DETOX

60min • 90min
180€ • 260€

Light, rhythmic strokes support lymphatic flow and help reduce puffiness, especially after long travel. An invigorating ritual that leaves you lighter and more at ease. (Not a medical treatment.)

STRESS RESET

60min • 90min • 120min
180€ • 260€ • 310€

Inspired by Indian, Thai, and Chinese traditions, this massage blends flowing techniques to harmonize body and mind. A tailored invitation to release stress and reconnect with balance.





SUR-MESURE

YOUR PERSONALIZED JOURNEY FOR
BODY, MIND & SPIRIT.



SOUL OF HARMONY WITH CAROLINE • Energetic treatment

90min • 120min
280€ • 330€

After a personalized consultation, Caroline crafts a unique blend of massage and energy work to suit your specific needs. (Reiki can be incorporated upon request.)

Whether you opt for a gentle, soothing approach or a more invigorating treatment, you will be transported into a deep state of relaxation, feeling refreshed and lighter.

This holistic experience is centered on the five senses and designed to nurture your body, mind, and soul.

HARMONY EXPERIENCE • Massage & facial

90min • 120min
290€ • 340€

Following a thorough consultation, our therapists create a comprehensive, customized massage experience that meets your unique needs. Whether you prefer a soothing or invigorating treatment, your mind will drift away as your tension melts away.

This experience also includes a refreshing facial cleanse designed to refresh your skin.

Focusing on all five senses, this combination of a massage and a facial will leave you feeling revitalized, with a clearer mind and a brighter complexion.

REIKI SESSION WITH CAROLINE

60min
160€

Experience the power of energy healing with our Reiki treatment. Following a personalized consultation, Caroline channels universal Reiki energy to restore balance and harmony within your body. This non-invasive therapy promotes deep relaxation, reduces stress, and helps unblock energetic pathways to support your physical, emotional, and spiritual well-being.

Feel the soothing energy flow through you, leaving you with a profound sense of peace and clarity.

SOLAR OIL - SPF 30+

Enjoy Saint Barth's endless sunshine in complete serenity.

Our Sense Solar Elixirs blend luxurious tropical massage oils with natural SPF 30 protection, combining island botanicals and reef-safe minerals to nourish the skin while respecting the ocean.

Upgrade your ritual + 10 €



BODY AND FACE TREATMENTS

SIGNATURE TREATMENTS DESIGNED
EXCLUSIVELY FOR YOU.



SWEETNESS OF THE ISLANDS • Body scrub

75min
210€

Our Sense body scrub is the ideal way to prepare your skin for a smooth, long-lasting tan. This treatment begins with a gentle exfoliation to remove dead skin cells, continues with a refreshing shower, and concludes with an application of our Sense oil. Your skin will be left feeling soft, hydrated, and perfectly prepped to absorb and enhance your tan, ensuring a radiant, glowing finish.

**Exclusively performed in your suite

St-Barth SIGNATURE • Massage & Body Scrub & solar oil

90min • 120min
290€ • 340€

An exclusive ritual designed to capture the essence of Saint-Barth. Your journey begins with a 30-minute full-body exfoliation using our 100% natural Sense scrub, leaving your skin smooth and perfectly prepared. A personalized massage then follows — 60 or 90 minutes of flowing, tailored movements to release tension, deeply hydrate, and restore harmony.

To extend your experience beyond the spa, you will receive a 30ml Solar Elixir SPF30+, crafted in France and born under the Caribbean sun. This natural, sensorial oil nourishes and protects your skin while preserving the ocean, allowing you to carry a touch of St-Barth's serenity wherever your journey takes you.

An elegant fusion of care, protection, and indulgence.

CALMA PARIS x SENSE • Facial & hands reflexology

60min • 90min
230€ • 345€

An expert facial ritual crafted in collaboration with CALMA PARIS, designed to restore radiance and balance while deeply nurturing your skin and spirit.

Your experience begins with a purifying steam and exfoliation to refine texture and enhance product absorption. A radiance-revealing mask enriched with CALMA PARIS' delicate orange blossom formulas is then applied, while SENSE oils are intuitively chosen to reflect your inner state of the moment.

Gentle, flowing movements blend with palm reflexology to awaken subtle energy pathways, inviting profound relaxation.

This harmonious fusion boosts firmness, evens complexion, and helps refine skin texture, while nourishing the skin for a luminous, youthful glow. You will emerge serene, radiant, and deeply replenished.

To extend your ritual, you will receive a natural product to continue the experience at home.





HANDS AND FEET TREATMENTS

INDULGE YOUR HANDS AND FEET WITH TREATMENTS THAT
COMBINE BEAUTY, RELAXATION, AND REFINED CARE.



PRECIOUS NAILS TREATMENTS

Hands • Feet
80€ • 90€

Our Precious treatment for hands or feet combines cleansing, exfoliation with a Sense scrub, cuticle care, and nail shaping, all completed with a delicate massage. A ritual designed not only for beauty, but also for well-being and self-care.

NAIL POLISH

Regular • Permanent polish
40€ • 60€

After your hand or foot treatment, you can choose your favorite color from our selection of Shellac or regular nail polish.

PERMANENT POLISH REMOVAL

30min
30€

Leave your nails naturally beautiful by removing your nail polish.

FOOT REFLEXOLOGY

60min • 90min
170€ • 250€

More than a massage, foot reflexology awakens the entire body through its mirror: the feet.

By gently stimulating precise pressure points that correspond to organs and energy pathways, tension dissolves and circulation is restored. As energy flows freely once again, a deep sense of harmony and well-being emerges, leaving you rebalanced from head to toe.





About SENSE

SENSE IS MORE THAN A BRAND. IT IS A
PATH — A JOURNEY BACK TO
YOURSELF.

At Sense, we create our oils in France with devotion, uniting nature's finest ingredients with carefully selected actives to elevate well-being.

Our signature care elixirs are 100% natural, designed to nurture both body and mind through daily rituals of relaxation, detoxification, and inner balance.

Our solar elixirs extend this philosophy under the sun, blending natural sensoriality with safe, high-performance protection — for radiant skin and peace of mind, wherever your journey takes you, all while preserving your body and our oceans.



30ml • 120ml

Born under the Caribbean sun, our solar elixirs combine the sensorial pleasure of natural oils with safe, high-performance sun filters. Each blend protects your skin from harmful rays while deeply nourishing it, leaving it supple, radiant, and delicately scented. True to the philosophy of Sense, they invite you to enjoy the sun in serenity — preserving both your body and our oceans.

39€ • 72€

30ml • 125ml

Craquant is the ideal partner for soothing insect bites and sunburn, providing instant relief to irritated skin. This green oil is also your go-to for detoxification, helping to eliminate toxins and boost circulation. Use it during detox rituals or a cleansing massage to feel lighter, making it a must-have in your self-care routine.

33€ • 59€

30ml • 125ml

Cocoon is your go-to oil for building confidence and nurturing self-love. Enriched with soothing and uplifting natural ingredients, it helps you reconnect with your inner strength. Use it during your daily rituals, such as meditation, yoga, or massage, to enhance feelings of security and empowerment.

33€ • 59€

30ml • 125ml

Conscience is designed to help you release tension and let go of what no longer serves you. Its calming blend of natural ingredients encourages deep relaxation, making it perfect for winding down after a busy day or integrating into a massage for total mental and physical release. Use it when you need to de-stress and find balance.

33€ • 59€



THE BESPOKE VILLA EXPERIENCE

By the pool with the sound of the waves, or inside your villa with soft music, your therapist creates an intimate haven of well-being.

To fully enjoy your treatment, we kindly suggest being ready 15 minutes in advance.

BOOKING AND CANCELLATION POLICY

Your concierge would be happy to assist you with your booking.

Should you wish to reschedule or cancel, we kindly request for 24 hours' notice (48 hours during the festive season, November to February). Cancellations made after this time will be charged.

EXTRA HOURS

In your suite

From 8:00 pm • +50% of the treatment price

From 9:00 pm • +100% of the treatment price



harmony
BY SENSE, FRANCE

Spa Menu

CONTACT

Your concierge would be happy to assist you with your booking.

+590 690 75 46 60
info@soinsharmony.com

YOUR FAVORITE PLACE

In your private villa or at the exclusive Serenity cottage

OUR HOURS

Daily from 9:00 am to 7:00 pm.
Extra hours from 8:00 pm

More info

