



FREQ SPA



Relax. Rejuvenate. Heal.

Immerse yourself in holistic wellness and luxury at **FREQ Spa**. Our treatments combine sound, touch, and energy alignment to restore balance and promote deep relaxation.

THE SAINT SIGNATURE RITUAL

Each treatment begins with:

- Guided breathwork
- Aromatherapy infusion
- Full-body relaxation techniques

SPA GARDENS & WELLNESS POOLS

Enjoy complimentary access to our hydrotherapy Spa Garden pools before or after your treatment.

You must be a resort guest or a day pass guest to enjoy Freq Spa.

BOOK HERE



MASSAGE THERAPY OPTIONS

SWEDISH MASSAGE:

(60 MIN: \$185 / 90 MIN: \$277 / 120 MIN: \$370)

COUPLES SWEDISH MASSAGE:

(60 MIN: \$370 / 90 MIN: \$554 / 120 MIN: \$740)

DEEP TISSUE MASSAGE:

(60 MIN: \$205 / 90 MIN: \$307 / 120 MIN: \$410)

COUPLES DEEP TISSUE MASSAGE:

(60 MIN: \$410 / 90 MIN: \$614 / 120 MIN: \$820)

HOT STONE MASSAGE:

(60 MIN: \$215 / 90 MIN: \$250)

COUPLES HOT STONE MASSAGE:

(60 MIN: \$430 / 90 MIN: \$500)

PRENATAL MASSAGE:

(60 MIN: \$185)

LYMPHATIC DRAINAGE MASSAGE:

(60 MIN: \$185 / 90 MIN: \$277 / 120 MIN: \$370)

AYURVEDIC MASSAGE:

(60 MIN: \$195 / 90 MIN: \$287)

MASSAGE THERAPY ENHANCEMENTS

FACIAL MASSAGE:

(20 MIN: \$60)

AROMATHERAPY:

(\$30)

SIGNATURE SPA EXPERIENCES

TRAVEL RECOVERY

(60 MIN):

Alleviates travel fatigue with a face, head, and neck lymphatic massage, leg compression therapy, foot reflexology, and a post-session herbal tonic.

PRICE: \$185

ADVANCED ENERGY THERAPIES

HARMONIC REBALANCING

(90 MIN):

A 1 on 1 Frequency Restoration Session Experience vibrational medicine that activates deep parasympathetic calm, resets your nervous system to coherence, and guides you into profound peace.

PRICE: \$300

SIGNATURE ENHANCEMENTS

RAW BUTTERS HAND & FOOT REJUVENATION TREATMENTS

Mango | Cocoa | Macadamia Nut | Coffee

+\$55 ADD-ON TO ANY TREATMENT

Indulge in a tropical escape for your hands and feet with our Raw Butters Hand & Foot Rejuvenation Treatments. Specially formulated with rich creamy raw butters, this luxurious treatment is designed to soften, repair, and protect the most hard-working parts of your body.

Our raw butters are packed with essential fatty acids, vitamins A and E critical for skin health and renewal. As you massage this sumptuous butter into your skin, it melts into a silky serum that deeply moisturizes, leaving your hands and feet feeling irresistibly smooth and supple.

HOT OIL SCALP MASSAGE

+\$45 ADD-ON TO ANY TREATMENT

Coconut oil, known for its natural moisturizing strengthening properties, enriches your hair, leaving it feeling lusciously soft, nourished, and exceptionally shiny. Additionally, the antioxidant-rich coconut oil helps to fight against scalp inflammation and dandruff, promoting a healthy and balanced scalp.

MANUKA HONEY FACIAL MASK TREATMENT

+\$65 ADD-ON TO ANY TREATMENT

Revitalize your skin with the natural healing power of Manuka Honey Facial Mask Treatment. Sourced from the pristine wilds of New Zealand, this top-tier Manuka honey is renowned for its potent antibacterial properties and skin-repairing benefits. Our luxurious mask harnesses the honey's high concentration of methylglyoxal (MGO) to deeply nourish, hydrate, and purify your skin, leaving it glowing and smooth.

As you apply this golden ambrosia to your face, the rich enzymes and nutrients go to work, gently exfoliating dead skin cells and supporting your skin's own cell regeneration. Antioxidants in the honey combat free radical damage, reducing the appearance of fine lines and inflammation. Experience a touch of nature's magic; the Manuka Honey Facial Mask Treatment is a sweet retreat for your skin, unveiling a softer, more youthful complexion with each application.