



Picard Beach Cottages,  
Picard (Ayohayo) Plantation, Dominica W.I.  
[www.picardbeachcottages.dm](http://www.picardbeachcottages.dm)  
Tel: +767 445 5131 Email: [picardbeach@cwdom.dm](mailto:picardbeach@cwdom.dm)

*Ayohayo Therapy Suite  
& Wellbeing Pavilion*

- ❖ All of treatments done by appointment only
- ❖ Please call us on (+767) 445 5131 or ext: 403 to schedule an appointment.
- ❖ Please give 24 hours notice of cancellation.
- ❖ We ask that you arrive ten minutes prior to treatment for a private consultation with your therapist.
- ❖ **All Prices in US\$ subject to 15% VAT.**
- ❖ Gratuities welcome

### *At the Wellbeing Pavilion*

Pilates Class (50 minutes with 4 – 10 participants)	\$10 p.p.
Private Pilates Session (75 minutes) 1 / 2 people	\$70/\$85

*Please call on #403 to check Instructor schedule as this may vary with the season.*

## *Spa Therapy Menu*

### *Hands, Feet & Face*

Classic Manicure	\$30
French Manicure	\$35
Classic Pedicure	\$35
French Pedicure	\$40
Ayohayo Special Pedicure (with nourishing organic Lemon Grass & Coconut extracts)	\$50
Rejuvenating Facial (60 minutes)	\$85
Eyebrows Shaping	\$20
Bridal Make Up	\$40
Bridal Hair Styling (prices available based on specific requests)	

### *Body Work*

Ayohayo Full Body Massage (with nourishing organic Lemon Grass & Coconut extracts)	\$80
Full Body Massage (60 minutes) With or without aromatic oils 60 minutes, a relaxing, therapeutic experience	\$75
Head-to-Toe Massage (75-minutes) As above with head and face massage included	\$90
Deep Tissue Massage (60/30 minutes) An intense, (sports type) massage to tackle any trouble spots or chronic injuries	\$85/\$45