

Created by: Debra C. Argen

The Spa at The Abaco Club on Winding Bay

Having too much fun playing in paradise can result in the need for recuperative treatments at a Spa, and the [Spa at The Abaco Club on Winding Bay](#) definitely proved to be up the challenge of healing sore muscles.

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Soaking up the tropical sun, playing endless rounds of golf, swimming in the ocean, and kayaking in mid-December 2005 during a pre-winter trip to [The Abaco Club on Winding Bay](#) in Abaco, Bahamas seemed like playing in paradise at the time, but by the next day, Edward F. Nesta's and my muscles started complaining; and loudly at that! Fortunately, The Abaco Club on Winding Bay truly offers the world of luxury amenities for its guests, and has a wonderful Spa, for which I readily made appointments for us to receive much needed massage treatments after a bit of shall we say, overindulging in fun.

Their full-service Spa features Elemis products and a wide selection of treatments including various types of massages (Balinese, Elemis Well-Being, Deep Tissue/Sports Massage, Swedish Massage, Reflexology, Aroma Stone Therapy, Elemis Deep Tissue Back Massage), facials (Mini-facial, Back facial), glows (Elemis Total Glow Self Tanning Treatment, Elemis Lime & Ginger Salt Glow), and wraps (Elemis Exotic Coconut Rub and Milk Wrap, Elemis Exotic Frangipani Body Nourish Wrap, Elemis Musclease Aroma Spa Ocean Wrap, Cellutox Aroma Spa Ocean Wrap), as well as manicures, pedicures and waxing services, but what our bodies really cried out for was massages.



The only hard decision we had to make was selecting which massage treatment would best serve our needs. Their Spa treatment menu with its diverse types of available massages was somewhat confusing, as they all seemed like they would be perfect, but after a consultation with the Spa's massage therapist, Ingrid, it was determined that their Swedish massage, which releases tension, as well as improves the function of the circulatory, lymphatic, muscular and nervous systems, would be the best treatment for our sore muscles. We could hardly wait until it was time for our massage appointments after another round of golf.

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In addition to their treatment services, the Spa also has a steam room and a sauna, as well as a large fully equipped Fitness Center with CYBEX equipment, where the wide expanse of windows provides plenty of natural light and breathtaking views of the Sea of Abaco. There is also a nurse on duty to assist guests with any minor injuries.



Finally, it was time for my massage appointment. After changing into my Spa robe, I accompanied Ingrid into a softly lit treatment room, where the massage table was covered with a pretty fabric, and black and white glamour celebrity photographs graced the walls. I looked up at the stunning photograph of the actress, Audrey Hepburn, as I settled in to enjoy my Swedish massage. I fell asleep during my 50-minute massage, and awoke with my 'batteries' charged as I went off to explore the rest of the Spa, relaxing in the Women's Lounge and surfing the Internet while Edward had his massage treatment.

Feeling too energized to sit around waiting until he finished his massage treatment; I drove our golf cart to the beach, and walked along the soft white-sandy stretch of beach. Afterwards, Edward walked to the beach to join me, where we decided to go out kayaking, since our muscles were fully recovered after our massage treatments. We knew that if we once again overindulged with exercise, the Spa was only a short golf cart ride away, and there were plenty of other treatments yet to experience!

The Abaco Club on Winding Bay

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