



Spa Hours of Operation:
9:00 a.m. – 7:00 p.m. daily

Extension:
Grande: 6030

CHECK IN

Please arrive at least 50 minutes prior to your first scheduled appointment. This will allow you time to check in and prepare for your service. We also encourage you to enjoy the steam, sauna and relaxation areas prior to your treatments.

PERSONAL ITEMS

Please do not bring any valuables, such as jewelry, to the Spa. We recommend that you secure valuables in the safe provided for you in your room. The Spa is not responsible for any lost items while at the facility.

RESERVATIONS

We suggest making your Spa and Salon reservations at least 24 hours in advance, to ensure that you have an opportunity to experience the services during your stay.

CANCELLATION POLICY

We ask that you notify us at least 4 hours in advance if you need to cancel or reschedule. 100% of the value of the service will be charged to your room if less than 4 hours notice is given for a change or cancellation. All Spa Packages require 24-hours notice.

TAX

A mandatory 10% Government Tax will be added to your bill.

A Recommended 15% service charge will be added to your bill.

PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.





GRANDE
SPA

Welcome!

Our aim is to make your vacation experience a memorable one, and our Grande Spa team looks forward to pampering you during your stay.

Grande Spa Your Way

We have a number of relaxing locations to offer you the ultimate Caribbean Spa Experience. You may choose to experience your spa services in our luxurious full-service Grande Spa facilities, or be enveloped by a tropical breeze at one of our lush outdoor locations overlooking the enchanting Caribbean Sea.

Spa Day Pass

Wrap yourself in pure relaxation and rejuvenate with our spa hydrotherapy, which detoxify the skin and lymph system with contrasting warm and cold temperatures.



Massages

SWEDISH

Enjoy this traditional massage with long, soft movements and embrace an atmosphere of absolute relaxation. Perfect for relieving stress and accumulated tension of everyday life by stimulating circulation and oxygenating the body to reach an optimal rest.

REFLEXOLOGY

This is a must for anyone who has tired achy feet. It induces relaxation by manipulating various reflex areas that correspond to individual parts of the body, primarily in the feet. It will relax your entire body.

AROMATHERAPY

A luxurious full body massage using custom-blended essential oils derived from fruits and plants, introduced via the skin and senses. The ultimate massage experience for the balancing of mind, body and spirit.

NECK, BACK AND SHOULDER MASSAGE

This massage will take you to a total state of relaxation, increasing circulation, and at the same time alleviating build up pain and stress in joints and muscles.

COMBINATION

40 minutes Swedish and 40 minutes Reflexology.

SPORTS MASSAGE

This massage is focused on optimizing the mobility of your joints and connective tissues to improve circulation and recover elasticity to the body, which may decrease with exercise or poor posture. Your energy will find its balance and well-being again thanks to the medium pressure and stretching techniques of this vitalizing massage.

HIMALAYAN SALT STONE MASSAGE

Allow these hand carved organic salt stones to gently soothe away all accumulation of stress and tension in the body and mind. When heated these stones produce negative ions which create a sense of peace and deep relaxation. The heat from the salt melts fascia to provide a deeper muscle release and assists with soothing inflamed joints. The sea salt will also moisturize and plump the skin while providing an alkaline detox for the body.

ANCIENT HOT STONE MASSAGE

Reach an energy balance to improve your integral well-being with this traditional massage. The ancient stone technique focuses on healing the body using temperature and massage. By placing hot river stones over specific body areas, the blood vessels dilate and thus revitalize the lymphatic system, improve circulation and oxygenate body cells.

DEEP TISSUE

Take yourself to a state of absolute well-being with this deep tissue massage, ideal for relieving the effects of stress and releasing all that your body retains. This massage helps to ease long-suffered, deep contractures accumulated over the years, improves circulation and accelerates the stress-recovering mechanism of the body by connecting with its vital force.

PRENATAL MASSAGE

Prenatal massage is a healthy way to reduce stress, promote overall wellness and also relieves many of the normal discomfort due to pregnancy as backaches, stiff neck, leg cramps and headaches.

BAMBOO MASSAGE "Signature GRANDE Massage"

Your body will love this revitalizing experience which includes a combination of deep tissue and Swedish massages using heated bamboo to roll and knead the tissue to create an extreme sensation of relaxation and well-being. Bamboo massage is a powerful preventative therapy against modern-day stress and to aid relief from many physical and emotional problems.





Body Treatments

BLUE MOUNTAIN COFFEE SCRUB "Signature Grande Scrub"

A great pick-me-upper. Inspired by Jamaica's famous coffee beans, this invigorating scrub vitalizes while stimulating skin and spirit, bringing forth a natural glow.

ORTANIQUE SCRUB

Native to Jamaica the word "ortanique" was coined combining "orange, tangerine, and unique." A tropical papaya pineapple body polish to exfoliate, brighten, and hydrate. Once cleansed, we drench your skin with local honey and cocoa butter, to protect you from sun damage while firming and toning the body.

DETOX CELLULITE HERBAL MUD TREATMENT

Reveal a firmer more even-textured skin from minerals from an underground thermal lake which has been boiling and fermenting for centuries, creating a highly potent blend of Sulfur, spring water and phytoestrogens. These elements have been combined into a Herbal Mud Masque that is used to detoxify and stimulate the lymphatic system, releasing toxins and excess fluids from the skin. The body is first dry-brushed to loosen dead skin debris, cleansed and then treated to prepare for a herbal masque and wrap. The body will get extremely spicy as circulation increases. Cool water will rinse away all herbal extracts. A highly effective and stimulating treatment that can be done twice a week as part of an ongoing program for long term results.

SEAWEED WRAP

Oxygenate, remineralize, and purify with french sea clay, soothing atlantic seaweed, and antioxidant rich green tea extract. This body wrap reduces inflammation, rough skin, and toxicity while instilling calming botanicals and deep nourishment. Absorb the magic of the Earth's oceans and emerge beautifully balanced.

AFTER SUN TREATMENT

Calm skin after exposure to the elements and strengthen it from within. With vitamin rich ingredients your skin will be revived and rejuvenated. Finished with an application of Aloe Vera to lock in moisture to keep even the most damaged skin, feeling soft smooth and youthful.

Beauty Salon

NAIL SERVICES

Manicures, pedicures, nail repair, along with full range of signature services that will leave your hands kissably soft and your feet smooth and silky.

PARAFFIN TREATMENT

Enjoy our warm paraffin wax a vitamin-rich melted mask to help soften, rehydrate and protect your hands and feet. This ultimate pampering experience can be incorporated into any of our services.

BODY WAXING

Using a gentle wax for the effective removal of unwanted hair. It is strongly recommended that you avoid the sun for at least 8 hours prior to having this service.

HAIR SERVICES

Our expert hair stylists are pleased to offer a full range of services, including the very best in Moroccan Oil deep conditioning and texture enhancement treatments, as well as cutting and styling. Hair braiding services are also available.

MAKE-UP APPLICATION

We will help you achieve the perfect look for that special occasion.

Facial

BEFORE AND AFTER THE SUN FACIAL

A sun worshippers dream! This facial is designed to prepare your skin for a day in the sun as well as treat it afterwards! Natural healing properties will heal and treat any sun damage to the skin while still protecting your skin from the sun.

LED LIGHT THERAPY

LED Blue & Red light therapy boosts collagen production, firms the skin, treats mild to moderate acne, killing acne producing bacteria and also provides the benefit of anti-aging.

BRIGHT EYES! ORGANIC EYE TREATMENT

This add-on treatment will significantly improve your overall facial experience with great results by gently but effectively treating and minimizing fine lines, wrinkle, puffiness, skin tones and dark circles.

ORGANIC LIP TREATMENT

Discover how the rich Shea Butter treatment works to heal your lips and break the drying cycle of petroleum based cosmetics.

ELEVATION ANTI-AGING FACIAL

Ideal for skin types concerned with pigmentation, fine lines, wrinkles, and a loss of elasticity, this result driven facial utilizes a unique protein enzyme to stimulate cellular turnover and dramatically improve the skin's appearance. A double masking will induce collagen production to increase textural clarity and tone.

EARTH CLAY PURIFICATION FACIAL

Achieve deep detoxification and absorb excess oil known to product acne with an award winning combination of exfoliating enzymes, sulfur, bee propolis resulting in a noticeably clearer complexion.

SUPERFRUIT ANTI-OXIDANT FACIAL

Surrender yourself to an exotic cocktail of Goji, Pomegranate, Acai, and Bilberry as these deliciously aromatic superfruits dissolve away dull lifeless skin. Global ingredients by Epicuren are paired with deeply hydrating aloe vera, cucumber, green tea, and seaweed, this natural facial is packed full of vitamin C, minerals, proteins, and age-defying antioxidants.



Spa Rituals

GRANDE HARMONY

Your body will love this revitalizing experience; a relaxing body exfoliation to soften and smooth the skin, to be followed by a mini cleansing facial that will leave you looking fresh and radiant. This delicious experience ends with a full body massage improving your circulation and stimulating your lymphatic system.

WRAPPED UP IN GRANDE

Enjoy a sensory stimulation with a dry brushing of the body to stimulate the removal of dead skin debris; to leave it radiant and ready to absorb the benefits of a cocoon-like wrap with minerals. An aromatherapy massage is next, using oils to energize your senses and revitalize your skin.

COUPLES ROMANEZ AND BUBBLEZ (AVAILABLE AT GRANDE SPA ONLY)

Rekindle the romance with this just for two package that have been specially designed for both of you to enjoy. Begin your romantic escape with a hydrating soak in a bubble bath, whilst sipping on sparkling wine. Refresh with a full body 50 minutes relaxing massage using essential oils rich in antioxidants.

COUPLES MASSAGE

Enjoy a relaxing side-by-side full body massage in one of our deluxe couple's treatment rooms; revitalizing blood system functions and oxygenating your body cells. You will both feel light, happy and refreshed for the rest of your vacation.

JAMAICAN RUM SCRUB "Signature Grande Rituals"

Experience the elements of the Jamaican culture in this specialized package. This consists of an energizing Jamaican Appleton Rum infused scrub, softening the skin and prepping to receive a hemp oil massage; which will eliminate toxins and stimulate circulation. You will feel completely relaxed and IRIE.

COUPLES GRANDE INDULGENCE SPA RITUALS "Signature Grande Rituals"

Jamaican coconut and brown sugar scrub will eliminate dead skin cells and encourage vibrant skin tone. After a rinse your skin is ready to drink in a creamy coconut milk bath this experience ends with a full body himalayan salt stone 50 min massage (Includes saltroom 15 min therapy before service)

Teenz Kids Menu (5-16 years)

TEENZ SWEET MANICURE

TEENZ SAVORY PEDICURE

TEENZ CHOCOLATE WRAP OR SCRUB

TEENZ GRANDE FACIAL

TEENZ AROMA MASSAGE

Spa Wellness Enhancements

LEMONGRASS AYURVEDIC MASSAGE

Known in Jamaica as 'Fever Grass' this herb is used for treatment called 'Abhyanga,' meaning; oil massage. Warm oil will be massaged into joints with concentration on lymphatic drainage. This healing therapy balances the energy channels while toning connective tissues and activating the metabolism.

GOLDEN QUARTZ THERAPY MASSAGE

Immerse yourself in the healing warmth of the quartz table as Himalayan singing bowls are sung to bring powerful vibration with healing frequency to align and balance energy points throughout the body. Warm quartz-filled poultices are pressed along the back providing soothing heat before a full body massage.

AYURVEDIC SHIRODHARA

Meant to relax and unite the mind and body this treatment involves a warm and consistent flow of organic aromatic oils centered at the chakra point just above and between the eyebrows. Oils are then allowed to cascade over the scalp and through the hair, creating a blissful sensation unlike any other. This age old remedy not only promises to nourish and condition the hair, but provides unsurpassed stress relief for those looking to realign their energy and rejuvenate their spirit.

SINUS THERAPY

This signature treatment combines all sinus points beginning with an acupressure face massage and lymphatic drainage, reflexology of the hands and feet. A steam of local peppermint and eucalyptus oil will open up the nasal passage ways while an energizing compression back massage clears the system.

THAI THERAPY

Thai massage uses gentle pressure and stretching techniques to relax the whole body. Unlike Swedish massage techniques, in which a person passively lies on a bed, the client lies on the floor and participates more actively in the massage. The techniques used improve range of motion, circulation, boost energy and relieve stress.

ONCOLOGY MASSAGE

Oncology massage is a form of non-invasive, compassionate touch, that causes no pain. Oncology massage uses light touch and slow, steady movements, working with the central nervous system to help the body relax. The massage helps to tolerate cancer treatment side effects, improve sleep, helps lessen chemotherapy-induced peripheral neuropathy (numbness) and also chemotherapy-related nausea.

CBD MASSAGE

CBD acts as an analgesic and anti-inflammatory and reduces pain and inflammation creating a soothing and relaxing massage experience. CBD massages can be helpful for dealing with muscle inflammation, circulation issues, chronic pain, arthritis, headaches.