

## SPAS OF THE RITZ-CARLTON

Amelia Island  
Bachelor Gulch  
Bahrain  
Bali  
Beijing, Financial Street  
Cancun  
Doha  
Dubai  
Grand Cayman (La Prairie)  
Half Moon Bay  
Huntington Hotel  
Istanbul  
Rose Hall, Jamaica  
Key Biscayne  
Laguna Niguel  
Lake Las Vegas  
Naples  
New Orleans  
Orlando, Grande Lakes  
Penha Longa  
Reynolds Plantation  
San Juan  
Sarasota  
Sharm El Sheikh  
South Beach

## BOUTIQUE & DAY SPAS OF THE RITZ-CARLTON

Berlin (La Prairie)  
Coconut Grove, Miami  
Georgetown  
Kapalua  
New York, Central Park (La Prairie)  
St. Thomas  
Tysons Corner  
Wolfsburg

### THE RITZ-CARLTON SPA, ROSE HALL, JAMAICA

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THE RITZ-CARLTON  
[ ROSE HALL, JAMAICA ]





INDULGE

Infused with inspirations from Jamaica's lush West Indies environs, [The Ritz-Carlton Spa, Rose Hall, Jamaica](#) is a soothing sanctuary that enlivens the senses and revitalizes the spirit. Elegant mahogany furnishings, cool Caribbean colors and relaxing island sounds envelop guests in tropical [LUXURY](#), while signature treatments and therapies [RELAX](#) the mind and [SOOTHE](#) the body.

The Spa's highly trained staff offers a unique selection of massage therapies; hydrotherapies; mineralizing and detoxifying therapies; and skin, hair and nail care services using exotic ingredients such as fresh allspice, delicate hibiscus and sweet star apple. Guests find respite in 11 private treatment rooms, a fully equipped Fitness Center, a sauna, a steam room and a cozy relaxation lounge.

## RENEWAL AND RESTORATION

Essential to health and well-being, exfoliation allows the body an opportunity to rebalance from the inside out, leaving the skin bright, awakened and glowing.

**Island Aloe Cool Wrap** - Calms irritated or sunburned skin with a soothing application of aloe tea tree gel, followed by a cooling wrap of iced linens. An application of aloe and rosehip lotion re-hydrates the body. 60 minutes

**Tropical Carrot Cake Wrap** - Organic grains and spices gently exfoliate the skin, followed by an application of nourishing Carrot Cake Vitamin Mask and a re-hydrating wrap incorporating layers of honey, lemon, clove and vanilla. 60 minutes

**Cell-u-less Herbal Wrap** - A blend of herbs, spices and bioflavonoids are used to melt cellulite through high-blood circulation, followed by deep tissue massage with a firming Cinnamon Paprika Body Lotion to nourish and renew the skin. 60 minutes

**Pear-fect Sugar Scrub & Body Wrap** - A soothing cup of pear and green apple tea warms you from the inside as it prepares the body for a revitalizing exfoliant made from a mixture of pear and organic sugarcane. 60 minutes

**Jamaican Coffee Body Scrub** - A rich texture of Jamaican coffee and sugarcane is applied to the entire body to heal, soften and restore the skin. 60 minutes

**Sugarcane Body Polish** - Jamaican sugarcane and fine white sand are combined to create a rich foaming cream applied to the entire body to heal and soften skin. 60 minutes

**Pumpkin & Yam Enzyme Body Scrub** - An enzymatic treatment for the body begins with a Pumpkin and Yam peel that gently removes dead skin cells, followed by an invigorating 10-grain scrub. 45 minutes

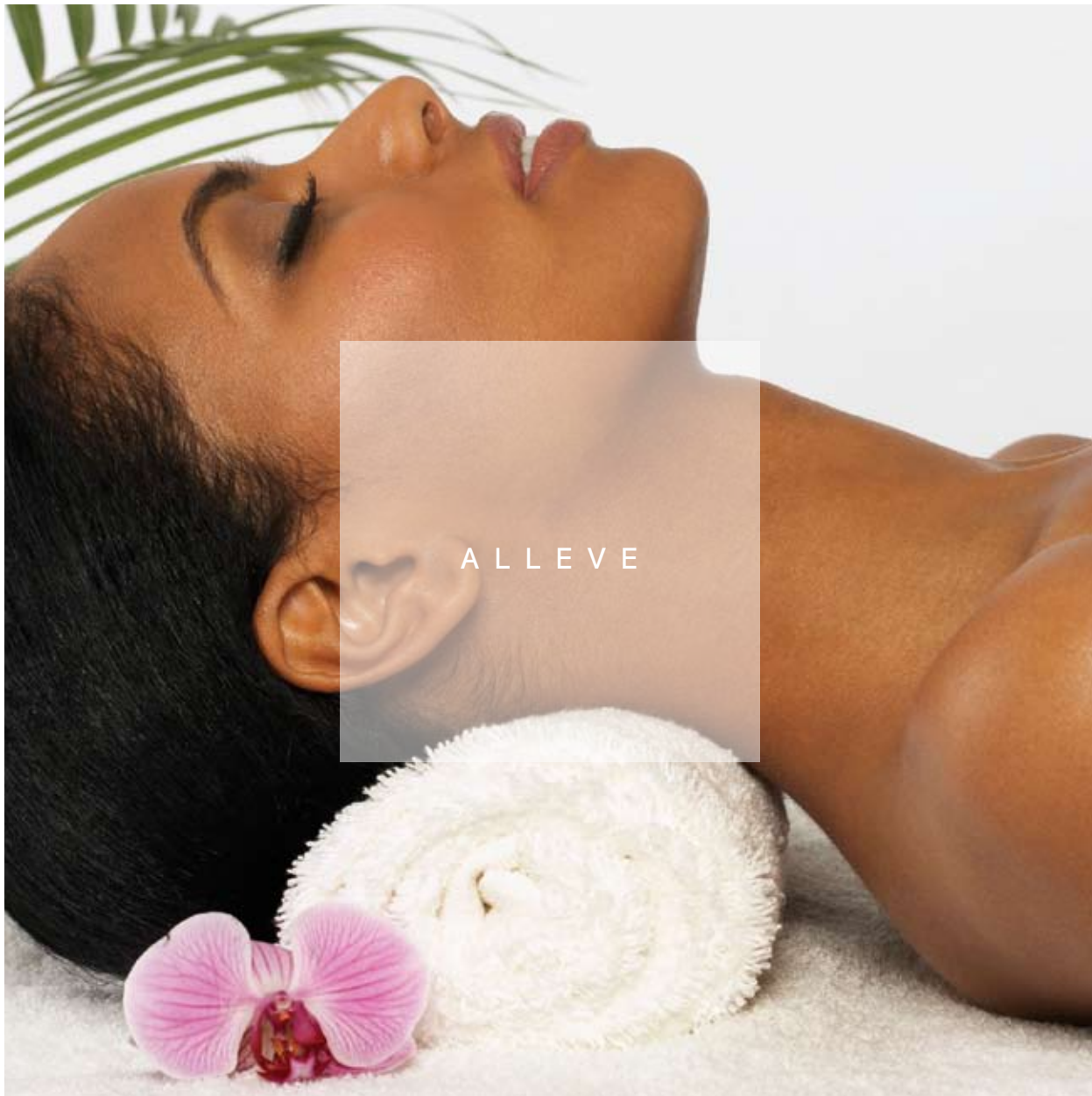
**Chocolate N' Cherries Organic Wrap** - In this skin-softening treatment, Hungarian cocoa is blended with cherries to elicit the emergence of fresh, tightened and renewed skin. 75 minutes

**Caribbean Salt Scrub** - Feel stress leave your body as your skin is gently buffed using a blend of mineral-rich sea salts, trace elements and citrus aromatherapy oils to remove impurities, dead skin cells and stimulate circulation. 60 minutes

**The Hungarian Hot N' Cold Experience** - The beneficial effects of soothing lemon tea enhanced by an invigorating steam bath begin this rejuvenation treatment. A cooling application of mineral-rich Hungarian Herbal Mud and Clay creates the ultimate relaxation for body, mind and spirit, followed by a wrap to release toxins from the skin. 75 minutes

**Stonecrop Body Wrap** - An effective skin-lightening treatment that utilizes Stonecrop, a member of the succulent plant related to aloe, to calm the most irritated and sensitive skin. 45 minutes





ALLEVE

## SEA OF SERENITY

Restoring physical and mental well-being, massage gently renews the body as it succumbs to relaxation and healing.

### **The Ritz-Carlton Signature Massage** -

Swedish massage designed to relieve muscle tension, improve circulation and bring relaxation to the mind, body and spirit. 50 and 80 minutes

### **Island Aromatherapy Massage** - A

Swedish massage incorporating Jamaican aromatic oils that penetrate the skin through the lymphatic and nervous systems. 50 or 80 minutes

### **Deep Tissue Massage** - Specialized,

focused and intense techniques reach deep muscle layers and address points of attachment and belly of the muscles. 80-minutes recommended for the full effect on muscles. 50 minutes and 80 minutes

### **Caribbean Sea Shell Massage** - This

unique relaxation treatment uses Hawaiian Lomi-Lomi technique to gently glide sea shells over the body in fluid, rhythmic movements. 50 or 80 minutes

### **Four Hands Massage** - This ultimate

relaxation massage uses two expert technicians conducting a rhythm of movements in synchronization and composition on the entire body. 50 minutes

### **Close to you Couple's Massage** -

Appropriate for couples, friends or relatives and guarantees a unique experience in the comfort of a private Couple's treatment room for two. 50 and 80 minutes

### **Reflexology** - Based on the theory that

energy zones run throughout the body, this technique involves pressing on reflex points on the feet, which stimulates the corresponding organs, glands or body parts improving circulation, relaxing and balancing the body as a whole. 30 minutes (hands or feet) and 50 minutes (hands and feet)

### **Tropical Bamboo Massage** - Various

lengths of Jamaican bamboo are used to release muscular tension, enhance circulation and relieve stress, leaving the body completely relaxed. 50 and 80 minutes

### **Tropical Heat Stone Massage** - Heated

flat stones massage the body Swedish style to aid relaxation and stimulate circulation. 50 and 80 minutes

### **Beachside/Balcony Massage** - A relaxing

massage amid the tropical breezes of the beach, or in the privacy of your guest room. 50 and 80 minutes

### **Maternity Massage** - A light, soothing

massage for mothers-to-be that relieves lower back discomfort, water retention, sciatica and fatigue. Specially suited for second and third trimester expectant mothers. 50 minutes

## PURE RADIANCE

Beautiful skin rejuvenates body, mind and spirit. A variety of soothing, gentle facial treatments can help improve skin tone, texture and appearance, resulting in a general glowing from the outside in.

**Tropical Fruit & Bulgarian Rose Signature Facial** - A deeply relaxing treatment that incorporates local fruits, Bulgarian Roses and Almonds combined with Eminence's Hungarian skincare products to radiate the skin. 75 minutes

**Alpha/Beta Facial with Hydra Mask** - A synergistic blend of alpha beta hydroxyl acids that immediately improves the density, texture and tone of skin. 50 minutes

**Alpha Beta Peel** - The perfect treatment before a special night out, this peel combines alpha beta hydroxyl acids to help reduce fine lines and wrinkles, and control acne and rosacea. 30 minutes

**Apple & Paprika Facial** - An amazing exfoliation facial that uses the natural AHA's found in apples and grapes to remove dry dead skin and clear clogged pores. 75 minutes

**Ageless Beauty** - This unique combination of lemon-lime antioxidant gel, algae and natural phyto-estrogen balances hormonal levels in the skin to increase collagen and elastin, prevents hormonal breakouts and gives skin clarity while increasing circulation. (Not for sensitive skin.) 75 minutes

**Sensitive Skin Facial** - This botanical treatment is designed to nurture the most sensitive, irritated and inflamed skin leaving it calm, hydrated and naturally beautiful. Maize gently removes dead skin while Calendula soothes and nourishes, leaving a dewy complexion. 50 minutes

**The Pear-fect Facial** - Ideal for all skin types, this treatment incorporates Organic Microdermabrasion utilizing pears, poppy seeds, sand taken from thermal spring lakes and refined crushed walnuts, evens skin tone and stimulates new skin cell growth by removing surface build up of dead skin. 50 minutes

**Chocolate Jubilee Facial** - A unique combination of organic Hungarian Cocoa stimulates the senses, tightens and vitalizes the complexion with its high antioxidant content. 75 minutes





## GENTLEMEN ONLY

Experience one or more of many exceptional Spa services just for men that will leave you feeling refreshed and renewed.

### **Gentlemen's Signature Massage** -

A primarily Swedish massage that incorporates deep tissue techniques to relieve muscle tension, improve circulation and promote relaxation. 50 and 80 minutes

**Deep Tissue Massage** - Incorporates a variety of techniques to increase intensity and target underlying muscle groups where tension may hide. 50 and 80 minutes

**Gentlemen's Face Peel** - This treatment fights aging and combats men's unique skincare concerns. It deep cleanses and soothes the effects of daily shaving by eliminating razor burns and ingrown hairs and improves skin texture, firmness and vitality. 50 minutes

**Gentlemen's Facial** - A real man's facial using natural organic products especially selected for a man's skin and individual needs. 50 minutes

**Gentlemen's Organic Retreat** - This treatment is excellent for all skin types including those suffering from over exposure to the sun. Finely crushed almonds and minerals gently exfoliate, detoxify and cleanse while stonecrop re-hydrates as it is massaged into the skin. Minutes???

**Caribbean Salt Glow**- Feel stress melt away as your skin is gently buffed using a blend of mineral-rich sea salts, trace elements and citrus aromatherapy oils to remove impurities, dead skin cells and stimulate circulation. 60 minutes

**White Witch Hand Treatment and Manicure** - Cuticles are softened in a soothing warm bath, and hands and arms are exfoliated, toned and massaged. The hands are then bathed in a warm paraffin mask to improve circulation and regenerate the skin. 55 minutes

**White Witch Foot Treatment and Pedicure** - A stimulating foot soak increases circulation, deodorizes and eliminates bacteria. Gentle exfoliation is followed by a paraffin bath and a massage with an active cooling gel, which eases heaviness and reduces swelling. 55 minutes

## POLISHED TO PERFECTION

Indulge your hands and feet in the lavishing touch of gentle massage, exhilarating exfoliation and a perfect application of polish.

**Aromatherapy Spa Manicure** - This relaxing, aromatic hand bath uses purifying essential oils to soothe and sanitize hands, strengthen and nourish nails, and soften cuticles. 55 minutes

**Aromatherapy Spa Pedicure** - Thousands of tiny water bubbles massage and soothe the feet in a bath of aromatic, purifying essential oils. 55 minutes

**Pear-fect Green Apple Manicure/ Pedicure** - This lavishing treatment starts with a soak in organic fruits and yogurt to wake up tired feet, before a gentle scrub with your choice of exfoliant. A pampering foot and calf massage is followed by a careful application of polish. Manicure 45 minutes/ Pedicure 50 minutes

**Stonecrop Anti Spot Manicure/Pedicure** - This treatment helps to reduce pigmentation spots on the hands and feet using stonecrops which naturally regulate melanin in the cells. Manicure 30 minutes/ Pedicure 50 minutes

**Stonecrop Anti Spot Manicure/ Pedicure** - Skin is cleansed and exfoliated with organic lemons and rosehips to remove dead cells, before a succulent masque of stone crops, parsley and cucumbers wrapped in hot towels is applied. Manicure 45/ Pedicure 50 minutes

**White Witch Hand Treatment and Manicure** - Cuticles are softened in a soothing warm bath, and hands and arms are exfoliated, toned and massaged. 55 minutes

**White Witch Foot Treatment and Pedicure** - A stimulating foot-soak increases circulation while eliminating bacteria. Gentle exfoliation is followed by a paraffin bath and a massage with an active cooling gel, which eases heaviness and reduces swelling. 55 minutes

**Rose Hall Manicure** - This classic European treatment begins with a full exfoliation of the hands, followed by a moisturizing hand massage and therapeutic hand and nail care. 25 minutes

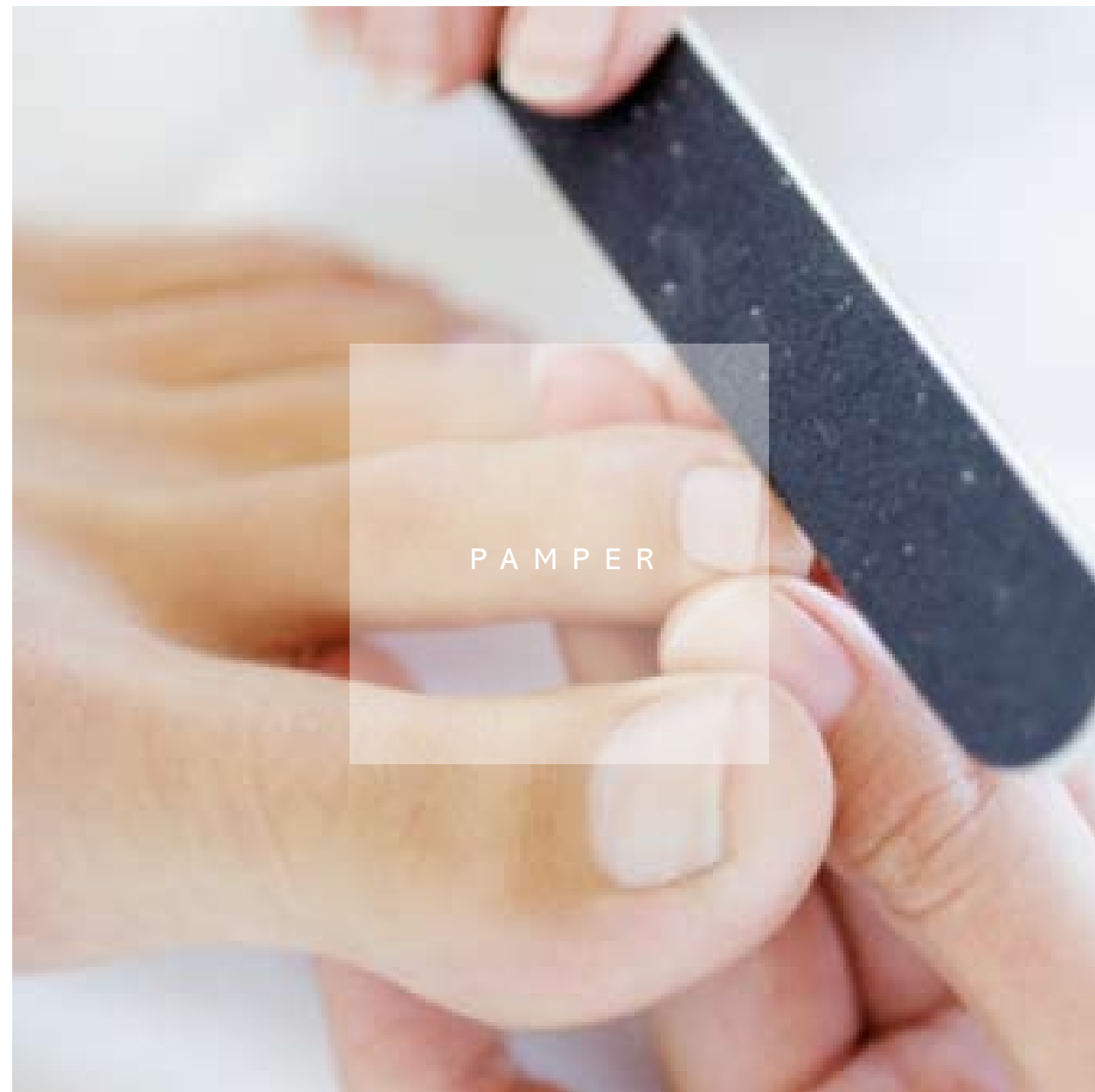
**Rose Hall Pedicure** - A classic European leg and foot treatment that includes exfoliation, massage and a soak in a warm whirlpool footbath. Therapeutic foot and toenail care is the finishing touch. 40 minutes

**Paraffin Treatment for Hands and Feet** - Improves dehydrated skin with gentle exfoliation followed by a paraffin bath that locks in moisture, enhances skin tone and improves elasticity. 30 minutes

*Additional nail services including French manicure, polish change and acrylics are also available.*

*A full array of makeup application services and lessons is offered, along with low-temperature waxing services that use special soothing agents to reduce discomfort.*

*Waxing services are available for the chin, lip, brow, underarms, bikini, feet, back, half arms, full arms, half legs or full legs. 15 to 60 minutes*





## NOURISHING NUTRIENTS

A healthy scalp is the secret to healthy hair. Using a combination of various massage techniques, essential oils and plant extracts, treatments specific to individual needs are applied to the scalp to regenerate and treat the root of the problem.

**Full Body Treatment** - A powerful formula which gives maximum fullness and bounce to fine, dry hair. Ideal before a special event or a night on the town. 60 minutes

**Karite Deep Conditioning Treatment** - Karite butter is a softening and nourishing agent that gives volume to the roots and smoothness to the hair shaft for renewed suppleness and shine. 60 minutes

**Nourishing Carthame Treatment** - This treatment combines the essential oil of orange, vitamin E and safflower oil, a plant-based extract containing nutrients that nourish dry hair and a dry, tight scalp. 90 minutes

**Curbicia Oil Control Treatment** - Extracts of squash seeds, cleansing sage and pine essential oils are used to give volume and shine to hair left lifeless by excess oil. 90 minutes

**Okara Protein Treatment** - A concentrated protein from soybeans restores shine and bounce to chemically treated hair. Sensitive hair requires gentle cleansing and in-depth restructuring. 90 minutes

**The Caviar Hair Treatment** - Caviar extract increases hair elasticity and strength, restores healthy luster, and protects hair from the effects of aging. 60 minutes

**Anti-flaking Melaluca Treatment** - Melaluca, also known as tea tree, is combined with soothing camphor and zinc to gently cleanse the scalp and calm itching. 90 minutes



## JAMAICAN MEMORIES SPA PACKAGES

Unwind in ultimate luxury with a spa package that will create lasting memories of your time in exotic Jamaica.

**Gentleman's Facial** - Escape the White Witch - A three-hour treatment designed especially for the golfer after a challenging day on the White Witch Course. Revitalizes tired feet, nourishes the skin and unwinds sore muscles. Approximately three hours. Package includes:

- The Ritz-Carlton, Rose Hall Massage
- The Ritz-Carlton Signature Facial
- White Witch Foot Treatment and Pedicure

**Bountiful Blue Mountains** - The harvest of the Jamaican Blue Mountains allows spirits to soar, then gently float down to a greater sense of relaxation and well-being during this two-hour escape. Approximately two hours. Package includes:

- Sugarcane Body Scrub
- Blue Mountain Hydrotherapy Bath
- Island Aroma Massage

**One Love, One Heart** - The deluxe Couple's Spa Treatment Suite is the setting for a romantic one and one-half hour Jamaican memory for two. A relaxing experience to nourish the bodies and relax the souls. Approximately 90 minutes. Package includes:

- The Ritz-Carlton, Rose Hall Personalized Massages for Two
- Hydrotherapy Bath for Two

### **The Rose Hall Ritual for Two** -

A quartet of services in the deluxe Couple's Spa Treatment Suite restores the souls. Approximately two hours. Ritual includes:

- Sugarcane Body Scrub
- Island Aromatherapy Massage
- Hydrotherapy Bath for Two in Jamaican Bath Elixir and under), 30 minutes

*Bridal packages are also offered and can be tailored to individual preferences. Spa Reservation Agents can assist in planning an ideal Spa experience.*

## ENHANCEMENTS

Scalp Massage  
Stimulating Leg and Foot Massage  
Enzyme Peel for Hands  
Enzyme Peel for Feet  
French Polish  
Intensive Eye Treatment  
Intensive Lip treatment  
Coffee Foot Scrub



## SPA GUIDELINES

The Ritz-Carlton Members Spa Club is a private facility for the exclusive use of members of The Ritz-Carlton Members Club. Hotel guests of The Ritz-Carlton Spa, Rose Hill, Jamaica may enjoy the privileges of membership during their stays. These privileges are extended to hotel guests only from time of check-in until checkout and departure from the hotel.

Spa reservations agents will be delighted to assist in planning your Spa experience, including the best sequence and combination of treatments. When making reservations, please let us know if you have high blood pressure, allergies, physical disabilities, are pregnant or have any other health concerns.

Guests of The Ritz-Carlton Members Spa Club must be at least 18 years of age to experience a Spa treatment.

Most body treatments are enjoyed without clothing; however, please wear whatever is most comfortable for you. During all treatments, the body is fully draped except for the area being worked on. Robes and slippers are provided.

If you are a guest of the resort, please leave valuable items in the safe in your guest room. Otherwise, lockers are available for your personal items. We request that cell phones and pagers be turned off.

Shaving is recommended but not necessary for gentlemen prior to a facial. If you choose to shave prior to your facial, be sure to do so at least two hours before your appointment time. Shaving is not recommended prior to body treatments or hair removal services.

We encourage you to arrive 30 minutes before your scheduled treatment to allow time to experience our

Relaxation Sanctuary. Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so the next guest is not delayed, and the full value of your treatment will be charged.

All major credit cards and travelers checks are accepted for Spa services, or services may be charged to your hotel bill or member account. Payment is accepted prior to treatments, at your request. Please present discounts, gift vouchers and gift certificates at the time services are rendered. Discounts do not apply to Spa packages, promotions, special events or holidays. Treatments and services are subject to change without notice.

For your convenience, a 20 percent service charge will be added to your service. Alternatively, you may select a gratuity of your choice when your bill is presented for your review.

Our policy is to share three percent of the amount billed for services with our support staff; the balance of the gratuity goes to the professional providing your service.

## CANCELLATION POLICY

If you must cancel or reschedule your Spa appointment, please notify us at least six hours before your appointment time to avoid being charged the full value of your service. If you need to reschedule your scheduled Spa appointment and you are within the six-hour cancellation time, a \$35 move fee will be applied to your completed service check. Spa packages and tennis lessons must be cancelled at least 24 hours in advance.



THE RITZ-CARLTON  
[ ROSE HALL, JAMAICA ]  
*Spa*