

The following spa treatments have been designed to be enjoyed in the privacy of your JADE MOUNTAIN sanctuary. If you have any special requests, please do not hesitate to ask.



The Ultimate “Forget The Outside World” Treatment

Especially recommended for all those who simply can't let go! We therefore suggest that you sign up for this treatment early on during your stay so that we may help you in making the most of your holiday! This tantalizing 105 minute anti-stress treatment combines a 35 minute back and leg massage with a simultaneous facial masque and foot reflexology treatment, followed by a pressure point facial massage, continuing on to an intense scalp and neck massage.

105 minutes \$197.00 U.S.

Anpagal

ANPAGAL (patois/creole for TOGETHER) is based on the principles of an Abhyanga massage: This double massage will be a very luxurious and de-toxing experience for all that receive it. Abhyanga is a brisk massage and oleation technique performed by two therapists working in rhythmic tandem with special attention to feet and hands. Abhyanga is a massage that is specific for nourishing the skin lubrication the tissues/joints and balancing the subtle energies of the body. Abhyanga is an important step in preparing for or when going through a cleanse: the strokes and oils help to remove stagnant, sticky toxins from the tissues while directing them to the areas of elimination. One of the many benefits of this treatment is the building of body awareness and the preservation of youthful qualities

Our therapists studied and practiced this treatment for several months prior to making it available for your enjoyment.

75 minutes \$ 242.00 U.S.

Menage-A-Spa

Let us pamper you JADE MOUNTAIN style – three therapists will perform our famous Ménage-a-Spa simultaneously. Menage-a-Spa includes a deluxe manicure, deluxe pedicure and a facial suited to your skin type.

90 minutes \$231.00 US (three therapists)



The Alchemy Of Two - A Romantic Ritual for Couples

"Aromantic spa ritual for couples to celebrate the gift of being together. The treatment begins with a play on the roles of giving and receiving in the relationship as the participants relax in a hot tub containing Body Bliss Elixir Male and Elixir Female Oils, sharing a variety of delicious treats and poetry. This is followed by a synchronous massage with Tantra Vibrational Oil as the couple lies side by side. The journey concludes as the man is anointed with Elixir Male and the woman with Elixir Female on specific energy gateways on the body."

This treatment starts with a bath which is taken alternately by the partners (if they wish they can enjoy the bath together). Both take a shower and one of them steps in the bath and takes the role of "receiver". The other (the "giver") pours the Male and Female Bath Elixir simultaneously into the bath and gives time for the other to receive the oils, energies and fragrances. Now the "giver" is invited to experiment with his/her role using the rose petals, pouring champagne or water for the other, or pampering the other with chocolate or fruits. The folder with poems is available to chose a love poem and read it to the other. After 10 or 15 minutes they exchange roles. When they have exchanged the bath ritual they receive a synchronous massage with the Vibrational Tantra Oil. This Oil is tuned to the 7 Chakras; it helps to relax and to harmonize the energy flow between all the chakras. The Tantra Vibrational Massage Oil is a perfectly balanced blend of Elixir Male and Elixir Female and in this blend the masculine opens to the feminine, the feminine to the masculine. Finally the therapists apply a few drops of Elixir Male to the soles of the feet, the solar plexus and the temples of the man, and a few drops of Elixir Female to the belly, heart and crown of the head of the woman.

110 minutes \$ 539.00 U.S.

Aromatherapy Herbal Wrap Healing Organic Aromatherapy Just for You

"Experience the power of organic aromatherapy, blended just for you to suit this moment in time. Using the world's finest organic and wild harvested essential oils, enjoy a full body aromatherapy massage followed by a cocoon wrap to enable you to absorb their healing aromatic power. Then take home the blend to make the moment linger."

1 hour \$99.00 U.S.

Couples Massage

Enjoy 2 simultaneous 50 minute Swedish massages. Tables are positioned so that you can hold hands even during the treatments.

50 minutes \$ 176.00 U.S.

Deep Tissue Massage

This massage incorporates a variety of techniques using deeper strokes to alleviate discomfort in specific areas. Very therapeutic, great for chronic pain

1 hour \$115.00 U.S. 90 minutes \$164.00 U.S.

Mini Massage Course For Couples

Learn the basic strokes of Swedish Massage. Enjoy this fun filled 2 hours and receive your instruction manual and oil after your course to get you started!

2 hours \$ 176.00 U.S.

Aromatherapy

This light rhythmic massage will ease stressed muscles by using only the purest essential oils drawn from plants, herbs and flowers to induce relaxation of the nervous system and beautify the skin.

1 hour \$103.00 U.S.

Shiatsu

Shiatsu is a distinct Japanese contribution to holistic healthcare. Shiatsu is primarily pressure, usually applied with thumbs and elbows along the meridian body energy lines, improving organ function and reducing muscle tension.

1 hour \$115.00 U.S. 90 minutes \$154.00 U.S.

Foot Reflexology

Just like in shiatsu, this technique is based on the theory that energy zones run throughout the body. By pressing on certain reflex points on the feet. It stimulates the corresponding organs, glands or body parts improving circulation, relaxing and balancing the body as a whole. Guaranteed to put you to sleep.

1 hour \$84.00 U.S.

Deluxe Pedicure

This treatment includes our special Spa Pedicure aromatherapy products. Start by soaking your feet in a sea weed foot bath with special sea rocks containing Tea Tree Oil, fragrance Eucalyptus Oil, softening Rice Bran Oil, Dead Sea Salts ad Vitamin E. After the exfoliating sea scrub, enjoy a rejuvenation marine aromatherapy foot masque with hydrating sea extracts, conditioning mineral clays and soothing botanicals, while at the same time receiving a brief neck and scalp massage. Leaves your feet feeling soft, moisturized and cool for hours.

75 minutes \$70.00 U.S.

Deluxe Manicure

Includes special Spa Manicure Crystal Exfoliating System to remove dead skin cells after removing the Finishing Lotion is applied to the hands and while hands are enclosed in mitts for penetration the head neck and shoulders are massaged.

1 hour \$60.00 U.S.



All prices are subject to 10% service charge. Please know that cancellation of pre- booked treatments within 24 hours prior to treatment time may attract a 50% cancellation charge. No show at treatment time will result in full treatment charge.