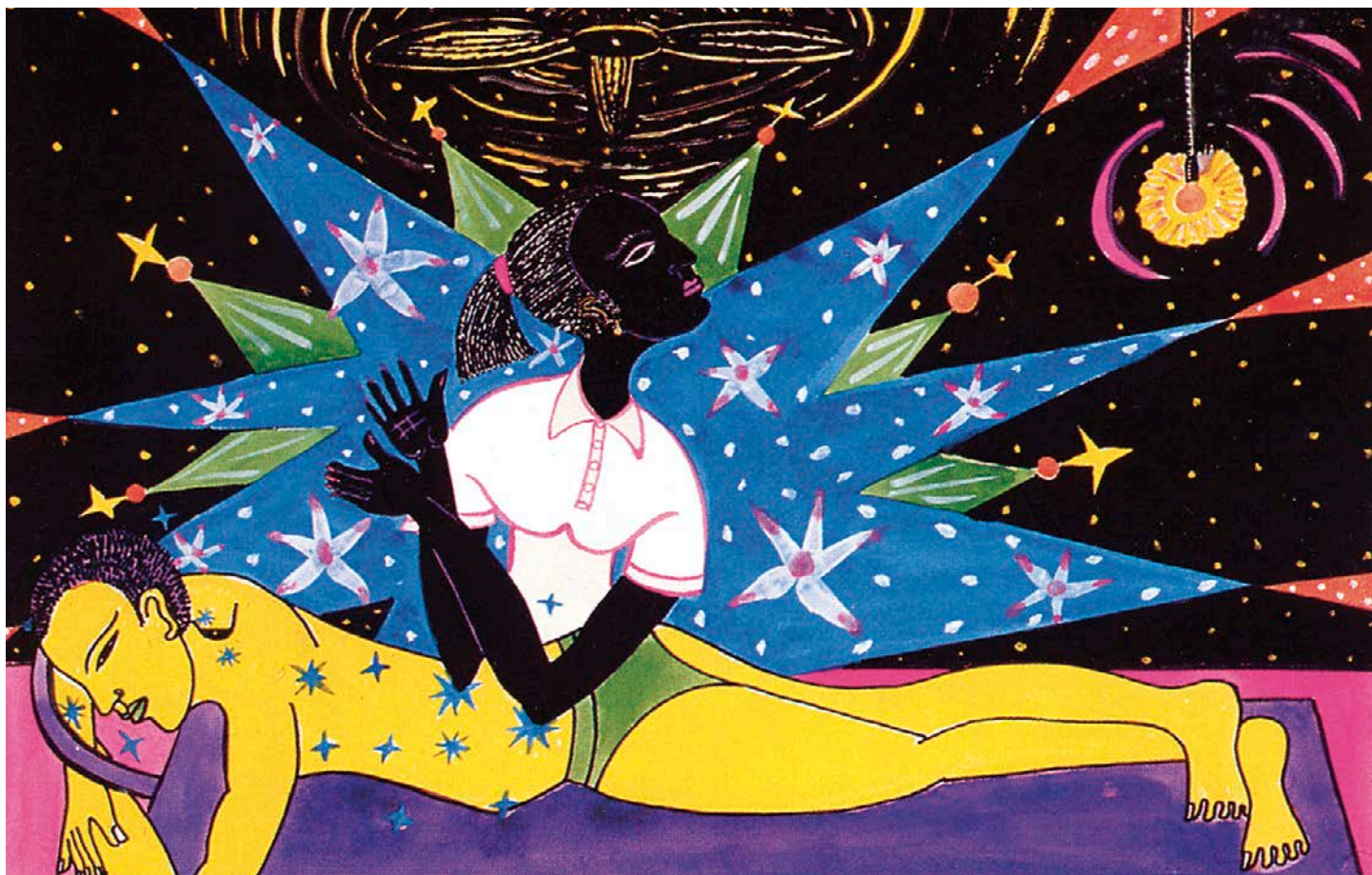


KAI EN CIEL SPA  
JADE MOUNTAIN  
ST. LUCIA





## *Kai en Ciel Spa At Jade Mountain*

Your stay at JADE MOUNTAIN will not be complete without having enjoyed a spa experience at our spas or inside your sanctuary. Kai en Ciel (Patois/Creole for *house in heaven*) is part of Jade Mountain, featuring two air conditioned rooms in addition to hair, manicure and pedicure stations. Kai Belté (Patois/Creole: *house of beauty*) is located at beach level between the Trou au Diable Restaurant and the scuba centre. There are 3 air conditioned treatment rooms, an air conditioned hair and nail salon as well as our open-air cabana Kai Mer overlooking the Anse Chastanet reef.

Respect for the uniqueness of each individual is the foundation of our spa experience. Our professionally trained and licensed therapists are committed to excellence, infused with enthusiasm and take pride in delivering a personalized and dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.

Our product range includes natural ingredients from our organic farm, Emerald Estate, aromatherapy

products from Aromatherapy Associates and Ayurvedic products from Tara. Aromatherapy Associates products are rich in precious essential oils and active botanical extracts, designed to soothe and calm the mind, bring the emotions into balance and ease strains, tension and blockages in the body & skin. Tara products have been developed by faithfully following Ayurvedic traditions and principles. Ayurveda is a 5000 year old healing science from India that utilizes the therapeutic properties of herbs and essential oils to help restore balance and well-being. Our therapists have undergone intensive Ayurvedic training learning the philosophy, history and beliefs of Ayurveda. They are qualified to assist clients in learning more about Ayurveda and their own specific dosha as well as the Ayurvedic treatment modalities.



*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.*

## IN-SANCTUARY SIGNATURE RITUALS

### FORGET THE OUTSIDE WORLD

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 to make 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 min | US 220.00

### "ANPAGAL" FOUR HANDS MASSAGE

ANPAGAL (Patois/Creole for TOGETHER) is based on the principles of an Abhyangam massage: Abhyangam is a brisk & vigorous head to toe full body massage performed by two therapists in synchronized harmony for the ultimate tension releasing, deeply relaxing and rebalancing massage to achieve mental & spiritual bliss. 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 min | US 260.00

Some spa treatments attract a 12.5% VAT which has been included in the pricing. A 10% service charge is added in all instances.





## IN-SANCTUARY SIGNATURE RITUALS

### THE ALCHEMY OF TWO A ROMANTIC RITUAL FOR COUPLES

A romantic 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 ritual ends with an enticing presentation of our handcrafted chocolates.

110 min | US 600.00

- Please enquire when booking in regard to a champagne or sparkling wine add-on to the treatment

### CHOCOLATE DELIGHT

Luxury at its Sweetest. Chocolate - what a treat to experience it on your body! The cocoa bean which grows here in Soufriere has long been touted for breaking down harmful free-radicals and now Jade Mountain has taken the cocoa treatment to new exotic heights! Revitalize your skin with anti-oxidant properties while indulging your sense for sweetness with this delightful chocolate experience. Decadently warm then cooling chocolate is applied in layers, stimulating endorphins in the body and adding minerals to the skin to awaken your senses and bringing them into pure harmony. The chocolate caresses your skin while you relax, leaving you looking fresh and feeling revitalized.

60 min | US 150.00

Dear Guests,  
There are additional treatments in this menu that can be performed in the privacy of your sanctuary. Please consult with our spa team or your Major Domo.

Some spa treatments attract a 12.5% VAT which has been included in the pricing. A 10% service charge is added in all instances.

## SIGNATURE RITUALS

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### FORGET THE OUTSIDE WORLD

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 min | US 220.00

### "WOSH CHO" HOT STONE MASSAGE

Hot stones have already been used for massage and healing purposes by ancient civilizations. Stone massage is designed to balance the emotional, mental, physical and spiritual spheres of your being. Enjoy this amazing combination of heat, stone and full body massage.

75min | US 175.00

### ROMANCE RITUAL

This couples treatment begins with "Loving" aromatherapy foot soaks followed by a dry body brushing to stimulate circulation. The couple is then treated to candle lit duet aromatherapy massages using our signature Loving Body Massage Oil. This ritual ends with an enticing presentation of our handcrafted chocolates.

75 min | US 295.00

## CLASSIC RITUALS

### SWEDISH MASSAGE

Soothe away those tired achy muscles and improve circulation with this relaxing massage based on the classic European massage techniques.

60 min | US 120.00

90 min | US 170.00

### PRE OR POST NATAL MASSAGE

Total bliss and relaxation during and following pregnancy, this massage is designed to answer the needs of a developing mother and baby and provide the nurturing you both deserve. Your therapist will carry out your massage in a comfortable recovery position and tailor the treatment to your stage of pregnancy.

60 min | US 140.00

## EXPRESS RITUALS

### MINI FACIAL

Rejuvenate the skin with this basic relaxing treatment which includes a complete cleansing masque and hydration.

30 min | US 80.00

### BACK AND SHOULDER MASSAGE

The essential oil blend is used to ease muscle aches and pains in the back, neck and shoulder area. Ideal for quick relief after a long journey, no need to remove your clothing.

30 min | US 65.00

### 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!

120 min | US 260.00

### 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.

60 min | US 140.00

90 min | US 190.00

### "EINSTEIN" HEAD & SCALP MASSAGE

It is never too late for your first head, scalp and upper body massage. The relaxing yet energizing effect of this express treatment may surprise you.

30 min | US 55.00

### FOOT RITUAL

A simple but effective treatment. Ease away the physical pressure, tension and improve the blood circulation on your legs and feet.

30 min | US 55.00

### LOOFAH AND SEA SALT BODY SCRUB

Start your holiday with a gentle full body, skin exfoliating treatment which refines the texture of your skin, and also improves circulation. Available with Loofah or with a selection of Masada Sea Salts for dry, sensitive and normal skin. An excellent treatment to be combined with a Swedish or Aromatherapy Massage.

40 min | US 95.00

### COUPLES MASSAGE

Enjoy 2 simultaneous 60 minute Swedish massages. Tables are positioned so that you can hold hands even during the treatments.

60min | US 250.00

90min | US 350.00

**60 min Deep Tissue Massage**

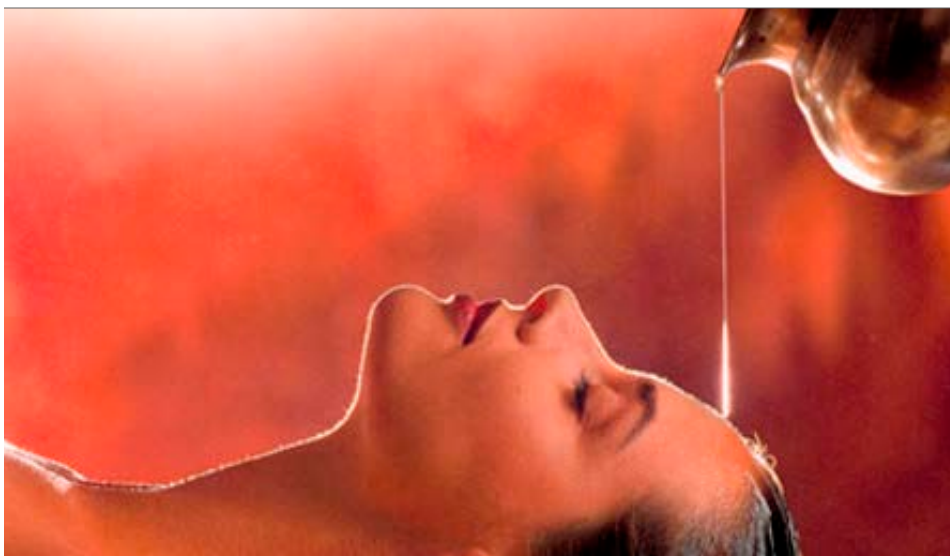
Upgrade US 20.00 per person

**60 min Aromatherapy Massage**

Upgrade US 25.00 per person

# AYURVEDIC RITUALS

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## THE RAINBOW BODY – CHAKRA BALANCING MASSAGE

*A Journey through the Realms of the 7  
Chakras*

"Guided by scent, sound and attuned touches, the seven centers on the body that regulate our energies are gently brought into balance. On this journey you will experience profound states of let-go as you reconnect with each chakra energy, and you return with a renewed sense of harmony and aliveness.

In this treatment we use 7 uniquely luxurious blends designed using the finest natural and organic ingredients. Each oil is vibrationally attuned to one of the seven basic chakras and their corresponding colors, and each will nourish different aspects of our physical, emotional and mental well-being. Using these seven oils and introducing each chakra with simple keywords and with the delicious scents, this treatment is often received as a meditation and a journey within.

60 min | US 185.00

90 min | US 280.00

## SHIRODHARA

The Shirodhara is an Ayurvedic Therapy which begins with an Indian head massage also known as "Champi Massage" followed by a stream of warm oil pouring onto the "third eye", helping to clear your energy channel, slow the mind and bring inner peace and balance to your emotions. A warm herbal infused oil and herb mixture is massaged into the hair and scalp to nourish, strengthen and condition both scalp and hair follicles. Then relax into a soothing massage of neck, shoulder, hands and feet with special attention to the stress-relieving marma points of the face. Enjoy your rejuvenating mind and body experience!

60 min | US 140.00



# AYURVEDIC RITUALS

## "BINDI" HERBAL BODY TREATMENT

This treatment is derived from the traditional Purva Karma rejuvenation therapies and uses herbal infused oils and a botanical body mask to exfoliate, cleanse, detoxify and nourish. The Herbal Body Rejuvenation combines the spa's six most popular treatments into one divine experience. It includes dry brushing, herbal exfoliation, Abhyangam massage, botanical body mask and hydrotherapy with hot towel wrap and a marma point face massage. Together these techniques improve circulation, strengthen the immune system, release energy blockages and transport you to a heightened sense of well-being. Your skin will glow with vitality.

90 min | US 170.00

## "DOSHA" BALANCING MASSAGE

This treatment aspires to create a balance of the elements and Chakras in body and spirit. Created to release congesting and restrictive toxins or 'amas' and to encourage freedom for the flow of natural energy through the body and mind. It begins with Garshana dry massage over the skin to remove dead skin cells and stimulate blood and lymphatic circulation followed by therapist bespoke Dosha specific Abhyangam massage as per the constitutional needs using warm Dosha specific Herbal Infused Body Oil. Marma points face massage & scalp massage completes the relaxing and balancing experience for all Dosha's.

90 min | US 180.00

## "ANPAGAL" FOUR HANDS MASSAGE

ANPAGAL (Patois/Creole for TOGETHER) is based on the principles of an Abhyangam massage: Abhyangam is a brisk and vigorous head to toe full body massage performed by two therapists in synchronized harmony for the ultimate tension releasing, deeply relaxing and rebalancing massage to achieve mental and spiritual bliss. 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 min | US 260.00



## "NIRVANA" ULTIMATE BLISS TREATMENT

Nirvana is a deluxe Ayurvedic package which combines the Bindi Herbal Body Treatment and The Shirodhara. These powerful purification and rejuvenation therapies combined create the ultimate experience that surpasses all, bringing balance to our weary mind, body and soul.

120min | US 240.00



# AROUND THE WORLD TREATMENTS

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(SUBJECT TO SPECIALIST AVAILABILITY)

## FUSION MASSAGE

Personal transformation begins by surrendering to a talented therapist who customizes a massage using a variety of styles from around the world massage techniques; address individual concerns and delight the senses.

60 min | US 160.00

90 min | US 220.00

## FOOT REFLEXOLOGY

Based on the Chinese meridian theory of "energy pathways", gentle stimulation of acupressure points in the feet has an overall balancing and energizing effect on the body

60 min | US 120.00

## THAI MASSAGE

Thai Massage is an ancient style treatment combining Hatha yoga, Chinese acupressure, Reflexology and Tok Sen. Designed to relieve tension in the muscle, this massage works to awaken and reinvigorate the body's natural energy flow, while releasing endorphins, relieves stress and improves circulation

90 min | US 170.00



# VOYA TREATMENTS



Voya's story is one of innovation, integrity, and respect for the sea. Voya is the leading expert in harnessing the endless restorative and healing powers of their hand-harvested seaweed. Voya's products and treatments provide a completely natural, healing, nourishing and deeply moisturizing experience. Our unique voya treatments help prevent the signs of aging, decrease cellulite, improve circulation, and improve skin tone and elasticity.

## ANTI-AGING RESTORATIVE FACIAL

This treatment is suitable for all skin types, particularly for those in search of anti-ageing results. The anti-ageing restorative facial is designed using VOYA's finest organic ingredients combined with anti-oxidant algae complexes and a restorative blend of aromatherapy oils. It's this mix of seaweed and botanical ingredients that helps to stimulate collagen production and reduce the appearance of fine lines and wrinkles. The result is instantly firmed and tightened skin with a natural and more radiant glow.

70 min | US 170.00

## DELUXE FACIAL EXPERIENCE

The ultimate VOYA facial experience, this treatment allows guests to experience the best of both worlds. The treatment starts with a back massage to induce relaxation and gently melt away muscular pain. This facial contains a 20-minute massage to deeply hydrate the skin followed by a dual action facial mask utilizing the exclusive re-mineralizing Mermaid's Purse face mask and laminaria leaves. This facial leaves the skin rejuvenated and hydrated, the appearance of deep-set



wrinkles is reduced, and the skin's texture is left hydrated and plumped. This is the crème de la crème of all facial experiences.

90min US 210.00

## MARINE EYE TREATMENT

Using organic laminaria digitata eye compresses, this is a unique treatment for refreshing and rejuvenating tired eyes. The combining of both relaxing and decongesting lymphatic massage movements will banish puffiness, and dark shadows. It is rich in seaweed extract, green tea and vitamin C which will help reduce fine lines and decongest the eye area.

15 mins US 45.00

Some spa treatments attract a 12.5% VAT which has been included in the pricing. A 10% service charge is added in all instances.

## LAVENDER AND SEAWEED SUGAR GLOW

A wonderful fragrant mix of lavender oil, seaweed, and sugar, offering a double action: the sugar gently removing dead skin cells and the seaweed extracts and lavender essential oil inducing healing.

60 min | US 125.00

## ORGANIC SEAWEED LEAF WRAP

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a bladderwrack body buff, this treatment detoxifies firms and softens the skin and is excellent in conjunction with a weight loss program. The whole body is then covered in laminaria seaweed leaves for instant results. Completed with an application massage of Softly Does It to nourish and soften.

90 min | US 220.00

## WARM SPICED MUD WRAP

Infused with aromatic spices of ginger and orange to revive the senses, this warm spiced mud wrap with seaweed extracts are rich in potent antioxidants and minerals to detoxify and help skin tone, stimulating the metabolism and providing a natural anti-aging boost

70 min | US 170.00

## THE ULTIMATE DELUXE EXPERIENCE

Unlike any other seaweed treatment, this truly amazing therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a Bladderwrack body buff and a tension melting body massage. Your whole body is then enveloped in Laminaria seaweed leaves for instant results firming and detoxing results. While you're cocooned, experience our Anti-Aging Restorative Facial. This facial is designed using VOYA's finest organic ingredients combined with antioxidant algae complexes and a restorative blend of aromatherapy oils to stimulate collagen production and reduce the appearance of fine lines and wrinkles. The result is firmed and tightened skin with a natural and more radiant glow. Combined with a foot massage along with scalp massage to make this the most relaxing 3-hours ever!

180 min | US 499.00





# AROMATHERAPY ASSOCIATES

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. From the beginning we have believed passionately in the healing powers of natural plant extracts, and our experience as therapists has shown us that essential oils are highly effective in enhancing the state of our physical, mental and emotional wellbeing.

Since we began, we have brought our knowledge and skills to the world's finest hotel and destination spas with signature treatments and rituals to restore health and vitality. From sourcing ingredients and developing products, to blending oils and creating our unique, recognizable aromas, we maintain the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious.

## THE ULTIMATE AROMATHERAPY EXPERIENCE

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

It may be taken as a 60 minute or 90 minute massage ritual. In the longer treatment extra attention is given to the facial massage.

*This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.*

60 min | US 145.00

90 min | US 195.00

Rates are subject to 10% service charge



## WELLBEING TREATMENTS

### DE-STRESS MUSCLE RELEASE

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

*An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.*

60 min | US 145.00

90 min | US 195.00

### JET-LAG CURE

A treatment for weary travelers to get you back on track when you're feeling sluggish, tired and fuzzy. A rejuvenating lymphatic drainage massage used to manipulate emotional tension and boost circulation using detoxifying oils that applied to the body and via inhalation wake up the body and mind and maintain alertness.

90 min | US 150

### SLEEP DEEPLY

This head to toe massage used carefully applied pressures combined with calming essential oils to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.

90 min | US 150

### DETOX & REVIVE

Feel fresh and alive with this detoxifying treatment. The perfect pick-me-up for when you're feeling sluggish or lethargic with out-of-condition skin, this treatment combines sweet zesty pink grapefruit, fresh green rosemary and rich, woody juniper berry for a strengthening, detoxifying effect. Exfoliation with finely ground olive grains refines the pores and reveals fresh, new skin then, while you are enveloped in layers of gels and oils, a stimulating foot reflex pressure massage encourages the release and elimination of toxins.

*Leaves you feeling invigorated and full of energy.*

60 min | US 130.00

## SCRUB & WRAP TREATMENTS

### SUMMER SKIN COOLER

Soothe and re-hydrate over-exposed skin with this cooling, refreshing treatment.

The treatment combines the famous skin-healing properties of lavender with cooling peppermint and regenerative rose to rescue distressed skin. Gentle exfoliation (optional if skin is sunburned) prepares the body for an intensive layering of hydrating rose gel, soothing lavender oil and a nourishing body cream rich in shea butter. A hydrating mask is applied to the face and while the active extracts get to work, an Ayurvedic scalp massage releases tension in the head for an all-over relaxing, restorative treatment.

*Your skin is left feeling cool, soothed and moisturized.*

75 min | US 160.00

## FACIAL TREATMENTS

### ROSE RENEWAL FACIAL

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented.

A calming frankincense inhalation helps you let go of the day's stresses, turning your focus inward as your treatment begins. A scalp massage releases muscular tension and prepares you for your facial. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating damask rose, skin balancing geranium, and nourishing jojoba oil. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturizing facial oil and moisturizer.

60 min | US 145.00

90 min | US 195.00 (With back massage)

#### ...WITH BACK MASSAGE

(90 min)

As above with added spinal pressure back, neck and shoulder massage to stimulate the nervous system and balance the body's energy flow. Leave the world at the door, close your eyes and let all your stress and tension dissolve away.

*The result is a smooth, radiant complexion and a relaxed state of mind.*



### DEEP CLEANSE FACIAL

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural antibacterial properties, they penetrate deep into the skin, helping to regulate sebum production.

Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage follows using drainage techniques to improve circulation and help eliminate toxins while special pressure points ease tension and stress. A freshwater mud mask is then applied to draw out dirt and harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage and hand and arm massage for complete care.

60 min | US 135.00

90 min | US 195.00 (With back massage)

#### ...WITH BACK MASSAGE

(90 min)

As above with added spinal pressure back, neck and shoulder massage to stimulate the nervous system and balance the body's energy flow. Leave the world at the door, close your eyes and let all your stress and tension dissolve away.

*This treatment refreshes and balances, leaving the complexion super clean and fresh.*



## SPA PACKAGES

### TOP TO TOE

Pamper yourself from head to toe with a manicure, pedicure, facial and full body Swedish massage

4 hrs | US 360.00

### BEAUTIFUL BRIDE

Start THE DAY with a facial, manicure and pedicure

2¼ hrs | US 290.00

### SOOTHE YOUR NERVES - GROOM TO BE

Start THE DAY with a relaxing full body Swedish massage, manicure and pedicure

2¼ hrs | US 260.00

### CUSTOM PACKAGES

Contact our spa team and we will tailor a custom package for you during your stay with us.

## OPI HANDS & FEET

Polish Change	US 30.00
French Polish Change	US 40.00
Nail Repair	US 15.00
Manicure by OPI	US 60.00
Pedicure by OPI	US 80.00
Add-on French Polish	US 10.00

### OPI GEL NAILS – Laquer that lasts

Polish only	US 35.00
Removal of gels	US 40.00
Gel Manicure (incl. removal where necessary)	US 80.00
Gel Pedicure (incl. removal where necessary)	US 100.00

### DELUXE MANICURE

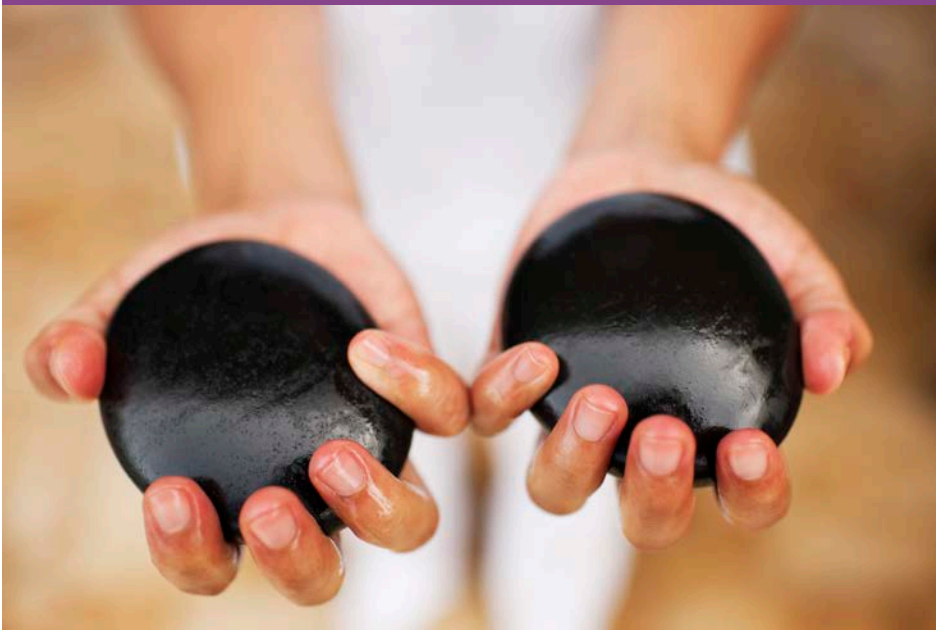
Enjoy an OPI manicure with the addition of an exfoliation for the hand and arms followed by a dip in a warm botanical paraffin wax to give your hands a super smooth manicured finish.

60 min | US 85.00

### DELUXE PEDICURE

Enjoy an OPI pedicure with the addition of an OPI clay foot mask or a warm botanical paraffin wax to completely soothe and moisturize your soles.

75 min | US 100.00



## HAIR & SCALP RITUALS

### HAIR BRAIDING WITH BEADS

1 Strand	US 6.00
Full head	US 98.00
Long Hair	US 130.00

### HAIR STYLING

#### Shampoo & Blow Dry

Short	US 58.00
Medium	US 75.00
Long	US 92.00

#### Hair Trimming / Cutting

Child's Hair Cut	US 29.00
Men's Hair Cut	US 50.00
Female Hair Cut	US 85.00

## OTHER TREATMENTS

### DEPILATORY WAXING

Half Leg	US 58.00
Full Leg	US 75.00
Half Arm	US 58.00
Full Arm	US 75.00
Bikini	US 52.00
Brazilian	US 69.00
Underarm	US 41.00
Facial Waxing: Lips, chin, brows each	US 35.00
Eyebrow Shaping	US 29.00
Eyebrow Tinting	US 46.00

## BRIDAL SALON PACKAGES

Hair Trial	US 90.00 & Up
Make Up Trial	US 85.00 & Up
Bridal Hair	US 90.00 & Up
Bridal Make up	US 85.00 & Up



# CHOCOLATE RITUALS

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## CHOCOLATE CITRUS BODY POLISH

The perfect chocolate experience to begin your decadent vacation. Combines the anti-oxidant and hydrating properties of chocolate with the rejuvenating and cleansing properties of citrus. Treatment begins with a Chocolate Citrus Sugar polish followed by a rich layer of Body Chocolate Wrap and finally a splash of Chocolate Body Milk, to leave your skin exfoliated, glowing & moisturized.

60 mins | US 120.00

90 min (includes a 30 minute back massage) | US 165.00

## MOCHA MASSAGE

Enjoy our classic Swedish massage with the sweet aromas of mocha. A chocolate lovers dream, minus the calories!

60 min | US 125.00

90 min | US 175.00

## CHOCODHARA

Combining the elements of Ayurveda and chocolate. This organic goodness begins with a soothing and mind clearing head massage, followed by a steady stream of warm chocolate infused hair oil onto the third eye, for balance and inner peace. Then relax and be soothed with a chocolate infused massage to the neck, shoulders, hands and feet with special attention the stress relieving marma points of the face.....need we say more?

60 mins | US 135.00

## CHOCOLATE FACIAL

Tantalize your senses, rejuvenate your skin and bring out the child in you with all the sweetness of chocolate. Packed with powerful anti-oxidant properties chocolate is a rejuvenating skin friendly ingredient that combined with the benefits of vitamin packed mint, leaves the skin healthy and glowing. Perfect for any skin, this facial begins with a warm cleansing of the skin. Be exfoliated and renewed with a gentle chocolate scrub. Relax to a delicious face and scalp massage, and finally hydrate your skin with a luxurious chocolate mask.

60 min | US 130.00

90 min (includes a 30 minute back massage) | US 175.00

## HOT CHOCOLATE CANDLE MASSAGE

Be soothed and comforted by the richness of a warm hot chocolate candle massage. Relax and enjoy the benefits that come with having melted chocolate candle wax poured and massaged onto your skin.

Perfect for dry skin!

60 min | US 135.00

## CHOCOLATE COVERED HANDS AND FEET

Indulge in your guilty pleasure without the guilt. Exfoliate and pamper your hands and feet in all the goodness of chocolate and mint. Enjoy a fantastic massage just before a saturation of chocolate. Then relax to a tantalizing neck and scalp massage. Side effects include: soft, silky, hydrated, luxurious hands and feet.

Mani: 60 mins | US 80.00

Pedi: 75 mins | US 100.00

## CHOCOLATE LOVERS

Chocoholics Beware!!! Begins with a Chocolate Citrus Body Polish, followed by a delightful Mocha Massage and finally a relaxing Chocolate Facial. 3 hours of pure bliss!!!

180 min | US 330

## CHOCOLATE DELIGHT

Luxury at its sweetest. Chocolate-what a treat to experience on your body! The cocoa bean which grows here, in Soufriere, has long been touted for breaking down harmful free-radicals and now Jade Mountain has taken the cocoa treatment to new exotic heights! Revitalize our skin with anti oxidant properties while indulging your sense for sweetness with this delightful chocolate experience.

Decadently warm then cooling chocolate is applied in layers, stimulating endorphins in the body and adding minerals to the skin to awaken your senses and bringing them into pure harmony.

The chocolate caresses your skin while you relax, leaving you looking fresh and feeling revitalized.

60 mins | US 150





# Resort Yoga Classes

Enjoy complimentary yoga classes

**Monday - Sunday**

7:00 a.m. – 8:00 a.m. - Yoga at Jade Mountain (Celestial Terrace)

8:30 a.m. – 9:30 a.m. - Anse Chastanet Beach Gazebo

5:00 p.m. – 6:00 p.m. - Anse Chastanet Beach Gazebo

These complimentary classes by our resident Yoga instructors are non-competitive and open to complete beginners as well as to those more advanced. More challenging variations can be offered to more experienced students. The instructor is also available for private Yoga sessions which are excellent if you have chronic physical pain or chronic mental stress and would like to learn some take-home techniques for relief. Private lessons are also great if you are a more focused Yoga student and would like to evolve your practice to a deeper level! Our Yoga instructor can also be available for transformational deep tissue massages and other treatments.

**Monday - Sunday**

7:00 a.m. – 8:00 a.m. - Yoga at Jade Mountain (Celestial Terrace)

8:30 a.m. – 9:30 a.m. - Anse Chastanet Beach Gazebo

5:00 p.m. – 6:00 p.m. - Anse Chastanet Beach Gazebo



# yoga

WITH LAURA TIMMUSK

Laura is a physiotherapist (physical therapist) and a yoga specialist with over a decade of experience in yoga, instructor training as well as physiotherapy.

She has been practicing yoga and meditation since she was a teen. The therapeutic effect on her created an interest in deepening her knowledge within the ancient practice. She returned to university with the wish to introduce yoga and the therapeutic side of it to the university. She wrote her thesis about yoga as a therapeutic treatment modality in rehabilitation. This sparked her interest in teaching physio and yoga in unity, to help prevent people getting postural injuries and general pain prevention. She always does her best to help all her students and clients feel better through therapy, fascial release/massage and movement.

She has worked and studied around the world from Bali, Spain, Sweden, Estonia and now Saint Lucia, specializing in Physio Yoga. Her classes are always customized to each individual focusing on alignment, posture, breathwork and meditation so its accessible but still fun for every level to ultimately create harmony in the physical, mental and spiritual body.



**The following services can be booked with Laura through our spa or concierge:**

- Private yoga classes (see “Yoga Menu”)
- Swedish Massage - US 120/US 170 (60/90min)
- Deep Tissue - US 140/US 190 (60/90min)
- Fusion massage – US 160/US 220 (60/90min)
- Einstein massage – US 55
- Foot massage – US 55



A 12.5% VAT tax is included in pricing where applicable.

All treatments and activities are subject to 10% service charge.

The YOGA SPECIALITY ACTIVITIES have been designed for one or two persons participating. The per person price will be US 50 if more than 2 persons sign up for the activity.

All YOGA SPECIALITY ACTIVITIES require a consultation with the Yoga Instructor at the time of booking.



# YOGA SPECIALTY ACTIVITIES WITH LAURA

*The following yoga activities are available on request.*

## Vinyasa Yoga

Vinyasa Yoga is a series of asanas (yoga poses) that are synchronized with inhalations and exhalations, creating a mind and body strengthening sequence. The synchronized breathing relaxes your mind and helps to release any blockage of energy flow throughout your body. The breath will become stronger and faster and so will the movements that will produce sweat and expel toxins. There will be a short consultation before the class so that it will be designed for you, so that you get the best possible experience.

Suitable for all levels. 90 minutes  
Single: US 130 • Double: US 160

## Couples Yoga

Yoga asanas (poses) that are shared with your loved one, not only a great way to connect with your partner but also a great way to have fun together.

Suitable for all levels. 60 minutes / US 150

## Physio Yoga

Physio Yoga is a new approach, using evidence space-based physiotherapy to prevent injuries/chronic pain or rehabilitate, together with ancient yoga practices.

Suitable for all levels.  
60 minutes Single: US 130 • Double: US 150

## Meditation and Pranayama

Meditation is an ancient practice that helps to achieve balance, mental clarity, and calmness. Pranayama consists of meditative breathing techniques that will help to calm and simultaneously strengthen the mind and breath. This class is structured with both techniques for the best outcome.

Suitable for all levels. 45 minutes / Single US 100 • Double US 140

## Destress Session

Created specifically to destress the mind. We will use different modalities, both east and west to maximize the benefits for the best outcome. Perfect way to start your vacation.

Suitable for all levels.  
45 minutes Single: US 110 • Double: US 130

A 12.5% VAT tax is included in pricing where applicable.

All treatments and activities are subject to 10% service charge.

The YOGA SPECIALITY ACTIVITIES have been designed for one or two persons participating. The per person price will be US 50 if more than 2 persons sign up for the activity.

All YOGA SPECIALITY ACTIVITIES require a consultation with the Yoga Instructor at the time of booking.

## A hike finished with yoga

Enjoy a beautiful hike, with medium intensity, either in the morning or the afternoon that finishes with a refreshing mind and body calming yoga session in the open air, one with nature.

Suitable for all levels. 90 minutes / Single US 130 • Double US 160

## Myofascia Release

Self-myofascia release has been around for 50 years. Fascia runs continuously throughout the body. This can get tight, sticky or even knotted through sports, injuries or just general life. It's a technique using props and applying pressure on trigger points to release tension, which in return will help release pain and pressure.

Suitable for all levels. 90 minutes / Single US 130 • Double US 160

Standup paddleboard yoga is asanas (yoga poses) practiced on the paddleboard in the most serene setting you can imagine. Moving to the water adds a whole new dimension to your practice, on the water you have no choice but to be present and focused. Your mind has no desire to wonder off to other thoughts about the past or the future. You can let go of your expectations and judgments with your mind focused on the foundations of yoga. It's a fun practice with some major benefits, for the mind as well as the body, and the best part is if it gets too hot, then a cooling dip in the sea is not far.

### Group Class – 45 minutes

USD 35 per person per class inclusive of VAT.  
(Subject to 10% service charge)  
Please sign up with Guest Services  
Maximum 4 students

### Private Class – 45 minutes

USD 100 single or USD 140 per couple inclusive of VAT.  
(Subject to 10% service charge)  
For more information please contact Guest Services.





# yoga

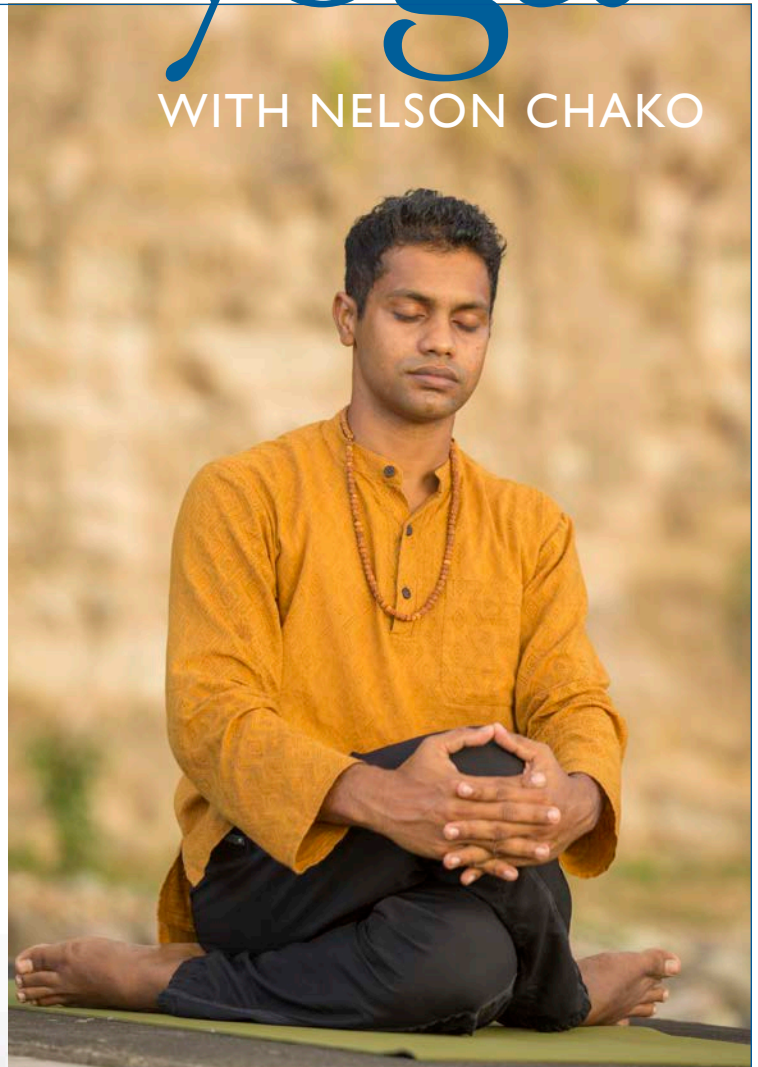
WITH NELSON CHAKO

Nelson is a Traditional Indian Yogi who carries immense wisdom and vision for physical and mental transformation. Nelson is a great teacher with his roots in the yoga capital. He holds a university degree in Yogic Science and Indigenous Health Care. He also completed 500 hrs. Yoga alliance certified course from Ashtanga Vinyasa Yoga Mysore.

In addition, Nelson has experienced yoga classes on the shore of the River Ganges in Northern India and different Ashrams in Southern India including Sivananda Ashram. He has expertise in Ayurveda body treatments Reiki, Tibetan singing bowl and Thai Yoga Massage.

Nelson has extensive training, knowledge and skills in Asanas, Pranayama, Shatkarmas (six acts of yoga) and yoga philosophy. His attention to alignment, breathing principles and proper sequencing of postures brings depth and balance to his yoga classes. Also known for his different and authentic Indian Yoga styles, his unique teaching style and compassion-centered philosophy create unique Yoga experiences.

For the last 15 years Nelson has been teaching and practicing yoga and other methodology.



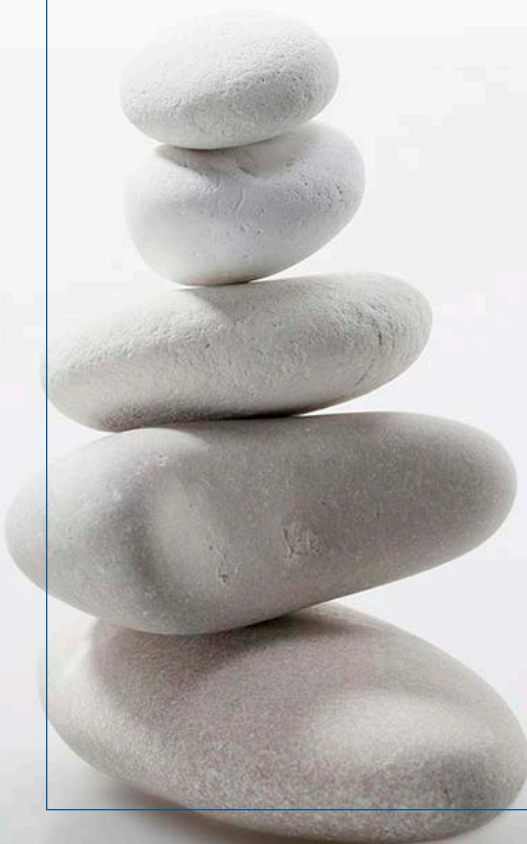
## **The following services can be booked with Nelson:**

Chakra Balancing Massage with singing bowl - US 190 (70min)

Thai Massage - US 170 (90min)

Sound Meditation - US 120 (45min)

A 12.5% VAT tax is included in pricing where applicable. All treatments are subject to 10% service charge.



# YOGA SPECIALITY ACTIVITIES

*The following yoga activities are available on request.*

## Introduction to Yoga

This beginner yoga session is an introduction to yoga which consisting of yoga postures (asanas), gentle stretching, breathing techniques and relaxation, as well as an introduction to yoga philosophy and meditation. This gentle practice will give you a firm foundation for your yoga journey, perfect for students who have never practiced yoga before and also for those returning to yoga after a break.

This class teaches yoga postures that can be used as potent tools to enhance health, joy, peace, love, success and inner exploration, helping one cope with the hectic pace of modern life and realize the full potential in all spheres of life.

Duration – 90 min, single US 130/ Couples US 160

## Balanced

For a balanced state of mind and body.

A specially designed Yoga session, in which 'Equal Emphasis' is given to Postures (Asanas), Breath (Pranayamas), Gestures of Energy Flow (Mudras) and Awareness of Mind (Meditation). The basic intention is to bring about a harmony in the Physical, Mental, Psychic and Spiritual aspects of the practitioner.

Duration – 90 Mins • Single US 140/Couple US 160

## Detox Through Yoga

These are practices of purification given in Hatha Yoga to purify and prepare the body for more advanced form of Yoga practices. Shatkarma practices are excellent in alleviating disease and several chronic respiratory and digestive ailments. They also work on a psychological level to impart an inner feeling of lightness and well-being.

Duration – 60 min • Single US 120/Couple US 160

## Meditation

Meditation refers to the state of mind where the body is consciously soothed and relaxed, while the mind is made calm and composed. Since ancient times, it is believed that meditation restores harmony, and rejuvenates and heals the mind, allowing it to release stress and fatigue. Meditation helps to remove the subtle mental barriers within ourselves and presents a better understanding of our personality, thought processes and our surroundings.

Duration – 45 min • Single US 100/Couple US 140

## Couples Yoga with Yoga Nidra

Couples yoga with a yogic relaxation session to help unblock stuck emotions and take you both through a more compassionate relationship with one another as well as a deeper connection to yourself and the world. The program will include interactive yoga postures, stretching, breath work and yogic relaxation practice.

Yoga Nidra is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage. You are exposed to inner awareness and brought to a place where you can communicate with the subconscious and the higher consciousness. The session leaves the body and mind relaxed and heightens one's senses, especially those of hearing and feeling.

Duration – 90 min US 160

## Pranayama mudras and bandhas

A Yoga technique to control our breathing that can result in an increase of the flow of energy within ourselves. While Mudras are best described as devotional and aesthetic gestures lined with emotions, Bandhas refer to a psychic action of locking prana (life force) in certain areas of the body. With Pranayama you learn to control the intake and outflow of breath which teaches a better understanding of how to connect body and mind.

Duration – 60 min, single US 100/ Couples US 120

## Lymphatic Drainage Massage (detoxifying)

A detoxifying massage performed with a unique blend of oils. This massage helps to stimulate lymphatic system to improve metabolism, clear sluggish tissues of waste and toxins. It also reduces swelling, encourage a healthy immune system, providing deep relaxation and a sense of wellness.

Duration – 60 min • Single US 140

A 12.5% VAT tax is included in pricing where applicable. All treatments are subject to 10% service charge. The YOGA SPECIALITY ACTIVITIES have been designed for one or two persons participating. The per person price will be US 50 if more than 2 persons sign up for the activity. A maximum of 2 persons only is possible for the Detoxifying Through Yoga. All YOGA SPECIALITY ACTIVITIES require a consultation with the Yoga Instructor at the time of booking.

# TRADITIONAL AYURVEDIC TREATMENTS

*The following treatments are available on request.*

## **Podi Kizhi** (Herbal Powder Pouch Therapy)

Various Herbal Powders are mixed and enveloped in a muslin cloth creating a pouch. These pouches are then soaked in warmed herbal oils and used to massage the body. The combination of herbs, oils and massage can help relieve stiffness and inflammation in the joints and muscles, as well as remove toxins in superficial layers of skin. The digestive system is stimulated helping to improve metabolism and digestion, leaving you with an overall feeling of wellbeing.

Duration – 90 Minutes - US 180

## **Ela Kizhi** (Herbal Leaf Pouch Therapy)

Various herbs are combined with garlic, lemon and grated coconut within muslin cloth creating a cloth pouch. These pouches are heated in hot oil and used to perform a therapeutic massage. This massage targets areas of soreness and inflammation resulting from injury, arthritis, nervous conditions and/or degenerative diseases. Ela Kishi can help slow the progression of autoimmune and arthritic diseases.

Duration – 90 Minutes US 220

## **Kati Vasti for the Back**

Dough prepared fresh for each treatment is arranged in a ring on the lower back to hold medicated oil. Warm oil is poured into the ring and left for the body to pull nutrients in. Helps in relieving lumbar pain, nourishing muscles and tissues of the area, increasing blood flow and decreasing inflammation. Kati Vasti can be especially beneficial for degenerative disorders of the spine and Sciatica. This treatment can also be performed over the knee to hydrate the joint and over the neck to help with cervical spine issues.

Duration – 45min US 130

## **Masala scrub**

This treatment uses a scrub made from exotic spices and herbs in an ayurvedic way which help to relieve sore muscles and improve blood circulation. You can also combine this scrub with a revitalising massage.

Duration – 45 min US 100

Duration – 120 min US 230 (scrub & massage)





# yoga & Holistic Wellness

## WITH CHAMU



Chamu is a Yogi, Rehab, Corrective exercise specialist, and a Holistic Wellness practitioner from India. She graduated with a Bachelor of Pharmacy and went on to earn her Masters in Yogic Science and Naturopathy. She is an International Yoga Alliance registered E-RYT 500 and RPYT 100 (Pre-natal Specialist) teacher trainer. She has 16 years of extensive experience working in a number of different Yoga schools and colleges, Fitness centers, Wellness Resorts, and Corporates in India, Qatar, and St Lucia.

In India, while working over 10 years with Dr. Asana \ College of Yoga and Research center, a popular yogic healing center and college in south India, she was a teacher trainer for Yoga Teacher Training (YTT) for Hatha and Naturopathy with students from all over the world coming to India. During this time through planned Yoga Therapy sessions she helped patients recover from various functional/postural issues, injuries, Sciatica, Diabetes, Hypertension, Migraine, Anxiety and depression, Paralysis, Menstrual and hormonal disorders, Digestive and Respiratory disorders, Constipation, and various other disease ailments.

Her passion for learning and expanding her skills in Physical therapy have led her to participate in continuing education courses in Pilates Mat and Reformer, Prehab and Rehabilitation, Posture and functional corrective exercise, Hydrotherapy, Variety of Meditation techniques, and Reiki.

Over the last 5 years of working experience in leading wellness resorts in Qatar and ST Lucia, she gained more intense experience providing care and wellness regimens for clients

with a variety of orthopedic, post-surgical, sports injuries, neurological issues, yoga therapy for all disease conditions.

Chamu's sessions are result-oriented, focused on the needs of the clients, designing customized wellness regimens that conformed to the client's fitness level and desired results. She works with each client individually and teaches her techniques to ensure they can continue their wellness journey further. Her expertise and services include;

- ☐ Yoga – Hatha, Ashtanga, Vinyasa, Shivananda, Bikram, Iyengar, Power, Anusara, Aqua, Aerial, Sculpt, Strap, Stick, Yoga Therapy and Pre & Post-Natal Yoga
- ☐ Pilates Mat and Reformer
- ☐ Posture correction, Injury prevention and pain management
- ☐ Prehab and Rehabilitation
- ☐ Breath work – All Pranayama Techniques
- ☐ Reiki, Pranic healing and Chakra Balance
- ☐ Medical Massage Therapy – Maderotherapy, Accupressure, Shiatsu, Myofascial Release, Thai Yoga Massage, Vagal Nerve Stimulation
- ☐ Meditation – Guided, Cyclic, Sound, Candle Light/Sun gazing, Walking meditation
- ☐ Physical fitness – Cardio, Strength, and Flexibility

## RELAX AND REJUVENATE WITH ALTERNATIVE HEALING THERAPY

**Medical Massage Therapy:** Helps treat sore, tired or tight muscles due to repetitive movements, heavy physical activity like hiking, postural problems, or injury. The rehab specialist uses various therapeutic massage techniques to manipulate muscles and soft tissues with the goal to alleviate pain and treat the underlying cause. (60 min US 130/90 min US 185)

**Proprioceptive Neuromuscular Facilitation (PNF)** to increase your range of motion, lengthen, strengthen and stabilize the major and minor group of muscle (from ankle to cervical spine joints) releasing tension in joints and muscles along with Vagus nerve stimulation and lymphatic drainage to remove toxins, congestion, sinus pressure and increase lymph flow. (60 min US 150/90 min US 210)

**Shiatsu Whole Body Massage:** This massage focuses on certain pressure points (meridians) which are stimulated through tapping, rubbing, or simply applying pressure using fingers, palms, or thumbs to restore healthy energy flow. In addition, the body is also manipulated by stretching out limbs and mobilizing joints. The deep assisted stretch loosens up tension in the musculoskeletal system. (90 min US 185)

**Shiatsu Back, Neck, and Shoulder Massage:** The treatment focuses on specifically on the pressure points in the Back, Neck, and Shoulders to restore healthy energy flow and remove the energy blocks. The upper body is manipulated by stretching out the arms, back, and mobilizing the joints. The deep assisted stretch loosens up tension in the musculoskeletal system. (60 min US 130)

**Acupressure** is an alternate medicine technique which involves treating blocked energy or Qi by applying acupressure tools, finger, and thumb pressure to specific trigger points (meridians) of the body to restore healthy energy flow. (45 min US 100)

## De-stress with Vagus Nerve Activation -

Due to stress & tension our nerve system gets overstimulated and this puts us into a fight or flight state leading to many physical and mental problems/ discomforts. Activating the Vagus nerve plays an important role to calm down the nervous system and stimulates the body's natural ability to heal itself. This Treatment consist of a combination of massage, breathing techniques and exercises to feel more calm, relaxed and self-heal. (60 min US 140)

**Myofascial Release:** Myofascial tissues are the thick connective tissues that support your muscles. Tight myofascial tissue can restrict movement in your muscles and joints and can lead to widespread pain and discomfort. The treatment focuses on stretching your myofascial tissue and eliminating knots particularly in areas that are stiff and tight. (60 min US 140/90 min US 185)

**Manual Lymphatic Drainage:** Detox and Strengthen your immunity by improving your blood and lymphatic circulation in the body. This gentle massage technique moves lymph out of an affected area and circulates the lymph in the correct direction to your lymph nodes. (60 min US 140/90 mins US 185)

## PAIN MANAGEMENT AND INJURY PREVENTION

**Rehabilitation:** Rehabilitation strengthens the muscles associated with injury by addressing pain, improved function, increased range of motion, proper alignment, and stability of muscles. Injury prevention and recovering injured areas through activation of muscles to fix your low back pain, rounded shoulders, tight hips and hamstring, knee pain, and neck pain. Receive guidance on take home practices with 90 min session. (60 min US 150/90 min US 195)

**Pilates Reformer:** Reformer class works on balance, alignment, core strength, and muscle tone with adjustment to suit individual strength and flexibility; focusing mainly to decrease pain and disability by increasing the range of motion against resistance. Recommended for posture correction and alignment, increase flexibility, strengthen the weak

muscles, and rehabilitation for Spinal, Scapular, pelvic, knee, and peripheral joint stabilization. Receive guidance on take home practices with 90 min session. (60 min US 150/90 min US 195)

**Pain Management Therapy:** Treat the underlying cause of pain with corrective exercise therapy and fix postural and alignment issues with Pilates Reformer. Receive guidance on take home practices to prevent and manage pain with 90 min session. (60 min US 150/90 min US 195)

**Posture correction and alignment:** With Pilates Reformer and corrective exercise therapy. Receive guidance on take home practices to maintain the correct posture with 90 min session. (60 min US 150/90 min US 195)

## YOGA, PILATES & FITNESS SPECIAL ACTIVITIES

**Yoga one on one:** Balance and harmonize the body, mind, and emotions with Yoga. Yoga classes are customized to the needs and fitness level of individuals. Styles of yoga offered Hatha, Ashtanga, Vinyasa, Iyengar, Sivananda, Satyananda, Kundalini, Bikram, Power, Aqua, Aerial, Sculpt, Strap, Stick, and Pre/post-natal. (60 min US 130/Couples US 180)

**Pre/post-natal Yoga:** Focuses on gentle stretching and strengthening, mental centering, and developing greater awareness of the breath. Prenatal Yoga primes you for labor and childbirth, lowers your chance of having pregnancy complications, your pain and stress levels; and increases chances of having a normal delivery. (60 min, US 140)

**Pilates Mat:** is a form of full-body and low-impact exercise with the principles of concentration, controlled movement, and breathing to strengthen muscles, improving postural alignment and flexibility. (60 min US 130/90 min US 150)

**Acu-Yoga:** It's a system of exercise that integrates the benefits of two ancient self-healing practices, acupressure and yoga. Traditional yoga postures are

used for pressing acupressure points to relax muscular tension and balance the vital life forces of the body. (60 min US 130/90min US 150)

**Hydrotherapy:** Aquatic exercises are done inside the pool to decrease pain, increase joint flexibility, increase muscle strength, & improve balance. Aquatic therapy is especially useful for arthritis, osteoporosis, muscle spasm, back pain, fibromyalgia, rehabilitation, etc. More beneficial for people who has mobility issues. (60 min US 150)

### Breath Work and Pranayama:

Experience physical, mental, emotional, and spiritual benefits by simply changing your breathing pattern. Breath work enhances stress management, strengthens the immune system, improves the quality of sleep, stabilizes blood pressure, reduces depression and anxiety. (60 min US 120)

**Meditation:** Dhyana- a pure state of consciousness. Meditation is a vital way to purify and quiet the mind by rejuvenating the body and finding inner peace. Meditation Techniques offered - Guided, Mind sound resonance techniques, Singing bowl, Cyclic, Om, Walking, Trataka/Candle gazing, Sun gazing, etc. (60 min US 120)

**Craniosacral Therapy:** Gentle hands on technique that uses a light touch to examine membranes and movement of fluids in and around the central nervous system. Relieving tension in the CNS promotes a feeling of wellbeing by eliminating pain and boosting health and immunity. (60 min US 130)

### PHYSICAL FITNESS: (60 min USD 120)

- ☐ High Intensity Impact Training
- ☐ HIIT Beach Workout
- ☐ Aqua fit
- ☐ Circuit Training



## NATUROTHERAPY TO CLEANSE AND BALANCE

**Reiki/Aura cleansing:** Cleanse the aura to eliminate negative energy and re-energize with positive vibes. Aura is, essentially the multilayered energy body that surrounds you in every moment. Aura naturally takes on and absorbs energies from the surroundings. So this is where aura cleansing comes in. It's a method and process used to cleanse out any detrimental energies we may have taken on. Cleansing your aura empowers you to shine with more of your authentic light and authentic truth. Raising Your Vibration! Your clear aura also acts as a protective mechanism.  
(60 min US 150)

**Colonotherapy/Shankhaprakshalana:** The procedure to cleanse the gastrointestinal tract to remove impurities by oral administration of saltwater and performing a few asanas. This cures digestive disorders, indigestion, acute and chronic constipation by improving digestion, enhancing metabolism, and strengthening the organs of digestion.  
(60 min US 180)

**Chakra Balancing:** All living things are comprised of energy (Qi). Proper flow and function of our energy centers help us maintain psychological, emotional, physical, and spiritual balance. Seven chakras are positioned from the base of your spine to the crown of your head. Each chakra governs specific body systems and functions. As we explore each different chakra, be aware of areas that feel “stuck”, stagnant, or a source of stress in your life. Chances are, those chakras are out-of-balance. Balance the chakra to remove stagnant energies and emotional blockages. (60 min US 150)

**Banana leaf bath:** Heliotherapy is used for various diseases like skin disorders, obesity, detoxification, and metabolic disorders. Detoxification through profuse sweating and skin rejuvenation through antioxidants Epigallocatechin gallate.  
(60 min US 180)

### BOOK FREE WELLNESS CONSULTATION

*Holistic wellness practitioner will look at your diet, physical and mental wellness, sleep, lifestyle, your past, current medical care and medications. She will then create a personalized health and well-being plan to promote a gradual positive transformation.*

**For booking enquiries or to book your free Wellness Consultation with CHAMU – Contact Spa 6107/6137 or Guest Services 6152/5105**

# Spa Mud Bath Tour

*“Let St. Lucia’s Mineral Rich Mud Heal You”  
Located at Sulphur Springs ‘drive through’ volcano*



Upon arrival bathe in a soothing mud bath as our attendant will apply the rich sulphur mud evenly over your entire body. The Mud is then left to dry offering its beneficial properties. Once the mud has dried and all nutrients absorbed our attendant will aid in removing mud with a Fresh Water Shower. (Water and Juice will be provided to ensure hydration).

\*For Best Results Book a Massage subsequently (in Spa) to complete this beautiful body ritual.

**Available Time:** 8:30am or 10:30am Daily

**Cost:** US 115 per person



Please be advised:

- (individual guests will be charged a supplement price for two)
- Wear a black or dark swimsuit or something not too precious.
- Changing rooms are available and guests are asked to be considerate in not wearing overly wet clothing in the taxi.
- This private tour with spa attendant is available for a maximum of four persons

## BENEFITS

- Improves texture and tone
- Aids in relieving aching
- Muscles and arthritic pains



**KAI EN CIEL SPA**  
**JADE MOUNTAIN**  
**ST. LUCIA**

## **Spa FAQ**

### **Hours of Operation**

The Spa is open for treatments from 8:30am to 8:00pm seven days a week.

### **Should I make a reservation for my treatment?**

Yes, to ensure your preferred times, therapist and services, we recommend advanced booking.

### **Can I request a male or female therapist?**

You may request a male or female therapist; however, we cannot guarantee the availability of any particular therapist. All of our licensed therapists are properly trained to ensure your comfort at all times.

### **What if I need to cancel my reservation?**

A 50% cancellation charge will be applicable for any treatment not cancelled at least 12 hours prior to the spa appointment. No Show or Cancellations within 4 hours will incur a 100% cancellation charge.

### **When should I arrive?**

You are encouraged to arrive 15 minutes prior to your appointment. Please be advised that if you arrive late, the appointment is shortened to allow the therapist to be on time for the next session.

### **Is there a minimum age requirement?**

Yes, you must be 16 years or older to enjoy a spa treatment.

### **Do you have services for expecting mothers?**

Yes. We have specially designed treatments for expectant women (post first trimester) and nursing mothers.

### **What if I have a health condition?**

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your spa reservation.

### **What is appropriate spa etiquette?**

To maintain serenity and privacy, the Spa is a mobile phone, pager, alcohol and smoke free zone. Towels, bath robes and all shower amenities are provided.

### **Are the prices subject to tax?**

All prices are quoted in US Dollars. Spa treatments attract 10% - 12.5% VAT. The amount of VAT varies depending on the type of treatment. All of our spa menu prices are inclusive of the appropriate VAT. The VAT is set by government and is subject to change without notice.

### **Is there an added gratuity?**

All treatments are subject to a 10% service charge which is added to your bill. Gratuity for exemplary service is discretionary.





KAI EN CIEL SPA  
JADE MOUNTAIN  
ST. LUCIA