



GRANDE
SPA

Welcome!

Our aim is to make your vacation experience a memorable one by enhancing your wellness needs with unique spa services and options geared to promote soul to sole rejuvenation.

Our professional team of Grande Spa relaxation specialists, look forward to delivering you high quality care and pampering during your stay.





GRANDE SPA WELLNESS ENHANCEMENTS

JAMAICAN HERBAL MASSAGE *"Signature Grande Ritual"*

This restorative massage is designed to release muscle tension and induce deep relaxation using herbal poultices, alongside focused strokes to work intentionally inside your muscle fibers, revitalizing you from head to toe. The delicate aroma of the herbs and the touch of the therapist's hands create an unforgettable experience.

CBD DETOX MASSAGE *"Signature Grande Ritual"*

Cannabinoids are natural substances found in cannabis but is not psychoactive like THC its cousin. It acts as an analgesic and anti-inflammatory and reduces pain and inflammation, creating a soothing and relaxing massage experience. CBD massages use CBD oils that can be helpful for dealing with muscle inflammation, circulation issues, chronic pain, arthritis, headaches, and general anxiety and panic disorder.

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, improves sleep, and helps lessen chemotherapy-induced peripheral neuropathy (numbness) and chemotherapy-related nausea.

SOLE TO SOUL REFLEXOLOGY

This is a must for anyone who has tired, achy feet. Reflexology is a pressure point experience applied primarily to the feet. It induces relaxation by manipulating various reflex areas that correspond to individual parts of the body, primarily in the feet. It can tap into and access the body's systems and organs promoting balance, harmony a feeling of wellbeing as well as reducing pain. It will relax your entire body.

SINUS THERAPY

This signature therapy 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 the nasal passageways while an energizing compression back massage clears the system.

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.

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 a soothing heat before a full body massage.

HIMALAYAN SALT ROOM

Layered in thick pink Himalayan salt blocks, this serene, meditative room does more than stimulate the zen of the soul. Relaxing for up to 20 minutes in the Himalayan salt room has the added benefits of absorbing toxins from the body, stimulating cellular repair, and detoxifying the body. This feature includes a 10-minute head massage.

GRANDE SPA WELLNESS WATER JOURNEY

Reconnect with your best self when you experience a guided escape of our spa hydrotherapy wellness journey; stimulating vasodilation and vasoconstriction which detoxify the skin and jump start the lymph system by utilizing the aromatic steam room, sauna and cold pools contrasting warm and cold temperatures.

GRANDE SPA MESSAGES

PIMENTO BAMBOO MASSAGE *"Signature Grande Massage"*

Your body will love this revitalizing experience, which includes a combination of massage techniques and pimento essential oil, using heated bamboo to roll and knead the tissue to create an extreme sensation of relaxation and wellbeing. This massage also promotes relief for great blood circulation. Bamboo massage is a powerful preventative therapy against modern-day stress and deep muscle fatigue and to aid relief from many physical and emotional problems.

SWEET SLUMBER MASSAGE *"Signature Grande Massage"*

Begin your escape with a gentle lavender inhalation, followed by a unique set of massage techniques that are combined with the application of ylang-ylang and lavender essential oils to prepare you for a state of restorative sleep. This therapy will activate the quieting of the mind, relaxing of the body and soothing of the soul.

SLOW FLOW MASSAGE *"Signature Grande Massage"*

A slow rhythmic massage, designed to help you harness the healing power of aromatherapy through the use of a combination of two essential oils. This ritual uses the application of these selected oils, suited to your needs to reconnect your physical and energetic balance, intended for stress and anxiety relief.





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. This massage increases hydration, prevents muscle cramping, and detoxifies the body from heavy metals.

ROSEMARY RIVER ROCK MASSAGE

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

GRANDE RECOVERY RELIEF

This massage helps to ease deep contractures accumulated over the years, improving circulation, and accelerating the stress recovery mechanism of the body. This massage is focused on optimizing the mobility of your joints and connective tissues and recover elasticity to the body, which may decrease with strenuous physical work, intense exercise, or poor posture. Your body will be rebalanced with the appropriate and recommended pressure and stretching techniques.

VINO THERAPY

This warm, wine-infused massage oil candle experience uses the seductive aroma of merlot, chardonnay, or rose champagne to inspire euphoria. This revitalizing massage is customizable and includes the massage oil candle as a take home gift to continue your spa experience in the privacy of your suite.

MOMMY-2-BE

Pampered prenatal care customized and tailored full body massage to suit the needs of mommy-2-be. This service is performed only after the first trimester.

GRANDE SPA FACIALS

GRANDE SIGNATURE FACIAL

Experience unparalleled results in just one treatment with Epicuren's award-winning Signature Facial. A revolutionary combination of proteins and B vitamins activate vital energy necessary for healthy cellular function, dramatically enhancing the appearance of skin tone and texture. An advanced stimulating peel is coupled with layers of skin-tightening masks, which are systematically applied to visually improve the overall look of the skin.

GEMSTONE ANTI-AGING FACIAL

Experience a journey through light and intention with this exquisite facial. The Söl Gemstone Facial harnesses the power of citrine gemstones charged by the sun with effective skin brighteners to activate a 'Sölful' radiance from within. This unique skin therapy utilizes microcrystal exfoliation with a spicy enzyme peel, luxurious massage, and a cocktail of brightening antioxidant serums leaving you with skin that brilliantly shines. This facial is enhanced with Gua sha therapy and LED light treatment which dramatically lifts, tightens, and visibly firms facial skin, increasing textural clarity and tone.

SUPERFRUIT ANTIOXIDANT FACIAL

Surrender yourself to an exotic cocktail of goji, pomegranate, acai, and bilberry as these deliciously aromatic super fruits dissolve away dull, lifeless skin. Global ingredients by Epicuren are paired with deeply hydrating aloe, cucumber, green tea, and seaweed. This natural facial is packed full of vitamin C, minerals, proteins, and age-defying antioxidants.

PURIFYING ACNE TREATMENT FACIAL

Treat your skin naturally with this botanical-rich facial, packed full of organic ingredients that specifically address acne conditions such as excess oils, hyperpigmentation and scarring. This powerful treatment cleans out blackheads and prevents future congestion. Our acne facial is a perfect first step to clearer skin.

SOOTHE & REPAIR NONI FACIAL

This super hydrating facial treatment drenches the skin with powerful moisturizing ingredients that will leave the skin soft, plump, and glowing. Hyaluronic acid along with the use of jade roller therapy will heal and treat any sun damage to the skin while still protecting your skin from the sun.

GRANDE SPA FACIAL ADD-ONS

LED LIGHT THERAPY

LED blue and 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.





GRANDE SPA BODY TREATMENTS

BLUE MOUNTAIN DETOX COFFEE SCRUB & WRAP *“Signature Grande Ritual”*

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

TROPICAL FRUIT ESCAPE *“Signature Grande Ritual”*

Our delicious papaya pineapple sea salt mousse and balm are infused with potent extracts and antioxidants that polish away the skin’s impurities to smooth away uneven skin tones, firm, nourish and deliver silky soft hydrated skin.

EXPRESSO LIMON SLIMMING BODY SCRUB & WRAP

Wake up your skin and invigorate your mind with rich, intoxicating Venezuelan Coffee Absolute. A heavenly mixture of pure Coffee and Italian Lemon stimulates new life into a dull, lackluster complexion. Not only beautifully aromatic, but this body cocktail will also have your skin looking brighter and firmer while injecting potent peptides and antioxidants into your skin to instantly reveal a more vibrant you!

SOOTHE & REPAIR NONI WRAP

Calms skin after exposure to the elements and strengthens it from within. With vitamin-rich ingredients, your skin will be revived and rejuvenated. Finished with an application of aloe vera and noni to lock in moisture, this keeps even the most damaged skin feeling soft, smooth and youthful.

BRIGHTENING PUMPKIN SPICE PEEL & WRAP

Simply delicious! This aromatic peel contains pumpkin extract and malic acid to smooth away any rough areas of skin and restore a youthful complexion. A cinnamon vanilla brown sugar polish will melt into your skin, sealing in the properties of the peel and quenching any dehydration. While wrapped in a warm cocoon, you will enjoy a luxurious scalp massage. This unique treatment will reveal soft, glowing skin.

GRANDE SPA PACKAGES

JAMAICAN RUM SCRUB & RUB *“Signature Grande Ritual”*

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 preparing to receive a hemp oil massage which will eliminate toxins and stimulate circulation. You will feel completely relaxed and IRIE.

GRANDE WELLNESS *“Signature Grande Ritual”*

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 CBD massage, improving your circulation and stimulating your lymphatic system.

GRANDE HARMONY

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. A slow flow massage is next, using oils to energize your senses and revitalize your skin.

COUPLES ROMANCE & BUBBLES *(Per Couple)*

Rekindle the romance with this just-for-two package that has been specifically 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-minute relaxing massage using essential oils rich in antioxidants.

GRANDE SUNSET SERENADE *(Per Couple)*

Enjoy the serenity and calm of the evening and harmonize your senses whilst being pampered as a couple, with the crystalline Caribbean Sea as the backdrop. This includes a customized romantic massage for two with sparkling wine and fruits to enjoy after.

GRANDE SPA KIDS MENU (5-13 YEARS)

(Under 12 years must be accompanied in the room by a parent)

TEENS WRAP OR SCRUB

TEENS GRANDE FACIAL

TEENS AROMA MASSAGE

TEENS SWEET MANICURE

TEENS SAVORY PEDICURE

BEAUTY SALON

NAIL SERVICES

Manicures, pedicures, nail repair, along with a 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.

BRIDAL & MAKEUP SERVICES

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

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.

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 these services.





Spa Hours of Operation
8:00 a.m. – 7:00 p.m. daily

Extension: 6030

CHECK IN

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

PERSONAL ITEMS

Please do not bring any valuables, such as jewelry to the Spa. We recommend you keep your valuables in the safe provided 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 the 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.

All prices are subject to a mandatory 10% tax and 15% service charge.
Spa prices are subject to change without notice.