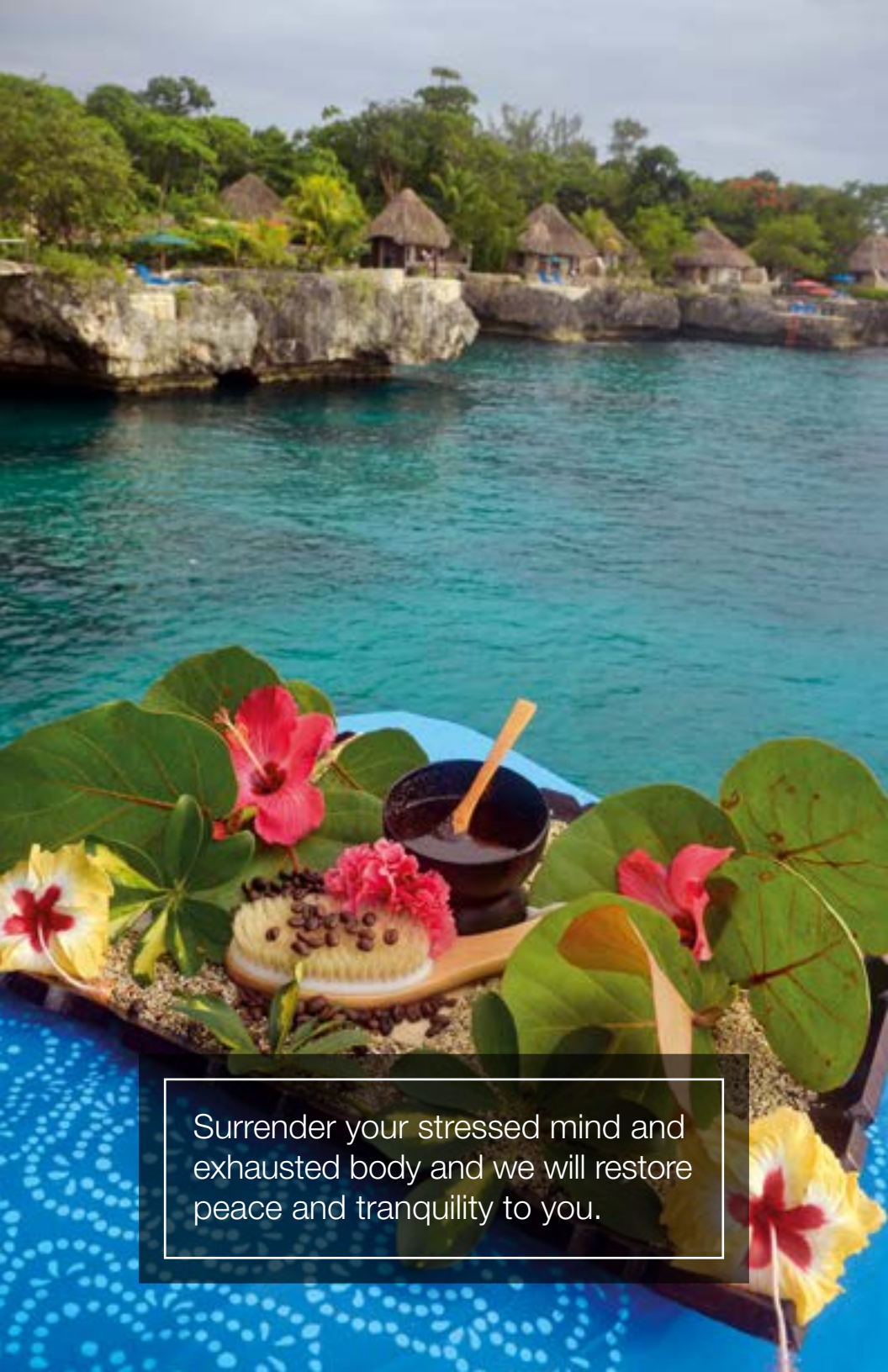
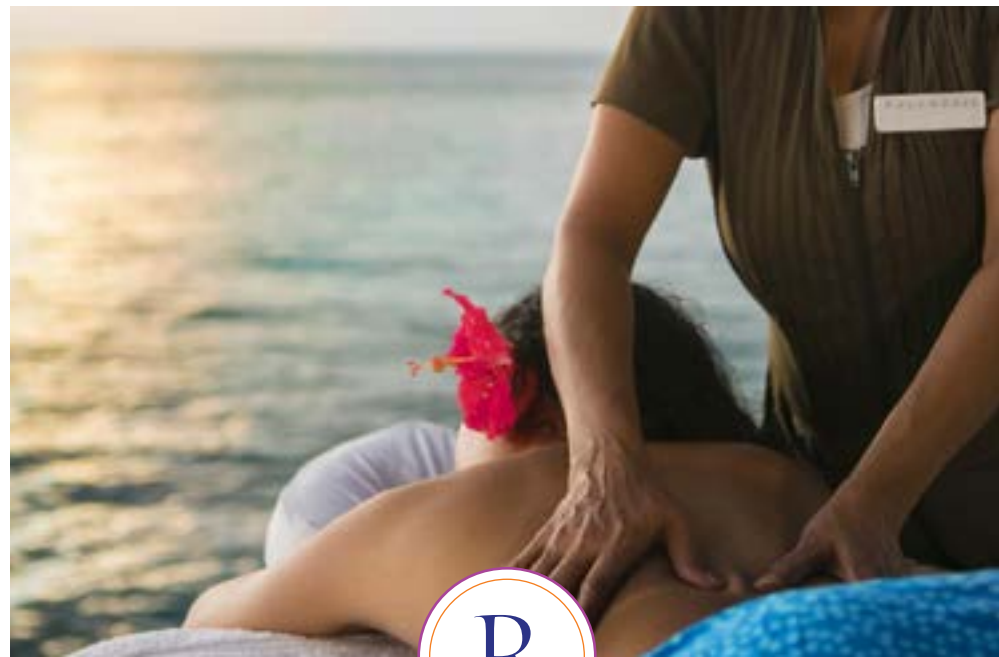


R O C K H O U S E

SPA MENU



Surrender your stressed mind and exhausted body and we will restore peace and tranquility to you.



R O C K H O U S E S P A

Our spa philosophy is a simple, holistic approach to wellbeing, health and happiness, with a natural Jamaican style.

At the award winning Rockhouse Spa, your wellbeing is key. It's at the heart of every carefully crafted Caribbean Essentials ritual we offer. Our therapists focus on relaxing and healing your entire being, allowing you the time to rejuvenate, rebalance and totally relax.



While spa techniques may vary, all forms of holistic therapy follow the same basic principle of ensuring the smooth flow of chi - the energy or life force within the body.

When chi is in balance, our natural equilibrium of peace and harmony is restored. Our whole system works in total accord, restoring balance in the entire body. This is key to your wellbeing, health, harmony and happiness.

SPA ESSENTIALS

BOOKINGS

Rockhouse Spa treatment rituals are delivered from either the Rockhouse Spa Pavilion, the Bath House, or on-the-rocks in the cliff-edge Spa Cabanas.

Spa treatment rituals are available daily from 9am. The last treatment session is at 6pm daily. Other hours may be arranged with advance notice. Advance booking is recommended.

Please note, cancellations with less than four hours notice and no shows will be charged the full treatment price.

SKYLARK NEGRIL BEACH RESORT

Looking for a change of vibe for a day of beach side indulgence?

Try our acclaimed sister property, the Skylark Negril Beach Resort. Located on Negril's iconic Seven Mile Beach, facing due West towards spectacular nightly sunsets.

Skylark Spa treatment rituals are delivered from either the amazing Rooftop Spa or the beautiful, serene third floor treatment area. Ask our Therapists for details.

TO BOOK YOUR TREATMENT...

Call the Spa on +1 (876) 957-4373 ext 226, email us at spa@rockhousehotel.com, or visit our Spa Reception.

Discover...

all the exquisite holistic
elements of the Caribbean
Essentials brand.



Caribbean Essentials

AROMATHERAPY SENSORY THERAPY

Rockhouse Spa was the first to feature
the Caribbean Essentials Spa Collection
of natural aromatherapy products and
sensory treatment rituals.

The Rockhouse Spa is guided by Linda Hall, an
International Spa and Wellness Consultant, natural
product and treatment designer, and guru of holistic
spa therapy philosophy.

CARIBBEAN ESSENTIALS

Caribbean Essentials is a vivacious, vibrant and passionate, mind-body-spirit, luxury spa ritual company inspired by The Caribbean and bursting with its vitality and energy. The brand is exclusive to the award-winning Rockhouse Hotel and Spa and our acclaimed sister property, Skylark Negril Beach Resort.

All products are created on-site using natural, organic indigenous ingredients. Each exudes the richness of the region, radiating the renowned Jamaican warmth and sunshine to promote inner serenity and a happy, healthy spirit. Our full-service spa menu is in keeping with the Rockhouse philosophy of fusing the natural goodness and beauty of The Caribbean to restore peace, wellness and harmony to our guests.

SPA & WELLNESS CONSULTANT

Linda Hall is an innovative visionary, driven to create beautiful, luxurious spas. With 40+ years experience creating totally unique spa settings in the UK, Asia, the USA and throughout The Caribbean, she ensures our spa continues to evolve to offer our guests a truly memorable spa experience. Her knowledge and dynamic spirit are imparted to every one of our certified therapists. During her time guiding the Spa, Linda has also established The Holistic Spa Academy so therapists can receive constant training and education to keep them updated on the latest developments in techniques, treatments, equipment and products.



R O C K H O U S E

❖ foot therapies

Lavish your feet with careful attention and stimulate the body's own healing forces.

Allow the soles of your feet to be delicately cleansed, nurtured, exfoliated, massaged and soaked!

We like to start at the bottom and work our way up. On your first visit to the Rockhouse Spa you will receive a complimentary "Welcome" cleansing foot ritual.

When you enter the Rockhouse Relaxation Lounge, your feet are placed in a bowl filled with fresh warm water and healing re-mineralizing salts. Followed by an invigorating foot scrub.

This first step will ease your psyche and release tension. Revitalizing your tired mind and body is this simple!

ROCKHOUSE SIGNATURE FOOT CEREMONY

50 minutes | US\$75

A ritualistic treat for one of the body's most important parts. A blend of zone reflexology, exfoliation, pressure point, warm stone and traditional massage techniques, concluding with a hydrating foot butter masque.

REFLEXOLOGY

50 minutes | US\$80

The ancient art of rebalancing your entire body through the reflex zones of your feet, designed to detox you down to the tips of your toes.

AQUA DETOX

30 minutes | US\$75

There are over 2,000 pores on the soles of your feet, each of which is responsible for releasing your body's accumulated toxins. This treatment is a scientific procedure to detoxify, re-energize and revitalize the body through detoxification of the feet and thus the whole system.

ROCKHOUSE DELUXE PEDICURE

50 minutes | US\$50

A full service pedicure combining green tea, island mints, eucalyptus and Dead Sea salts. Oh yes, and a hot polish to finish.

HOT STONE DELUXE PEDICURE

55 minutes | US\$55

A soothing foot soak, followed by all the elements in the Deluxe Pedicure, combined with a warm stone foot massage. Great for tired, aching feet.

A 10% service charge and 10% General Consumption Tax will be added to your bill.





R O C K H O U S E

The ancient art of the bathing ritual is one of nature's oldest and most beautiful pastimes.

We bathe to cleanse, detoxify, beautify, heal, pamper, relax, de-stress and feel good; it is a vital and indulgent way of taking care of the body, health and spirit. Bathing is the ultimate mind, body, spirit leisure activity.

Our bathing rituals are a complete detoxifying, hydrating, rejuvenating holistic spa journey.

In religions throughout the World, taking a 'bath' is considered to be one of the most important and rewarding daily activities. The therapeutic, beautifying and relaxing properties of water have provided an indulgent escape from daily stress for 1000's of years.

At Rockhouse Spa, we take the bathing experience to its pinnacle. Our rituals are undertaken in our Private Spa Bathhouse with your own personal picture window view of the hypnotic turquoise sea. Each features two stunning ocean-view soaking tubs for guests to take in breath-taking ocean views, whilst immersing in one of our three Caribbean Essentials signature therapeutic Bathing Rituals.

A spa bathing ritual is one of the most tranquil, rejuvenating and rewarding gifts you could give to yourself or share with someone special.



Our Bathing Rituals are a complete rejuvenating journey. Each begins with your selection from our signature aromatherapy blends: *Release*, *Rapture* and *Restore*. and includes fresh seasonal fruits, a ginger shot, organic spa juice and end of treatment therapeutically linked Tea Ceremony.

Our therapeutic and exotic Bathing Ritual Packages are available in a 50-minute, 95-minute, 100-minute or 150-minute versions.

Pick your Passion from the three Rockhouse signature blends...



❖ ROCKHOUSE SIGNATURE: ISLAND MINT BATHING RITUAL (RELEASE)

The ultimate euphoric, completely decadent, immune system boosting bathing experience. Fusing all that is botanically indigenous and therapeutically powerful in Jamaica. Drift away as you soak in the detoxifying, pain zapping goodness and mineral potency of Epsom salts, sea salts and baking soda. Powerful cleansing, purifying herbs, dandelion, cerassie, green tea, green rooibos, lemongrass, lime leaf and spearmint.

A green energy rejuvenating bathing experience...

❖ ROCKHOUSE SENSUAL BATHING RITUAL (RAPTURE)

The ultimate sensual, warming and indulgent, aromatic synergy bathing experience. Coconut milk, coconut flakes, hibiscus and bougainvillea petals will ease your nervous system into a place of total serenity, whilst sweet orange, geranium, vanilla, cinnamon and stimulating tropical aromas will seal the sensual, skin softening bathing experience deal.

A ritual that will lift depression, improve circulation and relax the mind into a deeply sensual vibe...

❖ ROCKHOUSE SPICE BATHING RITUAL (RESTORE)

The ultimate anti-inflammatory, healing, therapeutic and spicy bathing experience for those who have over-worked bodies or who suffer from aches, pains and sports injuries. Healing herbs, salts and spices - turmeric, ginger and clove, combined with essential oils ginger, lemongrass, sweet orange and rosemary, all happily fuse together in this restorative ritual.

The ideal bathing experience to soothe aching joints, sore muscles, headaches and jet lag...

BATHING SOAK

50 minutes | US\$90

Soak in a therapeutic bath infused with your selection from our signature aromatherapy blends **Release**, **Rapture** or **Restore**, combined with corresponding botanicals, herbs and flower petals. This Bathing Soak ritual is the perfect way to pamper, indulge and relax yourself in restorative, hydrating, healing, calming waters, whilst overlooking the mesmerizing turquoise sea. It is also the ultimate enhancement to any other spa service.

SCRUB & SOAK

95 minutes | US\$135

A therapeutically linked scrub to sweep away dry, dull skin, followed by your bathing soak in the Spa Bath House.

MASSAGE & SOAK

100 minutes | US\$170

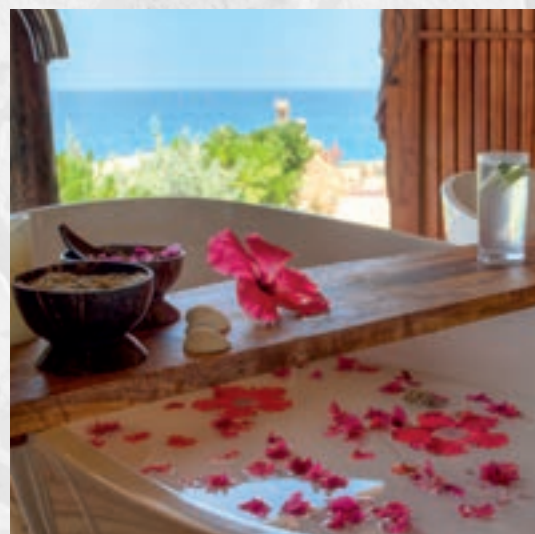
Indulge mind, body and soul in a harmonizing massage with your selected aromatherapy blend of **Release**, **Rapture** or **Restore** as a prelude to a beautiful, therapeutically linked bathing soak.

SCRUB, MASSAGE & SOAK

150 minutes | US\$230

For the ultimate indulgence, this amazing experience commences with your chosen scrub to prepare the skin for your harmonizing aromatherapy massage. The ritual concludes with a delicious bathing soak matching your selected signature blend of **Release**, **Rapture** or **Restore**.

A 10% service charge and 10% General Consumption Tax will be added to your bill.



R O C K H O U S E

❖ scrubs

Scrubs are invigorating treatments that will give you energy and restore your equilibrium.

Our therapeutic scrubs and wraps contain only the finest natural, indigenous ingredients, including brown sugar, ginger, papaya, mango, honey, cucumber, lemon, lime, orange, pineapple, coconut, herbs, Blue Mountain Coffee, cocoa, sea minerals and delicious revitalizing butters.

These invigorating treatments will give you energy and restore your equilibrium.

Exfoliation is the critical, 'instant gratification' part of your skin care ritual.

SIGNATURE SCRUB: ISLAND MINT TEA

45 minutes | US\$70

Harnessing all that is indigenous and beautiful in Jamaica, this scrub is a powerful immune system booster, which soothes and elevates your mood. Comprised of cerassie, island mints, aloe and brown sugar.

THE ULTIMATE COFFEE SCRUB

45 minutes | US\$70

This is a therapeutic, aromatic synergy of a brew! A blend of Blue Mountain Coffee, orange, cinnamon, patchouli, brown sugar and a hint of vanilla. You will be totally renewed and refreshed.

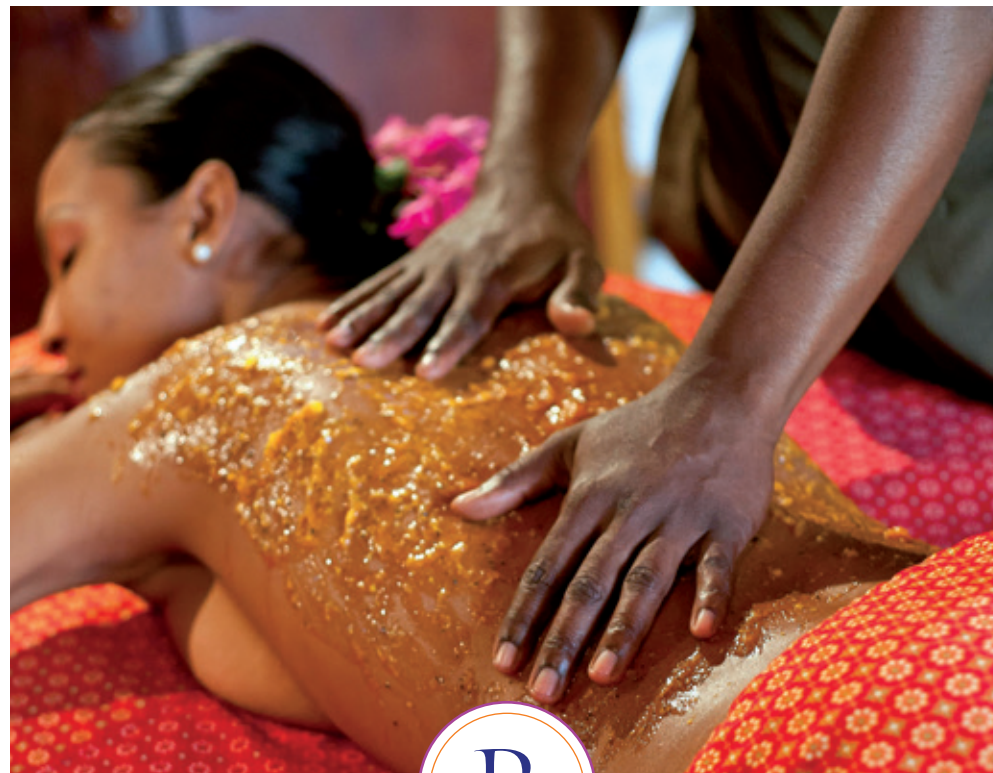
CARIBBEAN GINGER & LEMONGRASS SCRUB

45 minutes | US\$70

A warming, exfoliating experience, this scrub contains therapeutic healing oils, ginger, lemongrass, orange, rosemary, herbs, sugar and spice - a seriously spicy, stimulating scrub!

A 10% service charge and 10% General Consumption Tax will be added to your bill.

You can combine any scrub with a wrap; mix and match to create your own perfect recipe.



R O C K H O U S E

❖ wraps

A revitalizing wrap is the ultimate indulgence to follow an exfoliating scrub.

Your body is coated in delicious ingredients and cocooned in a special wrap, allowing our carefully chosen minerals, herbs, spices, hydrating butters and oils to soak into your skin.

All Rockhouse Spa Caribbean Essentials Treatment Rituals are unique, rejuvenating, inspiring and passionate. **Linda Hall**

SIGNATURE WRAP: ISLAND MINT TEA

45 minutes | US\$90

Our signature wrap is an uplifting, soothing and mood-elevating experience, which will rejuvenate your skin and stimulate the immune system, boosting your body's natural defences. Fusing all that is indigenous and beautiful about Jamaica; this wrap is comprised of cerassie, island mints, aloe and brown sugar.

JAMAICA MOCHA/RUM WRAP

45 minutes | US\$90

Honey, mango, hemp, cocoa, rum and shea butter are swirled together with patchouli, orange and cinnamon to warm and stimulate your skin. An absolutely delicious wrap filled with delicate and silky textures, soft and sensual aromas and active ingredients designed to give your skin a new life.

CARIBBEAN GINGER & LEMONGRASS MUD WRAP

45 minutes | US\$90

A re-mineralizing, spicy Jamaican experience which incorporates Rhassoul mud, ground Loofah, herbs, healing spices, turmeric, ginger and clove. Ideal for aching joints, sore muscles and headaches, this wrap has more heat-giving properties than any sports liniment.

ALOE & CUCUMBER SOAK

45 minutes | US\$60

Fantastic after a day in the sun. This wrap is a healing blend of ice cold aloe, cucumber, green tea and other hydrating goodies. It will renew your skin and feed your soul. (Available as a Bathhouse Soak, please ask for details at Spa reception.)

A 10% service charge and 10% General Consumption Tax will be added to your bill.





❖ messages

R O C K H O U S E

Rockhouse Spa offers an ever expanding variety of massages and holistic modalities that will satisfy our most discerning guests.

Explore the variety of healing treatments available for anyone who is on a journey leading toward optimal wellness. These mind-body-spirit therapies transport your soul on an indulgent journey to heal the senses, balance the body and impart total wellbeing.

Massage is not just a luxury.
It's a way of a healthier,
happier life. **Unknown**

The Rockhouse Spa features Caribbean Essentials innovative aromatherapy massage oil signature blends, which capture the intoxicating, revitalizing, healing aromas of The Caribbean.

Relaxing on the treatment bed with your mind free from its everyday clutter, you take a deep breath and then exhale. Two warm hands make gentle contact with your body and compassionately commence your massage ritual.

You take a breath in and out again, and slowly the tension releases. With meticulous movements you are eased into deep relaxation, whilst your muscles are energized and realigned.

A clear mind, contented breathing and boundless relaxation are the key ingredients delivered during, and after, our massage ritual experiences.

Our massages will revitalize, relax, stimulate or sedate you, whichever rubs you righter!



Pick your Passion from the three Rockhouse signature blends...



❖ **ROCKHOUSE SIGNATURE HERB BLEND: ISLAND MINT TEA (RELEASE)**

An uplifting, mood-elevating blend, ideal for anxiety, insomnia and digestive problems. Rejuvenates the skin and stimulates the immune system.

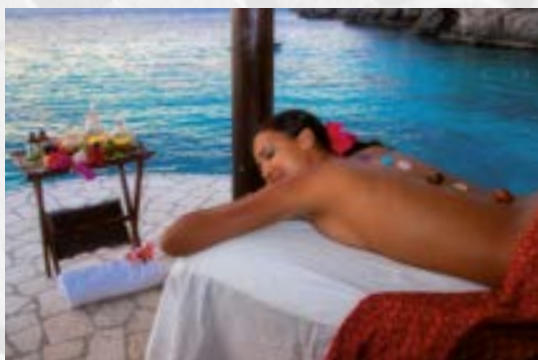
❖ **ROCKHOUSE SENSUOUS BLEND (RAPTURE)**

Has a rounded, warm aroma with Ortanique orange swirled with delicious, infinite notes of cinnamon, vanilla, geranium and patchouli. This blend lifts depression, improves circulation and relaxes the mind. A deeply sensual blend.

❖ **ROCKHOUSE SPICE BLEND: CARIBBEAN GINGER & LEMONGRASS (RESTORE)**

Harnessing a powerful blend of essential oils, herbs and spices, this massage blend will deliver a therapeutic, anti-inflammatory, healing experience to over-worked bodies or those who suffer from aches, pains and sports injuries.





AROMATHERAPY MASSAGE

50 or 80 minutes | US\$110 or US\$145

This blissful, healing massage ritual, combines holistic relaxation techniques with specially blended, powerful rebalancing essential oils. Designed to soothe aching muscles, harmonize the mind and body's energies and restore vitality. Indulge in this treatment and your body will thank you in so many ways.

SIGNATURE TROPICAL MASSAGE

80 minutes | US\$140

A fusion of massage techniques; combining aromatherapy oils, bamboo and warm stones. This is truly the most opulent, luxurious spa treatment you will ever experience.

SWEDISH MASSAGE

50 minutes | US\$110

The traditional purpose of Swedish massage is to increase oxygen flow in the blood and release toxins from the muscles. Enjoyed by millions worldwide, this stress-reducing massage is an invigorating, tension-releasing, full body experience which imparts a feeling of general wellbeing by manipulating the soft tissues of the body.

DEEP TISSUE MASSAGE

50 minutes | US\$110

Deep Tissue Massage is a more intensive, deep reaching massage than Swedish. It works on chronic tension and stubborn knots, infiltrating those painful stress areas. This massage releases sluggish blood flow and toxins that gather in tired, overworked muscles. We use powerful, indigenous-plant-based oils for this massage, guaranteed to increase your blood circulation and recharge your batteries.

STONE THERAPY - OUR HOT ROCK MASSAGE

50 or 80 minutes | US\$120 or US\$155

Heated Basalt stones, lubricated with warm, aromatic essential oils caress your body. These energizing stones are placed on the body's Chakra points, initiating a countdown to bliss!

A 10% service charge and 10% General Consumption Tax will be added to your bill.

SPORTS MASSAGE

30 minutes | US\$65

Also known as the Chair Massage, this therapy promotes better circulation, muscle stimulation and stress relief. It reduces tension in the back, neck, shoulders, head and arms, providing a deeply relaxing effect. It is particularly effective for sports related tension in the back, neck and shoulders.

PREGNANCY MASSAGE

45 minutes | US\$85

A gentle and respectful massage for mothers-to-be. Special care is taken to position the woman's body using bolstering (or propping). This can include certain body positions, depending on how far along the pregnancy is. Lying on the left side is safest for pregnant women, allowing optimal cardiac function and foetal oxygenation.

HOLISTIC DEEP HEALING BACK RITUAL

60 minutes | US\$95

An amazing treatment ritual for the back, an area that holds so much of life's tensions and blockages. We combine an infusion of indigenous herbs, oils, spices, warm stones and muds in this signature ritual of hot compresses, steam, pressure point and lymphatic drainage massage. Removing stagnant energy from the back and thus the whole body.

SHIRODHARA (SHIRO=HEAD, DHARA=POURING OIL)

30 minutes | US\$60

An ancient healing treatment to calm the mind, improve blood circulation to the brain and soothe the senses. Rhythmical precision in the trickling of oil onto the forehead awakens the energy and healing powers of the third eye. Here the 15 minute Shirodhara is combined with a 15 minute head massage.

Try 30 minutes of Shirodhara as a great addition to any body treatment, particularly a wrap.

A 10% service charge and 10% General Consumption Tax will be added to your bill.



R O C K H O U S E

❖ beauty therapies

Rockhouse's Facial Rituals are designed to bring about total relaxation and visibly renewed skin.

The sublimely alluring, heavenly scents of Caribbean Essentials Facial Skincare Collection are combined with the energy of the therapist's hands to maximise the healing potentials of each ritual. Together, they empower and nurture your skin, whilst restoring inner balance and tranquility to you.

Care for and indulge the skin daily, for a radiant complexion and a happy, healthy spirit.



ROCKHOUSE REJUVENATING FACIAL

70 minutes | US\$95

A de-stress, hands-on, rhythmical facial experience. Your skin is cleansed with scrumptious aromatic butters, revitalized with a refreshing spritz and finally, rejuvenated with a delicious facial elixir that is gently massaged in. Other exquisite treats make this the ultimate Rockhouse experience for people who want to revive dry, dehydrated skin.

ROCKHOUSE FACIAL LIFT

70 minutes | US\$95

An amazing, powerful, anti-aging treatment ritual, merging protocols from ancient facial massage, acupressure and traditional beauty therapy techniques. This facial strengthens the underlining facial muscles to lift and iron out wrinkles, improve circulation, firm and tone and bring back youthful luster.

HAIR AND SCALP TREATMENT

30 minutes | US\$40

There is nothing more sensual than having your head and hair teased, massaged and pulled, don't you agree? Using a combination of scalp treating ingredients, we will hydrate your scalp and de-stress your head, calming and energizing you simultaneously. This is a great addition to any treatment ritual.

ROCKHOUSE DELUXE MANICURE

40 minutes | US\$40

This is a full service manicure combining green tea, island mints, eucalyptus and a beautification routine with a hot polish to finish.

A 10% service charge and 10% General Consumption Tax will be added to your bill.



❖ Rockhouse spa rituals

R O C K H O U S E

Savor your time here in Jamaica by partaking in one of our pampering ritual packages.

Our spa rituals are a collective set of discounted treatment packages specially selected and integrated, so that one treatment therapeutically and effortlessly complements and flows into the next. Alternatively, make up your own three treatment package program and enjoy over three days with 15% off!

So 'Pick Your Passion' and let the pampering commence.

At the core of Caribbean Essentials are the divine ritualistic 'Spa Treatment Rituals'. These form the heart and soul of the brand.



SIGNATURE SPA EXPERIENCE

180 minutes | US\$295

Enjoy this classic combination: Rockhouse Foot Ceremony followed by a skin-softening Island Mint Scrub, a mood-uplifting Swedish Massage which concludes with a delicious, healing Island Mint Wrap. A great combination following the daily morning yoga class!

EXCLUSIVELY HOLISTIC

145 minutes | US\$245

Our Aqua Detox treatment and a Hot Stone Massage are followed by a mind calming Rockhouse Facial. This combination will leave you de-stressed and blissed-out!

THREE-DAY FULLY LOADED

50 minutes per day | US\$235

Make your choice of Swedish, Deep Tissue or Aromatherapy massage combined with your choice of Foot and Facial ritual.

*See p45 for the Fully Loaded 5-day package.

THREE-DAY MASSAGE PROGRAM

50 minutes per day | US\$280

Make a daily choice of Swedish, Deep Tissue or Aromatherapy massage to leave you relaxed and re-charged.

FIVE-DAY MASSAGE PROGRAM

50 minutes per day | US\$470

Make a daily choice of Swedish, Deep Tissue or Aromatherapy massage to leave you relaxed and re-charged.

A 10% service charge and 10% General Consumption Tax will be added to your bill. Spa package pricing is not valid in conjunction with other promotions or discounts.

Almost all our treatments are available to be conducted simultaneously as a couple; our treatment rooms are designed to accommodate two treatment beds and therapists. The prices include all treatments for both persons.

So whether it's a honeymoon, wedding anniversary or you're simply celebrating your love for each other, we have the right package for you.

ROMANTIC RITES: OUR COUPLES ROMANCE PACKAGE

180 minutes | US\$495

Have your bodies lavished by scrumptious Jamaican treats in celebration of your relationship. The Ultimate Coffee Scrub, with sweet sugar, coffee and hints of passion followed by an Aromatherapy Sensuous Blend Massage with suggestions of cinnamon, vanilla and sweet orange. Concluded with a Warm Mocha and Rum Wrap and delicious Hair and Scalp treatment.

ESSENCE OF LOVE

120 minutes | US\$350

Enjoy side by side treatments. Your choice of massage (Swedish, Deep Tissue or Aromatherapy) followed by a soothing, skin-refreshing Rockhouse Facial.

A 10% service charge and 10% General Consumption Tax will be added to your bill. Spa package pricing is not valid in conjunction with other promotions or discounts.





THE FULLY LOADED

Fully loaded is Jamaican for *'it has everything!'* All you have to do is show up each day and we take care of the rest. You can combine treatments into a two or three day program if you wish.

Day 1: 50 minutes per day | US\$375

Choose from one of our **buffs and scrubs** - the Signature Scrub, the Caribbean Ginger and Lemongrass Scrub or the Ultimate Coffee Scrub.

Day 2

Choose from one of our five **wraps** - our Signature Wrap, the Jamaica Mocha/Rum Wrap, the Caribbean Ginger and Lemongrass Rhassoul Mud Wrap and enjoy a **Hair and Scalp treatment** after.

Day 3

Choose one **massage** from our menu - a Swedish, a Deep Tissue or an Aromatherapy Massage.

Day 4

Your choice of **Foot treatment**, including the Signature Foot Ceremony, Reflexology, the Aqua Detox or any Pedicures.

Day 5

The choice is yours! Choose one treatment from your Fully Loaded package - a massage, a holistic mind and body therapy, a beauty therapy or a bathing ritual soak - whatever you desire, just make sure you pamper yourself!

A 10% service charge and 10% General Consumption Tax will be added to your bill. Spa package pricing is not valid in conjunction with other promotions or discounts.

FRESH FRUIT PREPARATION SPECIAL

Rockhouse Cornucopia Full Body Experience

75 glorious minutes | US\$135

A delicious enzyme blitzing top to toe treat. This will probably be the most mouth watering, delectable spa treatment you will ever experience.

Step One:

Orange Blast Body Polish.

Step Two:

Caribbean Fruit Plate Body Mask.

Step Three:

Organic Facial Experience.

Step Four:

Fresh Aloe and Cucumber Hair Treatment.

A 10% service charge and 10% General Consumption Tax will be added to your bill. Spa package pricing is not valid in conjunction with other promotions or discounts.



The changing of the seasons is a reminder to live in the present and accept each moment as it comes.

SPA ZONE
KEEP THE VIBES CALM

❖ seasonal spa packages

R O C K H O U S E

When we choose to live in harmony with the changing seasons it can encourage inner calm and benefit our mental wellbeing.

The Rockhouse Spa elemental packages (Spring, Summer, Autumn and Winter) focus on the seasonal mind, body changes that occur throughout the year, when certain organs, emotions and imbalances come up for service during each 12 week period. Our packages use this special time to match the perfect treatment ritual to the season.



SPRING (WOOD) ELEMENT SPA DETOXIFICATION PACKAGE

90 cleansing minutes | US\$145 per person

21 March - 21 June: Aqua Detox, Holistic Deep Healing Back Ritual.

SUMMER (FIRE) ELEMENT LUXURY INDULGENT SPA PACKAGE

90 joyful minutes | US\$135 per person

21 June - 21 September: Coffee Scrub, Mocha Rum Wrap OR a Rapture Aromatherapy Massage.

AUTUMN (METAL) ELEMENT CLARITY SPA PACKAGE

80 rebalancing minutes | US\$120 per person

21 September - 21 December: Shirodhara, Reflexology.

WINTER (WATER) ELEMENT RE-ENERGIZING SPA PACKAGE

80 recharging minutes | US\$135 per person

21 December - 21 March: Restorative Soak, 30-minute Neck/Back/Shoulder Massage.

A 10% service charge and 10% General Consumption Tax will be added to your bill. Spa package pricing is not valid in conjunction with other promotions or discounts.



R O C K H O U S E

SPA TREATMENT MENU

FOOT THERAPIES

Signature Foot Ceremony	50 min	US\$75
Reflexology	50 min	US\$80
Aqua Detox	30 min	US\$75
Deluxe Pedicure	50 min	US\$50
Hot Stone Deluxe Pedicure	55 min	US\$55

BATHHOUSE BATHING RITUALS

Bathing Soak (Single Bathing Ritual)	50 min	US\$90
Scrub & Soak (Single Bathing Ritual)	95 min	US\$135
Massage & Soak (Single Bathing Ritual)	100 min	US\$170
Scrub, Massage & Soak (Single Bathing Ritual)	150 min	US\$230
Bathing Soak (Couples Bathing Ritual)	50 min	US\$150
Scrub & Soak (Couples Bathing Ritual)	95 min	US\$270
Massage & Soak (Couples Bathing Ritual)	100 min	US\$340
Scrub, Massage & Soak (Couples Bathing Ritual)	150 min	US\$450

SCRUBS

Signature Scrub: Island Mint Tea	45 min	US\$70
The Ultimate Coffee Scrub	45 min	US\$70
Caribbean Ginger & Lemongrass Scrub	45 min	US\$70

WRAPS

Signature Wrap: Island Mint Tea	45 min	US\$90
Jamaica Mocha/Rum Wrap	45 min	US\$90
Caribbean Ginger & Lemongrass Mud Wrap	45 min	US\$90
Aloe & Cucumber Soak	45 min	US\$60

A 10% service charge and 10% General Consumption Tax will be added to your bill.
Spa package pricing is not valid in conjunction with other promotions or discounts.

R O C K H O U S E

SPA TREATMENT MENU

MASSAGES

Aromatherapy Massage	50 min	US\$110
Aromatherapy Massage	80 min	US\$145

Choose from the three Rockhouse signature blends...

- Rockhouse Island Mint Tea (Release)
- Rockhouse Sensuous Blend (Rapture)
- Rockhouse Caribbean Ginger & Lemongrass (Restore)

Swedish Massage	50 min	US\$110
Deep Tissue Massage	50 min	US\$110
Stone Therapy	50 min	US\$120
Stone Therapy	80 min	US\$155
Sports Massage	30 min	US\$65
Pregnancy Massage	45 min	US\$85
Holistic Deep Healing Back Ritual	60 min	US\$95
Shirodhara	30 min	US\$60

BEAUTY THERAPIES

Rockhouse Rejuvenating Facial	70 min	US\$95
Rockhouse Facial Lift	70 min	US\$95
Hair & Scalp Treatment	30 min	US\$40
Rockhouse Deluxe Manicure	40 min	US\$40

A 10% service charge and 10% General Consumption Tax will be added to your bill.
Spa package pricing is not valid in conjunction with other promotions or discounts.

ROCKHOUSE

SPA TREATMENT MENU

ROCKHOUSE SPA RITUALS

Signature Spa Experience	180 min	US\$295
Rockhouse Foot Ceremony, Island Mint Scrub, Swedish Massage, Island Mint Wrap		
Exclusively Holistic	145 min	US\$245
Aqua Detox, Hot Stone Massage, Rockhouse Facial		
Three-Day Fully Loaded	50 min per day	US\$235
Your Choice of Massage, Foot Ritual, Facial Ritual		
Three-Day Massage Program	50 min per day	US\$280
Daily Choice of Swedish, Deep Tissue OR Aromatherapy Massage		
Five-Day Massage Program	50 min per day	US\$470
Daily Choice of Swedish, Deep Tissue OR Aromatherapy Massage		
Romantic Rites (Couples Package)	180 min	US\$495
Ultimate Coffee Scrub, Aromatherapy Massage, Warm Mocha & Rum Wrap, Hair & Scalp Treatment each		
Essence of Love (Couples Package)	120 min	US\$350
Your choice of Massage & Rockhouse Facial each		
The Fully Loaded	50 min per day	US\$375
Five days of choosing your desired daily treatment to pamper yourself		
Fresh Fruit Preparation Special	75 min	US\$135

SEASONAL SPA RITUALS

Spring (Wood) Element Spa Detoxification Package	90 min	US\$145
Aqua Detox, Holistic Deep Healing Back Ritual		
Summer (Fire) Element Luxury Indulgent Spa Package	90 min	US\$135
Coffee Scrub, Mocha Rum Wrap OR a Rapture Aromatherapy Massage		
Autumn (Metal) Element Clarity Spa Package	80 min	US\$120
Shirodhara, Reflexology		
Winter (Water) Element Re-Energizing Spa Package	80 min	US\$135
Restorative Soak, 30 minute Neck/Back/Shoulder Massage		

A 10% service charge and 10% General Consumption Tax will be added to your bill.
Spa package pricing is not valid in conjunction with other promotions or discounts.



R O C K H O U S E S P A

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