

THE SPA AT THE CAVES



WELCOME

Upon your arrival, enjoy a foot soak overlooking the ocean while your Caves Spa Therapist determines the best treatment, blends and technique once your personalized intake is complete.

Utilizing our local plants and oils from Jamaica and Aveda products, a signature treatment is created which includes the most innovative concepts, integrating ancient wisdom with modern science to create a full body recovery.

Through island essences and healing purposeful touch, you will reconnect with a natural state of harmony and peace that creates healthy skin, body and mind.

Complimentary yoga classes are held Wednesday and Saturday mornings.

MASSAGE

Sauna experience complimentary with your choice of body treatment

Our sauna experience is designed to warm and relax you prior to your customized body treatment. Increases circulation, and helps eliminate toxins from the body.

Elemental Nature Massage

Relax with this customized massage using a personalized blend of pure flower and plant essences that incorporates a variety of massage techniques, from Swedish to aromatherapy to relax specific areas of tension and stress.

60 / 90 minutes – \$115 / \$160

Deep Tissue Massage

A sports massage to combat stress and overworked joints with warm herbal oil to soothe tense muscles and reduce mental irritability. This treatment includes pressure point release to stimulate circulation.

60 / 90 minutes – \$140 / \$185

Sea Salt Reflexology

A detoxifying mineral sea salt scrub will cleanse your feet before this ancient pressure point therapy, which will work to revitalize your energy and detoxify the organs.

30 / 60 minutes – \$ 50 / \$100

BODY SCRUBS

Mineral Powered Aqua Polish

An anti-aging cellular turnover using Dead Sea salts – prized for their restorative effects to soothe, refresh and hydrate dry, stressed skin. Combined with plant-based emollients and beneficial essences for a relaxing full body exfoliation.

60 minutes – \$120

Caribbean Brown Sugar or Blue Mountain Coffee Scrub

Let the essence of Jamaica scrub your worries away with our exfoliating brown sugar or Blue Mountain coffee known to tone the skin and reduce cellulite.

45 minutes – \$100

BODY WRAPS

60 minutes – \$120

Rosemary Mint Awakening Body Wrap

Your body is exfoliated, smoothed, softened and wrapped. Essences of rosemary and peppermint will awaken your senses while a scalp and foot massage balance the body.

Sun Soothing Aloe Vera Body Wrap

The whole body is cocooned in pure aloe vera from our Caves gardens; the healing properties of this plant will deeply hydrate tissues, followed by a soothing scalp and foot massage.



**For reservations,
please contact Front Desk.**

**Outside guests,
please call 876-957-0270.**





It's all about spirit,
sensibility and heart.
Island Outpost is about
a feeling.
The rush of discovery.
The bliss of authenticity.



SKINCARE

Elemental Nature Facial

AVEDA skincare combines modern active ingredients with ancient body philosophy, integrating a gentle massage of the face, chest, hands and feet – with products customized to your skins condition. Great for dry, acne prone, mature and sensitive skin types.
60 minutes – \$125

Deep Tissue Elemental Facial with Back and Shoulder Massage

90 minutes – \$165

Revitalizing Eye Treatment

Let AVEDA soothe your delicate eye zone with a cooling and revitalizing treatment that combines gentle massage techniques with state-of-the-art plant and flower-based formulas to reduce the appearance of fine lines and puffiness. This treatment ends with a mini back massage.
45 minutes – \$75

Essential Back Treatment

A unique deep-cleansing skin treatment for the hard-to-reach areas of the back, neck and shoulders. This treatment removes impurities, relaxes tension and leaves the skin soft and smooth. This treatment ends with a mini back massage.
60 minutes – \$100

Deep Conditioning Scalp & Hair Treatment

A thorough scalp massage that will deep condition your hair using our finest plant oils to stimulate circulation and balance the scalp with our Ayurveda techniques. This treatment includes a relaxing mini-back massage.
45 minutes – \$75

Caribbean Manicure / Pedicure

A rejuvenating and nurturing treatment that uses the healing properties of Caribbean plants to improve the condition of nails, cuticles and skin, while providing a thorough cleansing and polish of the hands and feet.
90 minutes – \$80
Manicure *35 minutes – \$35*, Pedicure *45 minutes – \$45*, Re-Polish – *\$15*

**BODY TREATMENT UPGRADES:
Add on to your treatment**

Reflexology: Detoxifying foot massage
Back Treatment: Cleansing and extraction for acne prone skin
Eye Treatment: Reduce fine lines and dark circles
Scalp Massage: Hydrate scalp and decrease dandruff
Cleansing Facial: Customized mini-facial using our AVEDA skincare
30 minutes – \$50

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THE CAVES SPA POLICIES

If you are unable to make your appointment or wish to reschedule, please provide us with 4 hours notice in order to accommodate your request. Guests will be charged 50% of the total cost if the service is cancelled within 4 hours of the scheduled treatment.
Government Tax & Service Charge are included in your bill.
In room, Cave or after dark Spa treatments are available upon request and incur a 20% surcharge. Any treatment outside of opening hours (10am-6pm) will incur a 20% surcharge.

PACKAGES

ISLAND RENEWAL

Balancing elemental nature massage and elemental facial
\$225 (2 Hours)

NEGRIL REVITALIZATION

Aqua polish scrub, rosemary and mint awakening wrap and aromatherapy massage
\$230 (2 Hours)

SUN SOOTHING THERAPY

Elemental nature facial and hydrating aloe vera body wrap
\$130 (1 1/2 Hours)

GENTLEMAN'S INDULGENCE

Deep tissue sports massage, reflexology and pedicure
\$200 (2 Hours)

