

# R O C K H O U S E

*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

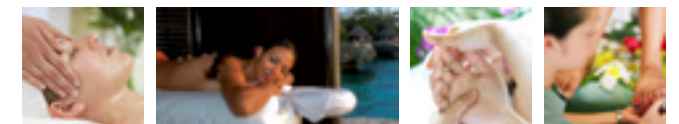
## ❖ spa menu

Our philosophy is a simple, holistic approach to wellbeing, health and happiness, with a natural Jamaica style. 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 system is the key to good health. At the Rockhouse Spa, we focus on relaxing and healing your system, allowing you to rejuvenate, rebalance and totally relax...

The Rockhouse Spa was the first to feature the *Caribbean Essentials Spa Collection* of products and treatment rituals. 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. They use only natural ingredients indigenous to the Caribbean. The products, treatment rituals and spa menu are in keeping with the Rockhouse philosophy of fusing all the natural goodness and beauty of the Caribbean to restore peace and harmony to their guests.

Our spa is guided by Linda Hall, an International Spa Consultant, natural product and treatment designer, and guru of holistic spa therapy philosophy. Linda's 30+ years of experience in the UK, Asia, the USA and throughout the Caribbean is imparted to our certified therapists who receive constant training and education to keep them updated on the latest developments in techniques, treatments, equipment and products.

Guests have two alternative locations for their treatments, the Rockhouse Spa pavilion or on-the-rocks in the cliff-edge Spa cabanas. **Advance bookings are strongly recommended.** Reservations are made through the Spa reception; **just dial 226.** Cancellations with less than four hours notice and no shows will be charged the full treatment price. Spa treatments are available from 9am, with the last treatment at 6pm daily. Other hours may be arranged with advance notice.





# R O C K H O U S E

## ❖ foot therapies

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 sea water and healing re-mineralizing salts. Followed by an invigorating foot scrub and mini massage. This first step will ease your psyche and release tension. Revitalizing your tired mind and body is this simple!

### **Rockhouse Signature Foot Ceremony**

**50 min**

A ritualistic treat for one of the bodys 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 min**

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. Includes Rockhouse Warm Water Float Away!

### **Aqua Detox**

**30 min**

There are over 2,000 pores on the soles of your feet, each of which is responsible for releasing your bodys 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 min**

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 min**

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.





# R O C K H O U S E

## ❖ scrubs

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. You can combine any scrub with a wrap; mix and match to create your own perfect recipe. Should you decide to take your treatment on-the-rocks, we will conclude with the Caribbean Drench, an awe-inspiring, simulated Caribbean rainfall experience which cascades warm Caribbean water over the entire body.

### **Signature Scrub: Island Mint Tea**

**45 min**

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 min**

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 and Lemongrass Scrub**

**45 min**

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

### **Seaweed on the Rocks**

**45 min**

This stimulating, re-oxygenating, re-mineralizing body scrub will exfoliate the spirit and leave you feeling radiant and smoothed out.





# R O C K H O U S E

## ❖ wraps

We recommend a revitalizing wrap after 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.

### **Signature Wrap: Island Mint Tea**

45 min

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 min

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 and Lemongrass Mud Wrap**

45 min

Get hot and muddy on the rocks. 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.

### **Seaweed Wrap**

45 min

This skin-softening, full body wrap combines a mind-boggling blend of sea goodness, rich in minerals and enzymes, essential oils and purifying glycerin. A toxin-releasing wrap to remember.

### **Aloe and Cucumber Soak**

45 min

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.





# R O C K H O U S E

## ❖ holistic mind & body therapies (massages)

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.

### Aromatherapy Massage

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.

50 min  
or  
80 min

The Rockhouse Spa features Caribbean Essentials innovative aromatherapy massage oil signature blends, which capture the intoxicating, revitalizing, healing aromas of the Caribbean. Choose from the following for your Aromatherapy Massage:

#### ❖ 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.



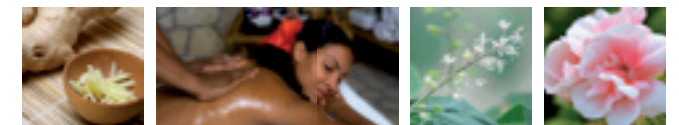
#### ❖ Rockhouse Sensuous Blend (*Rapture*)

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.





# R O C K H O U S E

## ❖ holistic mind & body therapies (massages cont.)

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 commence massaging caringly. 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!

### **Signature Tropical Massage**

**80 min**

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

### **Swedish Massage**

**50 min**

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 min**

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.





# R O C K H O U S E

## ❖ holistic mind & body therapies (massages cont.)

### **Stone Therapy - Our Hot Rock Massage**

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!

**50 min  
or  
80 min**

### **Herbal Poultice Massage (Luk Pra Kope)...**

is a heavenly Thai based treatment where fresh, healing herbs tied in a cotton cloth are pounded and massaged into the body releasing aches, pains and muscular tension of all kinds. We trace energy pathways, and work deep into the pressure points of the body during this exotic, healing, experience.

**80 min**

### **Table Thai (Nuat Thai)...**

is based on a 2,500-year-old ritual normally performed on the floor. Table Thai is an amazing, stretching, compression, realigning and reawakening full body treatment. The treatment is performed with loose clothing on, so no need to undress.

**80 min**

### **Sports Massage**

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

**30 min**

### **Pregnancy Massage**

A gentle and respectful massage for mothers-to-be. Imagine you are floating on a bed of warm water... you will enjoy a complete full body massage but you won't have to turn on your side. This usual disruption and discomfort is totally avoided.

**45 min**







# R O C K H O U S E

## ❖ more holistic mind & body therapies

### **Holistic Deep Healing Back Ritual**

**60 min**

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 min**

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.

### **Steamy Wonder Experience**

**30 min**

The Steamy Wonder converts your massage table to a steam room. A great detoxifier that complements your treatment; it is offered only as a curtain raiser to any therapy and is an ideal way to prepare for a massage.

### **Warm Water Float Away**

This amazing treatment elevates our spa treatment rituals to the ultimate in pure bliss, comfort, relaxation and total luxury. Lie back on a sea of warmth and relax. The Rockhouse Warm Water Float Away is available as a premium addition to our Facials, Reflexology, Hair & Scalp Treatment and pregnancy massage.





# R O C K H O U S E

## ❖ beauty therapies

### Rockhouse Rejuvenating Facial

70 min

A de-stress, hands-on, rhythmical facial experience. First your skin is cleansed with scrumptious aromatic butters, followed by a revitalizing spritz and perused by a rejuvenating facial elixir, which is gently massaged into your skin. Other delicious treats make this the ultimate Rockhouse experience for people who want to revive dry, dehydrated skin.

### Rockhouse Facial Lift

70 min

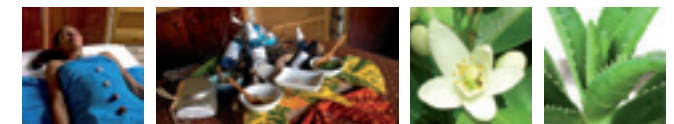
An amazing, powerful, anti-aging treatment ritual, merging protocols from ancient facial massage, acupressure and traditional beauty therapy techniques. This facial strengthens the underlining facial muscles to lift and iron out wrinkles, improve circulation, firm and tone and bring back youthful luster.

### Hair and Scalp Treatment

30 min

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 at once. This is a great addition to any treatment ritual.

Make-Up and Hair treatments, including blow-outs and braiding are available on request. Please give us at least 24 hours advance notice of your needs.





# R O C K H O U S E

## ❖ manicure and pedicure

### Rockhouse Deluxe Manicure

40 min

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

### Rockhouse Deluxe Pedicure

50 min

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 min

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.

Please ask for details in regard to other Manicure and Pedicure approaches





# R O C K H O U S E

## ❖ Rockhouse rituals

Savor your time here in Jamaica by partaking in one of our pampering rituals, a collective set of treatments specially selected and integrated so that one treatment therapeutically and effortlessly complements and flows into the next.

### **Signature Spa Experience**

**180 min**

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**

**120 min**

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!

### **Triple Oxygen Blast: the Jet-lag Reviver**

**120 min**

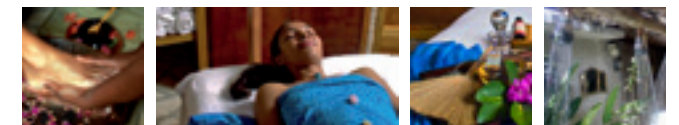
This is our Sea Spa Escape and Reviver Ritual. We start with detoxification and an Aqua Detox treatment, followed by a Seaweed re-oxygenating Body Scrub and Caribbean Drench. We inject more oxygen into your system with a skin-softening, re-mineralizing Seaweed Wrap. You emerge feeling totally detoxed and reborn. Let the vacation begin!

*Please note that this treatment is performed on-the-rocks.*

### **Five-Day Morning Massage Program**

**50 min  
per day**

Make a daily choice of Swedish, Deep Tissue or Aromatherapy massage. This five-day package is only available in the mornings. A great combination following daily morning yoga classes!





# R O C K H O U S E

## ❖ duos

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

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.

### Essence of Love

120 min

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

### Romantic Rites: Our Couples Romance Package

180 min

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.

### Morning Wake-up Package

80 min

A deluxe combination of some of our most popular treatments, including a warm wake up shower in our Caribbean Drench, a foot spritz and soak, and an early morning massage enjoyed on-the-rocks. This package is only available in the mornings.





# R O C K H O U S E

## ❖ 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

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

50 min  
per day

### 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, the Seaweed Wrap or the Aloe and Cucumber Soak - 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 - whatever you desire, just make sure you pamper yourself!



# R O C K H O U S E

## ❖ fresh fruit preparation special

### **Rockhouse Cornucopia Full Body Experience:**

A delicious enzyme blitzing top to toe treat. This will probably be the most mouthwatering, 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

**75 glorious  
minutes for  
US\$95**



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

© Rockhouse Hotel 2012





# R O C K H O U S E

## ❖ seasonal spa packages

The Rockhouse Spa elemental packages (Winter, Spring, Summer and Autumn) 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.

### Spa Holiday Potion Package

*15th - 30th Dec:* Coffee Scrub, Mocha Rum Wrap, Rockhouse Deluxe Facial

**150 glorious minutes  
for US\$220 per person**

### Winter (Water) Element Re-Energizing Spa Package

*21st Dec - 21st March:* Aqua Detox, Steamy Wonder

**90 recharging minutes  
for US\$95 per person**

### Valentines Love Potion Spa Package

*1st - 15th Feb:* Foot Ceremony, Rapture Massage, Shirodhara

**130 romantic minutes  
for US\$195 per person**

### Spring (Wood) Element Spa Detoxification Package

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

**90 cleansing minutes  
for US\$130 per person**

### Mothers Day Rejuvenation Spa Package

*11th - 14th May:* Deluxe Manicure, Rockhouse Rejuvenating Facial Lift

**90 indulgent minutes  
for US\$100 per person**

### Fathers Day Pamper Package

*15th - 18th June:* Gentleman's Deluxe Hot Stone Pedicure, Sports Massage

**85 stress-busting  
minutes for US\$100  
per person**

### Summer (Fire) Element Luxury Indulgent Spa Package

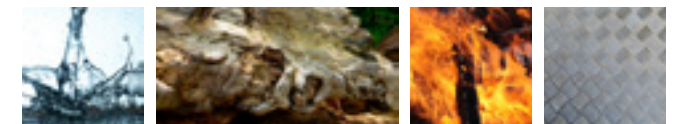
*21st June - 21st Sept:* Coffee Scrub, Mocha Rum Wrap or Rapture Aromatherapy Massage

**90 joyful minutes for  
US\$130 per person**

### Autumn (Metal) Element Clarity Spa Package

*21st Sept - 21st Dec:* Shirodhara, Reflexology

**80 rebalancing minutes  
for US\$120 per person**







# R O C K H O U S E

❖ to the happy couple...

a warm welcome from The Rockhouse Spa Team

Congratulations on your forthcoming wedding - it would be our pleasure to provide an "Unforgettable Spa Wedding Experience" that will last for a lifetime. What could be more romantic than tying the "knot" with the one you love in this blissful island paradise hotel? What could be more delectable than taking "Couples pre & post wedding time out" to get into the right vibe for your future together? We would love you to take that important time out with us at the Rockhouse Spa, where you can relax, indulge, prepare and soak up simply delicious Caribbean Spa Wedding Package Pleasures...

Rockhouse Spa Staff will ensure you feel relaxed and rejuvenated, as our team of experienced holistic therapists bestow spa wedding and honeymoon packages, guaranteed to prepare you on every level for your magical day and beyond.

**All Rockhouse Spa Wedding Packages commence with our cleansing foot ceremony**

**Respect & Indulge - for the Bride: US\$148.00**

- ❖ Choice of Caribbean Essentials Scrub: Signature Island Mint Tea, Ultimate Coffee or Ginger & Lemongrass
- ❖ Rockhouse Facial

**Respect & Indulge - for the Groom: US\$144.00**

- ❖ 50 minute Swedish or Deep Tissue Massage
- ❖ Aqua Detox

**Caribbean Bliss - for the Bride: US\$310.00**

- ❖ Choice of Caribbean Essentials Scrub: Signature Island Mint Tea, Ultimate Coffee or Ginger & Lemongrass
- ❖ Choice of Caribbean Essentials Wrap: Signature Island Mint Tea, Mocha & Rum Wrap, Ginger & Lemongrass
- ❖ Rockhouse Facial
- ❖ Manicure and Pedicure

**Caribbean Bliss - for the Groom: US\$225.00**

- ❖ 50 minute Swedish or Deep Tissue Massage
- ❖ Aqua Detox
- ❖ Gentleman's Manicure and Pedicure

**Wedding Party Pampering...**

**For the Ladies: US\$121.00**

- ❖ Express Manicure and Pedicure
- ❖ Mini Facial

**For the Gentlemen: US\$148.00**

- ❖ 50 minute Swedish or Deep Tissue Massage
- ❖ Gentleman's Manicure and Pedicure

**Happy Ever After Ceremony: US\$160.00**

- ❖ Choose either our Respect & Indulge or Caribbean Bliss Wedding Package and add a "Happy Ever After Ceremony"
- ❖ 50 minute Massage of choice
- ❖ Hair and Scalp Treatment
- ❖ Mini Hydrating Facial

**Hair and Make-Up available on request**

One Love

Spa Managers – Sheila & Joy  
Spa Extension 226





# R O C K H O U S E

## spa menu price list

### ❖ foot therapies

<b>Rockhouse Signature Foot Ceremony</b>	50 min	US\$75
<b>Reflexology</b>	50 min	US\$80
<b>Aqua Detox</b>	30 min	US\$75
<b>Rockhouse Deluxe Pedicure</b>	50 min	US\$50
<b>Hot Stone Deluxe Pedicure</b>	55 min	US\$55

### ❖ scrubs

<b>Signature Scrub: Island Mint Tea</b>	45 min	US\$70
<b>The Ultimate Coffee Scrub</b>	45 min	US\$70
<b>Caribbean Ginger and Lemongrass Scrub</b>	45 min	US\$70
<b>Seaweed on the Rocks</b>	45 min	US\$70

### ❖ wraps

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

### ❖ holistic mind & body therapies (massages)

<b>Aromatherapy Massage</b>	50 min	US\$95
<b>Aromatherapy Massage (Extended version)</b>	80 min	US\$130
<b>Signature Tropical Massage</b>	80 min	US\$130
<b>Swedish Massage</b>	50 min	US\$85

# R O C K H O U S E

## spa menu price list

### ❖ holistic mind & body therapies (cont.)

Deep Tissue Massage	50 min	US\$95
Stone Therapy - Our <i>Hot Rock</i> Massage	50 min	US\$100
Stone Therapy - Extended <i>Hot Rock</i> Massage	80 min	US\$135
Herbal Poultice Massage (Luk Pra Kope)...	80 min	US\$135
Table Thai (Nuat Thai)...	80 min	US\$110
Sports Massage	30 min	US\$55
Pregnancy Massage	45 min	US\$85

### ❖ holistic mind & body therapies

Holistic Deep Healing Back Ritual	60 min	US\$95
Shirodhara ( <i>shiro</i> =head, <i>dhara</i> =pouring oil)	30 min	US\$60
Steamy Wonder Experience	30 min	US\$30
Warm Water Float Away		

### ❖ beauty therapies

Rockhouse Rejuvenating Facial	70 min	US\$95
Rockhouse Facial Lift	70 min	US\$95
Hair and Scalp Treatment	30 min	US\$40

### ❖ manicure and pedicure

Rockhouse Deluxe Manicure	40 min	US\$40
Rockhouse Deluxe Pedicure	50 min	US\$50
Hot Stone Deluxe Pedicure	55 min	US\$55

# R O C K H O U S E

## spa menu price list

### ❖ Rockhouse rituals

Signature Spa Experience	180 min	US\$265
Exclusively Holistic	120 min	US\$210
Triple Oxygen Blast: the Jet-lag Reviver	120 min	US\$195
Five-Day Morning Massage Program	50 min per day	US\$375

### ❖ duos

Essence of Love	120 min	US\$295
Romantic Rites: Our Couples Romance Package	180 min	US\$440
Morning Wake-up Package	80 min	US\$175

### ❖ the fully loaded

Five days with a different treatment each day	50 min per day	US\$375
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### ❖ fresh fruit preparation

Rockhouse Cornucopia Full Body Experience	75 min	US\$95
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Caribbean Essentials  
Aromatherapy Massage and Body Oil  
Sesame · Grapeseed Carrier Oil  
Peppermint · Basil · Spearmint  
Caribbean Sensory Therapy  
PURE · POTENT · PASSIONATE  
100% Natural Spa Products Hand Made in The Caribbean

Caribbean Essentials  
Aromatherapy Massage and Body Oil  
Coconut · Sesame · Grapeseed Carrier Oil  
Lemon · Peppermint · Ginger · Rosemary  
Lemongrass · Orange · Patchouli  
Caribbean Sensory Therapy  
PURE · POTENT · PASSIONATE  
100% Natural Spa Products Hand Made in The Caribbean

Caribbean Essentials  
Aromatherapy Massage and Body Oil  
Sesame · Grapeseed Carrier Oil  
Cinnamon · Vanilla · Patchouli  
Caribbean Sensory Therapy  
PURE · POTENT · PASSIONATE  
100% Natural Spa Products Hand Made in The Caribbean

SIGNATURE  
Caribbean Essentials  
Restore Spa Bar  
2oz (56g)  
Caribbean Sensory Therapy  
PURE · POTENT · PASSIONATE  
100% Natural Spa Products Hand Made in The Caribbean

