




Ocean Spa
AT JAMAICA INN



Ocean Spa at Jamaica Inn, World Spa Award Winner for “Jamaica’s Best Hotel Spa 2018.”

Escape to paradise where you overlook the ocean and listen to the tranquil sound of waves splashing on the rocks beneath.

Discover nature's best from our wide variety of treatments, featuring both our in-house local blends as well as internationally acclaimed spa lines such as Repechage and Jane Iredale Mineral Make-up.

Enjoy a sauna treatment or a soak in our saltwater sea bath. Indulge yourself in our serene setting and give your mind, body and soul a chance to relax, renew and re-energize.

MASSAGES

BACK TO BASICS

Focusing purely on the back and shoulder area to relieve tension and aching muscles. 30 mins \$70.00

HARMONY

Using simple uncomplicated classic massage techniques to calm and relax tight muscles, increasing flexibility and circulation. This is a wonderful introduction to the world of massage. 50 mins \$120 / 80 mins \$185

ON THE ROCKS

Healing with stones is an ancient Taino form of therapy. This balancing and restoring treatment called "The Muscle Melt" by our therapists use warm sea stones and your choice of aromatic infusions to relax and renew your muscles. 50 mins US\$140 / 80 mins \$200

OCEAN DEEP MASSAGE

This intensive massage is helpful in releasing back tension, sore shoulders and sports-related aches and stiffness. It focuses on the deeper layers of muscle tissues and aims to disperse unwanted toxins and promote relief, relaxation and well-being. 50 mins \$130 / 80 mins \$190

OCEAN COMBO MASSAGE

Experience a combination of different techniques that will relax and relieve tension. This is a great treatment if you are indecisive about the type of massage you need as you will get to experience some Swedish, Reflex and Deep Body Work. 50 mins \$130 / 80 mins \$190

AROMATHERAPY MASSAGE

Pure aromatic essential oils are combined with traditional massage technique to stimulate, rejuvenate, detoxify and rebalance the body. 50mins \$140 / 80 mins \$200

LYMPHATIC DRAINAGE MASSAGE

A gentle massage technique that directly addresses the lymph system, resulting in significant increase in the functioning of the immune system. 50 mins US\$140/ 80 mins \$200

ONCOLOGY MASSAGE

An approach to massage therapy where we combine the art and practice of touch to create safe, effective massage sessions for clients with cancer and cancer histories. 50 mins US\$140 /80 min \$200

OCEAN BAMBOO MASSAGE

This luxurious treatment involves long, soothing rhythmic strokes and deep pressure application using heated bamboo sticks of varying sizes to provide massage that combines relaxation and deep-tissue types of massage. The combination provides very deep relaxation while soothing away muscle tension and pain. 50 mins \$140/ 80 mins \$200



HIMALAYAN SALT STONE MASSAGE

The full-body Himalayan Salt Stone Massage nourishes the body and relaxes the mind. Warm, hand-carved salt massage stones from the Himalayan Mountains massage the body in specific combinations to relax body, mind and spirit. This results in very deep relaxation, improved sleep, reduced inflammation and a sense of emotional peace. 50 min US\$140/ 80 min US\$200

PRENATAL MASSAGE

Ease your back and hip pain and improve circulation with this stress-relieving massage. Ideal for ladies in their second and third trimesters. 60 Min US\$130

SOLE REVIVAL FOOT MASSAGE

This treatment begins with a detoxifying sea salt and mint scrub as a means of preparation before we stimulate various organs of the body, balance the body system through improved circulation, unblocks nerve impulse pathways and relieves stress. 30 mins \$90/ 50 mins \$110

EIGHT RIVERS REJUVENATING SCALP TREATMENT

Infused aromatic oils flows over the third eye and into the scalp, inducing complete relaxation as we top off this wonderful experience with a rejuvenating scalp massage to calm the nerves and bring the mind and body into balance. 30 mins \$80

COUPLES DELIGHT

(Prices quoted are per couple)

OCEAN SUNSET COUPLES MASSAGE

(5pm is reserved for this experience)

Simply ending a perfect day in paradise, experiencing your massages next to each other on the ocean side, as the sun sets. 60 mins \$240/ 90 mins \$360

OCEAN BLISS TWILIGHT PACKAGE

(6pm is reserved for this experience)

Nestled next to each other and allow us to take you on a twilight voyage in a candle lit setting. This wonderful experience begins with the soaking of feet in warm coconut cream milk, followed by an exfoliation of the feet while sipping on two glasses of sparkling wine & assorted cheese & crackers, this experience only gets better with two aromatherapy massages setting the pace for a romantic evening. 90 mins \$400

ANNIVERSARY EXTRAVAGANZA

Reminisce on good times as we pamper you with an hour-long relaxing couples massage followed by a hydrating Coconut Cream Manicure & Pedicure. 2.5hrs \$480



BODY TREATS

PEPPERMINT SEA TWIST®

Combination of peppermint oil with fresh seaweed to stimulate, rejuvenate and purify the skin. Helps contour, firm and smooth while reducing water retention. 50 mins \$110

SEAWEED BODY MASK

Full body seaweed mask that will offer overall circulatory stimulation, encourage elimination of toxins, softens and smoothes skin giving a total sense of well-being. After we apply this mask you will be wrapped and covered with a thermal blanket to help penetrate the nutrients into your skin and we will rinse it off with a shower followed by a massage utilizing Seaweed Body Cream. 50 min \$110

OCEAN RITUAL

Our signature spa experience begins with an organic pineapple & coconut body buff. The exfoliation will remove unwanted surface cells, smooth the texture and bring a glow to your skin. This alluring treatment is followed by a head to toe coco pure cocoon using Jamaica's finest organic coconut butter and milk. This never to be forgotten experience concludes with an aromatic Blissful Stone Massage which will gently melt muscle tension and provide your skin with a new-found glow. 120 mins \$320.00

SLIMMER DOWN

Indulge yourself and let the weight reducing effects of seaweed renew you from the outside in. After a light exfoliation with pure sea salts, a detoxifying rich algae body mask is applied to instantly hydrate and re-mineralize your skin. 80 mins \$200.00

BLUE MOUNTAIN MOMENTS

Your journey begins with a gentle scrub and wrap of oatmeal, ground blue mountain coffee and coconut milk to soften and nourish the skin. As you are wrapped, the mask removes impurities and dry surface cells. This secret formulation is also reported to reduce cellulite. 80 mins \$200

SUN RESCUE TREATMENT

Sun Damaged? Allow us to pamper you with this ultra-calming treatment that offers serious relief to sun damaged and sensitive skin as it calms, soothes and replenishes the most aggravated, irritated, inflamed skin. By targeting the triggers behind redness, itching and stinging, the end results from this experience are cooled, hydrated and refreshed skin. 50 mins \$110

TROPICAL PARADISE

This amazing body treatment begins with pineapple, mango and coconut Whipped with fine sea salt to create a nourishing and invigorating body polish that smoothes rough areas, stimulating your skin's renewal. Next, skin is coated with warm honey hydrating papaya and pineapple. All this is nestled in with a wholesome milk wrap, as skin drinks in the nutrients. This wonderful experience comes to and end after a light massage with rich coconut cream. 120 min \$340



Listen to the tranquil sound of the waves splashing



Escape to Paradise



RAINFOREST BODY SMOOTHIES

A Stimulating therapeutic treatment that eliminates body toxins by increasing circulation and removing dry skin. Leaving the skin radiant, smooth and supple. 50 mins \$120

- Hemp Body Smoothie
- Ocean Coffee Buff
- Island Mint Sea Salt Glow
- Lemongrass Body Smoothie
- Pimento & Sweet Orange Scrub
- Milk & Honey Body Buff
- Pina Colada Body Smoothie



FACIALS



BIOLIGHT™ MIRACLE FACIAL 55 min/US\$140

This signature professional treatment with the Glyco-Sea Glycolic Peel helps brighten and diminish the appearance of hyper-pigmentation due to the sun, acne scars and hormonal changes while enriching the skin with its added anti-aging benefits.

VITA CURA® 5 PHASE FIRMING FACIAL 55 min/US\$140

An alternative to plastic surgery. Exclusive combination of a cool Spirulina mask and Enzymatic Micro peel to revive, tone and firm skin instantly. No extractions.

THE FOUR LAYER FACIAL® 55 min/US\$130

The premier anti-aging treatment. Experience layer upon layer of pure, fresh European seaweed to rejuvenate, tone and help firm the skin dramatically.

HYDRA MEDIC® ACNE FACIAL TREATMENT 60 min/US\$130

Dermatologist tested deep pore cleansing, purifies and controls existing breakouts while helping to prevent new ones from forming. Includes extractions, soothing and healing mask, and mud mask.

CLASSIC EUROPEAN FACIAL 55min/US\$110

Cleanse, tones, and moisturizes skin deep down with formulations chosen personally by a skin expert based on your skin type. Includes facial, neck and shoulder massage.



OPTI FIRM EYE CONTOUR TREATMENT 30 min/ US\$45

Clinically proven ingredients that work to reduce wrinkles, puffiness and dark circles.

SEAWEED FACIAL ON THE GO 30 min/US\$80

Nourishes, hydrates, cools and refreshes skin. Anti-oxidant rich and rejuvenating treatment.

EXPRESS GLYCO-SEA GLYCOLIC PEEL 15 min/US\$45/\$35 upgrade

This quick 15-minute Glyco-Sea Glycolic Peel will help reduce the appearance of uneven skin tone and hyperpigmentation due to hormonal changes, post acne scarring and certain prescription medications.

EXPRESS ENZYMATIC MICRO PEEL 15 min/US\$45/ \$30 upgrade

This quick 15-minute Enzymatic Micro peel is a papaya-based peel that gently reveals brighter, younger looking skin and a vibrant complexion.

DEEP PORE CLEANSING MASK 15min/US\$25

Mineral-rich sea mud reduces oily shine without drying out the skin and prevents future breakouts. Perfect for clogged pores.

CUSTOMIZED FACIAL 50 min/US\$120

A deep cleansing facial prescribed by your skin care specialist to suit the needs of your skin.

ASK ABOUT OUR SEASONAL FRESH FRUIT FACIALS

NAIL TREATS

COCONUT CREAM TREATS

Experience the wonders of coconut... Pamper your hands and feet with pure coconut cream to restore beauty and suppleness. Our rich coconut cream moisturizing treatment promotes healthy, strong, brittle free nails and leaves the skin soft and smooth.

Coco Cream Pedicure \$70
Coco Cream Manicure \$55





NAIL SERVICES

Ocean Manicure	\$40
Ocean Pedicure	\$50
Pedi's On the Rocks	\$70
Ocean Reflexology Pedicure	\$70
French Polish	\$25
Shellac Polish	\$25
Polish change hands & feet	\$20
Acrylic full Set tips/fills/soak off	\$70 / \$50 / \$15

BEAUTY SOLON

Shampoo and Style	\$45 up
Ladies Hair Cut & Style	\$50up
Bridal Style	\$60up
Bridal Trial	\$40
French Braid	\$15
Single braid	\$3 per braid
Gentlemen's Hair cut & Style	\$30

WAXING

Lip/chin/brow	\$20
Underarm	\$25
Half /full leg	\$40/\$70
Bikini line	\$30
Back/Chest	\$50
Brazilian	\$60

MAKE UP

Make-up application	\$50
Trial Make-up	\$40





Spa Etiquette

RESERVATIONS

In order for us to accommodate your individual needs, we recommend you schedule your appointments at least 48 hours in advance. However, please feel free to contact us for your last minute booking. A room number, reservation number, or credit card is requested to secure your appointment. Kindly advise us upon booking your spa appointment of any health concerns that you may have.

Check-in: It is recommended that you check-in at least 20 minutes prior to your treatment to allow you time to shower, change and relax before your treatment. Arriving late will limit the length of your service and the full cost of your treatment will be applied.

Attire: The spa will provide a robe and slippers for your comfort during your visit.
Spa Environment: To preserve the Spa's tranquility we respectfully request that you leave pagers and cellular phones turned off. Out of respect for serenity of your fellow guests, please maintain peace and quiet at all times. Smoking and alcohol are not permitted in the Spa.

Outcalls: For your convenience our therapist will take the experience to a location of your choice, whether it is in the comfort of your room, in the garden or in a secluded area on the beach at an additional charge of US\$15 per person plus tax.

Cancellation Policy: Should you need to reschedule, or cancel an appointment; a minimum of 4 hours will be required to avoid being charged a cancellation fee of 50% of your total service(s).

All prices are quoted in US Dollars and are subjected to change without notice. Government tax of 10% will be added to all services. Gratuities are not included and are therefore left to the discretion of the guests.

Fitness & Wellness

Yoga, Circuit Training, Personal Training.
Speak with the Spa receptionist for appointments and schedule.

Opening Hours

Monday - Saturday: 9:30-6:00 pm
Sunday 10am-6pm



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