



JUMBY BAY ISLAND  
ANTIGUA - WEST INDIES

## THE JUMBY BAY SPA



Tucked away from the hum and bustle of the Caribbean, yet deeply rooted in the heritage, customs and natural environment of the West Indies, The Spa at Jumby Bay offers a sublime escape by the sea.

The sanctuary reflects the open-air architectural refinement of Jumby Bay Island. Gentle sea breezes drift through its vaulted ceilings, mingling with the intoxicating scent of nearby tropical gardens.

The mood is quiet and serene as guests unwind by the pool or in the spa's steam and sauna rooms before indulging in healing, island-inspired treatments.



All of our treatments begin with a welcoming ritual that allows you to transcend the outside world and diffuse any negative energy. A consultation with your therapist will ensure a completely personalized approach to your spa experience.







## Castaway Escape for Two

ISLAND ADVENTURE, MASSAGE

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Embark on a true escape as you sail aboard our private yacht, Yennecot, to the uninhabited shores of Maiden Island. Indulge in the destination's white-sand beach and pristine appeal as you revel in a private afternoon at your leisure. The encounter is enhanced with a made-to-order picnic lunch created from the freshest ingredients. As the afternoon recedes, the journey ends with a side-by-side massage for two, followed by a champagne toast as you make your way back to Jumby Bay.

150 min — \$1655

## Ley Ley

SCRUB, MASSAGE, SCALP, FOOT TREATMENT

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Tranquil surroundings allow you to embrace the natural rhythms of the island and ley the day away. Begin with a body exfoliation, rhythmic massage, followed by a nourishing scalp treatment and cranial massage. Allow your body to unwind and surrender to complete serenity as this journey concludes with a stimulating foot treatment. Re-energize your body as your feet are wrapped in warm herbal compresses to help increase circulation.

150 min — \$420

## Soul Surrender

MASSAGE, WRAP, FACIAL, SCALP

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This multi-treatment encourages detoxification and lymphatic flow and aids those who are suffering from insomnia. Your treatment will begin with dry brushing to prepare the skin to receive the benefits of the wrap, while enjoying the luxury of a facial and an intense continuous pouring of warm herbal oils to stimulate the scalp massage. Your treatment completes with a relaxing full body massage.

180 min — \$600





## Restorative Signature Massage

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This full-body, massage treatment focuses specifically on treating discomfort such as chronic muscle tension and employs a variety of techniques to target stiffness. Choose between heated basalt stones or bamboo and incorporate Swedish techniques to relax fatigued muscles and stimulate blood flow. Your therapist will guide you through a customized experience specifically to address your concerns.

*60 min / 90 min — \$220 / \$270*

## Tension Relief Deep Tissue Massage

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With nutrient rich infused oil with therapeutic plant extracts, this treatment focuses on the deeper layer of the muscles to provide immediate relief from aches, pains, sore muscles, arthritis, and inflammation. Your therapist will incorporate gentle stretches that can positively affect your performance, increased range of motion, increased flexibility which can improve your posture.

*60 min / 90 min — \$250 / \$300*

## Herbal Poultice Massage

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A centuries-old massage with a local twist. Enjoy a relaxing massage with warm herbal poultices to restore harmony, loosen tight muscles and stimulate blood flow and energy. Our herbal poultices are hand-crafted using our own local blend of herbs that are wrapped in muslin and steamed. Steam heating allows the release of natural essential oils and aromas from the herbs and spices to help promote deep relaxation, reduced stress and fatigue, increased physical wellbeing, enhanced alignment and postural integrity of the body, improved circulation of blood and lymph and the stimulation of the internal organs.

*90 min — \$300*



## Shiro-Abyanga Massage

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Shirodhara therapy works through to the deepest levels of one's being. 'Shiro' translates from Sanskrit as head, and 'dhara,' as flow. This profoundly soothing ayurvedic treatment brings a stream of warm, medicated oil poured continuously on the forehead which helps to connect, energize, and stimulate the various channels that sustain life's balance and synergy to the body. A full body Indian inspired massage follows using a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous systems of the body thereby increasing the flow of nutrients and oxygen to restore vitality. Shirodhara is recommended for sinus congestion, insomnia, and for clarity of mind.

90 min — \$300

## Rekindle The Flame Couples Massage

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Prepare for a truly unique massage experience for both you and your significant other! Before the massage begins, you will enjoy a couple's full body cleanse. You will then select your personal candle from a variety of therapeutic fragrant blends, designed to address your individual mood. Crafted with all-natural emollients, the warm massage oil is poured over your body and massaged into the skin for a relaxing treatment that leaves skin silky smooth and irresistibly scented. After your massage, you will receive your candle to continue the spa experience at home!

90 min — \$570

## Mom-To-Be\*

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This massage encourages relaxation and focuses on reducing the stressors a woman's body encounters during pregnancy. Prenatal massage is also highly beneficial for your baby, who will feel the relaxing effects of massage within the womb. This massage uses pillows and is performed primarily while you rest on your side for comfort.

60 min — \$250

*\*This treatment is offered in the last two trimesters only.*





## Natures Balancing Facial

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Using singing bowl ritual and calm-inducing breathing this treatment encourages positive emotions to soothe your busy mind. A face mapping therapy and kinetique face massage melt away stress and tension. Warming experience will transport you to a sensorial journey.

90 min — \$285

## Soothe & Calm Facial

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Focusing on lymphatic drainage to ease physical tension while sleep enhancing breathing technique gets you to serenity. A truly soothing and calming facial is suitable for irritated or inflamed skin, helping to restore the skin's defense system. The result is a healthy complexion and a relaxed state of mind.

60 min / 90 min — \$255 / \$285

## Illuminating Facial

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Tuning fork ritual helps to revitalize your body by focusing on facial marma points to remove any internal blockages and stimulate the flow of energy. Your skin will be instantly brighter and refined with the use of natural multi-acid peel in this treatment. Targeted oxygenic massage will repair and strengthen the skin.

60 min / 90 min — \$225 / \$335

## Re-fueling Men's Facial

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Designed specifically for men, this invigorating and detoxifying facial provides unique formulas with light weight textures that will penetrate the deeper layers of the skin to protect and restore from damage caused by sun exposure, razor burn and ingrown hairs. Glide into a relaxing face, shoulder, neck and head massage that will leave you looking refreshed and well rested.

60 min — \$255

## Firming Vitamin-C Facial

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This potent Vitamin c Facial Treatment is perfect for those looking to bring back a youthful firmness and glow. A vitamin C enzyme peel combined with a unique, pure Vitamin C system and double mask encourages firmness and brightness. You will leave radiant and on your way to firmer skin.

60 min — \$255







## Balancing Wrap

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Beginning with the gentle placement of singing bowl on the body for immediate serenity. Full body scrub that softens and revitalizes the skin is followed by a body wrap rich in Honey and Pomegranate enzymes to nurture the skin. A relaxing body massage completes this unique pampering experience.

*120 min / 90 min — \$475 / \$385*

## Energize Body Ritual

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A head to toe with powerful, biodegradable body scrub leaves skin smooth, supple, and perfectly polished. Slip into a sense of peaceful serenity during a soothing massage with revitalizing body oil for a complete sense of rejuvenation and well-being.

*90 min / 60 min — \$330 / \$230*

## Refreshing Body Wrap

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This body treatment has been designed for the tired traveler, stressed executive or someone who just wishes to relieve tension after a workout. The experience begins with a warming body peel, followed by a detoxifying wrap. The targeted pain relief massage leaves you revitalized and refreshed.

*90 min — \$230*

## Healing Body Envelopment

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A complete detoxifying experience for mind and body. This Ayurvedic-inspired therapy provides healing and cleansing ingredients to purify the skin.

*90 min — \$250*





## Treat for the Feet

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This ancient healing art uses therapeutic methods to dissolve tension and restore the body's inner clock. A warm poultice is applied to the feet to remove toxins, alleviate excess fluid, and boost the immune system. A stimulating pressure-point massage follows to improve circulation and relieve stress.

*45 min — \$90*

## Head in the Clouds

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Known in India as Champi, this adaptation of a head massage is a traditional remedy for headaches, stress, and fatigue. This Ayurvedic scalp treatment incorporates your choice of cooling neem and eucalyptus oil or healing neem and coconut oil to relieve tension and transport you to a state of deep relaxation.

*30 min — \$85*

## Back in Focus

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This targeted back massage focuses on eliminating tension and soothing tight, sore muscles. A therapeutic blend of essential oils is applied with deep pressure to remove lactic acid and increase the flow of oxygen in the blood. You will emerge relaxed and invigorated.

*30 min — \$110*



## Eye & Lip Treatment

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This ancient healing art uses therapeutic methods to dissolve tension and restore the body's inner clock. A warm poultice is applied to the feet to remove toxins, alleviate excess fluid, and boost the immune system. A stimulating pressure-point massage follows to improve circulation and relieve stress.

*15 min — \$50*

## Radiance Hand Peel by Tata Harper

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Restore youthful radiance to one of the first places to reveal our age: our hands. Our 100% natural peel will brighten, smooth, and even the appearance of skin's tone for hands that look completely renewed.

*20 min — \$60*





Deluxe Wave Manicure	40 min.
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Island Spice Pedicure	60 min.
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### Nail Enhancements

Polish Change	
French Polish	
Shellac Removal	
Shellac Polish	

### Salon Design

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Men's Cut & Style	
Teen's Haircut	
Women's Haircut	Price varies based on style and length
Shampoo & Blow-dry	
Deep Conditioning & Scalp Treatment	

Bridal Hair & Makeup Services	Price varies based on the consultation
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### Waxing

Providing the highest quality waxing services, our experts use the finest and most gentle products to help you maintain smooth, silky skin.

Upper & Lower Lip	\$20
Chin	\$25
Eyebrow Shaping	\$30
Back	\$45
Back & Shoulders	\$80
Lower Back	\$30
Brazilian	\$60
Bikini	\$50
Chest	\$60
Chest w/ Abdomen	\$80
Half Leg	\$45
Full Arm	\$60
Full Leg	\$75
Half Arm	\$40
Underarm	\$30



## Kiddies Facial

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An ideal treatment for teens experiencing hormonal changes or for those wanting to establish a thoughtful skin care regimen. After a thorough consultation, the therapist will choose the most delicate and suitable facial.

*45 min — \$150*

## Tides Teen Massage

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A gentle experience to introduce young adults to the benefits of massage therapy.

*45 min — \$150*

## Island Bliss Mani-Pedi

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A treat for little hands and feet. Includes exfoliation, nail shaping and polish. (Note: Cuticle removal is not permitted for children under 12 years of age.)

*45 min — \$100*







## The Gym

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Located adjacent to the spa, the gym is open 24hrs and features state-of-the-art equipment including cardio and fitness machines. A holistic and unique experience awaits you in paradise. Whether it's our group complimentary activities or private sessions, our personal trainers are readily available to help you make the most of your stay while here on the island. We understand that no two persons are the same, that's why we will create a unique personal training experience that will cater to your specific wellness needs.

*Private sessions are offered at an additional cost of \$170 and is limited to a maximum of 3 persons.*

*Group Sessions are available at \$350 with a maximum of 6 persons.*

*Private sessions are offered as follows: Yoga, Pilates, Boxing, Strength Training, HIIT Circuit, Aqua Fit.*

*Complimentary classes require an appointment at least 48hours prior as there are limitations.*



#### **SPA HOURS**

The spa is open daily from 8:00 a.m. to 7 p.m.  
Treatments are offered Monday through Sunday from 9 a.m. to 6:30 p.m.  
Appointments outside of regular hours may be arranged at an additional cost.

#### **RESERVATIONS**

Advanced reservations are highly recommended to ensure preferred appointment times and services. Please email [spa.jbi@oetkercollection.com](mailto:spa.jbi@oetkercollection.com) or call +1 268 462 6000 ext. 4423/4424 to make a reservation.

#### **ARRIVAL**

To prepare your body for the deepest therapeutic experience, we invite you to arrive 30 minutes prior to your scheduled appointment time to take full advantage of our thermal sauna and steam facility. In case of late arrival, we cannot guarantee an extension to your time. Please refrain from consuming alcohol or a heavy meal prior to treatment as this could have a negative effect on your experience.

#### **SPA AMENITIES**

Upon arrival, you will be escorted to your personal spa suite which is equipped with a private shower and amenities. Complimentary fruit, nibbles, teas, infused water, and fresh fruit drinks will be available throughout your visit.

#### **IN-ROOM TREATMENT**

The spa offers in-room services for select treatments. A surcharge applies.

#### **PREGNANCY**

The spa offers specially designed treatments for expectant mothers. Allow us to assist you in selecting suitable treatments for this special time. We also advise you to consult with your physician prior to booking.

#### **CANCELLATIONS**

Please provide at least 24 hours' notice of cancellation to avoid being charged in full. No shows will be charged the full treatment rate. For group cancellation policies, please inquire with your group coordinator.



THE JUMBY BAY SPA

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