JUMBY BAY ISLAND

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THE JUMBY BAY SPA: GARDEN OF WELLNESS

Cocooned in a garden oasis, The Jumby Bay Spa offers a soothing respite from sun and sea. Indulge in sublime treatments that balance modern wellness practices with the rich heritage and natural beauty of the West Indies.

Settle in to one of our five treatment suites or enjoy an island-inspired open-air experience, as a gentle sea breeze and the hush of the waves help restore and rejuvenate your body and spirit.

Complete your journey in the spa's steam room or sauna and then reawaken your senses with a cooling dip in the plunge pool at our outdoor relaxation terrace.

## JUMBY BAY SIGNATURE JOURNEYS

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### Wa'omoni (Barbuda)

Inspired by the pink sandy beaches of our sister-isle, Barbuda, laden with coconut trees. Slough away dead skin and detoxify with our pink sea salt and coconut oil exfoliation leaving the skin smooth, supple, and perfectly polished. Follow with a customized massage to complete the journey on your relaxation.

120 Minutes - \$475

### Wadadli (Antigua)

A refreshing experience from head-to – toe. Stimulate the senses with a nourishing scalp treatment and cranial massage. As the nourishing benefits of the oils treat the scalp, a hydrating facial with rich antioxidant properties will revitalize and repair the skin from daily activities. Conclude the journey with our Hybrid Massage using our signature oil.

150 Minutes - \$550

### Yennecot (Long Island)

A light body exfoliation and hydrating wrap using rich botanicals and a yogurt crème fraíche, followed by a full body massage using long, slow strokes and warm poultice compressions. Awaken to a singing bowl meditation as you slowly return to your surroundings.

A gift of the Jumby Bay Signature Massage Oil is given upon completion of this journey, enabling you to continue your experience at home until your next visit.

150 Minutes - \$660

### FROM TATA'S GARDEN BY TATA HARPER

### Cleanse & Detox Facial

This clarifying regimen aims to refine pores and soothe the skin, resulting in a clear and toned complexion. The restorative treatment utilizes the detoxifying properties of purple clay and natural papaya enzymes to deeply cleanse the skin, repairing damaged skin cells and addressing congestion. Additionally, it provides protection against environmental and lifestyle stressors, promoting overall skin health.

55 Minutes - \$250

### Soothe & Calm Facial

Calm and relaxation, restored. A restorative facial for reactive, sensitive, or damaged skin. Your state of relaxation is heightened with a soothing foot massage and a Gua Sha facial massage which complement the sleep-inducing breathing techniques that are performed. The result of this experience is radiant skin and a relaxed state of mind.

55 Minutes - \$250 | 85 Minutes - \$275

### Firm & Lift Facial

Nurture and invigorate both the skin and the body with this revitalizing treatment that includes multiple massage experiences. After starting with a relaxing neck massage, we continue this experience by deep cleansing and hydrating the skin. The facial closes with a lifting face massage, leaving your skin toned and radiant.

55 Minutes - \$250

### **Illuminating Facial**

Brighten and redefine with the use of natural multi-acid peeling utilizing Tata Harper's *Glow Getter* system. A combination of white willow bark, pomegranate enzymes, and apricot microspheres smooth texture and restore radiance while beetroot extracts and squalene boosts hydration leaving the skin supple and radiant. This facial is enhanced with a targeted oxygenic massage to repair and strengthen the skin.

55 Minutes - \$250

### METAMORPHOSIS BY GERMAINE DE CAPUCCINI

### Contour Perfecting (Lift and Define)

The ultimate facial to lift and re-define the facial features. At the heart of this treatment lies a unique and exclusive complex, V-matrix, that works at the root of the problem to rebuild the structure of the dermis, transforming the skin from the inside out. In addition, a unique massage will assist with the re-shaping of the oval and contours to provide instant results after just one treatment.

55 Minutes - \$280.00

### Awakening (Repair)

Every day, our cells are damaged by lifestyle and environmental factors. Over time, the gene structure within these cells stops producing essential proteins that naturally slow down the ageing process. Global Anti-Age ON reactivates these dormant genes and boosts cellular regeneration. Indulge in this powerful all-round anti-aging treatment that provides firming, wrinkle reduction, revitalization, improved pigmentation, and hydration. Complete the experience with a cold spoon massage to improve firmness and circulation.

55 Minutes - \$280

### Youth Revive (Soften)

Neo Age, a new generation, advanced therapy for lines and wrinkles. A highly effective treatment that offers unparalleled results in reducing the length and depth of wrinkles. Neo Age combines its exclusive formula with an effective massage technique based on Facial Yoga and Facial Cupping that adds to the effectiveness of this treatment.

55 Minutes - \$280

### Radiance Vitamin C (Firming and Brightening)

Harness the antioxidant power of vitamin C to bring back a youthful firmness and glow. This free radical fighting facial is formulated with 6 times the effectiveness of pure vitamin C, working on all skin layers to stimulate cell metabolism and collagen synthesis, hydrate, and firm, while fading the signs of sun damage.

55 Minutes - \$280.00

### Re-Fueling Men's Facial (Detoxifying and Renew)

Designed specifically for men, this detoxifying and invigorating facial uses formulas with lightweight 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.

55 Minutes - \$280.00

## SWISS BLISS BY LA COLLINE

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### NativAge Gold Facial (Anti-Aging & Regenerating)

At the heart of every NativAge formula is the revolutionary Cell Life Extender, a breakthrough in cellular eco-regeneration. This high-performance facial visibly regenerates, smooths, and firms the skin while restoring its natural luminosity. Designed to turn back time—your glow, renewed and ageless.

85 Minutes - \$350

### Vital Lift Facial (Lifting & Plumping)

Inspired by the pristine vitality of the Swiss Alps, this facial uses La Colline's Advanced Vital collection to firm and recontour the skin. Lost volume is replenished, and youthful definition is restored. The result: a lifted, radiant complexion that gets better day after day.

55 Minutes - \$280

### Moisture Boost Facial (Dehydrated Skin)

Echoing the natural hydration cycle of Switzerland's water-rich landscapes, this ultra-quenching treatment from the Moisture Boost++ range replenishes the skin with deep moisture. Skin is instantly soothed, plumped, and protected—revealing a soft, dewy, and youthful glow.

55 Minutes - \$280

### Cellular Matrix Facial (Fine Lines & Wrinkles)

Achieve a skin texture as smooth as a tranquil alpine lake. Powered by the R<sub>3</sub> Peptixyl Complex and Hyaluronic Acid Microspheres, this facial targets fine lines and wrinkles, filling and firming with precision. Skin feels rebuilt, redefined, and beautifully plumped.

55 Minutes - \$280

# MASSAGE EXPERIENCES

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### Firm and Lift Body Massage (by Tata Harper)

A truly effective massage helping to dissolve aches and strains. The antioxidant rich balm is applied to the body using therapeutic movements in this stimulating and deeply energizing experience using short quick strokes.

55 Minutes - \$275 | 85 Minutes - \$330

### Hybrid Massage

The innovative hybrid massage is your creation guided by your therapists. This customizable experience blends elements of various massage techniques, and the use of warm basalt stones or warm bamboo sticks tailored to your specific needs. Whether you seek relaxation, pain relief, or stress reduction, the choice is purely yours.

55 Minutes - \$250 | 85 Minutes - \$315

### Shiro-Abhyanga Massage

This profoundly soothing experience begins with a full body massage using Ayurvedic Oil and a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous systems, thereby increasing the flow of nutrients and oxygen to restore vitality. The Shirodhara Ritual follows with a gentle stream of warm, herbal 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. Recommended for sinus congestion, insomnia, and for clarity of mind.

55 Minutes - \$275 | 85 Minutes - \$330

### Rekindle the Flame Couple's Massage

A unique couple's massage experience that ignites the spark of intimacy and connection. Once you have selected your candle, words of gratitude and love are spoken to your significant other as the candle is being lit. The service begins with a light scalp massage, then warm oil from your candle is poured over the body and massaged, using soothing techniques to melt away tension and revitalize your bond. Perfect for reigniting the flame and fostering deeper connection.

85 Minutes - \$630

### Mom-To-Be\*

The joy of motherhood requires you to be pampered and relaxed to prepare you to meet your special little one. This soothing massage is beneficial as the release of happy hormones positively impacts the baby in the womb. You are gently positioned on a pillow while laying on your side for maximum comfort.

\*Mom-to-be massages are for expectant mothers and can only be offered in the second and third trimester.

55 Minutes - \$275

### Herbal Poultice

A centuries-old massage utilizing the highest quality herbs and spices in our hand-crafted muslin poultices. This experience will restore harmony, loosen tight muscles, and stimulate blood flow. The light aroma of the poultice will calm the senses and the warmth of the steamed poultice helps promote deep relaxation, reduces stress and fatigue, and improves overall wellbeing. A beneficial massage to improve circulation of blood and lymph-flow and the stimulation of the internal organs.

55 Minutes - \$275 | 85 Minutes - \$330

### COCOON BODY THERAPY

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#### Ocean Bliss Restorative Body Experience | Exfoliation and Wrap

A true escape. From the depths of the waters off the coast of French Brittany, this mud is rich in marine sediments, mineral salts and trace elements. It purifies the skin while providing all the basic elements lost by stressful daily activity.

55 min - \$275

### Radiant Glow Body Experience | Exfoliation and Wrap

A rich and fresh firming mask provides a complete beauty treatment. Its protective and hydrating properties provide an effective defence against free radicals and stimulate the production of collagen, reducing the loss of firmness and suppleness. Excellent to brighten and hydrate after combatting the effects of excessive sun exposure.

55 Minutes - \$275

#### By Tata Harper

### Cleanse & Detox Body Experience | Exfoliation, Wrap and Massage

Experience the benefits of a warm body peel followed by a detoxifying body wrap. The perfect treatment to sum up your time in paradise. Then enjoy a light to medium pressure massage to decompress and relieve any pain or soreness. The perfect reset before you say goodbye.

85 Minutes - \$330

### Soothe & Calm Body Treatment | Exfoliation and Massage

The treatment begins with a full body dry-brushing to loosen dead skin and is then enhanced with a soothing and hydrating serum application for brighter, more even-looking skin. Finally drift off with a thermal Gua Sha stone body massage to ease tension and promote lymphatic drainage.

85 Minutes - \$330

# INTENSIVE EXPERIENCES

### Fire and Ice | Cryo-Toning and Thermal Shock Therapy

Target stubborn fat cells with our Fire and Ice body contouring service. This experience causes localized warming and deep cold accompanied by a light massage to stimulate lymphatic drainage. Apoptosis or cell death, a naturally occurring sequence, is sped up via this service. The treated fat cells will be eliminated from the body with the help of the lymphatic system for the 15 days following the treatment.

There may be a noticeable immediate difference in inch reduction caused by lymph and blood decentralization, and tension in the treated area. Optimal and long-lasting results can be achieved from at least 4-6 sessions and incorporating this service with your fitness regimen.

120 Minutes - \$350

Fire and Ice Wellness Package 3 Session and 3 Personal Training Sessions - \$1,500 Fire and Ice Wellness Package 4-6 Session and 5 Personal Training Sessions - \$2,750

Hydro Facial and Facial Toning | Hydro Exfoliation &/or Ultrasound

Heighten your facial experience with the incorporation of hydro exfoliation and deep product penetration using ultrasound technology. This technology promotes cellular renewal, combatting puffiness and improving product absorption.

90 Minutes - \$375

### TREATMENT ENHANCEMENTS & EXPRESS SERVICES

Boost your facial, massage, or body treatment with one of our results-driven enhancements.

### Eye and Lip Treatment

The perfect addition to any facial service or massage. This fast and effective solution works instantly to minimize lines, wrinkles and puffiness around the lips and eyes.

\$30

### Facial Hydration

Enjoy the benefits of an antioxidant rich sheet mask application during your massage service. Give the skin a quick boost of hydration while you relax.

\$30

**Express Services** 

### Speedy Facial Hydration

Skin is continuously damaged by UV rays, pollution, and stress. Spending a little time to restore and revitalize is an easy treat for you while on the go. This quick facial instantly hydrates and brings the skin back to its splendour.

30 Minutes - \$125

### Treat for the Feet

This ancient healing art uses therapeutic methods to dissolve tension and restore the body's inner clock. Warm volcanic stones are applied to the feet to perform a massage soothing tension and breaking down any inflammation and boosting the immune system. A stimulating pressure-point massage follows to improve circulation and relieve stress.

30 Minutes - \$125

### Head in the Clouds

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 Minutes - \$60

### Back in Focus

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 Minutes - \$125

### **Classic Body Exfoliation**

Prepare the skin for nourishment and rehydration with this gentle but effective body exfoliation. After the exfoliation, hydrate and restore moisture with a light massage.

30 Minutes - \$125

### After Sun Calm | Cool and Calming

Relieve discomfort from excessive sun exposure with soothing green tea, chamomile, and aloe vera. This treatment heals, desensitizes, and decreases skin temperatures. An excellent treatment after sunburn.

55 Minutes - \$125

## SALON SERVICES

Our full-service salon will put the finishing touches on your ideal look. We have a highly trained stylist on staff to help you prepare for special occasions.

#### Hair Care

Shampoo & Blow-dry	\$95 (60 minutes)
Shampoo & Style	\$150 (90 minutes)
Deep Conditioning & Scalp Treatment	\$115 (75 minutes)
Men's Cut (Clippers or Scissors)	\$50 (45 minutes)
Beard Trim	\$25 (25 minutes)
Youth Haircut	\$25 (30 minutes)

#### Bridal Hair & Makeup Services

Price varies based on consultation.

Other salon services may be arranged upon request.

### WAXING

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

Back	\$80
Chest with Abdomen	\$90
Chin	\$ 2 5
Eyebrow Shaping	\$50
Full Arm	\$80
Full Leg	\$100
Half Arm	\$40
Half Leg	\$50
Brazilian	\$100
Bikini	\$50
Underarm	\$30
Upper & Lower Lip	\$20



These special treatments provide a great introduction to the world of wellness for our younger guests (ages 5 to 15 years). A parent or guardian must be present for all services. We highly recommend booking a mother-daughter or father-son spa session for a memorable bonding experience.

### Mini Facial (Ages 5-12)

This is a perfect way to introduce a mild skincare regimen to your little one.

30 Minutes - \$50

### Teen Facial (Ages 13-16)

An ideal treatment for teens experiencing hormonal changes or for those wanting to establish a thoughtful skin care regimen. This treatment is a combination of exfoliation and deep pore cleansing, to clarify and eliminate impurities. Our technicians use therapeutic masks and serums to help regulate oil production, eradicate bacteria, and cleanse imbalanced skin, allowing a clear, blemish-free, complexion.

45 Minutes - \$110

### Tides Teen Massage (Ages 13-16)

A light relaxing massage. A parent must be present during this treatment.

45 Minutes - \$100

# WELLNESS & FITNESS

### The Fitness Center

Located adjacent to the spa, the fitness center is open 24 hours a day and features state-of-the-art equipment, including cardio and fitness machines from industry leader, Technogym.

### The Wellness Pavilion

A unique and holistic experience awaits you in paradise. Whether it's our complimentary group activities or a private session, there is a diverse selection of wellness experiences to enjoy. The Wellness Pavilion is in the heart of the spa nestled among our gardens.

Our wellness and fitness instructors are readily available to help you make the most of your stay while here on the island. We understand that no two people are the same, so in addition to our various complimentary wellness sessions, we offer unique one on one personal training experiences that will cater to your specific wellness needs.

Private Sessions

60 Minutes - \$125 (Maximum of 3 persons) 60 Minutes - \$385 (Group session 4 to 6 persons)

Private sessions are offered but not limited to: Yoga, Mat Pilates, Boxing, Strength Training, HIIT Circuit, Aqua Fit, Sound Bath Meditation, Meditation, Tai Chi

The earliest reservations for complimentary wellness activities are taken 48 hours prior, as the schedule is subject to change.

## SPA ETIQUETTE

### Spa Hours

The spa is open daily from 9 a.m to 7 p.m.

Treatments are offered Monday through Sunday from 9:30 a.m. to 6:45 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 or call +1 268 462 6000 ext. 4423/4424 to make a reservation.

### Arrival

To get the most out of your 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

Our treatment suites are well appointed with a private shower and amenities. To enhance your experience, fruits and nibbles which are complemented by teas, infused water and fresh fruit juices are 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, allowing us to assist you in selecting suitable treatments for this special time. We also advise you to consult with your physician prior to booking.

\*Mom-to-be massages are for expectant mothers and can only be offered in the second and third trimester.

### 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.

### Therapists

All therapists are female. Should you require a male therapist, kindly notify the spa at least 72 hours in advance.

### THE JUMBY BAY SPA

P.O. Box 243 St. John's, Antigua West Indies

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jumbybayresort.com

### OETKER COLLECTION

Masterpiece Hotels