







## SPA MENU

*Welcome!*

Our aim is to make your vacation experience a memorable one by enhancing your wellness needs with unique spa services and options geared to promote soul to sole rejuvenation. Our professional team of Zen Spa relaxation specialists, look forward to delivering you high quality care and pampering during your stay.



### ZEN SPA YOUR WAY

We have a number of relaxing locations to offer you the ultimate Caribbean spa experience. You may choose to experience your spa services in our luxurious full-service Zen Spa facilities, or be enveloped by a tropical breeze at one of our lush outdoor locations overlooking the enchanting Caribbean Sea.



# Zen Spa Wellness Enhancements

## JAMAICAN HERBAL MASSAGE “Signature Zen Ritual”

This restorative massage is designed to release muscle tension and induce deep relaxation using herbal poultices, alongside focused strokes to work intentionally inside your muscle fibers, revitalizing you from head to toe. The delicate aroma of the herbs and the touch of the therapist’s hands create an unforgettable experience.

### CBD DETOX MASSAGE “Signature Zen Ritual”

Cannabinoids are natural substances found in cannabis but is not psychoactive like THC its cousin. It acts as an analgesic and anti-inflammatory and reduces pain and inflammation, creating a soothing and relaxing massage experience. CBD massages use CBD oils that can be helpful for dealing with muscle inflammation, circulation issues, chronic pain, arthritis, headaches, and general anxiety and panic disorder.



### SOLE TO SOUL REFLEXOLOGY

This is a must for anyone who has tired, achy feet. Reflexology is a pressure point experience applied primarily to the feet. It induces relaxation by manipulating various reflex areas that correspond to individual parts of the body, primarily in the feet. It can tap into and access the body's systems and organs promoting balance, harmony a feeling of wellbeing as well as reducing pain. It will relax your entire body.



### SINUS THERAPY

This signature therapy combines all sinus points, beginning with an acupressure face massage and lymphatic drainage, reflexology of the hands and feet. A steam of local peppermint and eucalyptus oil will open the nasal passageways while an energizing compression back massage clears the system.

## ONCOLOGY MASSAGE

Oncology massage is a form of non-invasive, compassionate touch, that causes no pain. Oncology massage uses light touch and slow, steady movements, working with the central nervous system to help the body relax.

The massage helps to tolerate cancer treatment side effects, improves sleep, and helps lessen chemotherapy-induced peripheral neuropathy (numbness) and chemotherapy-related nausea.

## CHAKRA BALANCING

The seven chakras are the centers in our body through which all energy (chi) flows. Blocked energy in our main seven chakras can lead to illness, so it is important to understand what each chakra represents and what we can do to keep this energy flowing freely. Chakra balancing assesses and opens the chakras to provide a state of total wellbeing emotionally and physically.

## REIKI

The ancient Japanese healing therapy of reiki is renowned for balancing mental and physical wellbeing. During this treatment, our reiki therapist will align your body energies, relieving stress, tension and improving mental clarity.

## ZEN SPA WELLNESS WATER JOURNEY

Reconnect with your best self when you experience a guided escape of our spa hydrotherapy wellness journey; stimulating vasodilation and vasoconstriction which detoxify the skin and jump start the lymph system by utilizing the aromatic steam room, sauna and cold pools contrasting warm and cold temperatures.



## Zen Spa Massages

### PIMENTO BAMBOO MASSAGE “Signature Zen Massage”

Your body will love this revitalizing experience, which includes a combination of massage techniques and pimento essential oil, using heated bamboo to roll and knead the tissue to create an extreme sensation of relaxation and wellbeing. This massage also promotes relief for great blood circulation. Bamboo massage is a powerful preventative therapy against modern-day stress and deep muscle fatigue and to aid relief from many physical and emotional problems.



### ❖ SWEET SLUMBER MASSAGE “Signature Zen Massage”

Begin your escape with a gentle lavender inhalation, followed by a unique set of massage techniques that are combined with the application of ylang-ylang and lavender essential oils to prepare you for a state of restorative rest. This therapy will activate the quieting of the mind, relaxing of the body and soothing of the soul.



### ❖ SLOW FLOW MASSAGE “Signature Zen Massage”

A slow rhythmic massage, designed to help you harness the healing power of aromatherapy through the use of a combination of two essential oils. This ritual uses the application of these selected oils, suited to your needs to reconnect your physical and energetic balance, intended for stress and anxiety relief.

### ❖ HIMALAYAN SALT STONE MASSAGE

Allow these hand carved organic salt stones to gently soothe away all accumulation of stress and tension in the body and mind. When heated, these stones produce negative ions which create a sense of peace and deep relaxation. The heat from the salt melts fascia to provide a deeper muscle release and assists with soothing inflamed joints. The sea salt will also moisturize and plump the skin while providing an alkaline detox for the body.

### ROSEMARY RIVER ROCK MASSAGE

Reach an energy balance to improve your integral wellbeing with this traditional massage. The ancient stone technique focuses on healing the body using temperature and massage. By placing hot river rocks over specific body areas, the blood vessels dilate, and thus, revitalize the lymphatic system, improve circulation and oxygenate body cells.

### ZEN RECOVERY RELIEF

This massage helps to ease deep contractures accumulated over the years, improving circulation, and accelerating the stress recovery mechanism of the body. This massage is focused on optimizing the mobility of your joints and connective tissues and recover elasticity to the body, which may decrease with strenuous physical work, intense exercise, or poor posture. Your body will be rebalanced with the appropriate and recommended pressure and stretching techniques.

### VINO THERAPY

This warm, wine-infused massage oil candle experience uses the seductive aroma of merlot, chardonnay, or rose champagne to inspire euphoria. This revitalizing massage is customizable and includes the massage oil candle as a take home gift to continue your spa experience in the privacy of your suite.

### MOMMY-2-BE

Pampered prenatal care customized and tailored full body massage to suit the needs of mommy-2-be. This service is performed only after the first trimester.





# Zen Spa Facials

## ZEN SIGNATURE FACIAL

Treat yourself to an award-winning Eminence organic skincare line that delivers beautiful results using organic products bursting with juicy pulp, seeds, and herbs. Your skin specialist will recommend the best facial to address your skin concerns.

### GEMSTONE ANTI-AGING FACIAL

Experience a journey through light and intention with this exquisite and energizing gemstone facial. Natural gemstones are infused into potent formulas that take treatment to a higher level of anti-aging skincare. This Gemstone Facial harnesses the power of strong botanicals and actives to uncover balanced, energized, glowing skin. This unique skin therapy utilizes microcrystal exfoliation, gentle steam, luxurious massage, and a cocktail of brightening antioxidant serums and masks leaving you with skin that brilliantly shines. This facial is enhanced with Gua sha therapy and LED light treatment which dramatically lifts, tightens, and visibly firms facial skin, increasing textural clarity and tone.

### NOURISHING VITAMIN C & E FACIAL

Discover nature's true potential and achieve firmer, brighter, and younger looking skin. Super foods become super skincare ingredients in this nourishing facial to rescue the skin with a potent dose of vitamins C + E. Breakthrough botanical technology delivers a stabilized infusion of antioxidants to the skin for supreme defense against free radicals, unparalleled healing ability and collagen boosting power.





### PURIFYING ACNE TREATMENT FACIAL

Treat your skin naturally with this botanical-rich facial, packed full of organic ingredients that specifically address acne conditions such as excess oils, hyperpigmentation and scarring. This powerful treatment cleans out blackheads and prevents future congestion. Our acne facial is a perfect first step to clearer skin.

### SOOTHE & REPAIR HYDRATING FACIAL

A sun worshipper's dream! This facial is designed to prepare your skin for a day in the sun as well as treat it afterwards! Natural healing properties and the use of jade roller therapy will heal and treat any sun damage to the skin while still protecting your skin from the sun.

# Zen Spa Facial Add-Ons

## LED LIGHT THERAPY

LED blue and red-light therapy boosts collagen production, firms the skin, treats mild to moderate acne, killing acne producing bacteria and also, provides the benefit of anti-aging.



## BRIGHT EYES! ORGANIC EYE TREATMENT

This add-on treatment will significantly improve your overall facial experience with great results by gently but effectively treating and minimizing fine lines, wrinkle, puffiness, skin tones and dark circles.



## ORGANIC LIP TREATMENT

Discover how the rich eminence shea butter treatment works to heal your lips and break the drying cycle of petroleum-based cosmetics.





## *Zen Spa Body Treatments*

### **BLUE MOUNTAIN DETOX COFFEE SCRUB & WRAP “Signature Zen Ritual”**

A great pick-me-upper. Inspired by Jamaica’s famous coffee beans, this invigorating scrub vitalizes while stimulating skin and spirit, whilst the seaweed wrap bringing forth a natural glow.

### **TROPICAL FRUIT ESCAPE “Signature Zen Ritual”**

Our delicious papaya pineapple sea salt mousse and balm are infused with potent extracts and antioxidants that polish away the skin’s impurities to smooth away uneven skin tones, complete with a stone crop body wrap to firm, nourish, and deliver silky soft hydrated skin.

### **FIT & TRIM HERBAL MUD ANTI-CELLULITE TREATMENT**

Minerals from an underground thermal lake in Hungary have been boiling and fermenting for centuries, creating a highly potent blend of sulphur, spring water and phytoestrogens. These elements have been combined into an herbal mud masque that is used to detoxify, purify, and stimulate the lymphatic system, releasing toxins and excess fluids from the skin. This treatment is spicy! Experience an intense warming sensation as circulation increases. Cool water will rinse away all herbal extracts to reveal a firmer, more even-textured skin.

### **AFTER THE SUN TREATMENT**

Calms skin after exposure to the elements and strengthens it from within. With vitamin-rich ingredients such as aloe and water lily, your skin will be revived, rejuvenated and healed. Finished with an application of stone crop body lotion to lock in moisture, this keeps even the most damaged skin feeling soft, smooth and youthful.

### **ANTIOXIDANT SLIMMING BODY SCRUB & WRAP**

Blueberry, guava, and bilberry leaf extract combined with powerful botanicals from stone crop create a strong antioxidant trio to tighten and firm the skin. This luxurious treatment includes a scrub, stimulating and slimming body wrap followed by a relaxing application of a light moisturizer. Leave the treatment with tighter looking skin and a healthy glow!





## Zen Spa Packages

### JAMAICAN RUM SCRUB & RUB “Signature Zen Ritual”

Experience the elements of the Jamaican culture in this specialized package. This consists of an energizing Jamaican Appleton rum infused scrub, softening the skin and preparing to receive a hemp oil massage which will eliminate toxins and stimulate circulation. You will feel completely relaxed and IRIE.

### **ZEN WELLNESS “Signature Zen Ritual”**

Your body will love this revitalizing experience; a relaxing body exfoliation to soften and smooth the skin, to be followed by a full body CBD massage, improving your circulation and stimulating your lymphatic system. This delicious experience ends with a mini cleansing facial that will leave you looking fresh and radiant.



### **ZEN HARMONY**

Enjoy a sensory stimulation with a dry brushing of the body to stimulate the removal of dead skin debris; to leave it radiant and ready to absorb the benefits of a cocoon-like wrap with minerals. A slow flow massage is next, using oils to energize your senses and revitalize your skin.



### **ZEN SUNSET SERENADE**

**(Per Couple - Available at Zilara Zen Spa Only)**

Enjoy the serenity and calm of the evening and harmonize your senses whilst being pampered as a couple, with the crystalline Caribbean Sea as the backdrop. This includes a customized romantic massage for two with sparkling wine and fruits to enjoy after.



### **COUPLES ROMANCE & BUBBLES**

**(Per Couple - Available at Ziva Zen Spa Only)**

Rekindle the romance with this just-for-two package that has been specifically designed for both of you to enjoy. Begin your romantic escape with a hydrating soak in a bubble bath, whilst sipping on sparkling wine. Refresh with a full body 50-minute relaxing massage using essential oils rich in antioxidants.



# Zen Spa Kids Menu

(For children 5-13 years old. Under 12 years must be accompanied in the room by a parent)

 TEENS WRAP OR SCRUB

 TEENS ZEN FACIAL

 TEENS AROMA MASSAGE

 TEENS SWEET MANICURE

 TEENS SAVORY PEDICURE



# Zen Spa Beauty Salon

## NAIL SERVICES

Manicures, pedicures, gel polish, nail repair, along with a full range of signature services that will leave your hands kissably soft and your feet smooth and silky.

## PARAFFIN TREATMENT

Enjoy our warm paraffin wax, a vitamin-rich melted mask to help soften, rehydrate and protect your hands and feet. This ultimate pampering experience can be incorporated into any of our services.

## BRIDAL & MAKEUP SERVICES

We will help you achieve the perfect look for that special occasion.

## HAIR SERVICES

Our expert hair stylists are pleased to offer a full range of services, including the very best in Moroccan oil deep conditioning and texture enhancement treatments, as well as cutting and styling. Hair braiding services are also available.

## BODY WAXING

Using a gentle wax, for the effective removal of unwanted hair. It is strongly recommended that you avoid the sun for at least 8 hours prior to having these services.





## **HYATT ZIVA & ZILARA ROSE HALL**

### **Spa Hours of Operation**

8:00 a.m. – 7:00 p.m. daily

### **Extension:**

Ziva: 6550 & 7951 | Zilara: 7947

### **CHECK IN**

Please arrive at least 50 minutes prior to your first appointment. This will allow you time to check in and prepare for your service. We also encourage you to enjoy the steam room, sauna and relaxation areas prior to your treatments.

### **PERSONAL ITEMS**

Please do not bring any valuables, such as jewelry to the Spa. We recommend that you secure valuables in the safe provided for you in your room. The Spa is not responsible for any lost items while at the facility.

### **RESERVATIONS**

We suggest making your Spa and Salon reservations at least 24 hours in advance, to ensure that you have an opportunity to experience the services during your stay.

### **CANCELLATION POLICY**

We ask that you notify us at least 4 hours in advance if you need to cancel or reschedule. 100% of the value of the service will be charged to your room if less than 4 hours' notice is given for a change or cancellation. All Spa packages require 24 hours' notice.

**All prices are subject to a mandatory 10% tax and 15% service charge. Spa prices are subject to change without notice.**





HYATT ZILARA™

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ALL INCLUSIVE RESORTS

*Rose Hall*

