

THE SPA AT STRAWBERRY HILL



WELCOME

Upon your arrival, enjoy a foot soak overlooking the mountains while your Strawberry Hill Spa Therapist determines the best treatment, blends and technique once your personalized intake is complete.

Utilizing our local plants and oils from Jamaica and Aveda products, a signature treatment is created which includes the most innovative concepts, integrating ancient wisdom with modern science to create a full body recovery.

Through island essences and healing purposeful touch, you will reconnect with a natural state of harmony and peace that creates healthy skin, body and mind.

Yoga mats can be signed out at the Spa, monthly full moon classes offered.

MASSAGE

Sauna Experience Complimentary with your choice of body treatment

Our sauna experience is designed to warm and relax you prior to your customized body treatment. Increases circulation and helps eliminate toxins from the body.

Elemental Nature Massage

Relax with this customized massage using a personalized blend of pure flower and plant essences that incorporates a variety of massage techniques, from Swedish to aromatherapy to relax specific areas of tension and stress.

60 / 90 minutes – \$115 / \$160

Deep Tissue Massage

A Sports massage to combat stress and overworked joints with warm herbal oil to soothe tense muscles and reduce mental irritability. This treatment includes pressure point release to stimulate circulation.

60 / 90 minutes – \$140 / \$185

Hot Stone Massage

Experience the aromatic power of pure plant and flower essences fused with the sensation of a deep tissue hot stone massage to balance and invigorate your body.

60 / 90 minutes – \$130 / \$175

Pre-Natal Massage

Discover a new dimension to the nurturing art of massage - warm water-filled cushions cradle your body, easing strain on muscles as your spa therapist reaches deeply stressed areas.

60 minutes – \$140

Sea Salt Reflexology

A detoxifying mineral sea salt scrub will cleanse your feet before this ancient pressure point therapy, which will work to revitalize your energy and detoxify the organs.

60 minutes – \$100

BODY SCRUBS

Blue Mountain Body Elixir

Our signature treatment begins with a Blue Mountain coffee and brown sugar scrub to increase circulation and tone the skin. A warm hydrotherapy Vichy massage utilizing the Scots Hose will cleanse dry skin away while an invigorating rain shower delivers a deep tissue massage along the spine and upper back. Complete this unbelievable journey with a moisturizing essential oil hydration.

45 minutes – \$120

Coconut Scrub Body Elixir

Stimulate circulation with our shredded Jamaican coconut scrub that exfoliates the skin while hydrating essential oils are absorbed. Our signature Vichy shower hydro massage will relieve tension in the body while the skin is left soft, smooth and glowing.

45 minutes – \$120

Caribbean Brown Sugar or Blue Mountain Coffee Scrub

Let the essence of Jamaica scrub your worries away with our exfoliating brown sugar or Blue Mountain coffee known to tone the skin and reduce cellulite. Followed by a full body coconut oil hydration.

45 minutes – \$100

STRAWBERRY HILL

**For in house guest reservations,
please contact us on 349-3123
or extension 206.**

**Outside guests
please call 876-619-7872,
or 944-8400.**





BODY WRAPS

60 minutes – \$120

Revitalizing Lemongrass Wrap

Lemongrass and brown sugar exfoliation followed by a full body Green Science masque to nourish and hydrate the skin. A restorative scalp massage completes this luxurious island experience.

Hydrating Honey and Coconut Milk Wrap

An anti-aging moisturizing blend of Jamaican coconut milk and organic honey heated to provide you with a luxurious wrap after your receive a full body dry brush to prepare the skin.

Sun Soothing Aloe Wrap

The whole body is cocooned in pure aloe vera from our Strawberry Hill gardens; the healing properties of this plant will deeply hydrate tissues, followed by a soothing scalp and foot massage.

HEALING THERAPIES

Sinus Cleanse

This facial acupressure and steam session involves lymphatic and pressure point facial massage and scalp massage combined with an inhalation therapy using essential oils to help in clearing the sinuses. Promotes deeper breathing.

30 minutes – \$65

Shirodhara

A stream of warm infused herbal oil is centered on the forehead profoundly calming the central nervous system. This Ayurvedic practice reduces mental stress, tension headaches, exhaustion, TMJ and induces restful sleep.

30 minutes – \$65



SKINCARE

Elemental Nature Facial

AVEDA skincare combines modern active ingredients with ancient body philosophy, integrating a gentle massage of the face, chest, hands and feet – with products customized to your skins condition. Great for dry, acne prone, mature and sensitive skin types.

60 minutes – \$125

Deep Tissue Elemental Facial with Back and Shoulder Massage

90 minutes – \$165

Revitalizing Eye Treatment

Let Aveda soothe your delicate eye zone with a cooling and revitalizing treatment that combines gentle massage techniques with state-of-the-art plant and flower-based formulas to reduce the appearance of fine lines and puffiness. This treatment ends with a mini back massage.

45 minutes – \$75

Essential Back Treatment

A unique deep-cleansing skin treatment for the hard-to-reach areas of the back, neck and shoulders. This treatment removes impurities, relaxes tension and leaves the skin soft and smooth. This treatment ends with a mini back massage.

60 minutes – \$100

Caribbean Manicure / Pedicure

A rejuvenating and nurturing treatment that uses the healing properties of Caribbean plants to improve the condition of nails, cuticles and skin, while providing a thorough cleansing and polish of the hands and feet.

90 minutes – \$80

Manicure 35 minutes– \$35, Pedicure 45 minutes – \$45, Re-polish – \$15, Acetone remover – \$15

BODY TREATMENT UPGRADES: Add on to your treatment

Reflexology: Detoxifying foot massage

Back Treatment: Cleansing and extraction for acne prone skin

Eye Treatment: Reduce fine lines and dark circles

Scalp Massage: Hydrate scalp and decrease dandruff

Cleansing Facial: Customized mini-facial using our Aveda skincare

30 minutes \$50

STRAWBERRY HILL SPA POLICIES

If you are unable to make your appointment or wish to reschedule, please provide us with 4 hours notice in order to accommodate your request. Guests will be charged 50% of the total cost if the service is cancelled within 4 hours of the scheduled treatment.

Government Tax & Service Charge are included in your bill.

In room treatments are available upon request and incur a 20% surcharge. Any treatment outside of opening hours (10am-6pm) will incur a 20% surcharge.

PACKAGES

MOUTAIN ESCAPE

Blue Mountain body elixir, hot stone massage and Elemental Nature facial
\$350 (3 Hours)

ISLAND RENEWAL

Balancing Elemental Nature massage and Elemental facial
\$225 (2 Hours)

COCONUT OBSESSION

Shredded coconut scrub, hydrating coconut milk and honey wrap and coconut oil massage
\$220 (2 Hours)

PURE SPA DETOX

Sea salt reflexology, sinus cleanse and shirodhara
\$130 (1 1/2 Hours)

GENTLEMAN'S INDULGENCE

Deep tissue sports massage, reflexology and pedicure
\$200 (2 Hours)

FIELDSPA COMBO

Elemental Nature massage, elemental nature facial, Caribbean manicure and pedicure
\$300 (3 Hours)

All Packages include a Gift Certificate worth 15% towards your lunch at Strawberry Hill.

STRAWBERRY HILL

www.strawberryhillhotel.com