

THE SPA AT STRAWBERRY HILL

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 OSEA 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.

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

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

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.

Strawberry Hill Signature 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 an anti-aging body balm.

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

Salts of the Earth Body Scrub

Four different mineral rich salts from around the world are blended with warm algae gel to exfoliate dull dry skin. The treatment is completed with a full body application of anti-aging body balm.

60 minutes – \$130

Undaria Body Polish

This slimming citrus and seaweed exfoliation increases circulation and promotes a full body detoxification. The treatment is completed with an application of algae infused hydration.

60 minutes – \$135

BODY WRAPS

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.

60 minutes – \$120

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.

60 minutes – \$120

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.

60 minutes – \$120

Sea of Life Hydration Ritual

This marine based full body exfoliation is followed with a hydrating warm algae cocoon. Cranio therapy and a rich application of anti-aging body balm leave you relaxed, renewed with the softest skin imaginable.

100 minutes – \$150





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

Osea Custom Anti-Aging Facial

Skin specific cleansing marine extracts and a customized treatment mask combined with bio-dynamic cranio facial therapy to reduce fine lines and relax facial tension.

60 minutes – \$135

Luminescence Brightening Facial

Vitamin c exfoliation, white algae, white wine, and three peptides are blended with marine based anti-aging serums to visibly brighten your skin and reduce hyperpigmentation. The experience is completed with a hyrophilic facial massage to plump up skin and even out fine lines.

60 minutes – \$135

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



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Depilatory Wax

Chin Lip or Brow – \$20

Under Arm – \$45

Bikini – \$55

Half Leg – \$45

Full Leg – \$80

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 UPGRADES AND ENHANCEMENTS: Add on to your treatment

Reflexology: Detoxifying foot massage

Cleansing Facial: Customized mini-facial using our OSEA skincare

Bright Eye and Lucious Lip: Treat puffiness and dark circles around the eyes while brightening dull lips.

Organic Seaweed Scalp Renewal: Nutrient rich oil and algae infusion promotes healthy hair growth.

30 minutes – \$65

SPA ACTIVITIES

Yoga

Mats are complimentary and can be signed out at the spa. Private sessions available.

60 minutes – \$75 (for one person)

60 minutes – \$150 (for up to 10 persons)

Guided Hikes

The Gordon Town Trail Swimmers and water lovers will delight in this low difficulty hike following the Hope River downhill, crossing tiny bridges and waterfalls on the old parochial trail, an ancient path still used by the villagers of Gordon Town today.

3 hours – \$65 per person

Settlement Hiking Trail

Our Fitness Trail, a medium-difficulty uphill hike, passes through the side of Jamaica most visitors never see—deep country. Cross tiny footbridges over the Hope River, see small coffee farms, and tiny, isolated village communities. At the peak, enjoy a well-deserved repast at a local family restaurant, such as Bubbles Bar and Cook Shop.

4 hours – \$75 per person

Blue Mountain Peak Trek

This advanced 18-mile round-trip hike from 3,500 to 7,000 feet reaches the peak of the Blue Mountains, one of the highest peaks in the Caribbean, for incredible views.

7-8 hours – inquire for pricing

Garden Walks

Landscaped and cultivated over four acres of terraced land, our legendary gardens are in a continuous state of development. Our ongoing mission is to facilitate sustainable commercial production, while supporting tropical preservation. Experience our property by wandering the winding stone paths and marvelling at our bounty.

PACKAGES

MOUNTAIN ESCAPE

Blue Mountain body elixir, hot stone massage and Osea Custom anti-aging facial
\$350 (3 Hours)

ISLAND RENEWAL

Balancing Strawberry Hill Signature massage and Osea Custom anti-aging 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

Strawberry Hill Signature massage, Osea Custom anti-aging 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

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. All prices are quoted in USD.

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.