

# ROCKHOUSE

## Spa Menu

Surrender your stressed mind & exhausted body  
& restore peace and tranquility.

Our philosophy is a simple, holistic approach to well-being, health and happiness, with a natural Jamaica style. While spa techniques may vary, all forms of holistic therapy follow the same basic principle of ensuring the smooth flow of *-chi*, the energy or life force within the body. When *chi* is in balance our natural equilibrium of peace & harmony is restored. Our whole system works in total accord. Restoring balance in the entire system is the key to good health. At the Rockhouse Spa, we focus on relaxing & healing your system, allowing it to rejuvenate, reconnect and rebalance.

**For a detailed description of all treatments please visit our Spa.**

### massage

Signature Tropical Massage	80 min	US\$130
Swedish Massage	50 min	US\$85
Deep Tissue Massage	50 min	US\$95
Add 30 mins to any massage above	30 min	US\$35
Sports Massage	30 min	US\$55
Rockhouse Ultrasound Treatment	15 min	US\$30
Steamy Wonder Table Top Steam Bath	30 min	US\$30

### buffs & scrubs

Signature Scrub: Island Mint Tea Scrub	45 min	US\$70
The Ultimate Coffee Scrub	45 min	US\$70
Caribbean Ginger & Lemongrass Scrub	45 min	US\$70
Seaweed on the Rocks	45 min	US\$70

### wraps

Signature Wrap: Island Mint Tea/Herbal Wrap	45 min	US\$90
Jamaica Mocha/Rum Wrap	45 min	US\$90
Caribbean Ginger & Lemongrass Rhassoul Mud	45 min	US\$90
Seaweed Wrap	45 min	US\$90
Aloe and Cucumber Soak	45 min	US\$60

### foot therapies

Rockhouse Signature Foot Ceremony.	50 min	US\$75
Reflexology	50 min	US\$80
Rockhouse Deluxe Pedicure	50 min	US\$50
Hot Stone Deluxe Pedicure	55 min	US\$55
Aqua Detox	30 min	US\$75

Aqua Detox is a scientific procedure to detoxify, re-energize & re-vitalize the body through detoxification of the feet & thus the whole system. While the aqua detox is happening you will receive a relaxing head massage.

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A 10% Service Charge and 10% General Consumption Tax  
will be added to your bill. All prices are in US\$. © Copyright Rockhouse Hotel 2010

# R O C K H O U S E

## holistic mind & body therapies

Aromatherapy Massage	50 min	US\$95
Aromatherapy Massage - Extended Version	80 min	US\$130
Stone Therapy – our <i>Hot Rock</i> Massage	50 min	US\$100
Stone Therapy – Extended <i>Hot Rock</i> Massage	80 min	US\$135
Table Thai (Nuat Thai)	80 min	US\$95
Herbal Poultice Massage (Luk Pra Kope)	80 min	US\$135
Shirodara	30 min	US\$60

## beauty

Rockhouse Facial	70 min	US\$95
Hair and Scalp Treatment	30 min	US\$40
Rockhouse Deluxe Manicure	40 min	US\$40

## rockhouse rituals

A collective set of treatments integrated into therapeutic combinations:

**Rockhouse Signature Spa Experience** 180 min US\$265  
Foot Ceremony, Island Mint Scrub, Swedish Massage, Island Mint Wrap.

**Exclusively Holistic** 120 min US\$210  
Aqua Detox, Hot Stone Massage, Rockhouse Facial.

**Triple Oxygen Blast: The Jet Lag Reliever** 120 min US\$195  
Aqua Detox, Seaweed Scrub, Seaweed Wrap.

**Five Day Morning Massage** 50 min per day US\$375  
Make a daily choice of Swedish, Deep Tissue or Aromatherapy Massage. This 5 day package is mornings only. A great combination following daily yoga! Signature Spa Experience.

**Rockhouse Fully Loaded - 5 Day Plan** 50 min per day US\$375  
**Day 1** Choose your Scrub      **Day 4** Your Choice of Foot Therapy  
**Day 2** Choose your Wrap      **Day 5** Anything from the menu!  
**Day 3** Choose your Massage

## duos

All of our treatments are available for two people to enjoy together. Here are additional suggestions designed to share with your loved one:

**Morning Wake Up Package** 80 min US\$175  
Wake up shower, foot spritz and soak, and early morning massage for 2.

**Essence of Love** 120 min US\$295  
Your choice of massage followed by a soothing Rockhouse Facial for 2.

**Romance Rites: Couples Romance Package** 180 min US\$440  
Your choice of scrub, massage and wrap for 2.

*For reservations dial "226". Treatments are undertaken in our spa cabanas or at the Spa. Cancellations with less than 4 hours notice and "no shows" will be charged the full price. The spa is open from 9am to 6pm, advance bookings are encouraged.*

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