The Spa at Round Hill

Menu
A brief stroll along the aquamarine sea, on a nature path rimmed with Jamaica’s exotic greenery, will lead you to The Spa at Round Hill. Here you will find our retreat in an 18th century Great House “Welcome Wharf” with sweeping lawns and views which offer the ideal setting to replenish your mind, body and soul. Body, facial treatments and beauty salon services are performed in an oasis of serenity by trained professionals. Discover the power of the Elemis aromatherapy treatments, which are enhanced with pure essential oils, plant extracts or with our local natural blends that capture the spirit of Jamaica while they refresh and awaken your senses.
Massage Therapy

Round Hill Signature Hot Stone Massage
Our ultimate massage experience skillfully uses heated massage stones that are hand gathered from our natural resources of the Caribbean Sea giving them great diversity in healing energy. The stones are bathed in warm Jamaican aromatherapy oils giving the stones a therapeutic effect and allowing for a greater sense of peace, bringing the body and mind into enhanced balance.
(50 min/80 min)

Deep Tissue Massage
Release stress and tension! This firmer technique focuses on the deeper layers of muscle tissue. This massage aims to release the chronic patterns of tension in the body through slow strokes and deep pressure on the affected areas.
(50 min/80 min)

Tranquility Massage
A relaxing massage using strokes to calm and relax tight muscles. Pressure is light and includes long, flowing Swedish massage strokes.
(50 min/80 min)

Wellness Massage
Much more than just a massage. Your body will be lightly brushed to improve circulation while you relax. Warm massage oils will be smoothed over your entire body combining the power of aromatherapy as well as massage techniques from all over the world.
(50 min/80 min)

Round Hill Hangover Massage
For the perfect “pick me up” after a fun night out with friends, genuine Jamaican Sweet Basil is infused into our Signature Hangover Massage treatment to stimulate your immune system and offer toxin extraction that will get you feeling rested and rejuvenated and ready to take on a new day!
(50 min/80 min)

Bamboo Massage
This body, face and limb massage incorporates bamboo stalks of various lengths and diameters to simultaneously provide drainage, relaxation and reshaping. The use of deep tissue techniques enhances the benefits of increased circulation, relief of sore muscles and a feeling of well being.
(50 min/80 min)

LaStone Therapy
Blends of organic heated and cooled stones are used in therapeutic, relaxing movements and placements to balance mind, body and soul. An ideal treatment for alleviating muscle fatigue, tension and stress. LaStone Therapy offers a serene way to return to one’s true nature while channeling the knowledge of the ancient use of Mother Earth’s Stones to recharge, reconnect and invite balance as your body is guided to self healing.
(80 min)

Nurturing Massage for the Mother-To-Be
The nine month journey of nurturing is a special time between mother and child. Specialized positioning on our unique beanbag is used to ensure ultimate comfort and relation. This will help relieve tension in your lower and upper back and relieve any swelling in your hands and feet, while easing your mind and uplifting the spirit.
(50 min)
Couples Massage
The couple’s massage suite offers you the space and privacy to enjoy a rejuvenating massage together. (50 min/80 min)

Reiki
This ancient and sacred healing technique reduces stress and creates relaxation that will promote healing in your body, mind and spirit. It is administered by “laying on hands” while being fully clothed. This treatment creates feelings of peace, security and well being. (50 min)

Well-Being Back Massage
Relax and rejuvenate! This massage focuses on the back and shoulder area to relieve tension and aching muscles. (25 min)

Neck and Scalp Massage
Stress and tension in the neck and scalp are massaged away using aromatherapy oils and soothing massage strokes. A quick mental pick-me-up. (25 min)

Foot Basics, Legs & Feet Therapy
Enjoy this rejuvenating massage designed specifically to relieve tension and soreness in the legs and feet by using aromatherapy oils and soothing massage strokes. (25 min)

Reflexology Foot Massage
An ancient oriental massage that applies pressure to points on the feet that correspond to every individual part of the body. You will leave feeling refreshed and rejuvenated. (50 min)

Balancing Shirodhara Scalp Therapy
Warm oil infused with aromatic essential oils is slowly poured onto the center of your forehead and put onto the scalp followed by a relaxing scalp massage to calm the nerves and bring the body and mind into balance. This treatment is effective in treating anxiety, fatigue, stress, and insomnia. A great addition to any body treatment. (30 min)

Skincare Therapy

Dynamic Resurfacing Precision Peel
This anti-aging facial is designed to peel away years for smoother, more radiant skin. This unique treatment targets blemishes, uneven skin tone and fine lines. The Tri-Enzyme Facial through the precise layering of three targeted serums, leaves the skin incredibly clean, smooth and radiant through the precise layering of three serums. (30 min/60 min)

Paraffin Facial
This facial peel uses all natural products. Opening up the pores of the skin by deep cleaning, moisturizing and lightening the complexion of the skin is one of the many benefits of this paraffin treatment. This is, in fact, the best facial mask for women who are just starting to show signs of aging. (50 min)

Stone Facial
Melt away tension and fatigue with the use of Basalt stones. Warm, smooth stones are used to gently massage the face and neck, as circulation is stimulated and toxins are eliminated. Benefits include firming, toning and removal of excess fluid. Hot stone treatments are ideal for people who feel cold daily and have problems with blood circulation. An excellent facial to diminish puffiness of the eyes and tension lines. The light pressure of the stones on the cheeks and nasal cavities will help clear sinus congestion. (50 min)
**Pro-Definition Lift and Contour**
This facial is powered by breakthrough technology which combines cutting-edge plant stem cells, nutrient-rich natural lipids and firming plant actives. Powerful lifting techniques target sagging jowls, cheeks, chin and neck, whilst helping to reduce puffiness and fluid retention associated with sagging skin.
(30 min/60 min)

**Strawberry Herbal Back Cleanse**
A facial for your back! This decongesting treatment helps improve skin texture and tone. The back is cleansed and exfoliated before a soothing and purifying aromatic herb mask is applied. The final touch is a detoxifying back massage using a special blend of balancing essential oils.
(50 min)

**Pro-Collagen Age Defy**
This facial tackles fine lines and wrinkles with the age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.
(30 min/60 min)

**Superfood Pro-Radiance**
Energize and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin, plumper, radiant and lit up with good health.
(30 min/60 min)

**Sensitive Skin Soother**
Reduce the appearance of redness and protect against daily stresses with a treatment that incorporates soothing facial massage. Skin is left comfortable and calm.
(30 min/60 min)
Anti-Blemish Mattify and Calm
Mattify and combat oil and shine whilst restoring micro-circulation. A deeply detoxifying treatment which leaves skin bright and clear.
(30 min/60 min)

Skin Renewal and Body Therapies

Round Hill Signature Coconut Rub and Milk Ritual Wrap
A ceremony of pure sensuality to tantalize and delight! A traditional Balinese recipe of coconut, mungbean, spices and lavender is combined with an exotic oil to polish the skin and stimulate the senses. Warmed Skin Nourishing Milk Bath is then poured over your entire body before being cocooned in a comforting foil wrap. This opulent exotic wrap is excellent for skin smoothing and softening, and includes facial pressure point massage and de-stress scalp treatment.
(50 min)

Pineapple Body Buff
A tropical pineapple and frangipani exfoliation ritual to invigorate and bring vitality to your face and body. After a light body brushing, warm oil is dripped sparingly over the body. The fruit enzymes of freshly crushed pineapple pulp cleanse and gently exfoliate the skin. A final application of Exotic Island Flower Body Balm is applied, leaving the skin glowing, vibrant, replenished and flawless.
(25 min)

Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani
Intensive moisturisation for thirsty skin. An emotionally grounding experience for skin that has never felt silkier.
(60 min)

Sweet Vanilla and Brown Sugar Body Scrub
Begin with a refreshing exfoliation using Round Hill’s signature Sweet Vanilla and Brown Sugar Scrub, followed by a warm, soothing shower. Then, surrender to a 20-minute rhythmic moisturizer leaving you feeling relaxed and rejuvenated from head to toe. You will finish off your spa treatment feeling tranquil, peaceful and joyful with the lingering scent of brown sugar and vanilla to keep you feeling content all day long.
(50 min)

Jamaican Coffee Bean Delight
Stimulating and exfoliating, our authentic Jamaican Coffee Bean Body Scrub not only assists in increasing cellular metabolism and detoxification, it also assists your skin in absorbing powerful anti-oxidants and reducing cellulite for a supple and elastic skin tone.
(50 min)

Elemis Aroma Spa Ocean Wrap
This seaweed wrap treatment detoxifies and deep cleanses the body inside and out, combining the richness of sea plants and marine algae with aromatherapy. A warm seaweed body mask combined with a blend of essential oils is applied to the body before you are cocooned in a comforting foil wrap. Let your thoughts drift away while you are treated to a pressure point massage of the face and a de-stressing scalp treatment.
• Musclease Aroma Spa Ocean Wrap: A warming blend of pine and rosemary essential oils help ease the pain of rheumatism, arthritis, muscle spasm and fatigue.
• Cellutox Aroma Spa Ocean Wrap: A detoxifying blend of juniper and lemon essential oils decongest and stimulate the body’s systems. Excellent for improving the dimpled appearance of cellulite and the reduction of fluid retention.
(50 min)
**Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani**
A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin.
(30 min)

**Thousand Flower Detox Wrap**
This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.
(60 min)

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**Male Domain**

**Gentlemen’s Treat Massage**
Our professional therapists skillfully incorporate deep tissue techniques into a Swedish massage which improves circulation, relieves muscular tension, spasms and promotes relaxation.
(50 min/80 min)

**Feet Therapy**
Feet are cleansed and gently exfoliated. Nails trimmed and buffed. A warm paraffin bath follows with a massage using an active gel of menthol and herbal extracts or peppermint and lemon peel.
(50 min)

**High Performance Skin Energiser For Men**
The hard-working facial for ageing, dehydrated skin combined with scalp and foot massages.
(60 min)

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**Four Hands Massage**
Traditional Lomi Lomi massage movements sweep the length of the body like a synchronized dance. The experience of having two intuitive therapists working at the same time is the closest one could imagine to such a mystical experience of the sublime. Four expert hands complement and follow each other to caress and comfort your body’s energy flow to give you the ultimate experience.
(50 min)

**Total Time Out for Men**
This is a complete face and body overhaul. Enjoy the best of both worlds by combining a Time for Men Facial with a Deep Tissue or Wellness Massage to improve total body performance. Rehydrates and energizes the complexion, whilst deeply relaxing and recharging the body.
(120 min)

**Shave and Cleanse**
The ultimate grooming solution. Our Smooth Result shaving oil is used to accommodate the cleanest shave followed by gentle exfoliation to soothe the skin and replenish it.
(50 min)

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**Exotic Hand and Foot Treatments**

**Round Hill Signature Sole Delight Foot Treatment and Pedicure**
Warmed aromatherapy oils nourish and condition your feet and nails, while the decadence of the Skin Nourishing Milk Bath and Exotic Frangipani Monoi Oil leaves a rich healing on your skin. An experience for your feet, which promises to leave you walking on cloud nine!
(60 min)
Round Hill Signature Hand Ritual and Manicure
Pure pampering for your hands and nails to restore beauty and suppleness. Cuticles and nails are nourished with warmed aromatherapy oils while the sublime sensation of the Skin Nourishing Milk Bath lavishes its richness for beautifully smooth soft hands.
(50 min)

Warm Stone Manicure or Pedicure
Pamper yourself with this ultra-relaxing therapy which incorporates warm stones and soothing aromatherapy oils to melt away muscle tension and stress in the arms, hands and feet. This treatment includes the perfect polish color for your hands or toes.
(40 min Manicure/60 min Pedicure)

Citrus Spa Manicure or Pedicure
Indulge your hands or feet with this tropical temptation featuring authentic Jamaican oils. This citrus massage includes buffing, filing, cuticle clean up and paraffin dip, leaving your skin energized and nails with a clean, refined appearance.
(30 min Manicure/40 min Pedicure)

Shellac Manicure or Pedicure
This manicure or pedicure uses a hybrid nail color that brushes on like polish, but holds up like a gel so its naturally glossy finish can stay smudge free for up to 2 weeks!
(45 min Manicure/50 min Pedicure)

Citrus Mint Hand & Foot Treatment
This gentle exfoliation of your hands and feet is followed by a massage and warm paraffin dip leaving them feeling soft and smooth.
(15 min each/25 min both)

Nail Basics Manicure or Pedicure
Nail shaping, trimming of cuticles and a gentle massage followed by a polish application.
(30 min each)

Garden of England Rose Restore Hand Treatment
A conditioning, restorative, anti-ageing hand treatment.
(30 min)
Best Foot Forward
Lower legs and feet are thoroughly exfoliated, bathed and massaged.
(30 min)

The Spirit of Jamaica Spa Ritual
Relish the moments of balance and tranquility offered in our quiet, lush Jamaican haven. Your body and soul will leave feeling refreshed and inspired to take on the world.
This relaxing package includes:
30 min Coffee Scrub
50 min Island Aroma Massage
50 min Cucumber Cooler Facial

Round Hill Spa Packages

The Spa at Sunset Package
Couples massage, champagne and your choice of either a fruit or cheese platter served on the pier.
(50 min)

Men’s Revitalization
This package is for the man who wants to put his world on hold to look and feel his very best treatments.
This indulgent and ultra-relaxing package includes:
50 min Deep Tissue Massage
50 min High Performance Facial
30 min Lime & Ginger Scrub
**Rendezvous Package**
Pamper yourself with the one you love with this ultimate package.

**Package includes:**
- 50 min Couples Massage
- 30 min Skin Specific Facial
- 50 min Signature Foot Treatment and Pedicure

**Vichy Shower Therapy**

Our Vichy Shower has seven adjustable shower jets to caress your body under an invigorating waterfall. The therapist adjusts the pattern, placement and temperature of the jets to achieve a water massage treatment for your entire body. The effect of the hot and cold water movement on your skin increases blood circulation, hydrates the skin and soothes the nervous system, enabling your body to balance and your muscles to relax.

**Island Rituals**

Simply delightful! This exotic exfoliation combined with the invigorating waters of the Vichy Shower and light soothing massage strokes will leave you totally rejuvenated and in an “irie vibe”!

**Package includes a spa beverage and:**
- Pineapple Body Buff
- 50 min Tranquility Massage
- Citrus Hand & Foot Treatment

**Ultimate Detox**

Whether you have had one too many rum punches at the bar or just feel the need to detox, this mud wrap and deep tissue combo will leave you feeling revived and renewed.

**Package includes herbal detox tea and:**
- Espresso Scrub and Mud Wrap
- 80 min Aroma Deep Tissue Massage

**Service Enhancements**

Fancy a bit more? Enhance your spa indulgencies with any of the following options:
- 20 minute massage
- A sweet sugar body polish (25 min) added to any massage or facial
- Pamper your feet with a 30 minute Reflexology treatment added to a facial
- Add a 30 minute cleanse and tone facial to your massage for a full body indulgence
- Complete any facial with either a brow, lip or chin wax
- Pro Collagen eye treatment added to either a massage or body treatment

**In-Room Spa Services**

Indulge yourself with our spa services in the privacy of your own room or villa. Our range of in-room treatments are designed to nurture your body and soul. Services are available seven days a week from 9am-10pm. We recommend reserving your in-room treatment in advance by contacting The Spa at extension 7001 or spa@roundhill.com.

**Wedding Packages**

Our spa manager will assist you in creating the perfect customized spa package for the bride, groom and entire wedding party. Each featured treatment will be selected specifically to fit your needs. Makeup and hair artists from the salon will help you get ready for the big day.
Beauty Services

Our salon offers a variety of services that includes:

• Haircuts
• Waxing
• Shampooing
• Hair Coloring

• Hair Braiding
• Makeup
• Styling
• Hair Treatments

Fitness Centre

Stay fit in our state-of-the-art fitness centre which boasts beautiful seaside views. Book a session with one of our professional and friendly personal trainers, or work out solo using any of our equipment stations (treadmills, ellipticals, exercise bikes, step matching, and back and tricep station, bench press, leg and thigh press, and free weights).

Scheduled Fitness and Yoga classes are available from Wednesday to Monday between 9am and 12:30 pm.
General Spa Information & Policies

Reservations
In order for us to accommodate your individual needs, we recommend that you book your appointments at least 48 hours in advance. A room number, reservation number, or credit card is requested to secure your appointments.

Cancellations
Should you need to reschedule or cancel an appointment, it must be made during the spa’s operating hours and a minimum of four (4) hours notice will be required to avoid being charged a cancellation fee of 50%. If you fail to show up for your appointment without cancelling, the full charge of the service will be applied.

Arrival
Please arrive at least 10 minutes prior to your service to allow you time to change and relax before your treatment. Arriving late will limit the length of your treatment and the full cost of your service will still be applied.

Spa Attire
For your comfort and convenience, the spa will provide a beach bag, robe and slippers during your visit. It is recommended that you leave valuable items in the safety deposit box provided in your room.

Spa Environment
To preserve the Spa’s tranquility we respectfully request that you leave all electronic devices and mobile phones turned off.

WI-FI
The Spa offers complimentary WI-FI at The Spa pool and beach.

Groups
Parties of four or more can reserve their spa treatments through our Spa Manager, who will assist with scheduling and confirmation of appointments, arranging special events and celebrations, creating custom gift bags, and the arrangement of any special transportation considerations.

Fitness Centre
Guests wishing to use the Fitness Centre must wear appropriate attire including athletic shoes at all times. We would appreciate if all guests limit the use of the equipment to 30 minutes in order to facilitate the use by other guests. An adult must accompany children under 16 years.

Government Tax
All prices are quoted in US dollars and may be subject to change without notice. A government tax of 10% will be added to all services.

Gratuities
Gratuities are not included and are therefore left to the discretion of the guests.

Hours
November 1 - April 30: 9am-7pm
May 1 - October 31: 9am-6pm

For reservations, please call The Spa at ext. 7001 or email at Spa@roundhill.com
Timeless elegance. Understated luxury. Warm Jamaican heart.