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spa specialist: CARIBBEAN SPA PERKS

Local Ingredients Add Appeal to Unique Island Treatments

A jacuzzi bath in a Spa Suite is one of the ways clients can refresh their bodies at the Fern Tree, the Spa at Half Moon.

Americans flock to Caribbean spa resorts for some fun in the sun, with native ingredients adding exotic flavor. There are excellent packages offering added value to spa clients here, plus a number of new spas that warrant consideration.

Rejuvenate in Jamaica

Fern Tree spa, with 68,000 square feet of indoor and outdoor sanctuary space, opened last fall at *Half Moon* in Rose Hall, Jamaica. There are pools and waterfalls, a yoga pavilion and cabanas overlooking meditation gardens. Treatments start with Jamaican bush tea and finish with a rum foot splash. The Spa Elder uses indigenous herbal knowledge to customize therapies. There are also six new beachfront spa suites that incorporate personal spa treatment rooms into overnight guest accommodations.

Jamaica Inn in Ocho Rios recently added the Tree House Massage Hut and the Sea Spray Massage Hut over the water. The spa links with local organic farmers for treatment ingredients such as soursop and sorrel.

The Ritz-Carlton Golf & Spa Resort, Rose Hall, Jamaica recently remodeled the spa and rolled out a new island-inspired spa menu with treatments such as the Blue Mountain Coffee Scrub and Eminence Pumpkin Yam Enzyme Mask.

Since *Sandals Resorts* pays agent commissions on pre-booked spa treatments, you might entice clients with tropical treatments using island cane sugar or Blue Mountain Coffee at the Red Lane Spa. Couples may want to experience a dual massage in a garden gazebo or on the beach, or learn to massage each other with the In Each Other's Hands massage. Sandals owns and operates seven Jamaican resorts, three in St. Lucia, and one each in Antigua and The Bahamas – all with Red Lane Spas.



SPAS AT SEA



Clients cruising to the Caribbean can get a head start on their pampering. Most cruise lines offer spas onboard, such as Crystal Cruises' Crystal Spa, named #1 Cruise Line Spa in *Candé Nast Traveler's* 2007 Reader's Choice Awards. Carnival boasts Nautica Spa, Celebrity has AquaSpa and Radisson Seven Seas features Carita Spa. These and other cruise lines – including Commodore, Costa, Cunard, Disney, Holland America, Norwegian, Princess, Royal Caribbean, Seabourn and Windstar – use the services of internationally renowned Steiner. Over 100 ships feature a variety of spa treatments from Steiner's Elemis spa menu.

Up and Down the Isles

Galley Bay in Antigua recently opened a Gauguin-inspired, thatched-roof spa called Indulge. It's built on stilts and overlooks a bird sanctuary lagoon. Couples will especially enjoy the Sundowner for Two massage in the open-air VIP suite.

Five spa vacation packages offer great value at **Radisson Aruba Resort & Casino**. They're geared to couples, friends and family, and include treatments with local aloe, rum or quartz crystals at the Larimar Spa. The seven-night Spa Indulgence package includes five spa treatments per person.

IT'S A WRAP!

When it comes to body wraps, spa-goers generally have two popular choices:

- **Herbal wrap** uses strips of cloth soaked in a heated herbal solution to wrap around the body. It is used for relaxation and is said to eliminate impurities and detoxify.
- **Seaweed wrap** is a treatment using concentrated seawater and seaweed that contains nutrients including minerals, rare trace elements, vitamins, and proteins. Its advocates say it detoxifies the body, increases blood circulation and improves appearance of cellulite.

Body wraps are often an integral part of other regimens, such as **aromatherapy**, in which various fragrant essential oils are used for different therapeutic benefits; **phytotherapy**, a healing treatment featuring plants such as herbs or seaweed; and **thalassotherapy**, which also features sea and seawater products.



La Source in Grenada offers daily spa treatments for all guests over 16 years of age.

The 25,000 -square-foot Mandara Spa at **Atlantis, Paradise Island** in The Bahamas features 14 lavish treatment suites for both private and couples use, state-of-the-art Alpha Capsule and the luxurious open-air heated Thalassotherapy pool.

Along Grand Cayman's Seven Mile Beach, in-room spa treatments are the specialty of the house at **The Westin Casuarina Resort & Spa**, while the spa at **The Ritz-Carlton** features the world-renowned European spa treatments of La Prairie. Elsewhere on Grand Cayman, yoga, meditation, massage and more are available at the **Body Works Holistic Wellness Centre**.

One of the most enticing new offerings for spa clients is **LaSource** in Grenada, which just re-opened in February after a three-year, post-hurricane renovation. This all-inclusive



Club Med provides spa services at more than 40 resorts worldwide.

resort includes spa treatments in standard rates – each guest over age 16 gets a spa treatment every day after arrival. Highlights at the Oasis Spa are the seaweed wrap and Arawak Indian head massage.

Buccaneer's Creek in Martinique is one of more than 40 **Club Med** resorts in the Caribbean, Mexico and around the globe that offer an array of traditional and innovative spa programs.

The Regent Spa recently re-launched at **The Regent Palms Turks and Caicos** on Grace Bay Beach. There's a cascading water wall and treatment cottages floating in a reflecting pool, each with its own water feature. The signature treatment is the Mother of Pearl Body Exfoliation, a polish of hand-crushed local queen conch shells mixed with aromatherapy oil.