



Spa and Total Wellness Programs
Mind, Body and Spirit

Massage Rituals

LEVEL I

The following massages are excellent ways of unwinding and beginning your healing experience at Cap Juluca. These massages and scrubs are restorative, involving light to moderate pressure and can safely begin detoxifying your body and boosting your immune system through stretches, specific massage techniques and exfoliation.

Juluca Massage

This traditional Swedish-based massage uses light to moderate pressure, with techniques varying from gliding, kneading and rubbing, to tapping and shaking that create a relaxing and therapeutic experience.

30 min. / \$55
60 min. / \$95
90 min. / \$140
120 min. / \$185

Aromatherapy Massage

This ancient healing art uses the therapeutic properties of essential oils found in plants. Our pre-blended massage oils are applied to the body with your choice of Swedish massage strokes or Deep Tissue work. Choose from one of our six essential oil blends: Relaxing, Antistress, Revitalizing, Balancing, Sports or Detox.

Swedish technique

30 min. / \$60
60 min. / \$100
90 min. / \$145
120 min. / \$190

Deep Tissue

30 min. / \$65
60 min. / \$120
90 min. / \$175
120 min. / \$290



Jamu Massage

This unique massage combines a tapestry of Indian, Chinese and European influences that weave together the techniques and tempos of acupressure, rolling motion and percussion for a rhythmic, relaxing and energizing massage. Enjoy this island escape with your choice of Island Fruits, Island Flowers, Island Spices, or Jasmine Frangipani oils.

90 minutes / \$150

Lomi-Lomi

This unique healing massage that comes from the Hawaiian Kahuna healing tradition is relaxing, restorative and nurturing. In addition to the hands, forearms are used to create rhythmic, dance-like strokes, which have an effect on body and mind, releasing muscular stress and emotional anxiety. It improves circulation, drains the lymphatic system, and is especially useful in aiding injured tendons and ligaments to heal. If you've never tried massage therapy, this is a safe and comforting place to begin.

60 min. / \$150
90 min. / \$200



Balinese Massage

Both complete and relaxing, this traditional Balinese treatment is a medium pressure, slow paced massage with oils. It employs long strokes, palm pressure, thumb slide, skin rolling, lower limb stretches and shiatsu work on the feet and head.

30 min. / \$60

60 min. / \$115

90 min. / \$170

120 min. / \$225

Blissful Sole

Begins with a reflexology treatment that is followed by the application of a tropical scrub to renew and rejuvenate, leaving your 'tootsies' soft, smooth and ready for a beach walk.

This "sole" ritual is ideal in combination with a facial or massage.

60 min. / \$110

Scrubs

Our Scrubs promote detoxification by exfoliating dead skin cells and properly oxygenating and nourishing the skin, your body's largest sensory organ, thereby promoting your general well-being. Individual 60 min. / \$125
Couples / \$250

The Royal Rub

A tumeric mask and massage mini ritual.

Sea and Flower Scrub

A sea salt scrub with a massage mini ritual.

Rice and Spice Scrub

A spice scrub and massage mini ritual.

Java Lava

A volcanic earth mask and massage mini ritual.

Juluca Spa Rituals

Together or alone, discover Cap Juluca's signature Spa Ritual treatments; a romantic, therapeutic, and luxurious way to relax. Individual 120 min. / \$225
Couples / \$450

The Juluca Ritual for Two

This exotic island experience begins with a soothing and refreshing basil and mint clay body mask applied with dry Jamu strokes. Once dried, the mask is showered off.

A 20-minute bath soak relaxes your senses with flowers and Jamu essential oils. A Juluca or Jamu Massage follows and fresh mint tea is served to complete this two-hour Ritual.





Lulur Royal Ritual

This Ritual is one of our more romantic spa experiences and begins with the application of an ayurvedic mask of blended spices (tumeric, rice and jasmine) with dry Jamu strokes and is completed by a moisturizing and refreshing yogurt splash. A luxurious 20-minute flower petal and essential oil bath soak adds a dash of romance to be enjoyed in your private paradise. A soothing Juluca or Jamu massage using Jasmine Frangipani Oil or Lotion will complete this signature Ritual.

Rice and Spice Ritual

This traditional Indonesian massage improves blood circulation and releases toxins that can lodge in muscle and bone tissue. Native clove, ginger and other exotic warming spices called “boreh” are blended into a body mask and applied. While the mask is drying, you’ll receive a Jamu massage for body and soul. Cleanse with a refreshing shower followed by a 20-minute flower petal and essential oil bath soak. A Juluca or Jamu Massage using Island Spice Oil or Lotion completes this signature Ritual.

Island Sea and Flower Ritual

A stimulating ritual that combines the healing minerals from the sea and flowers from our gardens with aromatic oils for an invigorating exfoliation experience. An aromatic shower and a 20-minute flower petal and essential oil bath soak cleanses and prepares your body for a relaxing Juluca or Jamu Massage with Island Flower Tropical Oil or Lotion.

Volcanic Earth Ritual

This refreshing and uplifting spa ritual begins with a volcanic clay body mask. While the mask is cooling and purifying the skin, dry Jamu strokes are performed. After an aromatic shower and a 20-minute flower petal bath, enjoy being totally moisturized with a Juluca or Jamu Massage using Island Fruit Tropical Oil or Lotion.

LEVEL II

Now that you've had time to relax and unwind, you'll be ready for deeper levels of bodywork. This next group of massages introduces additional massage techniques, advanced stretches, and more penetrating pressure.

The Deep Healing

This vigorous, integrated massage technique applies pressure directly to trigger points for release of physical and emotional blocks in the neuromuscular system. With the aid of your breathing, deep tissue releases toxins and knots and increases your range of movement.
30 min. / \$60
60 min. / \$115
90 min. / \$170
120 min. / \$225

Hot Stone Therapy

This deeply relaxing massage involves the application of water-heated basalt stones of varying sizes to key points on the body.

The direct heat relaxes muscles, allowing manipulation of a greater intensity.

The massage movements help with muscle pain, poor circulation, rheumatic and arthritic conditions, back pain, insomnia, depression, stress, anxiety and tension. Stone massage promotes a harmonizing and cleansing effect, a soothing, meditative state of quietude, calmness and balance.

This massage is particularly helpful if you are "coming in from the cold" and feel that you need to boost your immune system.
90 min. / \$200





Samvahana or “Four Hands” treatment

Two massage therapists work in unison with perfectly synchronized movements using a combination of Swedish, Shiatsu and Lomi-Lomi techniques. Samvahana improves circulation, rejuvenates the tissue, induces sound sleep and tones the body. It also stimulates the nervous system and the immune system, improves the texture and complexion of skin, providing shine and softness. This highly therapeutic massage leaves you with a general sense of well-being.
60 min. / \$112.50 for each therapist (\$225 total) 90 min. / \$168.75 for each therapist (\$337.50 total)

Indian Head Massage

This ancient Indian therapy which is upper-trunk specific involves massage of the back, shoulders, neck, head and face. Administered predominantly as a dry massage, it provides relief from stress symptoms and rebalances the energy flow to produce a feeling of peace and tranquility. Perfect for those tight shoulders, sore necks and aching backs.
30 min. / \$55
60 min. / \$100.



Reflexology

Rooted in ancient China, Egypt and Greece health practices, reflexology applies finger point pressure to specific points in the feet and hands that correspond to specific organs, meridian's and glands. This therapeutic treatment removes blockages and toxins in the body, which normalizes blood and lymphatic flow and promotes tissue oxygenation. 60 min. / \$100

L E V E L I I I

Our last two massages allow you to reach maximum levels of bodywork and still deeper levels of pressure. You'll work closely with your therapist to breathe through muscular tightness and restriction, and through passive movements, gain greater levels of flexibility and a wider range of movement.

Thai Massage

This 90-minute oil free massage, performed on a Thai floor mat or low table, uses two primary procedures - acupressure performed with the therapist's hands and feet, and a wide variety of passive yoga-like stretching movements which help to adjust the skeletal structure, increase flexibility, relieve muscular and joint tension, stimulate internal organs and balance the body's energy system. Thai Massage is a very intense massage that powerfully addresses lower back problems, tight shoulders, chest and hamstrings. Loose comfortable clothes are most appropriate when receiving this session. 90 min. / \$200

Shiatsu

This preventative healing technique originated in ancient China and developed in Japan during the last century. "Shi" means finger, and "atsu" means pressure. As such, our therapists apply hand and finger pressure along specific energy pathways, called meridians, to restore the balanced flow of the body's vital energy, called chi. Unlike other massage techniques, in Shiatsu, pressure is held, which allows targeted muscles and soft tissue to relax. Loose, comfortable clothes are most appropriate when receiving a session. 60 min. / \$150
90 min. / \$200



Balinese Masseuse



Couples Massage

A massage for two received while nestled side-by-side in the comfort and luxury of your own villa. Choose from the following menu:

- Jamu, Juluca, Balinese, Indian head massage. 60 min. / \$200 couple .
- Aromatherapy (Juluca, Jamu or Balinese massage). 60 min. \$210 / couple.
- Deep Healing. 60 min. \$230 / couple.
- Aromatherapy (Deep Healing massage). 60 min. \$240 / couple.
- Lomi-Lomi, Shiatsu. 60 min. \$300 / couple.
- Samvahana (4 therapists). 60 min. \$450 / couple.
- Juluca, Jamu or Balinese massage 90 min. \$300 / couple.
- Aromatherapy (Juluca, Jamu or Balinese massage). 90 min. \$310 / couple.
- Deep Healing. 90 min. \$340 / couple.
- Aromatherapy (Deep Healing massage) 90 min. \$350 / couple.
- Lomi-Lomi, Hot Stone, Shiatsu or Thai. 90 min. \$400 / couple..
- Samvahana (4 therapists). 90 min. \$675 / couple.

Specialty Massages

Prenatal Massage

Prenatal massage effectively relieves any prenatal anxiety, increases circulation of blood and lymph, increases your immune system, and relaxes and safely prepares your body for labor by addressing the physical changes that occur during pregnancy. Most importantly, mother and child both benefit 60 min. / \$100

Reiki

This Japanese healing technique involves light placing of the therapist's palms over or on various energy centers of the body for stress reduction and deep relaxation thereby encouraging the body to activate its innate healing capacity. Loose comfortable clothing is best. This technique is recommended for those who are unable to experience traditional massage. 60 min. / \$100 (Individual session only.)



Skin Care Rituals

Cucumber Wrap For Sunburnt Skin

Have you spent too much time in the sun? Feel the heat seep out of your sunburnt body with this soothing body treatment. Enjoy the feeling of your body wrapped in a blend of cool cucumbers and essential oils, finished off with a soothing moisturizer. Also as a goodbye treatment to prevent your tan from peeling.
60 min. / \$110

Aloe And Lavender Wrap

Perfect for sensitive or sunburnt skin, Aloe and Lavender, naturally antiseptic, stimulate, moisturize, and heal the skin. As the wrap is conditioning and relaxing to the skin, enjoy a foot or head massage. For your warm shower, you'll receive a lemon and lavender infused rinse. As these penetrate your skin, a lavender body lotion is applied to complete this treatment. 60 min. / \$110

Holistic Aromatherapy Facial

This luxurious treatment begins with a thorough skin cleansing, exfoliation, and then a mask. While the mask is drying, you'll receive your choice of either a hand or foot massage. After the mask has been removed, you'll receive a toning facial massage. A soothing moisturizer is applied at the end of your facial to leave your skin feeling positively radiant. 60 minutes / 75 minutes with back or foot massage / \$100 75 minutes with back or foot massage / \$150

Gentlemen's Facial

This luxurious treatment designed specially for gentlemen begins with a thorough skin cleansing, exfoliation, and then a mask. While the mask is drying, you'll receive your choice of either a hand or foot massage. After the mask has been removed, you'll receive a toning facial massage. A soothing moisturizer is applied at the end of your facial to leave your skin feeling positively radiant. 60 min. / \$100 75 minutes with back or foot massage / \$150

Beauty

The Ultimate Manicure

This complete spa manicure includes a sea salt exfoliation, luxurious volcanic mud mask, relaxing hand and arm massage and a total beautification of your nails. 45 min. / \$50 French \$60

The Ultimate Pedicure

This relaxing pedicure includes a sea salt foot scrub and volcanic mud mask, luxurious foot massage, and therapeutic care of the sole. 60 min. / \$70 French \$80

Hair Services

Blow-dry and style \$55
Ladies haircut and style \$85
Men's haircut \$55

Waxing Services

- Upper lip, chin or eyebrow \$20 each.
- Full leg \$80
- Half leg \$50
- Bikini \$35
- Brazilian bikini \$50
- Underarm \$25
- Extra waxing \$10



Individual or couples wellness and fitness services are available from 10 a.m. to 4 p.m. daily. 60 min. / \$100 for individual \$125 / couple

Please note that proper attire and footwear are required in the gym and an adult must accompany all children under 16. For fitness training, please meet instructor in the gym.

Personal Fitness Training

Whether your goal is to create a new fitness routine or enhance an existing one, our certified personal trainers will design a program tailored to your specific needs. Areas of focus include cardio-respiratory training, strength training, flexibility and stretching, goal setting and weight management.

Circuit Training

Combines strength training and aerobic conditioning to create an overall workout that will challenge and develop your mind and body. The session is designed especially for you, whether you want a pumping cardio workout or a slower-paced session. The gym is equipped with state-of-the-art CYBEX training equipment.

Yoga

Work with an experienced instructor and learn the skills for beginning and continuing a safe and effective Yoga practice. This session includes an exploration of traditional asanas (postures), including active, passive, and restorative poses, as well as balance and strength work. Materials are provided. Class taught in your villa.

Tai Chi

This ancient Chinese system of exercise uses slow meditative movements in sequential order to calm the mind, and bring balance, relaxation and restoration to the entire self. Class taught in your villa.

Group Classes

By George's pool or on the beach, enjoy learning a variety of disciplines with others. Classes are offered from 7-10 a.m. Monday through Saturday. To ensure that each student receives lots of personal attention, class size is limited to 10. Please reserve your space by 8 p.m. that evening before class by calling Ext. 707. Group rate \$30 / per person.

Beach Fitness

Former professional cricketer, Cardigan Connor, has created an early morning 60 minute beach workout that caters to all fitness levels. Circuit training includes Cardio, High & Low Impact and Body Toning. Mon. to Sat. from 7 -8 a.m.

Tai Chi

This ancient Chinese system of exercise uses slow meditative movements in sequential order to calm the mind, and bring balance, relaxation and restoration to the entire self. Group Tai Chi is offered every Wed. and Sat. from 8-9 a.m. by George's pool.

Group Yoga

The Group Yoga classes are taught by a certified yoga instructor and are accessible to all levels; beginner through advanced. Come out and breathe, stretch, relax and enjoy! Group Yoga is offered Mon. to Sat. from 9-10 a.m. at George's pool.

Mind, Body & Spirit

Conceived as a highly personal opportunity to heal and grow, Cap Juluca's Mind, Body and Spirit program brings you the powerful synergy of diverse spiritual therapeutics by skilled healing arts practitioners. Described as the new generation of spa services, MBS is offered one week out of every month throughout the calendar year and includes Yoga, Astrology, Shamanic Healing, energetic and transpersonal work with Diana Bourel, Thierry Liot, Leisha Douglas PhD. and Hubert Delamotte. For any additional information or requests (VIP

programmes, private/corporate groups or holistic seminar work outside of the scheduled dates listed below, please contact Diana Bourel at DianaBourel@wanadoo.fr and Sue@rickettssluxury.com

Mind, Body & Spirit Wellness week dates 2005:

July 16-23, August 20-27,
November 12-19,
December 3-10,

Dates for 2006:

January 14-21,
February 4-11, March 4-11,
April 22-29, May 13-20,
June 10-17, July 8-15,
August 19-26,
November 11-18,
December 2-9

TREATMENT DESCRIPTIONS

Coming Home Transpersonal Sessions

Using storytelling, channeling, rebirthing, bioenergetics, muscle-testing and past life material, transpersonal therapist Diana Bourel provides the spiritual tools to facilitate life affirming changes. Diana's Coming Home sessions are a guided, 75-minute journey into the heart of your being. Her insights help you to penetrate the spiritual core of life events and activate your own inner knowing, enabling you to

understand, pacify and put closure on the 'unfinished business' that keeps you tied to the past. This inspiring treatment creates an essential lifeline to the soul; the sacred ground where all true healing and transformation take place. Individual and couples sessions available session fee \$190 Couples / \$325

Private & Group Yoga

Diana Bourel's spiritually challenging integrative yoga classes emphasize mindfulness, breath, and make the yogic teachings come fully alive, packed with what her students call "take-home value". Each 1-hour class, taught by George's

pool from 9 - 10 a.m., covers a variety of specifically sequenced poses that will safely stretch both body and mind. Because class size is limited (3 student minimum, 10 student maximum), each student receives a lot of personal attention. Open to all skill levels, beginners are cordially welcomed. Materials and props are provided. As class size is limited to 10 students, please reserve your space the evening before. Class fee / \$30 per student. 3 student minimum for group rate to apply Private yoga in your villa is also available. Individual Class / \$100 Couples / \$125

Tree of Life

Thierry Liot's Tree of Life is a spine-specific treatment that combines the science of aromatherapy and the art of massage. Developed after years of research, this unique 1-hour treatment involves the knowledgeable application of therapeutic essential oils directly on the spinal column. As these medicinal oils are absorbed, they help to soothe and decongest muscles, reduce physical and mental tension, improve organic functioning and remove toxins that have accumulated as a result of improper diet, poor lifestyle habits and today's number one offender, stress. Bioenergetic

work and massage further enhance the therapeutic effects of this treatment by raising the body's cellular frequency to a higher, more efficient level of performance for up to one week after treatment. Session Fee / \$150

Soul Awakening

Soul Awakening is a treatment that evolved from Absuchanka, a mystical healing art that traces its roots back to the Essenians. Shaman Thierry Liot discovered the technique through his relationship with one of his esoteric teachers, and developed it into a modern transformational experience. Utilizing techniques which

include the manipulation of meridian points, the use of crystals, gemstones, and essential oils, this unique method works on the subtle energetic body through the denser physical body. Vortex points are activated to enable the "chi" (vital energy) to fully integrate the physical body, thereby initiating the healing process. When combined with sound, an opening is created for the soul that frees conscious or unconscious emotional & physical blockages. As trauma is released, the cellular program shifts from that of death to one of empowered vitality. The session lasts 90 min. Fee / \$190



Shiatsu

Thierry Liot applies hand and finger pressure along specific energy pathways, called meridians, to restore the body's vital energy called chi. Please wear loose, comfortable clothes for this treatment.
60 min. / \$150

Life in Movement

Energy is a vital component of life. When it gets stuck, we feel tired, complacent and depressed. Thierry Liot's 1-hour energetics class is the Shaman's answer. Designed to stimulate vital energy, rebalance brain hemispheres, invigorate the soul and promote the body's own healing.
Individual or couples.
Individual / \$100
Couples / \$125

Astrology

Astrology is a metaphysical science that uses the language of symbols, common to all mystical sciences throughout the ages. In the school of esoterics, it is considered a basic step toward understanding karma and becoming spiritually self sufficient. Through the skilled interpretation of these symbols, their placement in your chart, and their relationship to one another, you will learn how these symbols tend to manifest, in what areas of your life they will appear, and to what degree of intensity. This knowledge enables you to move effectively through life in order to make

harmonious, meaningful and wise life choices. Hubert's wit, keen intelligence and warm humor make his astrological readings an hour well spent, and a real spiritual treat. 1-hour session. Individual chart / \$190
Couples compatibility chart / \$325

Intuitive Therapeutics

Leisha Douglas PhD. incorporates clinical psychology, somatic psychotherapy, channeling, yoga and meditation into her enriching 1-hour therapeutic consultations. Through gaining experimental awareness and understanding of their

karmic patterns, Leisha's clients get the support they need to thrive physically, emotionally and spiritually, realigning with their creative vitality and enabling them to make beneficial changes in their lives and relationships. If directed, Leisha will also work with any relevant psychophysical and health-related issues which arise. Available only during the November and January sessions of Mind, Body & Spirit.
60 min. / \$175

General Information

Spa Hours

Spa facility and private guest room services are scheduled between the hours of 9:00 a.m. to 7:00 p.m. daily. Special requests for appointments outside these times may be accommodated based on availability.

Booking Your Spa Services

In making your stay more enjoyable and relaxing we recommend that all appointments be scheduled in advance with our reservations staff. Our Spa Concierge will be happy to answer any questions that you may have about our services. Please contact the Spa Concierge at ext. 707. For overseas bookings

a credit card number is necessary to reserve your services.

Cancellations

The services you select are reserved for you. Please notify Reservations at least 12 hours in advance of your scheduled service if you wish to reschedule or cancel your appointment. There is a 50% cancellation fee charged to your account on all appointments canceled within 12 hours. For no-show appointments our therapist will wait for a half hour and then charge the full price of the booked treatment to your account. Payment For your convenience, all spa treatments are billed to your room.

Gratuities are not included.

Preparing for Your Spa Service

Sand can be an irritant to the body during any kind of massage. We kindly ask that you be in your room a few minutes prior to your massage, showered and sandfree, so that our massage therapists can set up properly, address any personal concerns you may have, and begin your treatment on time. Underwear/briefs may be kept on during treatments (please avoid oversized boxer shorts). Bathrobes have been left in your room for your convenience and comfort. During your massage and to facilitate your therapeutic experience,

therapists will use drapes to cover all areas of the body except the part being treated. Waiver forms, available from the Spa Concierge, should be signed prior to treatment.

Your Health

If you are under medical care, your physician should be consulted before participating in any exercise or spa program. Please inform your therapist of any medical condition you may have, as well as recent illnesses and medication you are taking. If you are running a fever or are in an acute phase of a viral infection, we ask that you refrain from scheduling treatments for your safety and the

safety of others. Heavy meals should be avoided prior to massage, yoga, tai chi and therapeutic treatments. Deep healing treatments and massages can cause the body to release toxins and lactic acid, which can result in a feeling of soreness. Please do not be alarmed, this is a normal reaction that can last for approximately 48 hours. Drinking plenty of water and taking vitamin C supplements (maximum 2000 mg.) can be of help. The Spa Concierge will be happy to assist you in reserving spa services or to answer any questions that you may have.

Please call extension 707.



Relax

your spirit and your mind...

A prescription for your well being



Junior Suite Bath Tub

The origins of Cap Juluca Spa Services are rooted in tradition. Many indigenous cultures believe that the heart of healing begins at home. In keeping with this ancient wisdom, we are honored to bring our Spa and Wellness treatments to you in the luxury and intimacy of your own private surroundings at Cap Juluca. These special treatments uplift, awaken and transport your body, mind and soul into the moment. Whatever your needs, our specially trained therapists will help you to find the peace and balance you seek.



No. 1 Hotel in the Caribbean
2003 and 2004
“World’s Best Awards”
Travel & Leisure

Top Caribbean Hotel 2004
Zagats Survey

No.1 Caribbean Hotel for Service
Travel & Leisure 2004

“Gold List 2004”
Conde Nast Traveler

500 Top Hotels in the World 2004
Travel & Leisure



A member of
The Leading Small Hotels
of the World

Cap Juluca Spa

Best Caribbean Resort
2003, 2004 and 2005
Hideaway Report Readers Survey

No. 1 Resort in the
Caribbean 2003
Readers Choice Awards
Conde Nast Traveler

Top 20 Resorts / Hotels in
the World 2003
Reader Choice Awards
Conde Nast Traveler

Best Small Hotel in the
Caribbean 2003
Caribbean Travel and Life