

*the* OASIS SPA  
*Welcome to a haven of tropical bliss*



COUPLES RESORTS

## MASSAGE THERAPIES

Explore the many ways you can balance and restore your body with our menu of exceptional treatments.

### deep tissue & trigger point massage

A deep tissue massage paired with direct pressure and stretching techniques, applied to trigger points along your body, help to gently release toxins and relieve tension. 55/85 minutes \$130/\$165

### swedish massage

A massage classic — this popular technique applies long, even strokes to soothe aches and pains and relieve stress throughout the entire body. 25/55/85 minutes \$55/\$110/\$150

### aromatherapy massage

A combination of our classic Swedish massage and your choice of pure essential oils to stimulate, relax, detoxify or rebalance the body. 25/55/85 minutes \$60/\$115/\$160

### bamboo fusion massage

Heated bamboo rods knead out knots and relax tense muscles. Combined with the benefits of traditional massage, this treatment counters the effects of stress, tension and lack of rest. 55/85 minutes \$130/\$165

### hot stone therapy

Heated stones are placed on key energy points and manipulated using traditional massage techniques to soothe away stress and relieve tired aching muscles with deep penetrating warmth. 55/85 minutes \$130/\$165

### deluxe massage {4 hands}

For the ultimate form of relaxation, two expert therapists perform a synchronized massage that reduces stress and leaves you feeling undeniably refreshed and balanced. 55 minutes \$220

### reflexology

By stimulating points on the feet that correspond to your vital organs, the ancient art of reflexology reduces tension, increases circulation and balances your nervous system. 25/55 minutes \$60/\$110

### stress relief massage

Focusing on the areas that hold the most tension — the upper back, neck and shoulders — this treatment helps relieve all traces of stress quickly. 25 minutes \$50

## BODY TREATMENTS

Wrap yourself in nature's care and experience pure indulgence, deep comfort, and a restored body and spirit.

### peppermint sea twist

This slimming full-body wrap combines stimulating peppermint oil with freshly harvested seaweed. By improving circulation and purifying the skin, it helps the body rid itself of toxins and excess water, while easing sore muscles. 50 minutes \$90

### seaweed body nourish wrap

Inspired by the European tradition of Thalassotherapy, your body is wrapped in a comforting cocoon of fresh seaweed as you enjoy a deep conditioning scalp massage. For the most relaxing results, follow with a refreshing steam shower. 50 minutes \$110

### body scrub/body polish

Using fine natural grains, this exfoliating treatment whisks away dry dead cells to reveal softer, smoother skin and stimulate circulation. The invigorating experience is completed with a moisturizing treatment of botanical extracts and natural emollients. 45 minutes \$100

### hand rejuvenation treatment

Treat your hard-working hands to some pampering. Skin is gently exfoliated with mineral rich sea salts and then deeply nourished with an organic seaweed-enriched mask. A moisture replenishing massage completes the luxurious experience. 25 minutes \$35

## FACIAL TREATMENTS

Reveal your most beautiful glowing self with our luxurious selection of customized treatments.

### signature four layer facial

This signature Couples Resorts facial harnesses the power of pure seaweed to reveal your most radiant skin. First, a mineral-rich seaweed serum tones and preps the skin for a gentle massage with hydrating marine extracts. Next comes a cooling aqua seaweed mask to deep-clean. Finally, a warm mineral-rich thermal mask refines texture and brightens skin tone.  
50 minutes \$100

### signature four layer facial with deep pore cleansing

All the benefits of our signature Four Layer Facial, enhanced by deep cleansing and gentle extractions.  
75 minutes \$120

### signature four layer facial with rapidex

All the benefits of our signature Four Layer Facial, enhanced with an application of our Rapidex Marine Alpha Hydroxy Exfoliator to minimize the appearance of fine lines and pores.  
50 minutes \$120

### classic european facial

Discover the perfect facial for combination or sensitive skin. Pure St. John's Wort — an herbal remedy known for its soothing properties — cleanses, tones and moisturizes skin gently yet thoroughly.  
25/50 minutes \$65/\$125

### rapidex retexturizing facial

This superb treatment uses our Rapidex Marine Alpha Hydroxy Exfoliator — to refine skin's texture, tone and clarity while minimizing the appearance of fine lines and pores. Enjoy visible results after the first treatment. Multiple treatments may serve to heal blemishes and erase skin imperfections. 25 minutes \$75

### vita cura 5 phase firming facial

Based on a blend of marine and organic ingredients, this facial was designed to firm and lift mature skin. Papaya enzymes help uncover a vibrant complexion and advance cell repair, for beautiful more youthful-acting skin.  
75 minutes \$150

### après soleil facial

After a full day in the tropical sun, your skin may need a little soothing. A layer of green tea gel cools immediately. Then a pure seaweed mask infuses nutrients needed for healing and moisture balance.  
30 minutes \$70

## COUPLES TREATMENTS

The Oasis Spa at Couples Resorts offers the perfect retreat to enjoy a massage or treatment together.

### couples massage

The perfect way to spend time with someone you love. Indulge in the soothing benefits of a full body Swedish massage, while lying side by side.  
50/80 minutes \$210/\$300  
Aromatherapy upgrade +\$20  
Deep tissue upgrade +\$40

### couples seaweed body wrap

Inspired by the European tradition of Thalassotherapy, fresh seaweed is layered over your entire body in a warming cocoon to help relieve stress and soothe sore, stiff muscles. Complete the relaxing experience with a refreshing shower for two.  
50 minutes \$200

### couples body scrub & polish

First, the full body exfoliation whisks away dead cells to reveal smoother, younger skin while stimulating the muscles and increasing circulation. Next, a fragrant blend of botanical essences and natural emollients restores your skin's natural moisture balance.  
50 minutes \$200

### couples manicure & pedicure

Allow our exceptional manicure and pedicure to soothe and beautify with an application of cooling gels and relaxing massage. Your skin will feel smoother and your nails nourished and polished to perfection.  
60 minutes \$145

## WEDDING BLISS PACKAGES

Celebrate your special day in style with a host of indulgent treatments and beauty services.

### here comes the bride

For a radiant look that will take his breath away, allow us to pamper you from head to toe. After an initial consultation, our expert stylists will create a gorgeous hair style that complements your dress beautifully.

For perfect hands and feet, a flawless manicure and pedicure is followed by a luxurious paraffin treatment on hands or feet. 120 minutes \$150

### bridal bliss

The perfect antidote to any wedding day jitters, this package starts with a wonderfully relaxing 25-minute stress relief massage, followed by a full-body polish that will leave your skin touchably soft. For the perfect finish, enjoy a flawless manicure and pedicure followed by an ultra moisturizing paraffin treatment on your hands or feet. 135 minutes \$200

### man of the moment

The groom deserves a little pampering, too — and with this package of services will feel relaxed and ready to celebrate his big day. First, enjoy a little stress-relief with a 25-minute back, neck and shoulder massage and a 25-minute reflexology session. Next, our expert nail technicians pay special attention to hands and feet with our signature manicure and pedicure. Finally, a luxurious hot towel shave leaves you looking your best. 135 minutes \$200

## BEAUTY SALON

Treat yourself to our expert beauty services — all designed to nurture hair, hands or feet.

### hair

Hair and Scalp Conditioning	\$50
Shampoo & Style (includes blow dry or roller set)	from \$60
Ladies' Hair Cut & Style	\$50
Bridal Style	from \$60
Bridal Style Trial	\$35
French/Single Braid	\$15/\$5
Gentlemen's Hair Cut & Style	\$30
Hot Towel Shave	\$25

### nails

Classic Manicure/Pedicure	\$30/\$45
French Manicure/Pedicure	\$35/\$50
Sea Spa Manicure/Pedicure	\$55/\$60
Paraffin Treatment (Hands or Feet)	\$20/\$25
Polish Change (Hands or Feet)	\$10/\$15
French Polish Change (Hands or Feet)	\$15/\$20
Acrylic Full Set: Tips/Fills/Soak Off	\$70/\$50/\$30
Nail Repair	\$5/nail

### waxing

Lip/Chin/Brow	\$20
Underarm/Half Arm/Full Arm	\$25/\$30/\$50
Half/Full Leg	\$35/\$65
Bikini	\$30
Back	\$55

### make up

Makeup Application	\$50
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# SPA ETIQUETTE

## **daily hours of operation**

*Couples Tower Isle 9am – 7pm*

*Couples Sans Souci 9am – 6pm*

*Couples Negril 8am – 7pm*

*Couples Swept Away 8am – 7pm*

## **spa appointments & reservations**

*We recommend scheduling your spa services at least 12 hours in advance. Please provide your room number at the time of your reservation. We are pleased to offer in room spa treatments at an additional charge of \$25 per person.*

## **check-in**

*Please arrive at least 10 minutes in advance of your scheduled reservation. This allows time for a leisurely check-in and a few moments to relax and enjoy our facilities. Late arrivals will not receive an extension of scheduled appointment. To preserve the serenity of the Spa, we ask that you turn off cell phones upon arrival. Smoking and alcohol are not permitted in the Spa areas.*

## **cancellations**

*Please provide a minimum of 4 hours notice if you must cancel or reschedule your appointment. You will be billed 50% of the cost of the reserved services should you cancel or change your appointment with less than 4 hours notice. Failure to show for appointments will result in a 100% charge for the cost of reserved services.*

## **gratuities**

*Gratuity for exemplary service is discretionary.*

## **spa attire**

*Dress casually and comfortably when visiting the Spa. Some of our properties offer relaxation pools and steam rooms for your enjoyment prior to or after your service. For these, you would need to wear a swimsuit. For all body treatments you will be fully draped and, should you wish, you may keep on your undergarments.*

**Please Note:** *Pre-natal treatments are not available.*

*All prices are quoted in US dollars and are subject to change without notice at anytime.*