



WELLNESS CENTRE

SPA EXPERIENCE ... SALON SERVICES ... WELLNESS CENTRE





CAP JULUCA SPA EXPERIENCE

The essence of Cap Juluca is a harmonious blend of influences from around the globe. This spirit serves as the inspiration for our Spa Experience, offering an eclectic collection of treatments and rituals designed to offer a deeper sense of relaxation and a heightened level of personal solitude. Because each treatment is tailored to the individual, much of the Cap Juluca Spa Experience can be enjoyed in your private room, at a seaside cabana or within The Wellness Centre. Spa Experience appointments are scheduled between the hours of 9am and 7pm daily. Touch 5514 to schedule and personalize your appointment.

MASSAGES

Juluca Massage 25/50/80 mins. \$80/\$130/\$185

This traditional Swedish-based massage uses light-to-moderate pressure, with techniques such as gliding and kneading, that creates a relaxing, therapeutic and distinctively Julucan experience.

Deep Tissue 50/80 mins. \$145/\$205

This vigorous technique applies pressure directly to trigger points for release of physical and emotional blocks in the neuromuscular system. Deep Tissue releases toxins and knots and increases your range of movement.

Aromatherapy Massage 50/80 mins. \$140/\$180

Choose from one of our six therapeutic oil blends: Relaxing, Anti-stress, Revitalizing, Balancing, Sports or Detox. Our massage oils are applied to the body with gentle and relaxing Swedish massage strokes.

Customized Massage 50/80 mins. \$155/\$195

No one knows your body better than you. Use this opportunity to allow your massage therapist to create a customized blend of Shiatsu, Deep Tissue and other techniques based on your individual preferences and immediate needs.

Lomi Lomi 50/80 mins. \$145/\$185

From the Hawaiian kahuna healing tradition Lomi Lomi is relaxing, restorative and nurturing. Hands and forearms are used to create rhythmic, dance like strokes, which release muscular stress and emotional anxiety.

Caribbean Hot Stone Treatment 80 mins. \$205

Water-heated stones are placed on key points on the body, relaxing muscles and allowing manipulation of a greater intensity. Stone massage promotes a harmonizing, meditative state of quietude, calmness and balance.

Reflexology 25/50 mins. \$80/\$125

Rooted in ancient China, Egypt and Greece, reflexology applies finger point pressure to specific points in the feet and hands that correspond to specific organs, meridians and glands, removing blockages and toxins in the body.

Thai Massage 80 mins. \$205

This 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.)*

Shiatsu Massage 50/80 mins. \$155/\$205

In Shiatsu, therapists apply pressure along specific energy pathways to restore the flow of the body's vital energy. Unlike other massage techniques, pressure is held, which allows targeted muscles and soft tissues to relax. *(Loose, comfortable clothes are most appropriate when receiving a session.)*

Couples Ritual 80 mins. \$445

Discover your balance together through a soothing and refreshing massage designed for two. A favorite of couples as well as friends, enjoy this memorable experience while nestled side-by-side in comfort.

Couples Retreat 2.5 Hours \$805

For the couples who have discovered the simple fact that shared experiences are better experiences, we offer this complete spa package for two, which includes a 50-minute Juluca Massage, a 50-minute Customized Facial and a 25-minute Body Polish of your choice.

Mother-and-Child Prenatal Massage 50/80 mins. \$135/\$185

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 childbirth. Most importantly, mother and child both benefit.

Aromatherapy Bath & Hydrating Ritual 25 mins. \$95

Enjoy in the Couples Suite or In-room, all bath salts are a delicate blend of sea salts and pure aroma oils. Select your choice of aromatherapy bath salts for your Hydrotherapy Bath: Wild Lavender—Calming and Soothing; Rosemary—Stimulating and Increasing Circulation; Tropical—Relaxing and Escaping; Rose—Moisturizing and Relaxing.

Add aromatherapy to any massage for an additional \$15.

Most massages available In-room or at seaside cabanas.

TOUCH 5514 TO SCHEDULE AN APPOINTMENT.

The Wellness Centre is located beside The Main House.

For your convenience, all treatments and sessions can be billed to your room.

All prices are in US Dollars.

FACIALS

The Ultimate Facial 80 mins. \$235
This unique enzyme exfoliation provides the ultimate cleansing process to help refine pores, increase capillary flow, and dissolve dead skin cells. A series of all natural tightening masks create the effect of a face lift. A lip treatment will nourish and hydrate the lips with a combination of enzymes, retinol, and collagen amplifier. A silver ion mask will reenergize the cellular communication and balance the overall energy flow of the skin. This luxurious facial will give your skin a youthful and vibrant appearance.

Time is an Illusion 80 mins. \$255
After a gentle cleansing, a crystalline mask of micronized gemstones blended with bentonite clay will be applied to create a high energy healing, and tightening effect. A hydrating mask will follow to restore moisture levels. Your face will then be treated with an all natural bio peptide complex serum that will reduce fine lines and wrinkles, puffiness, and increase skin firmness. An ideal result oriented facial for those who want to look their very best.

Hydrating Sun Recovery 50 mins. \$165
Known for its legendary healing powers, the noni plant was brought to the Hawaiian Islands by ancient Polynesians and used by fire dancers to heal their burns. Noni gel, made from the nectar of noni berries, soothes, heals, and relaxes the skin and is great for getting the red out of sun and windburn.

Gentleman's Facial 50 mins. \$185
Designed especially for gentlemen, this luxurious treatment begins with a thorough skin cleansing, exfoliation and mask application. While the mask is drying, you'll receive your choice of a hand or foot massage followed by a toning facial massage. A soothing moisturizer is applied at the end of your facial to leave your skin feeling positively radiant.

Customized Facial 50 mins. \$185
Help us to help you. Our staff will craft a customized facial experience based on your needs and expectations. Improve your moisture levels. Refine pores. Heal the effects of sun and wind. We'll even tailor a personal regime to help you keep your island glow.

Eye & Lip Treatment 25 mins. \$55
Exfoliate, nourish, and hydrate lips with this specialized treatment that offers a combination of enzymes, retinol, and a collagen amplifier for instant results. Then we apply an eye treatment offering a unique blend of vitamin C and elixirs that stimulate blood flow and circulation to fight puffiness and dark circles. We finish with gentle yet effective oils to help with dehydrated eyes and fine lines.

WAXING SERVICES

Eyebrows, Lip or Chin 25 mins.	\$25 & up
Underarms 25 mins.	\$35 & up
Bikini 25 mins.	\$55 & up
Brazilian 25 mins.	\$75 & up
Half Leg 25 mins.	\$55 & up
Full Leg 50 mins.	\$85 & up
Back 50 mins.	\$85 & up

(Please be advised that you should avoid sun exposure and any heat treatments for at least two hours before waxing and twelve hours afterwards.)

BODY RITUALS

Body Polish 25 mins. \$85
Exfoliate your body as we gently polish away dead surface cells and skin-dulling debris to reveal smoother, softer skin beneath. Select from three fragrant and effective body scrubs: Papaya Pineapple, Mandarin Orange and Geranium Grape Seed.

Tropical Spice Body Polish 50 mins. \$145
Welcome your body to the tropics as it is exfoliated with an incredible combination of oils, cane sugar and honey whipped together with cinnamon and Tahitian vanilla. An all-natural aromatherapy moisturizer of Kukui coconut will leave your skin hydrated and incredibly smooth.

Cap Juluca's Old World Salt Scrub 25 mins. \$85
A traditional favorite from the beginning of time itself. Cap Juluca's Old World salt scrub offers a deep cleansing and exfoliation experience followed by a relaxing massage with sandalwood moisturizing lotion.

Propolis Body Wrap 50 mins. \$165
In this innovative treatment, your body is covered with propolis and gently wrapped to enhance the absorption of this magical elixir from the Brazilian rainforest. To seal in the propolis, warm coconut milk is poured over the body and gently massaged leaving your skin protected and moisturized. *(Propolis is not advised for individuals with allergies to bee products.)*

Papaya Pineapple Enzyme Wrap 50 mins. \$165
This restorative treatment begins with an application of aromatic Papaya Enzyme Cream designed to gently exfoliate while softening and smoothing your skin. After a delicate warming wrap, the body is massaged with a moisturizing formula of Kukui coconut lotion. Your skin will be softened and toned leaving it balanced and revitalized.

Green Tea & Ginger Sea Enzyme Wrap 80 mins. \$195
Begin with a body scrub containing Napa Valley Grape Seeds, which are high in antioxidants. Follow with a body wrap of Green Tea and Sea Enzyme to balance the body's yin and yang. Ginger root to invigorate the mind, and a seaweed algae, known as nature's most complete source of nutrition, to help stimulate your body's metabolism. The final step is a body massage with a natural facial-quality herbal spice moisturizing lotion.

Body Purification 80 mins. \$195
We'll begin your cleansing process with an antioxidant-rich body scrub, preparing your skin for a detoxifying volcanic clay mask that absorbs toxins while delivering mineral nutrients. The mask will stimulate blood circulation while gently exfoliating and cleansing to help deliver the essential extracts of lavender, mandarin, rosemary, sage, and licorice, to restore and enhance your skin while hydrating, healing, and soothing inflammation.

Noni Body Wrap 25 mins. \$105
Your treatment will start with an application of noni gel, known for its legendary healing powers and perfect for the treatment of wind and sunburn. You'll then be wrapped for your body to enhance absorption. Finally, warm coconut milk will be poured over your body and massaged in gently, to leave your skin calmed and soothed.

TOUCH 5514 TO SCHEDULE AN APPOINTMENT.

The Wellness Centre is located beside The Main House.

For your convenience, all treatments and sessions can be billed to your room.

All prices are in US Dollars.



SALON SERVICES

Cap Juluca's Salon Services help prepare your outer self to match your inner beauty. Our professional technicians will expertly prepare you for a walk down the aisle, a day at the beach or an evening of celebration. The choice is yours. The privilege is ours. Salon Services are scheduled between the hours of 9am and 5pm daily. Touch 5514 to arrange an appointment.

HAIR STYLING AND SERVICES

Hair Cut	\$45 & up
Hair Design	\$50 & up
Hair & Scalp Treatment 80 mins.	\$95
Hair Set (Rollers) 50 mins.	\$70 & up
Shampoo & Scalp Massage	\$30

HANDS & FEET RITUALS

Maundays Manicure/Pedicure 25 mins. ea. \$85
This luxurious treatment begins with a therapeutic natural tropical sea salt hand and foot soak, followed by a soothing papaya pineapple scrub and a relaxing massage with papaya pineapple moisturizing lotion.

Juluca Manicure/Pedicure 50 mins. ea. \$150 (\$60/\$90)
This heavenly hand and foot retreat begins with a soak in lavender bath salts followed by an Old World salt scrub exfoliation to reveal glowing skin. A volcanic mask is applied with extracts of lavender, mandarin, rosemary, sage, and licorice, to hydrate, heal and sooth inflammation. A massage of lavender moisturizing lotion will complete this heavenly experience.

Paraffin Hands or Feet 15 mins.	\$30
Organic Resin Nails 80 mins.	\$95
Refills 50 mins.	\$50
Polish Change 25 mins.	\$25
French Polish 15 mins.	Additional \$15

MAKEUP ARTISTRY

Makeup Design 50 mins.	\$80
Wedding Consultation & Application 80 mins.	\$155



WELLNESS CENTRE

A visit to Cap Juluca is invigorating and revitalizing all on its own. For those wishing to take their wellness to the next level on their visits, we offer a fully-equipped Wellness Centre for individual or group sessions. Supplied with bottled water and Gatorade, The Wellness Centre is open daily from 6am-9pm. Touch 5514 to schedule individual training or to inquire about group sessions.

SESSIONS

Yoga 50 mins. \$105
Embrace both the spiritual serenity and environmental beauty of Cap Juluca in this exceptional outdoor yoga class. This session includes an exploration of traditional asanas (postures), including active, passive, and restorative poses, as well as balance and strength work.

Pilates 50 mins. \$105
An essential but often under emphasized principle of Pilates is Relaxation. Learning to use just the amount of effort needed for a particular task without developing unnecessary tension is an important concept to keep in mind while practicing Pilates and in the rest of your life. In this class, you'll discover how to use just the amount of effort needed to complete the exercise correctly, no more, no less.

Personal Training Sessions 50 mins. \$130
Return home from Cap Juluca with your body refreshed, tanned and toned. Our certified personal trainers will help you tone and strengthen specific areas of your body using a combination of resistance, isometric and free weights methods. Create a new fitness routine or enhance your existing one.

Seaside Wellness 25 mins. \$50
Take full advantage of Cap Juluca's intimate waterfront location. More than a stroll along the water, this class mixes land-based calisthenics with aqua aerobics, water resistance training and brisk walks with timed tempo fluctuations.

TOUCH 5514 TO SCHEDULE AN APPOINTMENT.

The Wellness Centre is located beside The Main House.

For your convenience, all treatments and sessions can be billed to your room.

All prices are in US Dollars.

PREPARING FOR YOUR SPA SERVICE

Please wear comfortable, loose-fitting clothing for all spa and salon treatments as well as appropriate work-out gear for use of the Fitness Centre equipment. Please do not bring jewelry to The Wellness Centre, as we cannot secure these or other valuables.

Note: Sand can be an irritant to the body during any kind of massage or body treatment. We kindly ask that you arrive a few minutes prior to your appointment, showered and sand-free, so that our massage therapists can set up properly, address any personal concerns you may have and begin your treatment on time.

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.

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 not cancelled 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.

