

# Skylark

NEGRIL BEACH RESORT

## SPA MENU



Surrender your stressed  
mind and exhausted body  
and we will restore peace  
and tranquility to you



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## SKYLARK SPA RE-OPENING TREATMENT MENU

AROMATHERAPY MASSAGE 50 min US\$90

Choose from the three Skylark signature blends...

- Skylark Island Mint Tea (*Release*)
- Skylark Sensuous Blend (*Rapture*)
- Skylark Caribbean Ginger & Lemongrass (*Restore*)

SWEDISH MASSAGE 50 min US\$80

DEEP TISSUE MASSAGE 50 min US\$90

SPORTS MASSAGE 30 min US\$50

HOLISTIC DEEP HEALING  
BACK RITUAL 60 min US\$90

SIGNATURE FOOT CEREMONY 50 min US\$70

REFLEXOLOGY 50 min US\$75

DELUXE PEDICURE 50 min US\$45

HOT STONE DELUXE PEDICURE 55 min US\$50

THREE-DAY MORNING  
MASSAGE PROGRAM 50 min per day US\$225

FIVE-DAY MORNING  
MASSAGE PROGRAM 50 min per day US\$350

A 10% service charge & 10% General Consumption Tax will be added to your bill.

# SKYLARK SPA

Our spa philosophy is a simple, holistic approach to wellbeing, health and happiness, with a natural Jamaican style.

At the Skylark Spa, we focus on relaxing and healing your entire being, allowing you to rejuvenate, rebalance and totally relax...

## BOOKINGS

In accordance with government guidelines, Skylark Spa will be operating offering a reduced spa menu of treatment rituals and treatment ritual locations.

Treatment Rituals will be carried out in our beautiful Beach Spa Cabana & The Foot Ceremony Outdoor Deck. Treatment bookings will be taken at the open-air Skylark Spa Reception (above the boutique). Spa treatments are available daily from 9am. The last treatment session is at 6pm daily. Other hours may be arranged with advance notice.

Advance bookings are strongly recommended to avoid disappointment. Reservations can be made through the Spa Reception.

**Please note, cancellations with less than four hours notice and no shows will be charged the full treatment price.**



# CARIBBEAN ESSENTIALS

Skylark Spa features the Caribbean Essentials Spa Collection of natural aromatherapy products and sensory treatment rituals.

The Skylark Spa is guided by Linda Hall, an International Spa & Wellness Consultant, natural product and treatment designer, and guru of holistic spa therapy philosophy.

## CARIBBEAN ESSENTIALS

Caribbean Essentials is a vivacious, vibrant and passionate, mind–body–spirit, luxury spa ritual company inspired by The Caribbean and bursting with its vitality and energy.

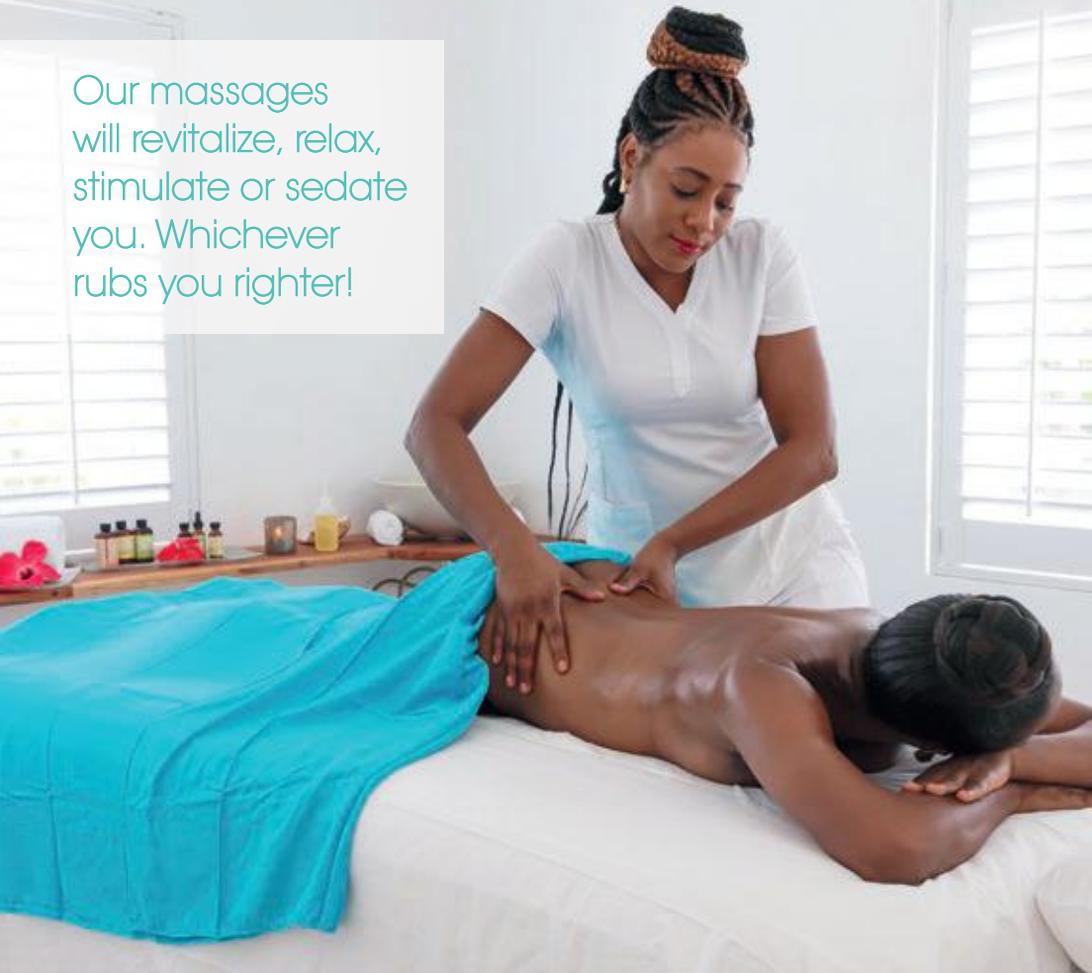
They use only natural ingredients indigenous to The Caribbean. The products, treatment rituals and spa menu are in keeping with the Skylark philosophy of fusing all the natural goodness and beauty of The Caribbean to restore peace, wellness and harmony to their guests.

## SPA & WELLNESS CONSULTANT

Linda Hall's 35+ years of experience in the UK, Asia, the USA and throughout The Caribbean is imparted to our certified therapists, who receive constant training and education to keep them updated on the latest developments in techniques, treatments, equipment and products.



Our massages will revitalize, relax, stimulate or sedate you. Whichever rubs you righter!



## MASSAGES

Skylark Spa offers an ever expanding variety of massages that will satisfy our most discerning guests.

Explore the variety of healing treatment rituals available for anyone who is on a journey leading toward optimal wellness. These mind-body-spirit therapies transport your soul on an indulgent journey to heal the senses, balance the body and impart total wellbeing.

## AROMATHERAPY MASSAGE

This blissful, healing massage ritual, combines holistic relaxation techniques with specially blended, powerful rebalancing essential oils. Designed to soothe aching muscles, harmonize the mind and body's energies and restore vitality. Indulge in this treatment and your body will thank you in so many ways.

## SWEDISH MASSAGE

The traditional purpose of Swedish massage is to increase oxygen flow in the blood and release toxins from the muscles. Enjoyed by millions worldwide, this stress-reducing massage is an invigorating, tension-releasing, full body experience which imparts a feeling of general wellbeing by manipulating the soft tissues of the body.

## DEEP TISSUE MASSAGE

Deep Tissue Massage is a more intensive, deep reaching massage than Swedish. It works on chronic tension and stubborn knots, infiltrating those painful stress areas. This massage releases sluggish blood flow and toxins that gather in tired, overworked muscles. We use powerful, indigenous-plant-based oils for this massage, guaranteed to increase your blood circulation and recharge your batteries.

## SPORTS MASSAGE

Also known as the Chair Massage, this therapy promotes better circulation, muscle stimulation and stress relief. It reduces tension in the back, neck, shoulders, head and arms, providing a deeply relaxing effect. It is particularly effective for sports related tension in the back, neck and shoulders.

## HOLISTIC DEEP HEALING BACK RITUAL

An amazing treatment ritual for the back, an area that holds so much of life's tensions and blockages. We combine an infusion of indigenous herbs, oils, spices, warm stones and muds in this signature ritual of hot compresses, steam, pressure point and lymphatic drainage massage. Removing stagnant energy from the back and thus the whole body.



## FOOT THERAPIES

Allow the soles of your feet to be delicately cleansed, nurtured, exfoliated, massaged and soaked!

On your first visit to the Skylark Spa you will receive a complimentary "Welcome" cleansing foot ritual where your feet are placed in a bowl filled with fresh warm water and healing re-mineralizing salts. An invigorating foot scrub follows. This first step will ease your psyche and release tension. Revitalizing your tired mind and body is this simple!

## SIGNATURE FOOT CEREMONY

A ritualistic treat for one of the body's most important parts. A blend of zone reflexology, exfoliation, pressure point, warm stone and traditional massage techniques, concluding with a hydrating foot butter masque.

## REFLEXOLOGY

The ancient art of rebalancing your entire body through the reflex zones of your feet, designed to detox you down to the tips of your toes.

## DELUXE PEDICURE

A full service pedicure combining green tea, island mints, eucalyptus and Dead Sea salts. Oh yes, and a hot polish to finish.

## HOT STONE DELUXE PEDICURE

A soothing foot soak, followed by all the elements in the Deluxe Pedicure, combined with a warm stone foot massage. Great for tired, aching feet.

Lavish your feet with careful attention and stimulate the body's own healing forces





## SPA RITUAL PACKAGES

Savor your time here in Jamaica by partaking in one of our pampering ritual packages.

Our spa rituals are a collective set of discounted treatment packages specially selected and integrated, so that one treatment therapeutically and effortlessly complements and flows into the next. So 'Pick Your Passion' and let the pampering commence...

### THREE-DAY MORNING MASSAGE PROGRAM

Make a daily choice of Swedish, Deep Tissue or Aromatherapy massage. This three-day package is only available in the mornings. A great combination following daily morning yoga classes!

### FIVE-DAY MORNING MASSAGE PROGRAM

Make a daily choice of Swedish, Deep Tissue or Aromatherapy massage. This five-day package is only available in the mornings. A great combination following daily morning yoga classes!



# ROCKHOUSE HOTEL & SPA

Skylark Hotel is the sister property to the multi award-winning Rockhouse Hotel & Spa.

With a beach property to complement our West End Road rocks property, there is something for everyone. The full-service spa at Rockhouse offers a more extensive spa treatment menu.

With the option of three alternative locations for treatment rituals; the beautiful cliff-edge Spa Cabanas, the open air Foot Ceremony Lounge and the Bath House, the Rockhouse Spa really is a haven for the senses, dedicated to the wellbeing of the mind, body and soul.

Please ask at the Skylark Spa Reception for further details.

R O C K H O U S E

# Skylark

NEGRIL BEACH RESORT

SKYLARK NEGRIL BEACH RESORT  
NORMAN MANLEY BLVD. NEGRIL, JAMAICA

PH. +(876) 957-4364 | EMAIL. SPA@SKYLARKNEGRIL.COM  
WWW.SKYLARKNEGRIL.COM