



RELAX. RECHARGE. RENEW.

IN-SUITE WELLNESS

Experience fundamental components of wellness interwoven into your stay to provide soothing comfort as you find at The Royal Spa.

RAIN SHOWERS

Your luxury guest room is fitted with an overhead rain shower that is designed to be tranquil and calming. Give yourself the health benefits of a shower experience designed to resemble the gentle fall of the rain – each morning and night in the privacy of your suite.

SOAKER TUBS

Being immersed, buoyant or massaged in water can relieve our bodies in a variety of different ways. Many rooms feature a two-person whirlpool tub fitted with a number of jets designed to target areas of the body prone to muscle ache.

HYDROTHERAPY

The word spa is derived from Latin phrases such as *Salus per Aqua* and *Sanitas per Aquam*, which means health through water. Therefore, the use of water in spa treatments is a broad element expressed at The Royal Spa through heat, steam and buoyancy in the hydrotherapy circuit.

PHILOSOPHY

The Royal Spa provides guests with a place to enhance and invest in personal wellness with the aid of traditional spa treatments and practices. As an essential part of the Royalton Luxury Resort vacation experience, elements of wellness are interwoven into a stay to help you relax, renew, and encourage sustainable habits for a healthy lifestyle after visiting with us.

The lotus flower, a symbol of The Royal Spa, supports our philosophy of wellness and exemplifies renewal. This cross-cultural icon is known for positivity and purity of the body.

During your stay at The Royal Spa, enjoy time-honoured relaxation practices, listen to the calming power of falling water in the hydrotherapy circuit, feel the weightless relief of a massage or reveal glowing skin with a body treatment

“ Health is a state of body.
Wellness is a state of being. ”

J. Stanford

MASSAGES

SWEDISH MASSAGE | 25, 50 & 80 MINS

This full body treatment uses Swedish massage techniques and gentle pressure. Including passive, active and fluid movements.

REGENERATIVE MASSAGE | 25, 50 & 80 MINS

Firm to deep pressure is applied to the whole body through a technique that relieves tension while unwinding painful knots and restoring comfort and mobility.

ATHLETIC MASSAGE | 50 & 80 MINS

This therapeutic massage acts on the skeletal system and muscle tissue to improve joint mobility, release muscle tension, calm the nervous system and boost circulation.

COUPLES MASSAGE | 50 & 80 MINS

Designed exclusively for couples this restorative massage uses carefully applied pressure to alleviate muscle pain and discomfort bringing a moment of quiet reflection with a loved one.

HOT STONE MASSAGE | 80 MINS

Radiant heat from warm stones relieves tension, eases muscles stiffness and increases circulation. This massage therapy promotes deeper muscle relaxation, as the heat allows your therapist to reach deeper layers of muscle and connective tissues.

AROMATIC MASSAGE | 50 & 80 MINS

Aromatherapy is Swedish massage that use essential oils to improve health and emotional wellbeing and restore balance to the body.

REFLEXOLOGY MASSAGE | 25 & 50 MINS

Therapy that uses the application of pressure of reflex point as a technique on the feet, hands, which correspond to organs and systems in a pattern that will promote healthy healing and bring whole-body wellness.



This lotus symbol indicates The Royal Spa has chosen Babor products for your wellness treatment. Babor is a German skincare line that contains the finest natural ingredients and leads to targeted results.







SIGNATURE TREATMENTS

TIME TO CONNECT FOR COUPLES | 100 MINS

This ritual for couples begins with a body scrub then a wrap paired with a refreshing express facial treatment that offers instant relaxation. A relaxing massage ends the ritual leaving you in a state of tranquility.

BAMBOO THERAPY | 80 MINS

A relaxation alternative that deeply stimulates the skin, muscles and the nervous system through gentle and pleasant contact with different bamboo poles applied to each body area.

MOTHER AND DAUGHTER | 50 MINS

Share a wonderful moment with your little one. Choose between deep tissue or relaxing full body massage. While your little one enjoys a delicious Chocolate wrap and a strawberry and cucumber mini facial.

“ Silence is not an absence but a presence. Not an emptiness but repletion. A filling up. ”

Anne D. LeClaire



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BABOR



FACIALS

SOOTHING | 25 & 50 MINS

Treatment for dry skin, which improves the complexion, reduces the sensation of tightness, increases the production of elasticity and helps to prevent fine lines.

PURIFYING | 80 MINS

Combination or oily skin is cared for with a gentle exfoliation and thorough cleansing to remove impurities and oil.

AFTER SUN | 50 MINS

Repair over exposed skin and relieve redness with a treatment designed to care for the face in this delicate state.

COLLAGEN BOOSTER FACIAL | 50 MINS

Effective facial treatment that stimulates the production of natural collagen designed to repair the structure of the skin and revitalize the complexion.

CLEANFORMANCE FACIAL | 50 MINS

The new line stands for clean beauty and celebrates the “dewy” look. Responsible for this “healthy glow” are a lot of valuable, completely vegan ingredients – such as an extract from red maple bark. Two products also contain CBD – cannabidiol – which is extracted from the hemp plant. It soothes especially exhausted or irritated skin and has an anti-inflammatory effect. It is based on up to 98% organic ingredients and is therefore free of animal ingredients, gluten, lactose, silicone, parabens, mineral oils, microplastics, and synthetic raw materials.

ANTI-AGING FACIAL | 80 MINS

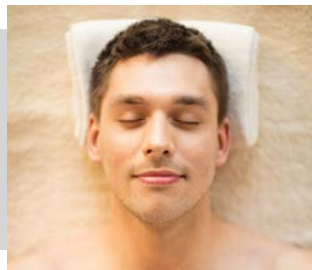
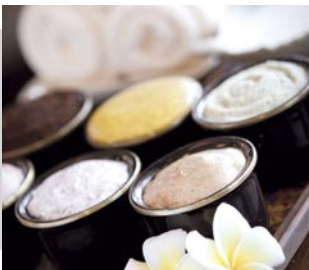
Facial treatment, specialized to prevent and reduce fine lines, leaving the skin with prolonged hydration.

SKIN-LIFTING | 80 MINS

Designed to leave skin tighter, this facial combines exfoliation practices so skin feels softer and is more supple.



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“ A wise man ought to realize that health is his most valuable possession. ”

Hippocrates





BODY TREATMENTS

ALMOND & HONEY BODY SCRUB | 25 MINS

A creamy skin exfoliation to remove dead cells, leaving skin with a glow.

ALOE VERA CALMING WRAP | 50 MINS

Repair over exposed skin on the whole body and relieve redness with this treatment designed to provide care in this delicate state.

MOISTURIZING AND REVITALIZING COCONUT WRAP | 80 MINS

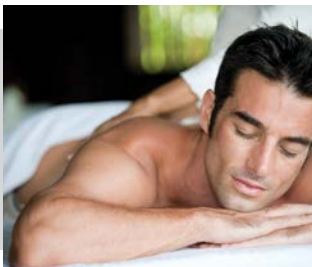
This delicious wrap contains coconut oil and coconut pulp, which help keep healthy, hydrated and smooth skin. Its anti-inflammatory properties allow to reduce irritations and redness of the skin. It also has antioxidants properties that help suppress free radicals and inflammation. This experience ends with a personalized massage according to the guest's needs.

PREMIUM COFFEE BODY WRAP | 50 MINS

Coffee will awaken the senses due to its delicious aroma. Its high caffeine content provides an anti-inflammatory effect on the skin, and is perfect for fluid retention and anti-cellulite treatments. It also contains antioxidants that penetrate the dermis of the skin and improve elasticity, making it look healthier and rejuvenated.

“ Peace comes from within. Do not seek it without. ”

Buddha



KIDS & TEENS SPA MENU

RELAXING MASSAGE FOR KIDS | 25 MINS

Share the benefits of a spa treatment with your kids through a unique massage tailored with their health in mind. This is a great way to spend time together on your getaway and introduce them to the benefits of a professional massage. Available for kids from 7 to 12 years old.

STRAWBERRY FACIAL | 25 MINS

Our mini-facial refreshes the skin with a fresh strawberry and cucumber hydrating mask and a lime tonic soothes the skin to support its natural beauty.

SOOTHING WRAP | 25 MINS

Repair over exposed skin and relieve redness with this treatment designed to provide care in this delicate state.

CHOCOLATE BODY WRAP | 50 MINS

A warm and creamy mixture of white chocolate, mint and cocoa. Cocoa contains natural antioxidants that help in the production of endorphins, natural substances that awaken our feelings of happiness.

SHINY AND DELICIOUS MANI OR PEDI | 25 MINS

This pedicure or manicure is quite the treat! Enjoy a scoop of ice cream as the treatment begins with a luxurious foot or hand bath followed by an exfoliating and mask. Finish off with a tropical vanilla body lotion to hydrate and protect the skin.

“ The mind is everything. What you think you become. ”

Buddha





WAXING TREATMENT MENU

Our professional hair removal is as painless as can be, and our waxing products provide a unique treatment to suit your specific skin type. Ask about a waxing package!

- HALF LEG (BOTH)
- FULL LEG (BOTH)
- UNDERARMS
- BIKINI
- EYEBROWS
- UPPER LIP
- BACK
- CHIN

MANICURE & PEDICURE

EXPRESS

These quick services offer an effective option to care for your hands and feet efficiently.

MANICURE | 30 MINS

PEDICURE | 30 MINS

ROYAL

Luxurious treatment for hands and feet, begins with an exfoliation, followed by a deep cleansing and ends with the application of a moisturizing mask.

MANICURE | 50 MINS

PEDICURE | 50 MINS

NAIL POLISH CHANGE

Our beauty experts will remove and replace polish with a new coat for your vacation.

GEL NAIL POLISH

Our beauty experts apply long-lasting nail color to outlast your vacation.

HAIR STYLING

HAIR STYLE

A beautiful up-do helps make you picture perfect for your special day.

WASH & BLOW DRY

Our beauty experts offer a wash & blow dry service for an effortless evening.

MAKE UP

This beauty service is expertly applied by trained make up artists to make sure you're picture perfect.



SPA POLICY & ETIQUETTE

BOOKING

The Royal Spa requires 24-hour notice for cancellations. You may reschedule no less than 4 hours in advance or cancellation charges will be applied for 50% of the cost of treatments. Arriving late will reduce your treatment time. Please ensure you arrive at least 15 minutes prior to your service or 1 hour prior if you would like to enjoy the hydrotherapy circuit – please bring your bathing suit. Your spa concierge will assist you in choosing the best treatments and their sequence.

ARRIVAL

The Royal Spa offers an environment of relaxation and tranquility. It is essential to respect the privacy and serenity of our guests by limiting the use of mobile phones and keeping a quiet tone of voice. Advise your spa concierge of any health conditions, allergies, injuries, high blood pressure, or physical disabilities. The Royal Spa is happy to offer services to pregnant women, after their first trimester and before their 3rd trimester. All female therapists are professionally trained at The Royal Spa. The Royal Spa reserves the right to refuse spa treatments to guests under the influence of alcohol.

DURING YOUR STAY

The Royal Spa offers a locker, bathrobes and sandals to wear inside. We encourage you to book all treatments in advance to ensure availability. There will be no smoking in The Royal Spa or consumption of food from outside. Skin that is recently shaved or sunburnt before exfoliation will become irritated, please avoid shaving and intense sun exposure prior to your spa service.

DEPARTURE

Gift vouchers are available; please contact your spa concierge for more information. All prices are in US dollars and subject to change without notice. Please note gratuities are not included. If you wish to continue the experience of The Royal Spa at home, all products used in our treatments are available for purchase in the Reception area. All spa treatments are charged to your room for payment upon check-out.

HOURS

The Royal Spa is open between the hours of 8:30am and 8:00pm.

“ Good health is a duty to yourself,
to your contemporaries, to your
inheritors, to the progress of the
word. ”

Gwendolyn Brooks



