

KAI EN CIEL SPA  
JADE MOUNTAIN  
ST. LUCIA



## *Kai en Ciel Spa At Jade Mountain*

Your stay at JADE MOUNTAIN will not be complete without having enjoyed a spa experience at our spas or inside your sanctuary. Kai en Ciel (Patois/Creole for *house in heaven*) is part of Jade Mountain, featuring two air conditioned rooms in addition to hair, manicure and pedicure stations. Kai Belté (Patois/Creole: *house of beauty*) is located at beach level between the Trou au Diable Restaurant and the scuba centre. There are 3 air conditioned treatment rooms, an air conditioned hair and nail salon as well as our open-air cabana Kai Mer overlooking the Anse Chastanet reef.

Respect for the uniqueness of each individual is the foundation of our spa experience. Our professionally trained and licensed therapists are committed to excellence, infused with enthusiasm and take pride in delivering a personalized and dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.

Our product range includes natural ingredients from our organic farm, Emerald Estate, aromatherapy

products from Aromatherapy Associates and Ayurvedic products from Tara. Aromatherapy Associates products are rich in precious essential oils and active botanical extracts, designed to soothe and calm the mind, bring the emotions into balance and ease strains, tension and blockages in the body & skin. Tara products have been developed by faithfully following Ayurvedic traditions and principles. Ayurveda is a 5000 year old healing science from India that utilizes the therapeutic properties of herbs and essential oils to help restore balance and well-being. Our therapists have undergone intensive Ayurvedic training learning the philosophy, history and beliefs of Ayurveda. They are qualified to assist clients in learning more about Ayurveda and their own specific dosha as well as the Ayurvedic treatment modalities.

Treatments are available daily from 8:30 am - 8:00 pm. Our spa rates are subject to a 10% service charge.



*The following spa treatments have been designed to be enjoyed in the privacy of your JADE MOUNTAIN sanctuary. If you have any special requests, please do not hesitate to ask.*

## IN-SANCTUARY SIGNATURE RITUALS

### FORGET THE OUTSIDE WORLD

Especially recommended for all those who simply can't let go! We therefore suggest that you sign up for this treatment early on during your stay so that we may help you to make the most of your holiday! This tantalizing 105 minute anti-stress treatment combines a 35 minute back and leg massage with a simultaneous facial masque and foot reflexology treatment, followed by a pressure point facial massage, continuing on to an intense scalp and neck massage.

105 min | US 220.00

### "ANPAGAL" FOUR HANDS MASSAGE

ANPAGAL (Patois/Creole for TOGETHER) is based on the principles of an Abhyangam massage: Abhyangam is a brisk & vigorous head to toe full body massage performed by two therapists in synchronized harmony for the ultimate tension releasing, deeply relaxing and rebalancing massage to achieve mental & spiritual bliss. One of the many benefits of this treatment is the building of body awareness and the preservation of youthful qualities

Our therapists studied and practiced this treatment for several months prior to making it available for your enjoyment.

75 min | US 255.00

Some spa treatments attract a 12.5% VAT which has been included in the pricing. A 10% service charge is added in all instances.



## IN-SANCTUARY SIGNATURE RITUALS

### THE ALCHEMY OF TWO A ROMANTIC RITUAL FOR COUPLES

A romantic spa ritual for couples to celebrate the gift of being together. The treatment begins with a play on the roles of giving and receiving in the relationship as the participants relax in a hot tub containing Body Bliss Elixir Male and Elixir Female Oils, sharing a variety of delicious treats and poetry. This is followed by a synchronous massage with Tantra Vibrational Oil as the couple lies side by side. The journey concludes as the man is anointed with Elixir Male and the woman with Elixir Female on specific energy gateways on the body. This ritual ends with an enticing presentation of our handcrafted chocolates.

110 min | US 595.00

- Please enquire when booking in regard to a champagne or sparkling wine add-on to the treatment

### CHOCOLATE DELIGHT

Luxury at its Sweetest. Chocolate - what a treat to experience it on your body! The cocoa bean which grows here in Soufriere has long been touted for breaking down harmful free-radicals and now Jade Mountain has taken the cocoa treatment to new exotic heights! Revitalize your skin with anti-oxidant properties while indulging your sense for sweetness with this delightful chocolate experience. Decadently warm then cooling chocolate is applied in layers, stimulating endorphins in the body and adding minerals to the skin to awaken your senses and bringing them into pure harmony. The chocolate caresses your skin while you relax, leaving you looking fresh and feeling revitalized.

60 min | US 150.00

Dear Guests,  
There are additional treatments in this menu that can be performed in the privacy of your sanctuary. Please consult with our spa team or your Major Domo.

Some spa treatments attract a 12.5% VAT which has been included in the pricing. A 10% service charge is added in all instances.



## KAI MER

*Enjoy a spa experience in  
our open-air spa setting  
for individual or couple  
treatments*

*Kai Mer, Creole for “House of the Sea,” is perched high on the hill right above the pristine coral reefs of Anse Chastanet bay and has a panoramic view of the shimmering Caribbean Sea and Anse Chastanet beach.*

*Kai Mer can be booked for Express Rituals, Classical or Around the World Treatments with an upgrade surcharge of US29 per person.*

*Consult our spa team about any other spa treatments.*

## SIGNATURE RITUALS

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### FORGET THE OUTSIDE WORLD

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105 min | US 220.00

### "WOSH CHO" HOT STONE MASSAGE

Hot stones have already been used for massage and healing purposes by ancient civilizations. Stone massage is designed to balance the emotional, mental, physical and spiritual spheres of your being. Enjoy this amazing combination of heat, stone and full body massage.

75min | US 165.00

### ROMANCE RITUAL

This couples treatment begins with "Loving" aromatherapy foot soaks followed by a dry body brushing to stimulate circulation. The couple is then treated to candle lit duet aromatherapy massages using our signature Loving Body Massage Oil. This ritual ends with an enticing presentation of our handcrafted chocolates.

75 min | US 295.00

## CLASSIC RITUALS

### SWEDISH MASSAGE

Sooth away those tired achy muscles and improve circulation with this relaxing massage based on the classic European massage techniques.

60min | US 110.00

90min | US 160.00

### PRE OR POST NATAL MASSAGE

Total bliss and relaxation during and following pregnancy, this massage is designed to answer the needs of a developing mother and baby and provide the nurturing you both deserve. Your therapist will carry out your massage in a comfortable recovery position and tailor the treatment to your stage of pregnancy.

60 min | US 125.00

## EXPRESS RITUALS

### MINI FACIAL

Rejuvenate the skin with this basic relaxing treatment which includes a complete cleansing masque and hydration.

30 min | US 79.00

### BACK AND SHOULDER MASSAGE

The essential oil blend is used to ease muscle aches and pains in the back, neck and shoulder area. Ideal for quick relief after a long journey, no need to remove your clothing.

30 min | US 55.00

### MINI MASSAGE COURSE FOR COUPLES

Learn the basic strokes of Swedish massage. Enjoy this fun filled 2 hours and receive your instruction manual and oil after your course to get you started!

120 min | US 240.00

### DEEP TISSUE MASSAGE

This massage incorporates a variety of techniques using deeper strokes to alleviate discomfort in specific areas. Very therapeutic, great for chronic pain.

60 min | US 125.00

90 min | US 185.00

### "EINSTEIN" HEAD & SCALP MASSAGE

It is never too late for your first head, scalp and upper body massage. The relaxing yet energizing effect of this express treatment may surprise you.

30 min | US 55.00

### FOOT RITUAL

A simple but effective treatment. Ease away the physical pressure, tension and improve the blood circulation on your legs and feet.

30 min | US 55.00

### LOOFAH AND SEA SALT BODY SCRUB

Start your holiday with a gentle full body, skin exfoliating treatment which refines the texture of your skin, and also improves circulation. Available with Loofah or with a selection of Masada Sea Salts for dry, sensitive and normal skin. An excellent treatment to be combined with a Swedish or Aromatherapy Massage.

40 min | US 95.00

### COUPLES MASSAGE

Enjoy 2 simultaneous 60 minute Swedish massages. Tables are positioned so that you can hold hands even during the treatments.

60min | US 220.00

60 min Deep Tissue Massage

Upgrade US 15.00 per person

60 min Aromatherapy Massage

Upgrade US 25.00 per person

# AYURVEDIC RITUALS

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## THE RAINBOW BODY – CHAKRA BALANCING MASSAGE

*A Journey through the Realms of the 7  
Chakras*

“Guided by scent, sound and attuned touches, the seven centers on the body that regulate our energies are gently brought into balance. On this journey you will experience profound states of let-go as you reconnect with each chakra energy, and you return with a renewed sense of harmony and aliveness.

In this treatment we use 7 uniquely luxurious blends designed using the finest natural and organic ingredients. Each oil is vibrationally attuned to one of the seven basic chakras and their corresponding colors, and each will nourish different aspects of our physical, emotional and mental well-being. Using these seven oils and introducing each chakra with simple keywords and with the delicious scents, this treatment is often received as a meditation and a journey within.

60 min | US 185.00

## SHIRODHARA

The Shirodhara is an Ayurvedic Therapy which begins with an Indian head massage also known as “Champi Massage” followed by a stream of warm oil pouring onto the “third eye”, helping to clear your energy channel, slow the mind and bring inner peace and balance to your emotions. A warm herbal infused oil and herb mixture is massaged into the hair and scalp to nourish, strengthen and condition both scalp and hair follicles. Then relax into a soothing massage of neck, shoulder, hands and feet with special attention to the stress-relieving marma points of the face. Enjoy your rejuvenating mind and body experience!

60 min | US 120.00

# AYURVEDIC RITUALS

## “BINDI” HERBAL BODY TREATMENT

This treatment is derived from the traditional Purva Karma rejuvenation therapies and uses herbal infused oils and a botanical body mask to exfoliate, cleanse, detoxify and nourish. The Herbal Body Rejuvenation combines the spa’s six most popular treatments into one divine experience. It includes dry brushing, herbal exfoliation, Abhyangam massage, botanical body mask and hydrotherapy with hot towel wrap and a marma point face massage. Together these techniques improve circulation, strengthen the immune system, release energy blockages and transport you to a heightened sense of well-being. Your skin will glow with vitality.

90 min | US 150.00

## “DOSHA” BALANCING MASSAGE

This treatment aspires to create a balance of the elements and Chakras in body and spirit. Created to release congesting and restrictive toxins or ‘amas’ and to encourage freedom for the flow of natural energy through the body and mind. It begins with Garshana dry massage over the skin to remove dead skin cells and stimulate blood and lymphatic circulation followed by therapist bespoke Dosha specific Abhyangam massage as per the constitutional needs using warm Dosha specific Herbal Infused Body Oil. Marma points face massage & scalp massage completes the relaxing and balancing experience for all Dosha’s.

90 min | US 150.00

## “ANPAGAL” FOUR HANDS MASSAGE

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Our therapists studied and practiced this treatment for several months prior to making it available for your enjoyment.

75 min | US 255.00



## “NIRVANA” ULTIMATE BLISS TREATMENT

Nirvana is a deluxe Ayurvedic package which combines the Bindi Herbal Body Treatment and The Shirodhara. These powerful purification and rejuvenation therapies combined create the ultimate experience that surpasses all, bringing balance to our weary mind, body and soul.

120min | US 210.00

# AROUND THE WORLD TREATMENTS

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(SUBJECT TO SPECIALIST AVAILABILITY)

## FUSION MASSAGE

Personal transformation begins by surrendering to a talented therapist who customizes a massage using a variety of styles from around the world massage techniques; address individual concerns and delight the senses.

60 min | US 150.00

90 min | US 220.00

## FOOT REFLEXOLOGY

Based on the Chinese meridian theory of "energy pathways", gentle stimulation of acupressure points in the feet has an overall balancing and energizing effect on the body

60 min | US 100.00



# AROMATHERAPY ASSOCIATES

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. From the beginning we have believed passionately in the healing powers of natural plant extracts, and our experience as therapists has shown us that essential oils are highly effective in enhancing the state of our physical, mental and emotional wellbeing.

Since we began, we have brought our knowledge and skills to the world's finest hotel and destination spas with signature treatments and rituals to restore health and vitality. From sourcing ingredients and developing products, to blending oils and creating our unique, recognizable aromas, we maintain the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious.

## THE ULTIMATE AROMATHERAPY EXPERIENCE

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all of your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

It may be taken as a 60 minute or 90 minute massage ritual. In the longer treatment extra attention is given to the facial massage.

*This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.*

60 min | US 135.00

90 min | US 195.00

Rates are subject to 10% service charge



## WELLBEING TREATMENTS

### DE-STRESS MUSCLE RELEASE

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

*An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.*

60 min | US 135.00

90 min | US 195.00

### JET-LAG CURE

A treatment for weary travelers to get you back on track when you're feeling sluggish, tired and fuzzy. A rejuvenating lymphatic drainage massage used to manipulate emotional tension and boost circulation using detoxifying oils that applied to the body and via inhalation wake up the body and mind and maintain alertness.

50 min | US 130

90 min | US 150

110 min | US 180

### CLEAR YOUR MIND

Perfect for times of stress and overactivity, this treatment helps the mind to unwind and refocusing, getting you back on track.

50 min | US 130

90 min | US 150

110 min | US 180

### SLEEP DEEPLY

This head to toe massage used carefully applied pressures combined with calming essential oils to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.

50 min | US 130

90 min | US 150

110 min | US 180

## SCRUB & WRAP TREATMENTS

### SUMMER SKIN COOLER

Soothe and re-hydrate over-exposed skin with this cooling, refreshing treatment.

The treatment combines the famous skin-healing properties of lavender with cooling peppermint and regenerative rose to rescue distressed skin. Gentle exfoliation (optional if skin is sunburned) prepares the body for an intensive layering of hydrating rose gel, soothing lavender oil and a nourishing body cream rich in shea butter. A hydrating mask is applied to the face and while the active extracts get to work, an Ayurvedic scalp massage releases tension in the head for an all-over relaxing, restorative treatment.

*Your skin is left feeling cool, soothed and moisturized.*

60 min | US 125.00

### DETOX & REVIVE

Feel fresh and alive with this detoxifying treatment. The perfect pick-me-up for when you're feeling sluggish or lethargic with out-of-condition skin, this treatment combines sweet zesty pink grapefruit, fresh green rosemary and rich, woody juniper berry for a strengthening, detoxifying effect. Exfoliation with finely ground olive grains refines the pores and reveals fresh, new skin then, while you are enveloped in layers of gels and oils, a stimulating foot reflex pressure massage encourages the release and elimination of toxins.

*Leaves you feeling invigorated and full of energy.*

60 min | US 115.00

## FACIAL TREATMENTS

### ROSE RENEWAL FACIAL

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented.

A calming frankincense inhalation helps you let go of the day's stresses, turning your focus inward as your treatment begins. A scalp massage releases muscular tension and prepares you for your facial. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating damask rose, skin balancing geranium, and nourishing jojoba oil. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then while a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturizing facial oil and moisturizer.

60 min | US 125.00

90 min | US 175.00 (With back massage)

#### ...WITH BACK MASSAGE

(90 min)

As above with added spinal pressure back, neck and shoulder massage to stimulate the nervous system and balance the body's energy flow. Leave the world at the door, close your eyes and let all your stress and tension dissolve away.

*The result is a smooth, radiant complexion and a relaxed state of mind.*



### DEEP CLEANSE FACIAL

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural antibacterial properties, they penetrate deep into the skin, helping to regulate sebum production.

Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage follows using drainage techniques to improve circulation and help eliminate toxins while special pressure points ease tension and stress. A freshwater mud mask is then applied to draw out dirt and harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage and hand and arm massage for complete care.

60 min | US 135.00

90 min | US 185.00 (With back massage)

#### ...WITH BACK MASSAGE

(90 min)

As above with added spinal pressure back, neck and shoulder massage to stimulate the nervous system and balance the body's energy flow. Leave the world at the door, close your eyes and let all your stress and tension dissolve away.

*This treatment refreshes and balances, leaving the complexion super clean and fresh.*

## SPA PACKAGES

### TOP TO TOE

Pamper yourself from head to toe with a manicure, pedicure, facial and full body Swedish massage

4 hrs | US 330.00

### BEAUTIFUL BRIDE

Start THE DAY with a facial, manicure and pedicure

2¼ hrs | US 279.00

### SOOTHE YOUR NERVES - GROOM TO BE

Start THE DAY with a relaxing full body Swedish massage, manicure and pedicure

2¼ hrs | US 250.00

### CUSTOM PACKAGES

Contact our spa team and we will tailor a custom package for you during your stay with us.



## OPI HANDS & FEET

Polish Change	US 29.00
French Polish Change	US 39.00
Nail Repair	US 12.00
Manicure by OPI	US 59.00
Pedicure by OPI	US 79.00
Add-on French Polish	US 10.00

### OPI GEL NAILS – Laquer that lasts

Polish only	US 30.00
Removal of gels	US 20.00
Gel Manicure (incl. removal where necessary)	US 80.00
Gel Pedicure (incl. removal where necessary)	US 100.00

### DELUXE MANICURE

Enjoy an OPI manicure with the addition of an exfoliation for the hand and arms followed by a dip in a warm botanical paraffin wax to give your hands a super smooth manicured finish.

60 min | US 79.00

### DELUXE PEDICURE

Enjoy an OPI pedicure with the addition of an OPI clay foot mask or a warm botanical paraffin wax to completely soothe and moisturize your soles.

75 min | US 99.00

## HAIR & SCALP RITUALS

### HAIR BRAIDING WITH BEADS

1 Strand	US 6.00
Full head	US 98.00
Long Hair	US 130.00

### HAIR STYLING

#### Shampoo & Blow Dry

Short	US 58.00
Medium	US 75.00
Long	US 92.00

#### Hair Trimming / Cutting

Child's Hair Cut	US 29.00
Men's Hair Cut	US 46.00
Female Hair Cut	US 81.00

## OTHER TREATMENTS

### DEPILATORY WAXING

Half Leg	US 58.00
Full Leg	US 75.00
Half Arm	US 58.00
Full Arm	US 75.00
Bikini	US 52.00
Brazilian	US 69.00
Underarm	US 41.00
Facial Waxing: Lips, chin, brows each	US 35.00
Eyebrow Shaping	US 29.00
Eyebrow Tinting	US 46.00

## BRIDAL SALON PACKAGES

Hair Trial	US 46.00 & Up
Make Up Trial	US 41.00 & Up
Bridal Hair	US 92.00 & Up
Bridal Make up	US 69.00 & Up



# CHOCOLATE RITUALS

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## CHOCOLATE CITRUS BODY POLISH

The perfect chocolate experience to begin your decadent vacation. Combines the anti-oxidant and hydrating properties of chocolate with the rejuvenating and cleansing properties of citrus. Treatment begins with a Chocolate Citrus Sugar polish followed by a rich layer of Body Chocolate Wrap and finally a splash of Chocolate Body Milk, to leave your skin exfoliated, glowing & moisturized.

60 mins | US 115

90 min (includes a 30 minute back massage) | US 165

## MOCHA MASSAGE

Enjoy our classic Swedish massage with the sweet aromas of mocha. A chocolate lovers dream, minus the calories!

60 min | US 125

90 min | US 175

## CHOCODHARA

Combining the elements of Ayurveda and chocolate. This organic goodness begins with a soothing and mind clearing head massage, followed by a steady stream of warm chocolate infused hair oil onto the third eye, for balance and inner peace. Then relax and be soothed with a chocolate infused massage to the neck, shoulders, hands and feet with special attention the stress relieving marma points of the face....need we say more?

60 mins | US 135

## CHOCOLATE FACIAL

Tantalize your senses, rejuvenate your skin and bring out the child in you with all the sweetness of chocolate. Packed with powerful anti-oxidant properties chocolate is a rejuvenating skin friendly ingredient that combined with the benefits of vitamin packed mint, leaves the skin healthy and glowing. Perfect for any skin, this facial begins with a warm cleansing of the skin. Be exfoliated and renewed with a gentle chocolate scrub. Relax to a delicious face and scalp massage, and finally hydrate your skin with a luxurious chocolate mask.

60 min | US 125

90 min (includes a 30 minute back massage) | US 175

## HOT CHOCOLATE CANDLE MASSAGE

Be soothed and comforted by the richness of a warm hot chocolate candle massage. Relax and enjoy the benefits that come with having melted chocolate candle wax poured and massaged onto your skin.

Perfect for dry skin!

60 min | US 135

## CHOCOLATE COVERED HANDS AND FEET

Indulge in your guilty pleasure without the guilt. Exfoliate and pamper your hands and feet in all the goodness of chocolate and mint. Enjoy a fantastic massage just before a saturation of chocolate. Then relax to a tantalizing neck and scalp massage. Side effects include: soft, silky, hydrated, luxurious hands and feet.

Mani: 60 mins | US 79

Pedi: 75 mins | US 99

## CHOCOLATE LOVERS

Chocoholics Beware!!! Begins with a Chocolate Citrus Body Polish, followed by a delightful Mocha Massage and finally a relaxing Chocolate Facial. 3 hours of pure bliss!!!

180 min | US 330

## CHOCOLATE DELIGHT

Luxury at its sweetest. Chocolate-what a treat to experience on your body! The cocoa bean which grows here, in Soufriere, has long been touted for breaking down harmful free-radicals and now Jade Mountain has taken the cocoa treatment to new exotic heights! Revitalize our skin with anti oxidant properties while indulging your sense for sweetness with this delightful chocolate experience.

Decadently warm then cooling chocolate is applied in layers, stimulating endorphins in the body and adding minerals to the skin to awaken your senses and bringing them into pure harmony.

The chocolate caresses your skin while you relax, leaving you looking fresh and feeling revitalized.

60 mins | US 150



# Resort Yoga Classes

Enjoy complimentary yoga classes

**Monday - Sunday**

7:00 a.m – 8:00 a.m. - Yoga at Jade Mountain (Celestial Terrace)

8:30 a.m. – 9:30 a.m. - Anse Chastanet Beach Gazebo

5:00 p.m. – 6:00 p.m. - Anse Chastanet Beach Gazebo

These complimentary classes by our resident Yoga instructors are non-competitive and open to complete beginners as well as to those more advanced. More challenging variations can be offered to more experienced students. The instructor is also available for private Yoga sessions which are excellent if you have chronic physical pain or chronic mental stress and would like to learn some take-home techniques for relief. Private lessons are also great if you are a more focused Yoga student and would like to evolve your practice to a deeper level! Our Yoga instructor can also be available for transformational deep tissue massages and other treatments.

**Monday - Sunday**

7:00 a.m – 8:00 a.m. - Yoga at Jade Mountain (Celestial Terrace)

8:30 a.m. – 9:30 a.m. - Anse Chastanet Beach Gazebo

5:00 p.m. – 6:00 p.m. - Anse Chastanet Beach Gazebo



# yoga

WITH LAURA TIMMUSK

Laura is a yogi, yoga and meditation instructor as well as a physical therapist. She was born in Estonia but she grew up in Sweden. Over the past seven years she has lived, worked, taught and studied around the globe, from Indonesia to Spain.

She has been practicing yoga and meditation since she was a teen. The therapeutic effect on her created an interest in deepening her knowledge. When she finished high school she went to South and Central America where she followed through a guided meditation course in Guatemala. Following her travels her interest grew and during her physiotherapy university studies she went to Rishikesh, India to do the Meditation and Hatha Yoga Teacher Training course. She returned to university with the wish to introduce yoga and the therapeutic side of it to the university. She wrote her bachelor's thesis about yoga as a therapeutic treatment. Laura's most recent yoga journey took her to Bali, where she followed through another training for teachers with her gurus and disciples of both yoga legends Pattabhi Jois and B.K.S. Iyengar.

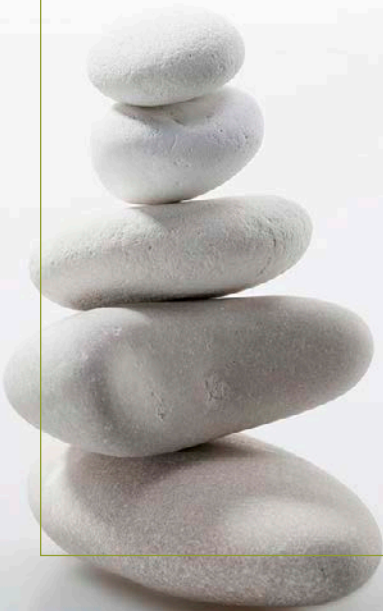
After the teacher training in both India and Bali, Laura's style expanded. Her classes today are based on a Vinyasa Yoga style with focus on alignment, breath work and clarity of the mind to ultimately create balance in the physical, mental and spiritual body. She always adapts every class so it is relaxing, meditative, energizing and breaks down challenging asanas (positions) so they are accessible but still fun for every level, from beginner to advanced.



The following services can be booked with Laura through our spa or concierge:

- Private yoga classes (see "Yoga Menu")
- Swedish massage, Deep Tissue massage and Fusion massage
- Einstein massage, Foot massage
- Romance Ritual, Couples Massage
- Aromatherapy associates: De-stress Muscle Massage and Summer skin cooler
- Chocolate treatments: Mocha massage, Hot Candle massage, Chocolate citrus body polish, Chocolate Delight body treatment
- Ayurveda treatments: Shirodhara
- Physiotherapy Session  
Physiotherapy can help restore movement and function to the body following injury, disease or disability. Using scientifically proven techniques, a session is comprised of an assessment, exercises and personalized treatment plan. Whether you are looking to regain range of motion and function in the body, or are wanting to optimize posture, endurance, range of motion and/or strength, physiotherapy is a guided way to reach your goals. Sessions can be done on their own, or added to a private yoga class.

35 minutes - US 70



# YOGA SPECIALTY ACTIVITIES WITH LAURA

*The following yoga activities are available on request.*

## Vinyasa Yoga

Vinyasa Yoga is a series of asanas (yoga poses) that are synchronized with inhalations and exhalations, creating a mind and body strengthening sequence. The synchronized breathing relaxes your mind and helps to release any blockage of energy flow throughout your body. The breath will become stronger and faster and so will the movements that will produce sweat and expel toxins. There will be a short consultation before the class so that it will be designed for you, so that you get the best possible experience.

Suitable for all levels. 90 minutes  
Single: US 100 • Double: US 140

## Couples Yoga

Yoga asanas (poses) that are shared with your loved one, not only a great way to connect with your partner but also a great way to have fun together. You will learn how to communicate effectively by letting each other know how you feel and also to ensure that the amount of force you are using is comfortable for your loved one.

Suitable for all levels. 60 minutes / US 120

## Meditation and Pranayama

Meditation is the medicine of the mind, a practice in which an individual trains to calm the mind and bring forth a more present consciousness. It is not always easy to accomplish this by yourself, and therefore a guided meditation is an excellent way to give a break to the busy mind. The class is a guided meditation in which a practitioner follows the mental instructions given by the teacher. Pranayama means to control of the breath or the vital energy. Pranayama is just as important and beneficial as yoga asanas and meditation. Pranayama consists of meditative breathing techniques that will help to calm and strengthen the mind and centre the self, and assists with the meditation practice.

Suitable for all levels. 45 minutes / Single US 70 • Double US 110

## A hike finished with yoga

Enjoy a beautiful hike, with medium intensity, either in the morning or the afternoon that finishes with a refreshing mind and body calming yoga session in the open air, one with nature.

The hike will begin on the beach, from there we will gradually hike up along the trails and finish with a slow yoga practice that is suitable for everybody on a open air deck located high up on Morne Chastanet mountain overlooking the sea and the beautiful Pitons. The view is spectacular and the location is very serene and quiet, complementing the yoga session to perfection.

Suitable for all levels. 90 minutes / Single US 100 •  
Double US 140

Standup paddleboard yoga is asanas (yoga poses) practiced on the paddleboard in the most serene setting you can imagine. Moving to the water adds a whole new dimension to your practice, on the water you have no choice but to be present and focused. Your mind has no desire to wonder off to other thoughts about the past or the future. You can let go of your expectations and judgments with your mind focused on the foundations of yoga. It's a fun practice with some major benefits, for the mind as well as the body, and the best part is if it gets too hot, then a cooling dip in the sea is not far.

### Look out for Laura's paddle board demonstration in the Anse Chastanet Bay on Tuesdays at 12:15 pm.

#### Group Class – 45 minutes

Wednesdays at 11:00 am – meet at Yoga Hut at 10:45 am.  
USD 35 per person per class inclusive of VAT.  
(Subject to 10% service charge)  
Please sign up with Guest Services  
Maximum 4 students

#### Private Class – 45 minutes

USD 100 single or USD 140 per couple inclusive of VAT.  
(Subject to 10% service charge)  
Please sign up with Guest Services

A 12.5% VAT tax is included in pricing where applicable.

All treatments and activities are subject to 10% service charge.

The YOGA SPECIALITY ACTIVITIES have been designed for one or two persons participating. The per person price will be US 50 if more than 2 persons sign up for the activity.

All YOGA SPECIALITY ACTIVITIES require a consultation with the Yoga Instructor at the time of booking.



# yoga

WITH NELSON CHAKO

Nelson was born in Kerala, in the southern part of India. Since childhood he experienced yoga, meditation and traditional Ayurvedic treatments. For the last eleven years Nelson has been practicing and teaching yoga.

Nelson completed his yoga courses with a Subramanian Master from Parivrajakacharya Yoga Vedanta Mission, Kannur University. He holds a University degree in Yogic science and Indigenous Health Care. In addition to his classic studies, Nelson has experienced yoga classes on the shore of the River Ganges in Northern India and different Ashrams in Southern India including Sivananda Ashram. He has recently completed a Yoga Alliance from Ashtanga Vinyasa yoga Mysore. Nelson is also a Level 2 Reiki Practitioner and Reflexologist.

Nelson was introduced to an authentic style of Hatha Yoga at Bihar University by Guru Shirish and has since worked in some of the most renowned resorts in India.

Nelson has extensive training, knowledge and skills in Asanas, Pranayama, Shatkarmas (six acts of yoga) and yoga philosophy. His attention to alignment, breathing principles and proper sequencing of postures brings depth and balance to his yoga classes. Also known for his different and authentic Indian Yoga styles, his unique teaching style and compassion-centred philosophy create unique Yoga experiences.



The following services can be booked with Nelson:

**Foot Reflexology - US 100 (60min)**

**Swedish Massage - US 110/US 160 (60/90min)**

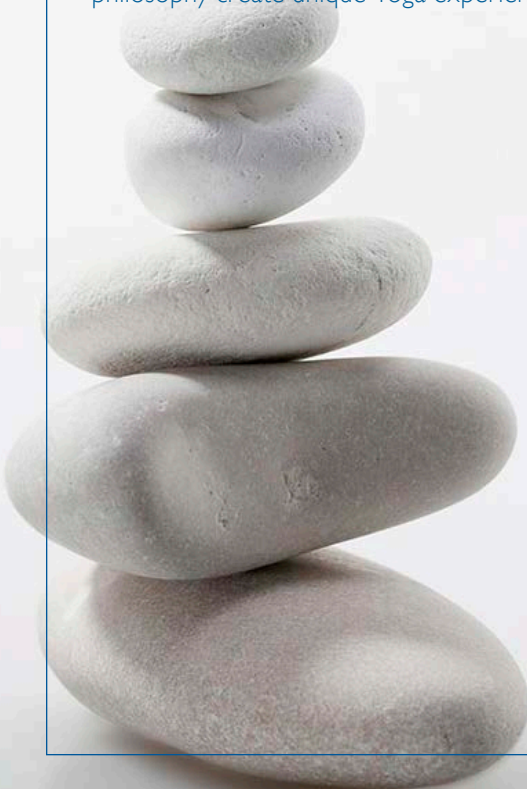
**Deep Tissue - US 125/US 185 (60/90min)**

**Shirodhara - US 120 (60min)**

**Dosha Balancing - US 150 (90min)**

**Indian Head massage - US 80 (45min)**

A 12.5% VAT tax is included in pricing where applicable. All treatments are subject to 10% service charge.



# YOGA SPECIALITY ACTIVITIES

*The following yoga activities are available on request.*

## **Introduction to Yoga**

This beginner yoga session is an introduction to yoga which consisting of yoga postures (asanas), gentle stretching, breathing techniques and relaxation, as well as an introduction to yoga philosophy and meditation. This gentle practice will give you a firm foundation for your yoga journey, perfect for students who have never practiced yoga before and also for those returning to yoga after a break.

This class teaches yoga postures that can be used as potent tools to enhance health, joy, peace, love, success and inner exploration, helping one cope with the hectic pace of modern life and realize the full potential in all spheres of life.

Duration – 60/90 min, single US 100/ Couples US 140

## **Balanced**

For a balanced state of mind and body.

A specially designed Yoga session, in which 'Equal Emphasis' is given to Postures (Asanas), Breath (Pranayamas), Gestures of Energy Flow (Mudras) and Awareness of Mind (Meditation). The basic intention is to bring about a harmony in the Physical, Mental, Psychic and Spiritual aspects of the practitioner.

Duration – 90 Mins • Single US 100/Couple US 140

## **Advanced Surya Namaskar**

For a complete energisation of the body.

Bring out your inner radiance with this, ancient sequential practice of Yoga that pays tribute to the Sun, a symbol of radiance and spiritual consciousness.

An effective way to loosen up, stretch, massage and tone all joints, muscles and internal organs of the body. Done with advanced Awareness of Movements, Breath and special Sound Vibrations (Mantras), which activate the energy centers (Chakras) thereby energising the body-mind system. A group of 12 dynamic Asanas form the physical matrix around which the practice is woven. Wrap up this invigorating session with a short relaxation practice.

Sun Salutation Duration – 60 Mins • Single US 80/  
Couple US 120

## **Detox Through Yoga**

These are practices of purification given in Hatha Yoga to purify and prepare the body for more advanced form of Yoga practices. Shatkarma practices are excellent in alleviating disease and several chronic respiratory and

digestive ailments. They also work on a psychological level to impart an inner feeling of lightness and well-being.

Duration – 60 min • Single US 120/Couple US 160

## **Meditation**

Meditation refers to the state of mind where the body is consciously soothed and relaxed, while the mind is made calm and composed. Since ancient times, it is believed that meditation restores harmony, and rejuvenates and heals the mind, allowing it to release stress and fatigue. Meditation helps to remove the subtle mental barriers within ourselves and presents a better understanding of our personality, thought processes and our surroundings.

Duration – 45 min • Single US 70/Couple US 110

## **Yoga Body Works and Stretches**

We work in the belief that tightened muscles can lead to the diminished flow of energy in your body. When energy can't flow freely, you can become inflexible, suffer pain and feel stiff. Overtime, this can lead to shortened muscles and connective tissue that affects your posture, immunity and organ function -- all of which can speed up aging and disability.

This session consists of a series of interactive movements, stretches and rhythmic massage along the body's energy lines and pressure points. It is a radically relaxing and deeply revitalizing form of energy-balancing bodywork, uniquely blending assisted yoga postures, stretches, breath techniques and traditional Thai massage techniques into a blissfully integrated experience.

Duration – 90 min US 140 / 120 min US180

## **Couples Yoga with Yoga Nidra**

Couples yoga with a yogic relaxation session to help unblock stuck emotions and take you both through a more compassionate relationship with one another as well as a deeper connection to yourself and the world. The program will include interactive yoga postures, stretching, breath work and yogic relaxation practice.

Yoga Nidra is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage. You are exposed to inner awareness and brought to a place where you can communicate with the subconscious and the higher consciousness. The session leaves the body and mind relaxed and heightens one's senses, especially those of hearing and feeling.

Duration – 90 min US 150

## Pranayama mudras and bandhas

A Yoga technique to control our breathing that can result in an increase of the flow of energy within ourselves. While Mudras are best described as devotional and aesthetic gestures lined with emotions, Bandhas refer to a psychic action of locking prana (life force) in certain areas of the body. With Pranayama you learn to control the intake and outflow of breath which teaches a better understanding of how to connect body and mind.

Duration – 60 min, single US 100/ Couples US 120

A 12.5% VAT tax is included in pricing where applicable. All treatments are subject to 10% service charge. The YOGA SPECIALITY ACTIVITIES have been designed for one or two persons participating. The per person price will be US 50 if more than 2 persons sign up for the activity. A maximum of 2 persons only is possible for the Detoxifying Through Yoga. All YOGA SPECIALITY ACTIVITIES require a consultation with the Yoga Instructor at the time of booking.

# TRADITIONAL AYURVEDIC TREATMENTS

*The following treatments are available on request.*

## **Podi Kizhi** (Herbal Powder Pouch Therapy)

Various Herbal Powders are mixed and enveloped in a muslin cloth creating a pouch. These pouches are then soaked in warmed herbal oils and used to massage the body. The combination of herbs, oils and massage can help relieve stiffness and inflammation in the joints and muscles, as well as remove toxins in superficial layers of skin. The digestive system is stimulated helping to improve metabolism and digestion, leaving you with an overall feeling of wellbeing.

Duration – 90 Minutes - US 180

## **Ela Kizhi** (Herbal Leaf Pouch Therapy)

Various herbs are combined with garlic, lemon and grated coconut within muslin cloth creating a cloth pouch. These pouches are heated in hot oil and used to perform a therapeutic massage. This massage targets areas of soreness and inflammation resulting from injury, arthritis, nervous conditions and/or degenerative diseases. Ela Kishi can help slow the progression of autoimmune and arthritic diseases.

Duration – 90 Minutes US 220

## **Kati Vasti for the Back**

Dough prepared fresh for each treatment is arranged in a ring on the lower back to hold medicated oil. Warm oil is poured into the ring and left for the body to pull nutrients in. Helps in relieving lumbar pain, nourishing muscles and tissues of the area, increasing blood flow and decreasing inflammation. Kati Vasti can be especially beneficial for degenerative disorders of the spine and Sciatica. This treatment can also be performed over the knee to hydrate the joint and over the neck to help with cervical spine issues.

Duration – 45min US 130

## **Masala scrub**

This treatment uses a scrub made from exotic spices and herbs in an ayurvedic way which help to relieve sore muscles and improve blood circulation. You can also combine this scrub with a revitalising massage.

Duration – 45 min US 100

Duration – 120 min US 230 (scrub & massage)



# Spa Mud Bath Tour

*“Let St. Lucia’s Mineral Rich Mud Heal You”  
Located at Sulphur Springs ‘drive through’ volcano*



Upon arrival bathe in a soothing mud bath as our attendant will apply the rich sulphur mud evenly over your entire body. The Mud is then left to dry offering its beneficial properties. Once the mud has dried and all nutrients absorbed our attendant will aid in removing mud with a Fresh Water Shower. (Water and Juice will be provided to ensure hydration).

\*For Best Results Book a Massage subsequently (in Spa) to complete this beautiful body ritual.

Available Time: 8:30am or 10:30am Daily

Cost: US 95 per person



Please be advised:

- (individual guests will be charged a supplement price for two)
- Wear a black or dark swimsuit or something not too precious.
- Changing rooms are available and guests are asked to be considerate in not wearing overly wet clothing in the taxi.
- This private tour with spa attendant is available for a maximum of four persons

## BENEFITS

- Improves texture and tone
- Aids in relieving aching
- Muscles and arthritic pains



KAI EN CIEL SPA  
JADE MOUNTAIN  
ST. LUCIA



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## Spa FAQ

### **Hours of Operation**

The Spa is open for treatments from 8:30am to 8:00pm seven days a week.

### **Should I make a reservation for my treatment?**

Yes, to ensure your preferred times, therapist and services, we recommend advanced booking.

### **Can I request a male or female therapist?**

You may request a male or female therapist; however, we cannot guarantee the availability of any particular therapist. All of our licensed therapists are properly trained to ensure your comfort at all times.

### **What if I need to cancel my reservation?**

A 50% cancellation charge will be applicable for any treatment not cancelled at least 12 hours prior to the spa appointment. No Show or Cancellations within 4 hours will incur a 100% cancellation charge.

### **When should I arrive?**

You are encouraged to arrive 15 minutes prior to your appointment. Please be advised that if you arrive late, the appointment is shortened to allow the therapist to be on time for the next session.

### **Is there a minimum age requirement?**

Yes, you must be 16 years or older to enjoy a spa treatment.

### **Do you have services for expecting mothers?**

Yes. We have specially designed treatments for expectant women (post first trimester) and nursing mothers.

### **What if I have a health condition?**

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your spa reservation.

### **What is appropriate spa etiquette?**

To maintain serenity and privacy, the Spa is a mobile phone, pager, alcohol and smoke free zone. Towels, bath robes and all shower amenities are provided.

### **Are the prices subject to tax?**

All prices are quoted in US Dollars. Spa treatments attract 10% - 12.5% VAT. The amount of VAT varies depending on the type of treatment. All of our spa menu prices are inclusive of the appropriate VAT. The VAT is set by government and is subject to change without notice.

### **Is there an added gratuity?**

All treatments are subject to a 10% service charge which is added to your bill. Gratuity for exemplary service is discretionary.

