

La Mer Spa Menu

Experience the soothing, natural benefits of "The Sea" at the full-service, onsite spa at the Grand Cayman Marriott Beach Resort.

Aromatherapy, phytotherapy, fruittherapy and marine therapy – our specialized YonKa treatments incorporate all the plant world has to offer.



Our professional therapists are on hand to help you choose, according to your mood, spirit and skin care needs, the perfect treatment for you.



Ask your esthetician for advice on the products you can use at home to extend the effects of your treatments.



Facial Therapy

Le Grande Classique: 75 minutes

Five purifying and balancing steps help to create the "most extensive and restorative deep pore cleansing" without the risk of irritation, even for the most fragile of complexions.

Your specialized treatment includes gentle cleansing and hydro-peeling, essential oils pulverization, micro peel exfoliation, softening skin preparation for extraction, customized massage and personalized face and eye masks.

Soin Purete: 75 minutes

"Correction and Healing" are the cornerstones of this non-aggressive, therapeutic solution to acne breakouts and problem skin of all ages. For advanced acne an intense series of treatments will maximize results.

Your specialized treatment includes a non-drying pH balanced peel, essential oils pulverization, softening skin preparation for extraction, ozone and phytotherapy healing massage and a corrective mask.

Les Soins Au Masculin: 50 minutes

A confidence builder "just for men." Leaves every rugged face firmer and younger looking while effectively treating razor-burned skin.

His specialized treatment includes a citrus hydro-peel, essential oil spritzing, steaming, micro peeling, skin softening pre extractions, massage and firming eye and face masks.

Alpha Vital: 50 minutes

Using organically sourced AHA and BHA from natural fruits, plants and trees this "smoothing star" gets rid of tired, dull skin cells revealing an immediate skin softness, brightness and firmness, all in all a "youth effect."

Your specialized treatment includes warm aromatic compresses, soothing essential oil pulverization, rapid fruit acid exfoliation, relaxing massage and a fresh fruit based mask.

Optimizer: 75 minutes

This "firming star" creates a visible uplifting effect, redefining contours and restoring a youthful glow. According to your level of sensitivity customized care is given to 5 zones: oval of the face, neck, décolleté, eye and lip.

Your specialized treatment includes botanical steam compresses, active brushing hydro-peel, essential oils stimulation, micro peel exfoliation, tonifying massage and firming eye, lip, face and neck masks.

Body Therapy

Phyto-Marine: 75 minutes

Two "a la carte" options are offered with this slimming treatment: your therapist will layer your isothermal body wrap with marine clay, rich in kawa-kawa tree extracts or a micronized compound of brown and red seaweed, both achieve incomparable results – a trimmer silhouette, firmer skin, release from everyday tension and a boost in mental and physical energy. Maximum, lasting effects result from a series of treatments and home maintenance.

This specialized treatment includes phytotherapy massage.

Soin Velours: 50 minutes

This "super smoothing" non-abrasive body treatment polishes and nourishes the skin by stripping away dry, rough cells to reveal a uniform, silky-smooth skin ready for healthy tanning.

Your specialized treatment includes a warm, aromatic foot pressure compress, customized exfoliation according to skin type and sensitivity and a nourishing botanical massage.

Flash Soleil: 50 Minutes

A 2-in-1 "body facial" for those seeking a healthy, sun-kissed glow without compromising the health of the skin. Perfect as a prelude to the summer season or to prolong a suntan.

Your personalized treatment includes a full body aromatic compress, gentle exfoliation and self tanner application.



Massage Therapy

25 Minutes/50 Minutes/80 Minutes

Your therapist will help you choose the most appropriate treatment for your timing and needs.

Couples Massage:

A wonderful way for couples to try a massage for the first time or simply to relax and indulge, side by side.

Aromatherapy Massage:

Our luxurious aromatherapy massage can be customized according to the client's state of mind, energy level and mood. This very personal, highly therapeutic treatment is a relaxing antidote to stress, detoxifying and strengthening the immune system to balance the mind, body and spirit.

Swedish Massage:

A classical European Massage technique that concentrates on total well being by increasing the circulation, relieving tense muscles, aiding the body in detoxification and promoting total relaxation and tranquility.

Deep Tissue Massage:

A more specific massage using therapeutic techniques and deeper pressure to alleviate pain from chronic and acute conditions.

Chair Massage:

A perfect introduction to massage, relieving tense muscles in your back neck and shoulders. Chair massage is available both indoors and outdoors.

Hand and Foot Therapy

Beaute Des Mains: 25 minutes

A 3-in-1 "facial for the hands" is a total renewing program to heal, restore, revitalize and safeguard hands, nails and elbows with splendid, immediately visible results.

Your specialized treatment includes conditioning exfoliation, brown spots whitening, botanical massage and a shea butter plumping hand mask.

*Can be performed with a manicure for one-of-a-kind pampering.

Beaute Des Pieds: 50 minutes

A lavish "facial for the feet." The ultimate treatment for overworked feet with unbelievable attention to detail and immediately visible results.

Your specialized treatment includes foot thalassotherapy, citrus exfoliation and crystal callus remover, reflex zone massage and a thermal ocean mask.

*Can be performed with a pedicure for one-of-a-kind pampering.

Exclusive Spa Packages



Sunrise De La Mer: 2 hours

Enjoy waking up with a decongesting aromatherapy steam and gently glide into the La Mer eye opener. This stress-relieving duo will alleviate sinus pain, jet lag and facial and eye puffiness. End your therapy with a Soin Velours body polish to leave all your contours feeling more youthful, vibrant and luminous.

Jet Lag Reviver: 3 hours

Your vacation really begins when the jet lag wears off. Send it on its way with the La Mer Detox, the ultimate wellness treatment for detoxification and balance. Follow with our La Mer eye opener to target dark circles, puffiness and tired eye contours. Finish with our own anti-fatigue leg treatment to relieve painful, heavy legs. Cramped airplane seating, dry air and uncomfortable swelling will be no more than a distant memory.

Island Bliss: All day

There is not much on the island that isn't blissful but this crème de la crème luxury treatment is true heaven. Your sensory journey begins with Le Grande Classique facial followed by an aromatherapy massage and a fabulous Flash Soleil sun kiss treatment to leave you looking like you've already spent a week at the beach. After lunch enjoy a spa manicure and pedicure, then top it all off with hair styling and makeup before a night under the stars.

La Mer's Sun Recovery: 90 minutes

After a fabulous day of pure fun in the sun, it's time to soothe and baby your skin back to its youthful glow. La Mer's sun recovery begins with a customized facial and is followed by a 30-minute body massage using YonKa's amazing after-sun treatment to soften and hydrate the skin, promoting a beautiful, long-lasting tan.

Men's Escape: 2 1/2 hours

An introduction to spa services "just for men." Begin your adventure with Les Soins au Masculin, then relieve work stress and tension with a deep tissue massage. Choose your own finale: an express manicure, pedicure or haircut and blow dry.

Princess De La Mer: Approx 2 hours

A little princess dream come true. Your star pampering begins with a manicure and pedicure with your choice of nail polish, shimmer polish and decals, followed by a kiddy-style trim or French braid. Of course, no princess would feel complete without her star-spangled make up and lip gloss.

La Mer Pour Deux: 1 1/2 - 2 hours

Honeymooning, celebrating the golden years or simply reveling in relaxation with a friend. Indulge together in our romantic couple's room complete with private whirlpool bath. Your side-by-side massage of choice is served with complimentary champagne cocktails. Yes, it's decadent and yes, you both deserve it.



Spa Tips & Suggestions

- It is recommended that you avoid treatments involving heat and deep pressure if you are pregnant, have a heart condition or high blood pressure or have undergone recent surgery. It is always advisable to check with your doctor if you are unsure.
- Men should shave prior to a facial but, please do not shave 24 hours before any exfoliation treatment.
- You will be professionally draped for all body treatments, so feel comfortable to undress completely before changing into your robe.
- Drink plenty of fluids to keep your body hydrated. Limit the consumption of coffee and alcohol prior to massage and other body treatments.
- Please respect the right to privacy and a calm, quiet atmosphere for all guests.

Whirlpool Bath

Use of the whirlpool bath, when available, can be added to any treatment for an additional charge of \$25.

Hours

The spa and salon are open daily from 8.30 a.m. until 6 p.m. Services outside of regular hours can be arranged by special request.

Spa Reservations

We suggest that you book your spa and salon appointments 48 hours in advance to accommodate availability. Group bookings should be made at the time of your hotel reservation.

Gift Certificates

A perfect way to celebrate any occasion. Certificates may be purchased for all spa and salon services. Choose from our menu of packages or mix-and-match treatments to create your own, personalized one-of-a-kind gift.

Payment

Guests of the Marriott may charge spa and salon services directly to their room. Cash, local checks, travelers checks and credit cards are also accepted.

Cancellation Policy

Please notify us 24 hours in advance if you need to cancel or reschedule your appointment. There will be a 50% service charge for cancellations within 12 hours. Cancellations within a 6-hour time frame or "no shows" will be charged the full service value.


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For reservations please call: 345.949.2892
or 345.949.0088 ext 59

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