



EMERALD MIST SPA
ST. KITTS

Your Voyage of Personal Discovery...

There are hundreds of ways
to look out for number one.
Rejuvenate the mind, body and
soul with an endless array
of detoxifying body treatments,
relaxing massages,
nourishing skin care services,
wellness programs
and much more.

In a Sanctuary of the Senses.





SPA SERVICES DIRECTORY

8:00 a.m. to 8:00 p.m.
Hours may vary by season

The Fitness Centre - 6:00am to 11pm (attended)
(24hr access with hotel room key)

Age Requirements

16 years of age or older for Spa services, facilities and fitness use.
Persons 16-17years of age must be accompanied by an adult for the duration of their service.

HOW TO SPA

SHOULD I MAKE A RESERVATION FOR MY TREATMENT?

Due to increasing interest and high demand we recommend that you book your spa treatments well in advance. A credit card number is required at the time reservations are made.

DO I HAVE TO DISROBE ENTIRELY FOR MY SPA TREATMENT?

To ensure your comfort we ask that you wear whatever is comfortable for you. During all treatments the body is fully draped, except for the particular area under treatment.

HOW CAN I ENSURE MYSELF THE BEST SPA EXPERIENCE POSSIBLE?

To ensure that everyone obtains the best possible experience we strongly advise that guests arrive 30 minutes prior to their services in order to enjoy the spa amenities such as Sauna, Steam, Whirlpools and Hot Tubs. Arriving late will limit the time of your treatment. Your treatment will end on time so the next guest is not delayed. The full value of the treatment will be charged.

CAN I REQUEST A MALE OR FEMALE THERAPIST?

The spa is fully staffed to accommodate your preferences. Please keep in mind that our male and female therapists are professionally trained in all treatments.

SHOULD I AVOID THE SPA IF I'M PREGNANT?

Not at all, we recommend the relaxation benefits of spa use for everyone. We do ask, however, that pregnant women phone in advance in order to discuss treatment options and contraindications for their stage of pregnancy.



SHOULD I ALERT SOMEONE IF I HAVE ANY PHYSICAL AILMENTS, DISABILITIES OR CONDITIONS?

Please notify our Spa staff upon booking your appointment. This will enable us to direct you to treatments that best suit your concerns and eliminate any delay for your treatment. If your health conditions have changed since first booking your appointment please call us as soon as possible to make the necessary adjustments.

MAY I BRING MY VALUABLES?

The Emerald Mist Spa at St. Kitts Marriott cannot assume any liability for your valuables. We recommend that you leave them in the safe provided for you in your guest accommodation.

WHAT IF I NEED TO CANCEL A SPA RESERVATION?

In an effort to maintain optimum availability for all our guests we adhere to a four-hour cancellation policy. Twenty-four hours notice is required for cancellation of any spa package (a package meaning two or more appointments). If you must cancel or reschedule an appointment, please inform us in the appropriate times stated above to avoid being charged the full treatment amount.

WHAT IS THE POLICY REGARDING GRATUITIES?

Gratuities are paid at the discretion of the guest, based solely on exceptional service. Optional guest gratuities should be added at end of service.

SPA ETIQUETTE

The use of cellular phones is prohibited in the Spa. Phones must be switched off prior to entering the Spa. Smoking is also prohibited.



SPA PACKAGES

For persons who want to pamper themselves in more than one spa service. Special discounts or added value options can be available when purchasing one of our Spa Package options.

EMERALD JOURNEY **3 hours 20 minutes**

Signature Manicure
Classic Pedicure
Massage
(Choice of - Swedish, Aroma or Therapeutic)
Facials
(Choice of - European Renewal/Gentleman's Facial)
Wrap or Scrub
(Choice of - After Sun Soothie/Coconut Smoothie)

ORCHID MIST **2 hours 50 minutes**

Vitamin C Lifting Firming Facial
Signature Pedicure
Signature Manicure

ST. KITTS DELIGHT **80 minutes**

Massage
(Choice of - Swedish, Aroma or Therapeutic)
Wrap or Scrub
(Choice of - After Sun Soothie, Blissful Aroma or Coconut Smoothie)

SPA FOR TWO **80 minutes**

Tango Massage
Wrap
(Choice of - After Sun Soothie or Blissful Aroma)

TEEN ESCAPE **1 hour 40 minutes**

Classic Pedicure
European Renewal Facial

DAILY RESORT GUEST FEE **entire day \$20**

Use of our Spa Sauna, Steam Room, Hot Tub and Cold Plunge Pool and relaxation lounge. Robes and slippers are provided.



MASSAGE SERVICES

THE KITTITIAN MASSAGE

50 and 80 minutes

This massage incorporates long-flowing strokes designed to improve circulation, enhance lymphatic drainage and relax the body. A great relief of tension and stress, leaving you relaxed and revitalized.

AROMATHERAPY MASSAGE

50 and 80 minutes

The use of the purest essential oils of four different blends allows you to tune into your senses. Leaving traces of aromatic essences, this is the massage of choice for those wanting to quiet their mind and cleanse their body.

THERAPEUTIC MASSAGE

50 and 80 minutes

Focusing on the specific needs of the guest, this massage assists in reducing muscle tension. The massage is firmer (moderate to deep) and may incorporate stretching techniques to assist in the relaxation of the muscles. A herbal hot pad will be placed on the back to relax the muscles before performing this service.

LOVE OF TWO (PRENATAL MASSAGE)

50 minutes

Designed specifically for the expectant mother, this massage ensures the utmost care and comfort of the mother and unborn child. A specially designed pregnancy pillow is used to give extra support and comfort for the upper chest, abdominals and lower back area. This massage is offered in the second trimester.

CINNAMON BLACK ROCK THERAPY

80 minutes

An aromatic blend of cinnamon Ylang Ylang and sweet orange are used with warm black volcanic rocks to massage and soothe your body. This thermotherapy eases tight muscles and creates a state of total relaxation.



FOUR HANDS MASSAGE

80 minutes

A decadent full body Swedish massage performed by two therapists in unison bringing ultimate relaxation to the body.

TANGO MASSAGE

50 and 90 minutes

Two therapists, two guests, one great service! This is the perfect treatment for those who would like to share their massage treatment experience with a significant other, friend or family member. Our 90 minute treatment includes a 15 minute private Jacuzzi bath followed by a 75 minute massage.

IN-ROOM MASSAGE

50 and 80 minutes

Enjoy a Swedish or therapeutic massage in the privacy of your room or on your balcony.

GARDEN CABANA MASSAGE

50 and 80 minutes

Massage is enhanced by the sound of the water fountains and the scents of the garden in an exclusive outdoor cabana a Zen like experience. Weather permitting.

BEACHSIDE CABANA MASSAGE

50 and 80 minutes

Listen to the sound of the ocean while you relax and unwind in our beach side cabana. Let Mother Nature's cool breeze whisk away stress and tension and guide your mind to a place of tranquility. Weather Permitting.

REFLEXOLOGY

50 minutes

This ancient Chinese treatment focuses on reflex points on the hands or feet that correlate to specific organs and integral body systems. Compression to these points helps enhance circulation and create balance from within.

BODY WRAPS

ATLANTIC ALGAE

60 minutes

Our seaweed body-wrap features spirulina and ivy which is rich in protein, vitamins and minerals. The laminara algae stimulates metabolism, drains toxins and impurities while replacing lost minerals. A shower to cleanse the skin is followed by an aromatic oil application rich in lemongrass and sandalwood.

MT. LIAMUIGA VOLCANIC MUD

60 minutes

This wrap uses volcanic mud full of minerals and trace elements to detoxify remineralize and stimulate circulation. The exfoliating properties of the volcanic mud will easily allow dull surface skin to be cleansed away by a shower, leaving your skin in the perfect condition for the mineral lotion application.

COOL CARIBBEAN BREEZE

60 minutes

This all in one treatment combines a mosaic exfoliating powder to remove dull surface skin, an aromatic balm to hydrate the skin, and a cooling gel with arnica to stimulate circulation. The wrap is followed by a Circular aroma oil application.

AFTER SUN SOOTHIE

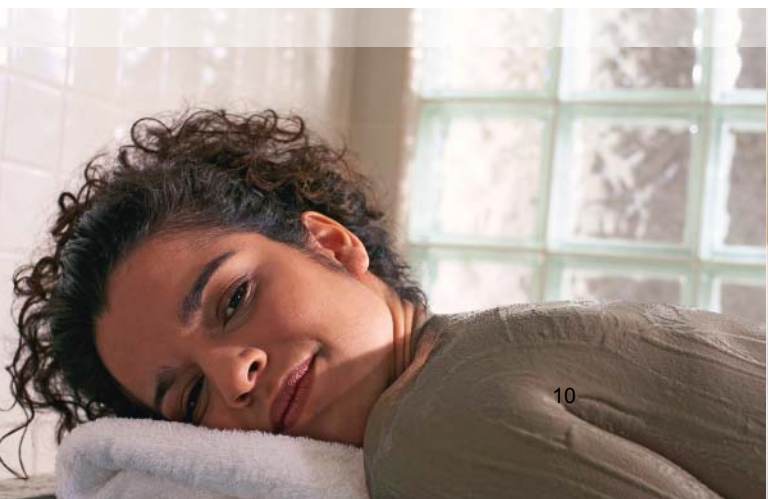
30 minutes

This exquisite wrap delivers a blend of Aloe and Lavender designed to relieve the effects of dry, itchy, sun damaged skin. Indigenous to St. Kitts, Aloe has long been known for its healing properties; combined with Lavender this treatment will cool and soothe your skin.

BLISSFUL AROMA BALM

30 minutes

This specialized wrap allows you to personally choose from 4 different aroma balms. The results are mood altering as the therapeutic benefits of specific pure essential oils bring balance to the mind, body, and spirit.



VICHY SHOWER SERVICES

MANGO SUGAR WARMING

POLISH

60 minutes

This Emerald Mist original utilizes ingredients derived from natural sugars to stimulate circulation and exfoliate dull surface skin while leaving the scent of fresh mangos.

CREAMY PEARL POLISH

60 minutes

Soften your skin with this gentle crème exfoliation. Then be lathered with a rich luscious shower/bath gel, rinsed with our Vichy shower, followed by an application of moisturizing body milk. This treatment is ideal for sensitive skin.

COCONUT SMOOTHIE

30 minutes

A fresh and invigorating body polish. Purify and exfoliate the skin leaving the body wonderfully clean and smooth to touch. This is the ideal treatment to combine with a body wrap or massage.



SKIN CARE SERVICES

EMERALD MIST SIGNATURE FACIAL

75 minutes

This optimum hydration treatment instantly quenches the skin with nourishing agents such as aloe vera and apple water both of which have an astonishing replenishing property. Fine lines are refined as your skin recovers freshness purity and radiance. A hand, neck & shoulder massage completes this experience.

MARINE COLLAGEN FACIAL

75 minutes

Your skin is refreshed as this advanced collagen treatment intensely restructures, hydrates and addresses wrinkles and fine lines. Results are spectacular from the first application as fine lines and wrinkles are visibly reduced leaving a soft radiant glow replenishing the skin with moisture.

SUNSET PEEL

30 and 45 minutes

The ultimate facial peel utilizing natural Alpha Hydroxy Acids combined with Beta Hydroxy Acids. The home care system guarantees beautiful skin for the next 30 days. This treatment improves texture, firmness and enhances the overall radiance of the skin by reducing fine lines, and imperfections, controlling acne, rosacea and oily skin. The 30 minute treatment includes a face peel and homecare kit. The 45 minute treatment includes a face, neck, decollate and hand peel with a homecare kit. This may be added to most facials.

VITAMIN C LIFTING & FIRMING FACIAL

60 minutes

This intensive Vitamin C treatment visibly restructures and lifts the skin. Fine lines and wrinkles are smoothed and the skin's texture refined. Vitamin C acts as an antioxidant agent with anti-wrinkle properties helping to improve the skin's elasticity. Maximum hydration is obtained regulating the skin's metabolism, firmness and vitality.

EUROPEAN RENEWAL FACIAL

50 minutes

This treatment provides an in depth-cleansing that frees pores of their impurities. The real essence of the treatment is the active ingredients used to address specific needs. A hand massage, steam, extractions and exfoliations of dehydrated cells, helps regulate sebum secretion leaving the skin clean refined and renewed.



REJUVENATING BODY GLOW

80 minutes

Treat yourself to a luxury treatment leaving you totally relaxed and rejuvenated. Face, arms and back are pampered with a synergistic blend of alpha and beta acids which lead to a clear, glowing and truly radiant complexion! Following this, infuse your skin with luxurious hydration. This breakthrough treatment reduces redness and inflammation while simultaneously plumping fine lines and wrinkles for a noticeable improvement in your skin's appearance. Lastly, treat your lips with natural plumping ingredients to hydrate, smooth and transform your pout.

CARIBBEAN BACK TREATMENT

50 minutes

This back treatment offers cleansing of the pores, exfoliation, steam and extractions as well as concentrated serums to address specific needs. It also provides complete relaxation through massages and a customized treatment mask for the back.

GENTLEMAN'S FACIAL

50 minutes

This facial offers deep pore cleansing, exfoliation, steam and extractions as well as concentrated serums to address specific needs and skin irritations. This service offers complete relaxation through a soothing neck & shoulder massage and a customized hydrating treatment mask.

SUN KISSED FACIAL

60 minutes

Help your skin to discover its youth with this luxurious seaweed treatment that stimulates and energizes the skin thus improving cellular renewal. The skin is left toned, radiant and feeling beautifully refreshed. Seaweed agents give the skins surface optimum and lasting hydration.

ANTI-WRINKLE EYE TREATMENT

30 minutes

This eye treatment smoothes wrinkles and fine lines around the eye area, protects from dehydration and prevents premature aging. It can be used alone or in conjunction with specific facial treatments.

DECONGESTING EYE TREATMENT

30 minutes

This eye treatment diminishes swelling in the eye area and prevents fluid retention. It can be used alone or in conjunction with specific facial treatments.



NAIL SERVICES

RAW EARTH RITUAL

75 minutes

Feel the earth move with this ultra-hydrating aroma therapeutic pedicure. This relaxing experience begins with a purifying mineral soak followed by a warm exfoliating foot scrub, which gently smooths the skin. An ultra-moisturizing volcanic clay mask deeply hydrates and prepares you for a relaxing foot massage. This is done with our moisture-filled protective, satin finish foot rub. Accessorize with your choice of enamel for a beautiful finish.

SIGNATURE MANICURE

50 minutes

An intense 2-step citric acid activator and exfoliator will rejuvenate, deeply hydrate and help restore skin to a more youthful appearance. Top it all off with an essential oil-infused Ceramide/Vitamin hand and arm massage, and a polish of the nails.

SIGNATURE PEDICURE

60 minutes

Abused feet are brought back to life in a refreshing eucalyptus and tea tree oil bath and then exfoliated with an invigorating peppermint scrub. Calluses are gently smoothed away with an intensive 20% lactic acid serum and remedied with a dose of cucumber therapy cream. Shins, calves and feet are massaged with a refreshing, minty cooling gel. Cuticles are replenished and nails are polished.

CLASSIC MANICURE

30 minutes

Designed to reshape the nails, clean up the cuticles and massage moisture into the hands. The Classic finishes with a fresh coat of enamel.

CLASSIC PEDICURE

45 minutes

Your feet are soaked, the skin is gently exfoliated, cuticles are perfected, and nails are clipped, reshaped, buffed and polished.

ADDITIONAL SERVICES

Nail services including French Manicures, French Pedicures, Gel Nails, Nail Repair, Polish Applications and Changes, Hot Paraffin Treatments, Aesthetic and Enhanced Nail services are all available.



HAIR TREATMENTS

NOURISHING HYDRATION TREATMENT

60 minutes

Rehydrate your hair with our ultra nourishing, moisture rich conditioning treatment designed to rebalance your hairs natural oils while sealing in replenished moisture with the aid of avocado emollients, proteins and amino acids. Restore your hairs manageability, natural softness and radiant shine.

ELEMENT REPAIR & PROTECTION TREATMENT

75 minutes

Protect and stabilize naturally, chemically or mechanically distressed hair by reinforcing its strength and vibrancy. This treatment is designed to fight against the effects of harsh environmental aggressors including overexposure to heat and damaging water minerals which can alter the surface texture and color of your hair. Our unique 3-D Repair Complex and 360 Degree Protective Complex reformatify your hair's strength and vibrancy.

ANTI FRIZZ RECOVERY TREATMENT

90 minutes

Tame and enrich unruly, coarse, dry, frizzy hair with our effective smoothing recovery treatment featuring an exclusive InterBond Conditioning System comprised of exotic oils, candeilla cuticle sealants and catatonic refiners. Rejuvenate hairs natural oils and shine through an effective and soothing scalp massage while providing humidity resistant smoothness resulting in glistening movement and a frizz free finish.

HAIR SERVICES

Hair services such as shampoo and styling, haircuts, bridal up do's, full highlighting and lowlighting are available.



SALON ENHANCEMENTS

MAKE UP APPLICATION

30 minutes

A look is created to emphasize beauty without bringing attention to makeup.

MAKE UP APPLICATION AND LESSON

75 minutes

A look ideal for the everyday lifestyle is created, and time-saving application techniques are taught.

SPECIAL OCCASION UPDO

75 minutes

Whether it is a wedding or the desire for a new look our professional stylists combine their expertise and creativity to assist you in achieving the look you desire. For the best results, hair should be clean and dry in preparation of service.

TINTING

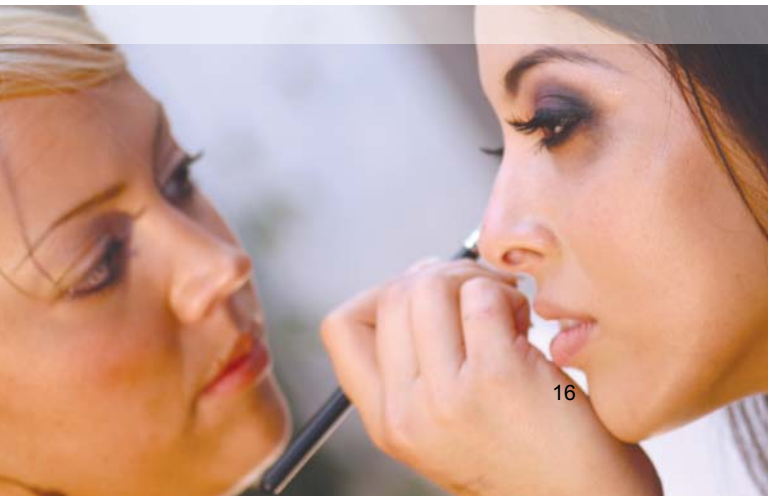
30 minutes

Eyelash and eyebrow tinting. Lashes look longer and more beautiful for four to six weeks.

PARAFFIN DIP

15 minutes

Ideal for improving dehydrated skin. A gentle exfoliation is followed by a dip in warm paraffin that envelopes the hands or feet locking in moisture enhancing tone and improving elasticity. Your skin is left refreshed.



BRIDAL PACKAGES

Bridal Consultation
Bridal Up Do
(Inc. Trial & Headpiece Fitting) **Complimentary**
90 minutes

BRIDAL PARTY **3 hours**
Classic Manicure
Classic Pedicure
Special Occasion Up Do
Make-Up Application

A gift for those you care for most

BRIDAL BLISS **3 hours 55 minutes**
Classic Manicure
Classic Pedicure
Signature Facial
Special Occasion Up Do
Make Up Application

A gift for the Bride on her special day

BRIDAL "SWEET" **1 hour 45 minutes**
Couples Massage
Private Jacuzzi Bath/Shower

Just the two of you..... ultimate relaxation in private and intimate surroundings.

GROOM **1 hour 50 minutes**
Massage (Swedish, Aromatherapy or Therapeutic)
Gentleman's Facial

Quiet relaxation.....let any tensions peacefully melt away.



WELLNESS SERVICES

THE FITNESS CENTER

All guests of the St. Kitts Marriott Resort & Spa may enjoy our fully equipped fitness center. The fitness center offers guests a wide range of equipment and is staffed by a professional trainer or spa attendant for your safety and convenience.

PERSONAL TRAINING

These personal training sessions are for those who wish to learn the principles of exercise on the go from our Fitness Trainers

THE QUICK AND FUN WORKOUT

This is a great workout for any level of fitness.

THE PERSONAL BEST WORKOUT

A workout designed to bring out your personal best.

THE GREAT START PACKAGE

Three 60 minute sessions designed to get you started on the road to better health.

THE LIVING FIT TRANSFORMATION PACKAGE

This package of ten 60 minute sessions offers the best value for those who are interested in achieving optimum results possible in the shortest amount of time.

PERSONAL ONE ON ONE YOGA SESSION

This yoga class allows you to work with a trainer to concentrate specific areas or to provide the motivation to fully enjoy your vacation.

COMPLIMENTARY FITNESS CLASSES

A variety of exciting fitness classes are offered complimentary to Marriott Royal Beach Resort guests and Members. Please refer to our recreation schedule available at the spa front desk and through guest services.

YOGA FLOW

This Yoga class is a composite of styles designed to introduce the beginner and challenge the experienced. We invite you to flow into Yoga and experience vitality and peace.

EAST MEETS WEST FITNESS CLASS

This Class is a wonderful combination of Western scientific exercise techniques and Eastern holistic art forms such as Tai Chi, Chi Gung, and Yoga.



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PURCHASING GIFT CARDS

Spa gift cards may be purchased in specific dollar amounts for particular services. Gift cards can also be used toward retail in the spa boutique. Inquire through Spa Front Desk 869-466-8530 or 869-466-1200 ext 7630 or email us at spa.reservations@marriotthotels.com.



ST. KITTS
RESORT
& THE ROYAL BEACH CASINO

Marriott.

St. Kitts Marriott Resort & The Royal Beach Casino

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