



Spa Experience





The essence of a Cap Juluca getaway is relaxation, pampering, enjoyment of our natural surroundings and spending precious time for personal rejuvenation.

And, that's exactly what our Spa Experience is designed to do for our guests.

Each treatment and ritual is customized and may be enjoyed privately in the guestroom or at Cap Juluca's lovely seaside cabana. Or, guests may visit The Wellness Centre, which has two rooms for beauty treatments and spa services in addition to an equipped fitness room. We schedule appointments daily between 9 a.m. to 7 p.m.

Touch 5514 to schedule personalized appointments.



Touch 5514 to schedule and personalize your appointment.

Massages

Juluca Massage

25 / 50 / 80 mins. \$90 / \$140 / \$195

This traditional Swedish-based massage uses light-to-moderate pressure with techniques such as gliding and kneading to create a relaxing, therapeutic and rejuvenating experience.

Deep Tissue Massage

50 / 80 mins. \$155 / \$215

This vigorous technique applies pressure directly to trigger points for release of physical and emotional blocks in the neuromuscular system, helping to free the body of toxins and knots to enable increased range of movement.

Aromatherapy Massage

50 / 80 mins. \$150 / \$210

A massage that offers a choice of one of six aromatherapy oil blends: Relaxing, Anti-Stress, Revitalizing, Balancing, Sports or Detox. Our massage oils are applied to the body with guest's choice of Swedish Massage strokes or Deep Tissue work.

Reflexology

25 / 50 mins. \$90 / \$135

Rooted in ancient China, reflexology applies finger point pressure to points in the feet and hands that correspond to specific organs, meridians and glands, removing blockages and toxins in the body.

Shiatsu Massage

50 / 80 mins. \$165 / \$215

This massage involves applying pressure along specific energy pathways to restore the flow of the body's vital energy, and pressure is held allowing targeted muscles and soft tissues to relax.



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Body Rituals

Caribbean Hot Stone Treatment

80 mins. \$215

Water-heated stones are placed on key body points in this treatment allowing muscles to relax and be manipulated with a greater intensity promoting a harmonizing, meditative state of quietude, calmness and balance.

Couples Ritual

90 mins. \$455

Couples or friends discover their balance comfortably resting side-by-side through soothing and refreshing massages.

Cap Juluca's Old World Salt Scrub

25 mins. \$95

This is a traditional favorite ritual based on the early history of the island and its salt mines. It offers deep cleansing and exfoliation, followed by a relaxing massage with sandalwood moisturizing lotion.

Green Tea & Ginger Sea Enzyme Wrap

80 mins. \$205

This treatment begins with a body scrub containing Napa Valley Grape Seeds, which are high in antioxidants. Next is a body wrap composed of Green Tea and Sea Enzyme to balance the body's yin and yang; ginger root to invigorate the mind; and seaweed algae to stimulate the body's metabolism. The final step is a body massage utilizing a natural herbal spice moisturizing lotion.

Tropical Spice Body Polish

50 mins. \$155

This is an exfoliating treatment composed of a combination of oils, cane sugar and honey, whipped together with cinnamon and Tahitian vanilla, and followed by the application of an all-natural aromatherapy moisturizer of Kukui coconut to leave the skin hydrated and smooth.



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Facials

Customized Facial

50 / 80 mins. \$195 / \$265

Our estheticians create a facial that considers particular needs including moisture levels, skin condition and exposure to sun and wind. They will also suggest a personal facial regime for each client.

Hydrating Sun Recovery

50 mins. \$175

Known for its legendary healing powers, the noni plant was first brought to the Hawaiian Islands by ancient Polynesians and used by fire dancers to heal their burns. This treatment uses noni gel made from the nectar of noni berries to soothe, heal and relax the skin; also getting the red out of sun and windburn.

Waxing Services

Eyebrows, Lip or Chin

25 mins. \$35 & up

Underarms

25 mins. \$45 & up

Bikini

25 mins. \$65 & up

Brazilian

25 mins. \$85 & up

Half Leg

25 mins. \$65 & up

Full Leg

50 mins. \$95 & up

Back

50 mins. \$95 & up

Please be advised to avoid sun exposure and any heat treatments for two hours prior to waxing and 12 hours after.



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Salon Services

Cap Juluca's Salon services offer a range of pampering, professional beauty treatments and rituals for a day at the beach, an evening of celebration, and for brides and their bridal parties.

Salon Services are scheduled daily between the hours of 9 a.m. and 5 p.m. Touch 5533 to arrange an appointment.

Hair Styling and Services

Hair Cut (includes shampoo, not blow dry)	\$55 & up
Blow Dry/Hair Design (does not include shampoo)	\$60 & up
Shampoo and Blow Dry	\$100
Shampoo, Scalp Treatment and Blow Dry	\$105

Hand and Feet Rituals

Maundays Manicure/Pedicure

25 mins. each; \$45/Manicure, \$50/Pedicure
Designed for those who need a quick refresh.

Juluca Manicure/Pedicure

50 mins. each; \$70/Manicure, \$100/Pedicure
This treatment begins with a therapeutic natural tropical sea salt hand or foot soak, followed by a soothing papaya pineapple scrub and relaxing massage.

Paraffin Hands or Feet

15 mins. \$40

Polish Change

25 mins. \$35

French Polish

15 mins. Additional \$25

Make-Up Artistry

Makeup Design

50 mins. \$90

Wedding Consultation & Application

80 mins. \$165



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The Wellness Centre

We offer a fully equipped Wellness Centre, supplied with bottled water and fruit, for individual or group sessions. The Wellness Centre is open daily from 6 a.m. to 9 p.m. Touch 5533, 24 hours in advance, to schedule individual training or to inquire about group sessions.

Sessions

Yoga

50 mins.; \$120 for up to two guests; \$15 for each additional person

This scenic outdoor yoga session includes an exploration of traditional asanas (postures), including active, passive and restorative poses, as well as balance and strength work

Pilates

50 mins.; \$120 for up to two guests; \$15 for each additional person

A mat class workout designed for doing Pilates, an exercise practice that strengthens the core of the body and promotes elongation and stretching.

Personal Training Sessions

50 mins. \$120 for one person, \$15 for each additional person

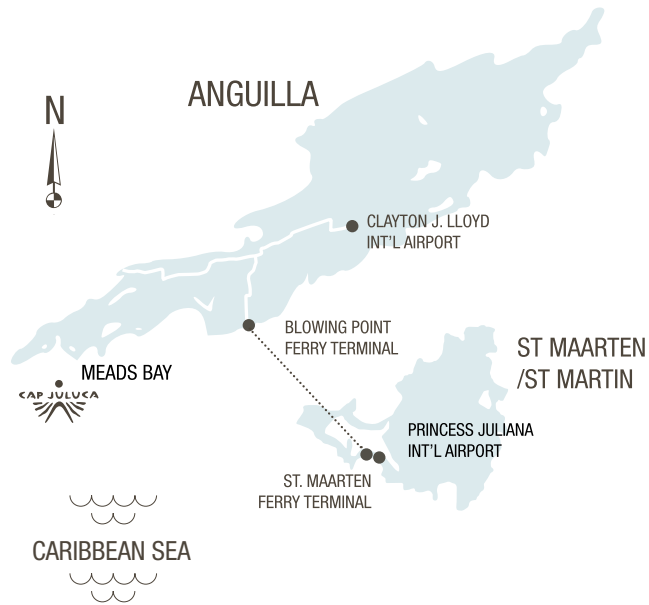
Our certified personal trainers help participants learn how to tone and strengthen specific areas of the body using a combination of resistance, isometric and free weights methods. They will create a new take-home fitness routine or enhance an existing regime.



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Maundays Bay, AI-2640 • Anguilla, British West Indies

Toll-free U.S. Reservations: 888.858.5822 • Hotel Direct: 264.497.6666

CapJuluca.com