



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 with a soothing and hydrating balm. Incorporating 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.

CHOCOLATE & PATCHULI MASSAGE | 80 MINS

A relaxing full body massage with a patchouli oil, Patchouli oil can help improve the appearance of signs of aging on the skin. Its rich chemical properties can have a balancing and emotional effect. To complete this experience, a delicious chocolate mask applied to the spine will be the unique touch for this sensory experience. Feel the benefits of chocolate on your skin and naturally release endorphins and serotonin for a state of full happiness.

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.

OBSIDIAN ENERGY MASSAGE | 80 MINS

Obsidian is truth-enhancing. A strongly protective stone, it forms a shield against negativity. It blocks psychic attack and absorbs negative energies from the environment. Obsidian draws out mental stress and tension. Radiant heat from warm Obsidian stones relieves tension, eases muscles stiffness and increases circulation. This massage therapy promotes deeper muscle relaxation.

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

This treatment involves reflexology, the application of pressure to reflex points on the feet, hands, which correspond to organs and systems in a pattern that will promote healthy healing and bring whole-body wellness.

TEQUILA MASSAGE | 50 & 80 MINS

Blue agave is the plant used to make tequila. But it also known to help reduce wrinkles and one of the best-known natural stimulants of hyaluronic acid. Enjoy a relaxing massage for 50 min while your skin receives the benefits of agave oil. Includes bottle of tequila as a gift.



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

WINE THERAPY FOR COUPLES | 80 MINS

The perfect way to spend time with someone you love. A specialized body treatment that combines the antioxidant power of grape seed extract with the healing benefits of aromatherapy to provide anti-aging nourishment to the skin. Skin is exfoliated with a scrub and moisture is then replenished with a mud masque containing grape. This treatment is completed with a relaxing aromatherapy massage to ease tension. A therapeutic massage ends the ritual leaving you in a state of tranquility.

HERBAL BALL MASSAGE | 80 MINS

This massage was the only one suitable for Thai warriors returning from battle, a centuries old technique brings deep medicinal heat to the muscles, using an herbal compress of lemongrass and Thai ginger, followed by a firm whole-body massage.

HEALING RITUAL | 80 MINS

This ritual is designed to lead you to identify what is no longer necessary in your life through a meditation of gratitude and intention. The oils used in this ritual will comfort you, leaving you in a deep state of connection with your being. To end, a small ancestral cleaning with rosemary it will help you connect with your nature.

CBD WRAP

No, you won't get high, but your body—and your mind—will thank you for the gentle melty feeling that can last hours after the service. Our products are formulated with Cannabis sativa Oil and Hemp Seed Aqueous Extract, which are neither stimulating for the body, nor psychotropic. with significant therapeutic and pain-relieving attributes. Provide antioxidant and relaxing benefits, while helping relieve muscle pain.



HANGOVER TREATMENT

Bounce back after the party with this detox wrap. A volcanic mud helps to tone and restore the skin's natural glow. While absorbing the minerals and vitamins you need to recover. At the end, a hydrating lemon drink will complete the balance in your body.



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FACIALS

SOOTHING | 25, 50 & 80 MINS

Treat sensitive skin to improve complexion, reduce inflammation and boost immunity which will help prevent future irritations.

PURIFYING | 50 & 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 & 80 MINS

Skin is first exfoliated then covered in a collagen-rich face mask designed to repair skins structure and revitalize complexion.

CLEANFORMANCE | 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.

REVERSIVE ANTI-AGING FACIAL | 80 MINS

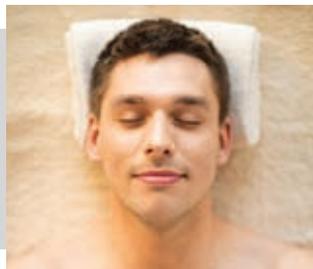
PRO YOUTH Complex contains two peptides that act in synergy to combat fine lines and wrinkles by aiding in skin rejuvenation. This, in combination with Hyaluronic Acid and Vitamin E, makes the skin look firmer and denser, gives it a plumped-up hydrated appearance and, over time, helps prevent new wrinkles from forming. Free From: Silicones, Mineral oil, Parabens, PEG's, Formaldehyde, Ethyl Acetate, BHA, Phthalates, Propylene Glycol

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 scrub is applied to the skin so moisture is absorbed more easily 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.

EXOTIC FLOWER BODY WRAP | 50 MINS

Let yourself be enveloped by the exquisite aroma of this combination (Lotus flower, calendula and roses). An exotic wrap will cover your entire body hydrating the skin at a deeper level, helping the renewal and regeneration of the skin.

RESTORATIVE GLOW | 50 MINS

This is a focused treatment specifically for tension in your back, neck, and shoulders. The journey starts with exfoliation followed by a relaxing mask and finished with a deep tissue massage.

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

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

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

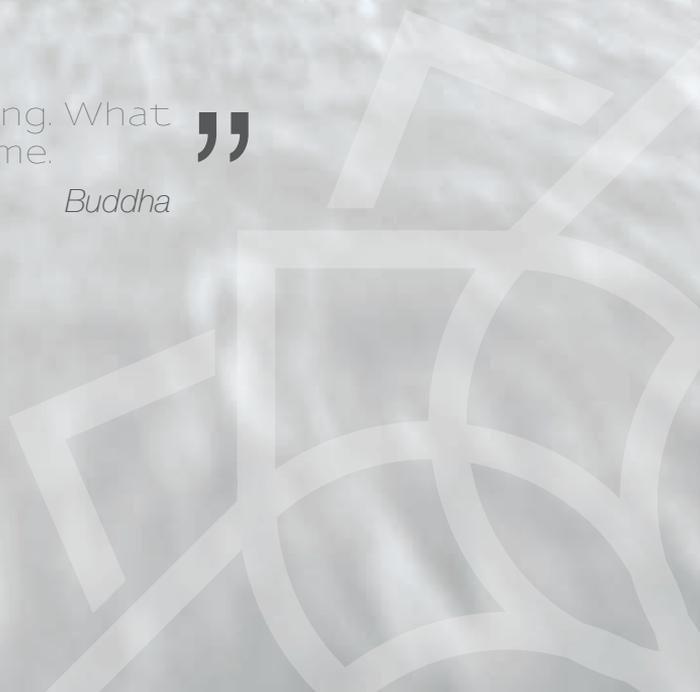
Anne D. LeClaire





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

Buddha



MANICURE & PEDICURE

EXPRESS

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

MANICURE | 30 MINS

PEDICURE | 40 MINS

BAMBU

Relax and hydrate the skin of hands and feet, with the properties of Bamboo extract and lavender.

MANICURE | 50 MINS

PEDICURE | 50 MINS

NAIL POLISH CHANGE

Our beauty experts will remove and replace chipped old nail 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 therapists are professionally trained. 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



