THE OASIS SPA

WELCOME TO A HAVEN OF TROPICAL BLISS

COUPLES RESORTS®

JAMAICA

RESTORE, RELAX, RECONNECT.

WHERE NURTURING COMES NATURALLY

We welcome you to the Oasis Spa. Praised as the "Best Spas in the Caribbean" by Travel+Leisure, our intimate and world-class spas at Couples Resorts are designed to evoke a luxurious feeling of zen. Discover a completely unique mind body experience that transforms you - inside and out.

"Best Caribbean Hotel Spas"

TRAVEL + LEISURE

MASSAGE THERAPIES

Explore the many ways you can balance and restore your body with our menu of exceptional treatments.

DEEP TISSUE & TRIGGER POINT MASSAGE

A deep tissue massage paired with direct pressure and stretching techniques, applied to trigger points along your body, help to gently release toxins and relieve tension.

55 min. | $180 **85 min. | $220**

SWEDISH MASSAGE

A massage classic — this popular technique applies long, even strokes to soothe aches and pains and relieve stress throughout the entire body.

25 min. | $78 **55 min. | $156** **85 min. | $192**

AROMATHERAPY MASSAGE

A combination of our classic Swedish massage and your choice of pure essential oils to stimulate, relax, detoxify or rebalance the body.

25 min. | $84 **55 min. | $168** **85 min. | $216**

BAMBOO FUSION MASSAGE

Heated bamboo rods knead out knots and relax tense muscles. Combined with the benefits of traditional massage, this treatment counters the effects of stress, tension and lack of rest.

55 min. | $180 **85 min. | $234**

HOT STONE THERAPY

Heated stones are placed on key energy points and manipulated using traditional massage techniques to soothe away stress and relieve tired aching muscles with deep penetrating warmth.

55 min. | $180 **85 min. | $234**

DELUXE MASSAGE (4 HANDS)

For the ultimate form of relaxation, two expert therapists perform a synchronized massage that reduces stress and leaves you feeling undeniably refreshed and balanced.

55 min. | $300

REFLEXOLOGY

By stimulating points on the feet that correspond to your vital organs, the ancient art of reflexology reduces tension, increases circulation and balances your nervous system.

25 min. | $84 **55 min. | $156**

STRESS RELIEF MASSAGE

Focusing on the areas that hold the most tension — the upper back, neck and shoulders — this treatment helps relieve all traces of stress quickly.

25 min. | $84

BODY TREATMENTS

Wrap yourself in nature's care and experience pure indulgence, deep comfort, and a restored body and spirit.

PEPPERMINT SEA TWIST

This slimming full-body wrap combines stimulating peppermint oil with freshly harvested seaweed. By improving circulation and purifying the skin, it helps the body rid itself of toxins and excess water, while easing sore muscles.

50 min. | $144

SEAWEED BODY NOURISH WRAP

Inspired by the European tradition of Thalassotherapy, your body is wrapped in a comforting cocoon of fresh seaweed as you enjoy a deep conditioning scalp massage. For the most relaxing results, follow with a refreshing steam shower.

50 min. | $144

BODY SCRUB/BODY POLISH

Using fine natural grains, this exfoliating treatment whisks away dry dead cells to reveal softer, smoother skin and stimulate circulation. The invigorating experience is completed with a moisturizing treatment of botanical extracts and natural emollients.

45 min. | $140

HAND REJUVENATION TREATMENT

Treat your hard-working hands to some pampering. Skin is gently exfoliated with mineral rich sea salts and then deeply nourished with an organic seaweed-enriched mask. A moisture replenishing massage completes the luxurious experience.

25 min. | $52

COUPLES TREATMENTS

The Oasis Spa at Couples Resorts offers the perfect retreat to enjoy a massage or treatment together.

COUPLES MASSAGE*

The perfect way to spend time with someone you love. Indulge in the soothing benefits of a full body Swedish massage, while lying side by side. **Aromatherapy and Deep Tissue upgrade available at additional charge.*

50 min. | $300 **80 min. | $400**

Aromatherapy upgrade +$20

Deeptissue upgrade +$40

COUPLES SEAWEED BODY WRAP

Inspired by the European tradition of Thalassotherapy, fresh seaweed is layered over your entire body in a warming cocoon to help relieve stress and soothe sore, stiff muscles. Complete the relaxing experience with a refreshing shower for two.

50 min. | $270

COUPLES BODY SCRUB & POLISH

First, the full body exfoliation whisks away dead cells to reveal smoother, younger skin while stimulating the muscles and increasing circulation. Next, a fragrant blend of botanical essences and natural emollients restores your skin's natural moisture balance.

50 min. | $270

COUPLES MANICURE & PEDICURE

Allow our exceptional manicure and pedicure to soothe and beautify with an application of cooling gels and relaxing massage. Your skin will feel smoother and your nails nourished and polished to perfection.

60 min. | $180

FACIAL TREATMENTS

Reveal your most beautiful glowing self with our luxurious selection of customized treatments.

SIGNATURE FOUR LAYER FACIAL

This signature Couples Resorts facial harnesses the power of pure seaweed to reveal your most radiant skin. First, a mineral-rich seaweed serum tones and preps the skin for a gentle massage with hydrating marine extracts. Next comes a cooling aqua seaweed mask to deep-clean. Finally, a warm mineral-rich thermal mask refines texture and brightens skin tone.

50 min. | $180

SIGNATURE FOUR LAYER FACIAL WITH DEEP PORE CLEANSING

All the benefits of our signature Four Layer Facial, enhanced by deep cleansing and gentle extractions.

75 min. | $198

CLASSIC EUROPEAN FACIAL

Discover the perfect facial for combination or sensitive skin. Pure St. John's Wort — an herbal remedy known for its soothing properties — cleanses, tones and moisturizes skin gently yet thoroughly.

25 min. | $90 50 min. | $180

VITA CURA 5 PHASE FIRMING FACIAL

Based on a blend of marine and organic ingredients, this facial was designed to firm and lift mature skin. Papaya enzymes help uncover a vibrant complexion and advance cell repair, for beautiful more youthful-acting skin.

75 min. | $198

APRÈS SOLEIL FACIAL

After a full day in the tropical sun, your skin may need a little soothing. A layer of green tea gel cools immediately. Then a pure seaweed mask infuses nutrients needed for healing and moisture balance.

30 min. | $140

BIOLIGHT BRIGHTENING FACIAL

This 'miracle ' facial with glycol-sea peel, helps brighten the skin and diminish the appearance of hyper-pigmentation due to sun, acne scars and hormonal changes. Uncover a radiant, more luminous complexion.

75 min. | $210

HYDRA 4 RED-OUT FACIAL

This soothing facial combines Micro Silver , designed and formulated to help calm conditions such as rosacea, with anti-oxidants, vitamins, minerals and amino acids in seaweed. It creates the ideal environment for healthy skin.

75 min. | $198

** Oasis Spa Villas only available at Couples Tower Isle*

WEDDING BLISS PACKAGES

Celebrate your special day in style with a host of indulgent treatments and beauty services.

HERE COMES THE BRIDE

For a radiant look that will take his breath away, allow us to pamper you from head to toe. After an initial consultation, our expert stylists will create a gorgeous hair style that complements your dress beautifully. For perfect hands and feet, a flawless manicure and pedicure is followed by a luxurious paraffin treatment on hands or feet.

120 min. | $210

BRIDAL BLISS

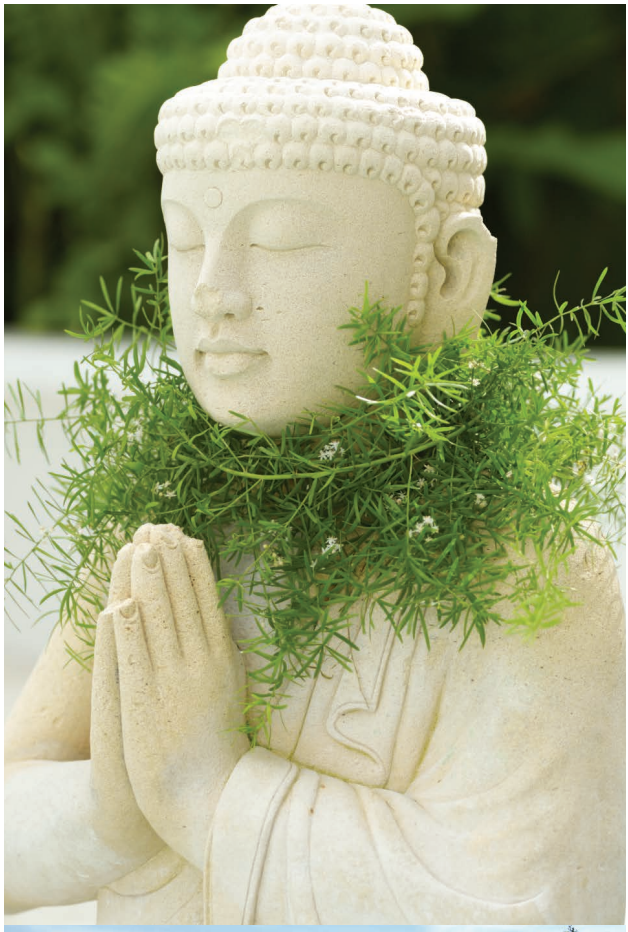
The perfect antidote to any wedding day jitters, this package starts with a wonderfully relaxing 25-minute stress relief massage, followed by a full-body polish that will leave your skin touchably soft. For the perfect finish, enjoy a flawless manicure and pedicure followed by an ultra moisturizing paraffin treatment on your hands or feet.

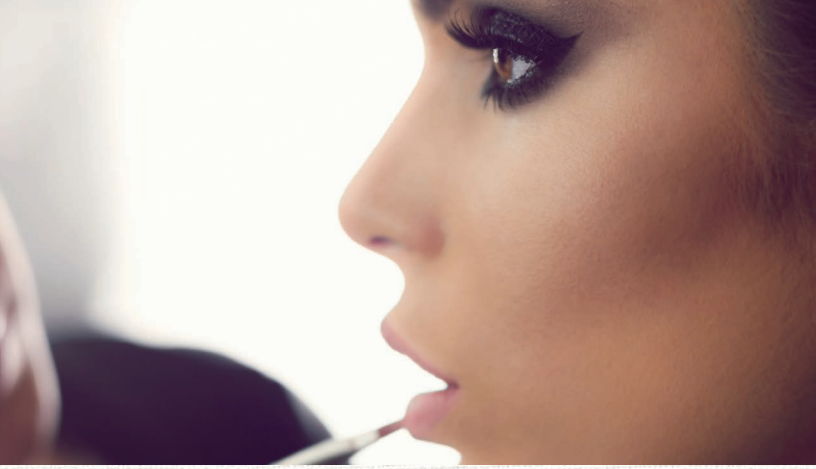
135 min. | $280

MAN OF THE MOMENT

The groom deserves a little pampering, too — and with this package of services he will feel relaxed and ready to celebrate his big day. First, enjoy a little stress-relief with a 25-minute back, neck and shoulder massage and a 25-minute reflexology session. Next, our expert nail technicians pay special attention to hands and feet with our signature manicure and pedicure. Finally, a luxurious hot towel shave leaves you looking your best.

135 min. | $280





BEAUTY SALON

Treat yourself to our expert beauty services all designed to nurture hair, hands or feet.

HAIR

Hair and Scalp Conditioning	**$80**
Shampoo & Style (includes blow dry or roller set)	from **$75**
Ladies' Hair Cut & Style	**$85**
Bridal Style	from **$75**
Bridal Style Trial	**$50**
French Braid	**$25**
Single Braid	**$10**
Gentlemen's Hair Cut & Style	**$40**
Hot Towel Shave	**$35**

NAILS

Classic Manicure / Pedicure	**$48/$66**
French Manicure / Pedicure	**$60/$80**
Sea Spa Manicure / Pedicure	**$80/$85**
Paraffin Treatment (Hands or Feet)	**$25/$30**
Polish Change (Hands or Feet)	**$20/$25**
French Polish Change (Hands or Feet)	**$20/$25**
Acrylic Full Set: Tips/Fills/Soak Off	**$90/$60/$38**
Nail Repair	**$10/nail**

WAXING

Lip/Chin/Brow	**$28**
Underarm	**$30**
Half Arm	**$40**
Full Arm	**$60**
Half/Full Leg	**$40/$70**
Bikini	**$35**
Back	**$60**

MAKE-UP

Makeup Application	**$72**

SPA ETIQUETTE

HOURS OF OPERATION

Couple Tower Isle | 9am - 7pm

Couple Sans Souci | 9am - 6pm

Couple Negril | 8am - 7pm

Couple Swept Away | 8am - 7pm

SPA APPOINTMENTS & RESERVATIONS

We recommend scheduling your spa services at least 12 hours in advance. Please provide your room number at the time of your reservation. Appointment times are based on availability. We are pleased to offer in-room spa treatments at an additional charge of $25 per person.

CHECK-IN

Please arrive at least 10 min. in advance of your scheduled reservation. This allows time for a leisurely check-in and a few moments to relax and enjoy our facilities. Late arrivals will not receive an extension of scheduled appointment. To preserve the serenity of the Spa, we ask that you turn off cell phones upon arrival. Smoking and alcohol are not permitted in the Spa areas.

CANCELLATIONS

Please provide a minimum of 4 hours notice if you must cancel or reschedule your appointment. You will be billed 50% of the cost oft the reserved services should you cancel or change your appointment with less than 4 hours notice. Failure to show for appointments will result in a 100% charge for the cost of reserved services.

GRATUITIES

Gratuity for exemplary service is discretionary.

SPA ATTIRE

Dress casually and comfortably when visiting the Spa. Some of our properties offer relaxation pools and steam rooms for your enjoyment prior to or after your service. For these, swimsuits are required. For all body treatments, you will be fully draped and, should you wish, you may keep on your undergarments.

Please Note: Prenatal treatments are not available. All prices are quoted in US dollars and are subject to change without notice at any time.

Introducing

THE CARIBBEAN'S FIRST

ALL-INCLUSIVE SPA EXPERIENCE

Created in consultation with guests, spa-goers and the industry's most respected health and wellness experts, Couples Resorts' Oasis Spa Villas revolutionize the luxury spa experience. Be among the first to indulge in the Oasis Spa Villa Experience, debuting first at our flagship Couples Tower Isle.

Visit Couples.com/oasis-spa-villas

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