

american spa

Inside Acqua Spa at O2 Beach Club & Spa

By Nicole Altavilla • Apr 17, 2023 02:23pm



(Photo credit: Acqua Spa at O2 Beach Club & Spa)

The South Coast of Barbados, often referred to as the “fun coast,” features both the Caribbean Sea and the Atlantic Ocean, and is known for its lively waves and white sand beaches. It’s also known for its beautiful resorts, like the O2 Beach Club & Spa (Christ Church, Barbados), an all-inclusive luxury boutique resort with bright pink and orange beach umbrellas and hotel design accents intended to create a cheerful vibe for guests of all ages. For patrons looking to relax and take a break from some fun in the sun, they can head to the resort’s eighth floor to visit [Acqua Spa](#).



Said to be the highest spa on the island, Acqua Spa offers guests a high-end experience in an atmosphere of relaxation and pampering complete with stunning panoramic views of the sparkling Caribbean Sea through floor-to-ceiling windows. “Acqua Spa celebrates light,” says Lisa Mayers, spa manager at Acqua Spa. “Acqua Spa’s concept was created by the theme of wellness through water. This is what you see, hear, and smell through curated aromas and sounds. Most spas tend to be dimly lit, which can be atmospheric, but we wanted to be unique and celebrate the light and the water that surrounds us and that is essential to life in the Caribbean.”

O2 Beach Club & Spa's name is a nod to the symbol for oxygen, the element that is essential for life, and guests are sure to feel rejuvenated during their time at the spa. Acqua Spa, which opened in April 2022, offers each guest a total sensorial experience during their visit. "The sensory journey begins with beautiful deeply calming aromatic blends that are emitted throughout the spa," says Mayers. "From every room, they see grand views of the ocean, as waves roll in and out upon our shore. They hear light piano and ocean music playing in the background while feeling this deep sense of connection to the sea around them. In the Tranquility Room, a taste of miso soup is offered, and a heated eye massager with compressions and vibrations is provided for the guest to connect deeper within, in preparation for the spa ritual that they are about to receive."



The aptly named spa features three single treatment rooms and one couples' room. Each room has elevated views of the ocean, and a name that relates to either the island of Barbados or the spa's luxurious product line, OSEA, which is based on nutrient-rich seaweed.

With a client base that is an even mix of locals and hotel guests on average, the spa offers monthly spa packages to encourage multiple service experiences. In addition, lunch is included in the majority of the packages offered to entice guests to try the menu in the spa cafe. Each week, the spa offers a how-to workshop where guests can learn how to make a body scrub. “We demonstrate how this is done, explaining the benefits of the body scrub and the essential oils that we use,” says Mayers. “The guests then make their own scrub and are guided through the steps. After they have mixed their product, we provide them with a jar and a product label so that they can bottle and label their product because they are now professional body scrub makers. On completion, we present the guest with a Body Scrub Master Certificate, which gives them a little chuckle. This is a really fun and interactive experience for the guests.”



Acqua Spa's menu was created in conjunction with the OSEA team. "We are committed to the wellness through water theme and the OSEA brand is a perfect match to who we are as a spa," says Mayers. She adds that while most treatments are popular at the spa, especially massage services, everyone wants to experience the Hammam Room, as it's the only hammam treatment room on the island of Barbados. Guests can choose the Hammam Ritual Bajan Body Revivor (\$75, 30 minutes), which includes little pots of mineralizing body mask, locally blended body scrub, and andaria oil for the guest to self-apply, which simultaneously nourishes the body and soothes the soul. Guests can also opt for the Bajan Body Blast (\$160, 50 minutes), which helps to brighten the skin with a stimulating Bajan lime aromatic soufflé, which is rinsed away in the hot steamy Hammam Room, and includes an application of body butter to leave skin nourished and glowing, and finishes with a scalp and foot ritual.



For guests looking for a non-traditional massage experience, the Vagus Nerve Meditative Massage (\$225, 80 minutes) is a great option. Designed to help regulate stress, rest, and digestion, this treatment was created to activate the calming effects of the vagus nerve response via steaming aromatic compresses, gentle neck and body massage strokes, cranial holds, and a soothing essential oil blend. This essence of juniper, chamomile, lavender, and jojoba works to mitigate feelings of stress, while stimulating positivity and wellbeing in the mind and body. “This service is really different, and guests have expressed deep satisfaction from this ritual,” says Mayers. “We also encourage all of our spa-goers to try this ritual, as after stimulating the vagus nerve, you do feel an incredible release in tension. It encourages deep relaxation and is stress-releasing.”

Mayers hopes to create even more deep relaxation options for guests during their visit to Acqua Spa and their stay at O2 Beach Club. “I want to design some unique experiences for our guests,” she says. “I am currently launching our Sleepy Time Treatment where we go to the guests’ room and create a massage experience under the moonlight on their balcony, serve them a relaxing evening tea, and quite literally tuck them into bed for the best night’s sleep of their lives.”