SPA PACKAGES

Any 3 treatments of your choice	**10%OFF**
Any 2 treatments of your choice	**5%OFF**

Triple Pleasure $180.00
30 minute massage, wrap, scrub and aroma tub

Tropical Moment $130.00
45 minutes massage, pedi and mani

Holiday Special $180.00
Pedi with paraffin, 30 minute massage refresher facial

Wedding Bliss $250.00
Bridal pin-up, make-up, French mani/pedi, 30 minute massage

Tropical Dreams $260.00
Couples full body massage, couples mani/pedi and couple aroma tub

Reggae Splash $100.00
Maximum Hydration facial, 20 minute warm peppermint foot massage

Pure Vybz $150.00
Body Wrap, 30 minute reflexology

Spa Policy:
We require that changes and cancellations be made with a minimum of a 3 hour notice to avoid a 50% charge of the treatment, which will be charged to your credit card or your room. Children under 10 years are not allowed in the spa. All prices quoted in US dollars and are subject to change without notice.

Spa Hours: 9:00AM-8:00PM daily.
Call ext. 237 for appointments.
Phone: 876-953-2484-5
Email: spa@hireresortjamaica.com

WEDDING SERVICES AVAILABLE

PHONE: 876-953-2484-5
EMAIL: **spa@hireresortjamaica.com**

Spa Hours:
9:00AM-8:00PM daily
Call **ext. 237** for appointments

Phone: **876-953-2484-5**
Email: **spa@hireresortjamaica.com**

Holiday Inn Resort
MONTEGO BAY, JAMAICA
ALL-INCLUSIVE

SoL-Mer SPA & SALON

MASSAGES

Swedish Massages: A time honoured tradition with coconut oil.

Full Body	60mins	90.00
	45mins	75.00
Full Back	30mins	65.00
Back and Neck	20mins	50.00
His and Hers	45mins	140.00
	60mins	170.00
Pre-natal	45mins	80.00
Four-handed Massage	60mins	150.00

THERAPEUTIC MASSAGES

(Deep Tissue)

Full Body	60mins	110.00
Full Body	45mins	90.00
Full Back	30mins	75.00
Back and Neck	20mins	60.00
His and Hers	45mins	160.00
	60mins	200.00
Stress Cure	60mins	150.00

Aromatherapy 15.00 extra

Oils to choose from:
Pimento: excellent for pain, especially for arthritis
Rosemary: for pain and strains
Seville Orange: Jamaican bitter orange to de-stress and relax muscles
Lemon Grass: Jamaican fever grass- good for anxiety, feel the tension melt away

BEACH MASSAGES

Enjoy any one of our massages beach-side 20.00 extra

HOT STONE MASSAGE	30mins	70.00
	60mins	130.00

REFLEXOLOGY

Have your feet caressed with:

Warm peppermint oil	30mins	70.00
	45mins	90.00
	60mins	130.00
Aroma Tub		45.00
Couples Aroma Tub		70.00

BODY WRAPS & SCRUBS

As smooth as silk

Coffee: *An invigorating treatment using Blue Mountain Coffee, blended with pimento essential oil to exfoliate the skin leaving it feeling fresh and smooth. It also reduces the appearance of cellulite.* 70.00

Salt: *A body polishing treatment using sea salt blended with peppermint essential oil to remove dull, dead skin cells and reveal a young layer.* 70.00

Honey Ginger: *A replenishing treatment using grains of ginger, honey and an aromatic oil to exfoliate your skin. It cleanses the skin and provides it with vital health enhancing nutrients your body needs.* 70.00

Sugar Scrubs: *This moisturising treatment uses Caribbean brown sugar with pimento essential oil to exfoliate the skin leaving an improved skin tone. It is excellent for dry to very dry skin.* 70.00

WRAPS

Detox your skin to radiance.

Aloe Wrap: *Good for sunburn.* 60.00

Clay Wrap: *This is a detoxing treatment that adds moisture and leaves the skin visibly smooth. It also relieves muscle and joint pain.* 90.00

Milk and Honey: *This is a moisturising treatment that detoxes and nourishes the body. It is guaranteed to leave the skin feeling silky and smooth.* 90.00

Seaweed: *A detox treatment that relieves stress and makes the body feel new and improved. It also decreases the appearance of cellulite and is good for aching bones and arthritis.* 100.00

Wrap and Scrub: *Combine any wrap and scrub for the ultimate treat!* 140.00

FACIALS

Done with Pevonia Products

All facials are designed to leave your skin feeling refreshed, revitalised and glowing.

Cleansing Facial	30mins	80.00
Maximum Hydration		100.00
Luminous C and Sea		120.00
Caviar and Peel extract		140.00

The most advanced defense against aging.

WAXING

Chin	15.00
Lips	15.00
Eyebrows	20.00
Underarm	35.00
Half Leg	40.00
Bikini	40.00
For Men: Back	50.00
Chest	55.00
Brazilian	55.00
Legs	70.00

NAIL BAR SERVICES

Nail Art per nail	3.00 up
Repair (*per nail*)	5.00 up
Polish Change	15.00
Shellac removal	15.00
Nail Art Full Set	25.00 up
Manicure	30.00
Manicure with Scrub	40.00
French Manicure	40.00
Shellac Manicure	40.00
Manicure with Paraffin	45.00
Shellac French Manicure	50.00
Pedicure	50.00
French Pedicure	55.00
Pedicure with Paraffin	60.00
Shellac Pedicure	60.00
Manicure/Pedicure	70.00
Shellac French Pedicure	70.00
Acrylic Tips Full set	80.00
French Manicure/Pedicure	90.00
Manicure/Pedicure with Paraffin	90.00
Shellac Manicure/Pedicure combined	90.00
Shellac French Manicure/Pedicure combined	110.00

HAIR SERVICES

Flat Iron	20.00 up
Shampoo Only	25.00 up
Men's Haircuts	25.00 up
Women's Haircut	40.00 up
Shampoo Style	55.00 up
Shampoo/Cut/Style	75.00 up
Relaxer	80.00 up

BRAIDS, CORNROWS & EXTENSIONS

Children (*half head*)	30.00 up
Half Crown (*Adult*)	35.00 up
Cornrows (*own hair*)	55.00 up
Individual braids (*own hair*)	60.00 up
Re-twist Locs	80.00 up
Weave Extensions (*Own Hair*)	80.00 up
Cornrows with extensions	110.00 up
Individual braids with extensions	160.00 up

WEDDING SERVICES

Eyelash Extension	20.00 up
Bridal pin-up	55.00 up
Make-up	70.00 up
Full Head drop Curls	80.00 up
Bridal Special: Hair and Make-up (*Except full head drop curls*)	120.00 up