



THE GARDEN SPA

HERMITAGE BAY



H O W T O S P A

Spa operating hours are 10.00 - 18.00 daily

M A K I N G R E S E R V A T I O N S

HOW DO I MAKE A SPA RESERVATION?

The Garden Spa is immensely popular with guests and as such we strongly recommend that you book your Spa treatments well in advance. Reservations can be made in person at the Spa Reception or at the Front Desk or even by email before you arrive.

I AM PREGNANT – WHAT TREATMENTS DO YOU RECOMMEND?

Our number one priority is the safety and well-being of our guests. We do not, therefore, recommend any Spa treatments for women in their first trimester and no full body treatments throughout the term of pregnancy. To assist with your choice of available treatments, please contact one of our Spa Therapists.

WHAT HAPPENS IF I NEED TO CANCEL MY TREATMENT?

If you would like to reschedule or cancel your booking, you can do so at any time subject to providing a minimum of 12 hours notice. If a cancellation is made less than 12 hours prior to your appointment time, a 50% charge will apply. If there is no notice provided, a full charge will be made for the services reserved.

CAN I HAVE A SPA TREATMENT IN MY VILLA?

Yes, most treatments are available for you to have in the privacy of your own villa. Please ask our Spa receptionists.

T H E T R E A T M E N T I T S E L F

HOW SHOULD I PREPARE FOR MY SPA TREATMENT?

Please shower off any oils and suntan creams prior to your treatment to allow better absorption of the products applied.

I AM MALE – SHOULD I SHAVE BEFORE MY SPA TREATMENT?

For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin.

WHAT TO WEAR

There is no need to bring or wear any special clothing. It can be helpful, though, to arrive in the robe provided in your suite.

WHAT TIME SHOULD I ARRIVE FOR MY TREATMENT?

Please arrive at the Spa a minimum of 15 minutes before your scheduled appointment time - this allows you time to fill out your consultation form, enjoy the ambience and start the relaxation process before your treatment begins.

WHAT HAPPENS IF I AM LATE FOR MY APPOINTMENT?

As a courtesy to all our guests, a prompt appointment schedule is adhered to. Late appointments may not be honoured if there is a treatment booked immediately after and will be charged the cancellation fee.

WHAT MEDICAL OR PHYSICAL CONCERNS DO I NEED TO TELL THE THERAPIST?

All first-timers need to fill out a consultation form prior to their treatment - this is to provide you with the best possible experience and to assure your maximum safety and comfort. The consultation form can be found in the pocket of the Guest Directory in your suite or at the Spa Reception.

All prices are in US dollars and subject to 10% service charge and 10.5% tax



COLOUR

The Dorissima colour rituals have been created as the ultimate in spa pampering journeys. Each ritual is unique and has been designed to correspond with the Chakra systems of the body, to bring about physical, emotional and spiritual enlightenment. Your treatment suite is bathed in gentle coloured light to stimulate the senses while the healing effect of music and aromatherapy combine to create your own personal sacred space for the ultimate in luxury spa journeys.

Each ritual commences with an initiation ceremony consisting of a refreshing foot bath combining pure Himalayan salts, selected fruits or flowers and specially blended essential oils. Enjoy your selected herbal tea to relax and prepare the body while taking a moment to focus on a positive affirmation to enrich and heighten your treatment experience.

To begin your treatment your therapist will guide you through a series of calming breathing exercises to release stagnant energy, purify the body and allow you to let go and immerse yourself in your chosen colour ritual, a truly unforgettable spa journey.

RITUALS



RED EMPOWERMENT

represents the base chakra, bringing about personal empowerment, vitality and personal assertiveness. This ritual is a great choice for those wanting to energize, purify and detoxify.



ORANGE ENLIVENMENT

represents the sacral chakra and inspires creativity, self respect and enlivenment. A perfect treatment for those wanting to instill a renewed zest for life, overcome jetlag and regain a sense of joy and happiness!



YELLOW CONFIDENCE

represents the solar plexus chakra, helping to inspire self-confidence, encourage concentration and relieve mental fatigue. A fantastic treatment ritual for those wanting to rejoice in life, refresh the mind and stimulate the senses.



GREEN BALANCING

represents the heart chakra, balancing the body and evoking a deep sense of comfort, love and compassion. A wonderfully grounding treatment to relieve stress and anxiety, inspire unconditional love and nurture the soul.



BLUE CALMING

represents the throat chakra and with it self expression and communication. A lovely treatment to calm the senses, clear the body on an emotional and physical level and pamper the skin.



INDIGO INTUITION

represents the brow chakra (third eye) to inspire feelings of self awareness and increased intuition. This treatment is perfect for those wishing to experience a deeper spiritual journey with this unique Ayurvedic inspired ritual to allow you 'go within' for a deep level of respite and healing.



VIOLET SPIRIT

represents the connection with the higher self and the very essence of your being. Violet hues inspire a deep level of relaxation and surrender making it the ultimate treatment for those who are highly stressed and possibly experiencing sleeping difficulties.

P O W E R

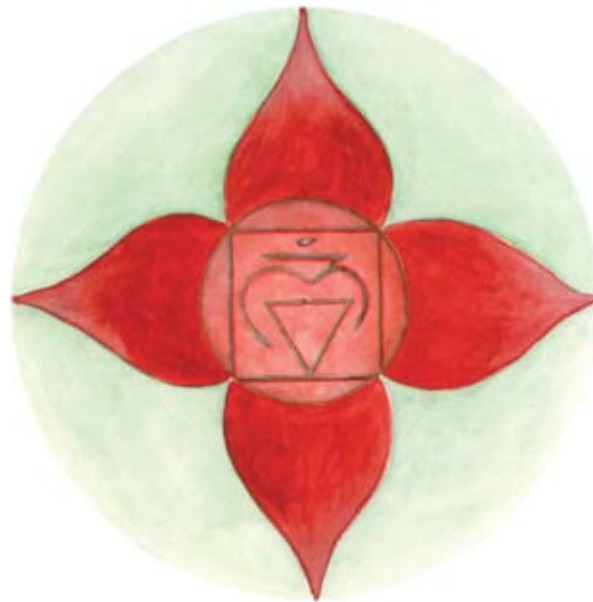
S T A M I N A

A S S E R T I V E N E S S

TANGERINE, NEROLI, ROSE & HONEY TEA CEREMONY

R E D

base chakra



E M P O W E R M E N T R I T U A L

HOT STONE MASSAGE

BODY WRAP

FOOT MASSAGE

Allow yourself to be Empowered and Vitalized with this energy giving treatment ritual. Incorporating soft red light, the Red Empowering Ritual focuses on the base chakra which is associated with self-awareness, vitality and stamina. If you are feeling insecure and sluggish, you will emerge feeling completely rejuvenated and renewed, ready to face the world with increased energy and spirit.



2 HOURS

T R E A T M E N T

Your journey begins with a Dry Body Brush using our unique raw silk gloves to stimulate circulation and smooth your skin, followed by a Hot Stone Massage. Red Jasper stones from Australia will melt your muscles to allow for deeper healing to take place. Your therapist's soothing strokes fused with the aromas of tangerine, rose and neroli from the d1 Body and Massage Oil will uplift, refresh and reduce muscular tension.

Your body will be nourished with the d1 Red Body Pack in which you are cocooned.

A Jasper stone is placed to enhance the energy flow through your Base Chakra, while a stimulating Hot Stone Foot Massage will increase the energy flow up through the rest of your body to release any last traces of stress and tension.

AFFIRMATION "I let go and relax. My goals: strength, vitality, staying-power and assertiveness".

T H I S I S Y O U R T I M E F O R E M P O W E R M E N T !

BLACKBERRY, ORANGE PEEL & CORIANDER TEA CEREMONY

O R A N G E

sacral chakra



E N L I V E N I N G R I T U A L

AROMA COLOUR THERAPY MASSAGE

BODY WRAP

ACUPRESSURE SCALP MASSAGE

Designed to increase your natural zest for life, the Enlivening Ritual focuses on the sacral chakra which is associated with creativity, self-respect and enlivenment. If you are feeling stale and the effects of jetlag have caught up with you, your therapist will take you into a child-like world of discovery, where soft orange light and a soft healing touch will uplift your spirits and instill in you a lasting feeling of elation, joy and happiness.



2 HOURS

T R E A T M E N T

The Enlivening Ritual begins with an invigorating dry body brush with our unique raw silk gloves to stimulate circulation and smooth your skin to prepare your body for the Aroma Colour Therapy Massage.

The aromas of ylang ylang, orange & lemongrass, colour and sound all unite with the power of touch, as soft fluid movements release tension and create a sensation of deep contentment.

Your skin is enriched with mango seed butter from the d2 Orange Body Pack, an Orange Calcite from Mexico is placed to open the Sacral Chakra and the meditative humming of a Tibetan singing bowl will draw you further into a state of bliss and serenity. An invigorating Scalp Massage, incorporating stimulating pressure points leaves you floating on cloud nine.

AFFIRMATION "I let go and relax. My goals: body awareness, vitality, joy of living and enthusiasm".

B A S K I N Y O U R I N C R E A S E D S E N S E O F E N L I V E N M E N T !

GREEN ROOIBOS, LEMONGRASS & CORNFLOWER TEA CEREMONY

Y E L L O W

solar plexus chakra



C O N F I D E N C E R I T U A L

FULL BODY EXFOLIATION

BODY WRAP

BACK MASSAGE

HAND REFLEXOLOGY

The colour yellow corresponds with the solar plexus and is associated with increased confidence, assertiveness and golden sunshine. By selecting the Confidence Ritual, you are choosing to embark on a journey where the pressures and gloom of the outside world fade away to reveal the innate brightness and lucidity of life.



2 HOURS

T R E A T M E N T

An all-over body exfoliation using a hydrating blend of Honey and Himalayan Salt exfoliates, removing dry skin and leaving it radiant and glowing. Warm oil, infused with the opulent aromas of frankincense, lemon and vanilla, is drizzled over your body, before a de-stressing back massage helps to release all muscular tension.

Alternating between light, medium and deep pressure, different strokes are used to stretch muscle fibres, increasing oxygen flow and eradicating tight knots. You are now fully enveloped with the nourishing d3 Yellow Body Pack before receiving a stimulating Hand Massage, resulting in decreased stress and tension.

Meanwhile a gentle yellow light will beam onto your solar plexus assisting the healing powers of Brazilian Citrine.

This concentrated colour therapy will relax you further and by the end you will feel completely free from worry and doubt, as though a little ray of sunshine has come into your world.

AFFIRMATION "I let go and relax. My goals: increasing self-confidence and spontaneity".

B E C O N F I D E N T A N D O P E N U P T O N E W E X P E R I E N C E S !

PEPPERMINT, GINGER & CACTUS FLOWER TEA CEREMONY

G R E E N

heart chakra



H A R M O N I Z I N G R I T U A L

FULL BODY EXFOLIATION

ENERGY MASSAGE

Q LIGHT

BODY WRAP

FOOT REFLEXOLOGY

Unconditional love, associated with the colour green, has been the quest of many and yet eludes all but the most valiant of seekers. If you have been hurt previously and find it difficult to accept new love in your life or you tend to judge unfairly, the Harmonizing Ritual will assist you in revealing an inner-world of compassion, acceptance and harmony.



2 HOURS

T R E A T M E N T

The treatment therapy commences with a skin smoothing body polish using the deliciously uplifting scent of peppermint mixed with Dead Sea salt. This gentle all-over body polish softly removes dry skin and will leave your body feeling silky-soft and smooth.

An Energy massage (focussing on energy meridians), using warm oil with the refreshing aromas of lavender, ginger and mint follows, to relieve stress and tension. While you are wrapped in a soothing Green Body Pack, you will experience the healing effects of the green Q Light, focusing on the heart and lungs to balance these organs and energy.

Feel the love!

AFFIRMATION "I let go and relax. My goals: Love, warmth, creativity, self-confidence and spontaneity".

T H I S I S Y O U R T I M E T O F E E L T H E L O V E !

C A R R O T, A N I S E & F E N N E L T E A C E R E M O N Y

B L U E

throat chakra



C L E A R I N G R I T U A L

T H A I H E R B A L C O M P R E S S M A S S A G E

B O D Y W R A P

T H A I H E R B A L C O M P R E S S F A C I A L M A S S A G E

Represented by the colour blue, the Blue Clearing Ritual focuses on personal expression and communication. If you are feeling congested and are finding it difficult to speak your thoughts, you will be taken on a journey to greater clarity of mind, improved creative expression and enhanced personal interaction.



2 HOURS

T R E A T M E N T

We begin by exfoliating the entire body with raw silk gloves. A clearing blend of carrot, orange, anise and fennel is applied prior to the use of the Herbal Poultice which are filled with 10 healing herbs.

The heat and herbs combine to increase circulation and soothe aching muscles, the heat penetrates deep within the muscles releasing all tension.

The uplifting aroma relieves sinus congestion and opens the throat and chest. Blue Lace Agate is placed to increase communication while you are cocooned in the d5 Blue Body Pack. A purifying and softening facial is now performed and small herbal-pouches, filled with a variety of therapeutic herbs, are warmed and rolled gently over the face.

The warmth and herbs work together to draw out toxins and impurities while renewing the skin. This is a very gentle way to increase cell-turnover and will leave you feeling entirely relaxed.

A decadent facial compress massage, using a herbal cream, continues the feeling of utter bliss.

AFFIRMATION "I let go and relax. My goals: Communicative powers, concentration and rational thinking".

T H I S I S Y O U R T I M E T O S P E A K U P A N D B E H E A R D !

GINGER, CINNAMON & RED ROSEBUD TEA CEREMONY

I N D I G O

brow chakra



I N S P I R I N G R I T U A L

AYURVEDIC INSPIRED MASSAGE

BODY MASK

SHIRODHARA

Lie back, breathe deep and relax as you are taken on a journey to the far recesses of your mind. Focusing on the healing powers of the colour indigo, this inspiring ritual is based on Ayurvedic tradition, an ancient wisdom to promote balance between the physical, emotional, spiritual and mental levels. If you are constantly going through the motions of everyday life, you will find the power of your authentic self, heightening intuition and self awareness.



2 HOURS

T R E A T M E N T

This ritual commences with an invigorating dry body scrub based on the Ayurvedic philosophy. Hand-made raw silk gloves remove dry flaky skin and stimulate the circulation. Warmed massage oil infused with lavender, chamomile and rose will saturate your skin with a combination of energizing and calming movements to bring your body into balance. While wrapped in shades of Indigo softening body pack, Lapis Lazuli from Afghanistan will be placed onto your third eye. Heated herbal-infused sesame oil is poured in a continuous stream onto the third eye. Known as Shirodhara, this ritual has been used for over 2,000 years bringing peace and clarity to the mind. Physically nurturing and mentally soothing, this ritual will leave you serene and at one with the world.

You may wish to have a 4-hand massage - the synergy of two therapists working in unison allows a deeper level of surrender. Seamlessly blended movements create waves of peace and relaxation that leave you in a trance-like state.

AFFIRMATION "I let go and relax. My goals: Intuition, creative power, spiritual awareness and imaginative power".

THIS IS YOUR TIME TO OPEN YOUR MIND AND SURRENDER UNTO YOURSELF!

WHITE TEA CEREMONY

V I O L E T

crown chakra



S P I R I T R I T U A L

LOMI LOMI MASSAGE

BODY MASK

ACUPRESSURE SCALP MASSAGE

Let the outside world fade into oblivion as you enter a timeless realm and re-unite with the true essence of your being - your higher self. If you find it hard to switch off and meditate, the Violet Spirit Ritual will help you to connect with your innate spirituality and higher consciousness, resulting in increased self knowledge and awareness.



2 HOURS

T R E A T M E N T

This ritual begins with a full-body dry exfoliation to prepare you for a true holistic experience. This Lomi Lomi massage has a profound affect on the physical, emotional and spiritual states.

A variety of gentle yet deep-acting integrated movements allow you to let go not just of tension, but also of limiting beliefs and behaviors that can block energy. Fluid, rhythmic and wave-like movements will have you thinking you're floating in the beautiful ocean and gentle stretches enable you to slip away to another realm.

Amethyst Crystal from Uruguay is placed above your crown whilst you are nurtured in the warm Violet body cocoon. The feeling of transcendence is enhanced with a divine acupressure scalp massage incorporating the piquant aromas of frankincense, myrrh and patchouli essential oil.

You may wish to have a 4-hand soothing massage - the synergy of two therapists working in unison allows a deeper level of surrender. Seamlessly blended movements create waves of peace and relaxation.

AFFIRMATION "I let go and relax. My goals: Understanding of myself and forward thinking".

COLOUR

THERAPY

MASSAGE

COLOUR

THERAPY

MASSAGE

1 HOUR



SENSORY JOURNEY
FOOT RITUAL
CUSTOMIZED MASSAGE

See the colour, smell the aromas and feel the touch of this personalized massage.

To begin, your therapist will offer seven coloured oils for you to choose from in order to customize your treatment for a complete physical, mind and spirit balancing experience. The sequence and pressure is then varied to suit your individual needs. Feel the tension drift from your body.

COLOUR

THERAPY

MASSAGE

COLOUR

THERAPY

MASSAGE

SIGNATURE COUPLES' TREATMENTS

SIDDHARTHA



THE SEARCH FOR SPIRITUAL ENLIGHTENMENT AND ETERNAL LOVE

SIGNATURE COUPLES' TREATMENTS

Prince Siddhartha left his kingdom and material possessions to search for spiritual enlightenment. Years of learning, sacrifice and realization led to the night Siddhartha sat under the Bodhi tree and meditated until dawn. He purified his mind and attained enlightenment, thus earning the title Buddha, or "Enlightened One".

Siddhartha's love for humanity and his desire to see a world where we are all spiritual equals, led him to the belief that enlightenment cannot exist without love, and Siddhartha realized that he must accept love in order to achieve Nirvana.

Our signature Siddhartha treatment rituals have been specially designed for couples to unwind and come together in unity, finding their own personal Nirvana and path to eternal love. All rituals are performed in your suite and use the gorgeous Dorissima Siddhartha line of aphrodisiac spa products. Sensual aromas of Vanilla, Tonka and Grapefruit fill the air as you celebrate the art of love.

All treatments commence with a decadent foot cleansing ritual with warm aromatic waters to cleanse and Himalayan salts to smooth and purify. The divine Siddhartha tea, an exotic blend of Vanilla, Grapefruit, Orange and Green tea is served before each treatment ritual to prepare you for the ultimate in romantic spa journeys. Upon completion enjoy a glass of champagne together on your verandah overlooking our delightful gardens while warm tropical breezes and the azure Caribbean waters lull you into a sense of bliss.

Our pampering couple's rituals create a very special memory from your time in paradise. Spoil yourself and your loved one!

THE SEARCH FOR SPIRITUAL ENLIGHTENMENT AND ETERNAL LOVE

ART OF LOVE
FOR COUPLES - 2½ HOURS - IN YOUR SUITE



SIDDHARTA APHRODISIAC BATHING RITUAL

SIDDHARTA BODY MASSAGE

SIDDHARTA BODY WRAP

SIDDHARTA BEAUTY PACK

Celebrate the art of love with someone special while you indulge in this treatment ritual for two. This ceremony of luxury will relax the body, slow the mind and indulge the spirit to bring about a deep sense of peace and quality time spent with the one you love. A truly exquisite experience combining exotic aromas, soothing music and the art of touch to inspire a deep sense of serenity.



2½ HOURS

TREATMENT

Your journey begins with a skin smoothing body exfoliation using a combination of hand-made raw silk gloves and precious extracts of Mother of Pearl in a ceremonial body cleansing experience to awaken the senses and leave skin silky smooth before you immerse yourself to experience a bathing ritual like no other, while sipping on fine champagne and enjoying the picturesque views of the Caribbean Sea. A warmed body mask is now applied to nourish the skin and soothe the soul while the blissful scalp massage continues the dream. The divine Siddhartha body massage with aphrodisiac oils of Vanilla, Tonka and Grapefruit relieves the body of physical tension and allows you to drift away into a trance-like existence. This is followed by a seductive partner massage with the Siddhartha Beauty Pack. Fresh fruits and herbal teas served on your deck will allow you to bask in the memory of this very special indulgence. You will emerge feeling renewed, relaxed and glowing with vitality.

A P H R O D I S I A C

FOR COUPLES - 1 HOUR - IN THE SPA



BODY EXFOLIATION

BODY MASSAGE

Relax, breathe and unwind as you are taken on this relaxing spa journey. Allow the combination of relaxing body massage and luscious body exfoliation to transport you into a world of romantic bliss.



1 HOUR

T R E A T M E N T

This treatment is designed to tantalize your senses and indulge the spirit.

To begin relax side-by-side while enjoying stimulating body exfoliation using precious extracts of Mother of Pearl to awaken the senses and leave skin silky smooth.

A combination of Swedish & Ayurvedic body massage using the decadent Siddhartha body oil, with Grapefruit, Tonka Bean and Vanilla, will melt away everyday stress and evoke a deep sense of tranquility.

DORISSIMA FACIALS

In addition to our innovative and tempting colour rituals, the Garden Spa offers a luxurious and holistic range of Dorissima facial treatments.



ULTRA DECADENT SIDDHARTA FACIAL TREATMENT

This sensual and luxurious treatment uses the exotic Siddhartha range of aphrodisiac products and begins with a relaxing face, neck and décolleté cleansing followed by Soft Pressure and Beauty Massages with Sea Inside Ampoule and Siddhartha Day and Siddhartha Night cream. The sumptuous Dorissima Caviar Fleece Mask is then applied. While this is refining and nourishing you skin, your hands and arms will be treated to a dry scrub and dreamy slow massage. Siddhartha Day and Night Cream completes this truly exquisite treatment.

90 mins
one person
or couple

Tea Ritual
Foot Cleansing
Face Cleansing and Peel
Facial Massage

Facial Mask
Hand and Arm Scrub and Massage
Siddhartha Day and Night Cream Finish

GOLDMUND FACIAL TREATMENT FOR WOMEN

This wonderful facial treatment developed especially for women uses the Algae marine product range and begins with a facial cleansing and peel. This is followed by a relaxing and luxurious Soft Pressure and Beauty Massages with Dorissima Algae Marine Night Cream. Dorissima Algae Marine Beauty Pack is then applied and, while this is activating, you will receive a heavenly and holistic foot massage with indigo light directed at the third eye chakra, stimulating intuition, foresight and unblocking limiting beliefs. The treatment finishes with Dorissima Algae Marine Day Cream.

90 mins

Tea Ritual
Foot Cleansing
Face Cleansing and Peel
Facial Massage

Facial Mask
Foot Massage with Indigo Light
Algae Marine Day Cream Finish

NARZIß FACIAL TREATMENT FOR MEN

This specialized men's treatment uses Dorissima's refreshing Fresh and Fruit range of products and begins with a facial cleanse and peel. The Dorissima Aloe Vera Ampoule is then massaged into the skin, followed by a luxurious and relaxing facial massage using Dorissima Aloe Night Cream. The Fresh and Fruit Beauty pack is then applied and, while this is activating, you will receive a holistic and heavenly foot massage with green light directed to the heart chakra, inducing a state of blissful well-being. Dorissima Fresh and Fruit Moisturising Cream finishes the treatment.

90 mins

Tea ritual
Foot cleansing
Facial cleansing and peel
Soft pressure and beauty massage

Face pack
Foot massage with green light
Fresh and fruit moisturising cream to finish

THE LUXURY OF PAMPERED SKIN

THE LUXURY OF PAMPERED SKIN



MEDITATION & YOGA

Hermitage Bay's serene and smiling Marleen leads a Dawn Meditation on the Spa Deck every Monday and Friday morning at 7.30 am. This is followed by a 1-hour yoga class from 8 - 9am.

PILATES

On Tuesday and Thursday mornings, Hermitage Bay's super-fit Miranda leads a 1-hour pilates class on the Spa Deck from 7.45 - 8.45 am.

HOW TO BOOK

Spaces for each class are limited to a maximum of 5 people. Please call the Front Desk to reserve your place.

INDIVIDUAL SESSIONS

Marleen is available for individual yoga and meditation sessions and Miranda for individual pilates and personal training.

If you would like to have an individual session with them, please speak to the Front Desk who will be happy to arrange it for you.

T R E A T M E N T P R I C E S

DORISSIMA SIGNATURE TREATMENTS

				couple
d1	Red Empowering Ritual	2 hours	\$240	\$480
d2	Orange Enlivening Ritual	2 hours	\$240	\$480
d3	Yellow Confidence Ritual	2 hours	\$240	\$480
d4	Green Harmonizing Ritual	2 hours	\$240	\$480
d5	Blue Clearing Ritual	2 hours	\$240	\$480
d6	Indigo Inspiring Ritual	2 hours	\$240	\$480
	(4 hands)	2 hours	\$240	\$480
d7	Violet Spirit Ritual	2 hours	\$240	\$480
	(4 hands)	2 hours	\$240	\$480

DORISSIMA SIDDHARTA COUPLES TREATMENTS

Art of Love (in your suite)	2½ hours		\$650
Aphrodisiac (in the spa)	1 hour		\$240

DORISSIMA COLOUR THERAPY TREATMENT

Massage with colour of your choice	1 hour	\$120	\$240
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DORISSIMA FACIALS

Siddharta	90 mins	\$250	\$400
Goldmund	90 mins	\$180	
Narziß	90 mins	\$180	

HERMITAGE BAY HOLISTIC TREATMENTS

Reflexology	1 hour	\$110	
Reiki hands-on healing	1 hour	\$110	

MEDITATION, YOGA AND PILATES

Dawn Meditation	30 mins	\$10	
Yoga	1 hour	\$20	
Pilates	1 hour	\$20	
Individual classes	1 hour	\$90	

All prices are in US \$ and subject to 10% service charge and 10.5% tax.

THE GARDEN SPA