



SPA MENU



SPA EXTENSION: 4411


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ONE SPA HONORS THE UNIVERSALITY THAT BINDS ALL DIVERSITY. IN KEEPING WITH OUR VALUES OF “ONE LOVE, ONE WORLD, ONE ENERGY”, WE HAVE CRAFTED, WITH LOVE AND DEVOTION, OUR ONE SIGNATURE RITUALS, FACIALS, BODY TREATMENTS AND MASSAGES.

ONE SPA OPENS YOU UP TO NURTURING THERAPIES FROM THE FAR CORNERS OF THE WORLD. HEALING PLANTS, POWERFUL STONES, PURIFYING WATERS AND THE EXPERTISE OF HEALING HANDS TO CHANNEL THE BODY’S ENERGY FOR PERFECT BALANCE AND WELLNESS.

THE HOLISTIC BAR EXPERIENCE

Your therapist will design a bespoke treatment tailored to your needs combining essential oils, flower essences and naturally-occurring ingredients chosen for their healing and nourishing properties. Take your mind and body to a state of healing, total relaxation and mindfulness.

Our treatments with this sign , have the Holistic Bar as part of the whole wellness experience.

The Holistic Bar has ingredients such as:

- Essential oils: Bergamot, Basil, Rosemary, Lavender, Geranium, Ylang Ylang, Chamomile, Eucalyptus and more.
- Naturally-occurring ingredients: Balsamic herbs scrub, Hemp oil, Aloe & noni balm, Invigorating, Soothing, Reviving scrubs, Moringa Organic Oils
- Salts: Epsom Salts, Himalayan Salts, White Soothing Clay, Purifying Green Clay.

Swagatham... Welcome to being





ONE SPA FOR COUPLES

FINEST SIGNATURE COUPLES MASSAGE 100 min \$640 USD per couple

Embark on a bespoke journey of relaxation and renewal. This signature massage artfully blends the soothing strokes of Swedish techniques, the precise pressure of Shiatsu, the liberating stretches and the rhythmic flow of Lomi Lomi, and the sedative effects of hot stones for your back, with pine and eucalyptus. This deeply personalized therapy is ideal for couples seeking an unparalleled experience of shared well-being. Enjoy a glass of sparkling wine to celebrate love.

ONE LOVE COUPLES RITUAL 100 min \$640 USD per couple

Celebrate your love with an exquisite romantic journey. Step into your private spa suite, adorned with delicate flowers and soft candlelight, creating an intimate ambiance. Immerse yourselves in a warm, essential oil-infused bath, while a deeply relaxing scalp massage melts away tension. Conclude this blissful experience with a full-body peaceful massage, infused with the harmonious blend of Mandarin, Chamimile and Lavender, leaving you in a state of profound tranquility. Enjoy a glass of sparkling wine to celebrate love.

VITAL BALANCE COUPLES EXPERIENCE 100 min \$640 USD per couple

Experience the unity of energy and harmony with this therapeutic couples' ritual. Your journey begins with a revitalizing mint foot treatment, integrating shiatsu and reflexology to awaken your senses. A warm, aromatic massage with botanical oils of your choice follows, expertly designed to lengthen muscle fibers and promote deep relaxation. Complete your experience with a tranquil scalp massage, fostering a profound sense of connection and well-being. Enjoy a glass of sparkling wine to celebrate love.

TWO SOULS RITUAL 100 min \$640 USD per couple

Embark on a journey of inner peace and profound connection with this soothing ritual. Enveloped in the calming aromas of Mandarin, Lavender, and Bergamot, experience a serene massage for all the back part of your body, that gently guides you to your inner self. This tranquil experience is followed by a nourishing organic and hydrating facial, and a jojoba and cedar scalp massage, cultivating a sense of calm, balance, and deep connection for two loving souls. Enjoy a glass of sparkling wine to celebrate love.

DEEP & HOT STONE COUPLES MASSAGE 75 min \$500 USD per couple

This deeply therapeutic massage combines expert deep tissue techniques with the restorative power of bergamot and eucalyptus known for its relaxing properties, to release stiff muscles and ease tension. The sedative and therapeutic warmth of hot stones further enhances relaxation, providing a comprehensive therapy for both body and mind. Emerge feeling revitalized and deeply restored.

THE PEACEFUL COUPLES MASSAGE 75 min \$480 USD per couple

Enter a haven of peace and tranquility, where the calming aromas of Vetiver, Lavender and Bergamot expertly blended essential oils create a serene atmosphere. Warm herbal pillows enhance a soothing cranial massage, while targeted techniques release tension from key areas—head, jaw, ears, chest, neck, and back. Experience a profound sense of balance and inner calm.

SEA BREEZE COUPLES MASSAGE 75 min \$500 USD per couple

Immerse yourselves in an oceanfront serenade, where the gentle rhythm of the waves becomes the soundtrack to your shared relaxation. This unique couples massage, enhanced by the soft caress of the sea breeze, is a symphony of romance. Experience a profound sense of tranquility and connection as the ocean’s natural beauty envelops you.



ONE RITUALS

FINEST SIGNATURE MASSAGE 100 min \$320 USD per person

A truly bespoke journey of relaxation awaits. This signature massage artfully combines four distinct therapeutic styles: the long, flowing strokes of Lomi Lomi, the deep pressure of Shiatsu, and the classic, soothing touch of Swedish massage. The experience is elevated with the restorative heat of hot stones on your back, infused with the invigorating aromas of pine and eucalyptus.

RECOVERY REMEDY RITUAL 100 min \$320 USD

This transformative ritual awakens your inner light through an aura cleansing with sacred herbs, followed by warm herbal envelopment infused with Juniper, Eucalyptus, and Rosemary, allowing your body to absorb nature's revitalizing energy. The most amazing full body therapeutic massage combined with basaltic river stones, known for their anti-inflammatory powers, gently rebalance your muscles and energetic flow, while therapeutic massages rejuvenate your entire being.

INTENSIVE RELAXATION RITUAL 100 min \$320 USD

A profound therapeutic ritual. A tailored specialized massage to address your unique state of body and mind, combining the power of anti-inflammatory oils, best techniques and a deep cranial and neck massage to totally release accumulated tension and fatigue, bring rest to your mind and recover your body.

ONE BALANCE RITUAL 100 min \$320 USD

A therapeutic ritual. Your journey begins with a revitalizing mint foot treatment, integrating shiatsu and reflexology to awaken your senses. A warm, aromatic massage with Eucalyptus, Pine and Frankincense, expertly designed to lengthen muscle fibers and promote deep relaxation. Complete your experience with a tranquil scalp massage, fostering a profound sense of connection and well-being.

WELL LIVING ELIXIRS RITUAL 100 min \$340 USD

We celebrate the uniqueness of each being with a universe of sensations, textures, aromatherapy and massages, customized for your desired state of body and mind, an aromatic scrub to renew your skin, followed by hydrating gel body mask and choosing from therapeutic deep tissue or relaxing and sedative techniques, to create a new you. You can pick your oils from our holistic bar.

RENEWAL COCOON RITUAL 100 min \$320 USD

A journey of head-to-toe rejuvenation for your body, mind, and soul. This ritual begins with a purifying ancestral clay stone scrub, followed by a deeply relaxing modeling massage with warming amber and myrrh syrup. The experience concludes with an organic, revitalizing facial that purifies with raspberry seeds and rice powder, boosts your skin with a birch and citrus serum, and restores hydration with a soothing clay balm mask.



ONE MESSAGES

PEACEFUL MASSAGE 50 min

\$170 USD

PEACEFUL MASSAGE 75 min

\$240 USD

Find sanctuary in a haven of calm and tranquility. This therapeutic massage blends the soothing aromas of Mandarin, Lavender, and expertly chosen essential oils with the comforting warmth of herbal pillows. A targeted cranial massage and specialized techniques release tension from key areas—head, jaw, ears, chest, neck, and back—promoting a profound sense of balance and inner peace.

The 50 minutes version is dedicated to all the back part of the body and the 75 minutes version is a full body massage.

DEEP THAI MASSAGE 50 min

\$170 USD

DEEP THAI MASSAGE 75 min

\$240 USD

Experience a dynamic fusion of Thai massage techniques and invigorating physiotherapy. This therapeutic treatment releases fatigue and stiffness in joints and muscles through targeted techniques and aromatic balms of Grapefruit, Clove, Rosemary, Mint, Orange, and Laurel. Emerge feeling refreshed, revitalized, and with a profound sense of lightness.

The 50 minutes version is dedicated to all the back part of the body and the 75 minutes version is a full body massage.

DEEP & HOT STONES MASSAGE 75 min

\$250 USD

This deeply therapeutic massage combines expert deep tissue techniques with the restorative power of bergamot, orange and lemon known for its relaxing properties, to release stiff muscles and ease tension. The sedative and therapeutic warmth of hot stones further enhances relaxation, providing comprehensive therapy for both body and mind. Emerge feeling revitalized and deeply restored.

STRESSCURE MASSAGE 75 min \$240 USD

Experience profound relief and rejuvenation, this massage harnesses the ancient healing power of an energizing oil blend, with potent pain-reducing and anti-inflammatory properties, ideal for soothing stiff muscles and calming anxiety. We begin with the deeply therapeutic application of warm herbal pouches, combined with expert deep kneading techniques to alleviate soreness and eliminate contractures. A soothing seven-herb balm is applied to the back, followed by a tranquil scalp massage to calm the mind. Emerge from this transformative therapy feeling renewed and revitalized.

MINDFUL MUSCLE SOOTHER MASSAGE 75 min \$240 USD

Melt away tension. We begin with a moment of breathing to center your mind. Your therapist then uses precise, profound and enveloping movements with coconut and sandalwood oils to work through tight muscles, release knotted fibers, and liberate stagnant energy. This treatment is a journey of both physical and mental release, leaving you feeling calm, open, and renewed.

WHISPERS OF EARTH GROUNDING MASSAGE 75 min \$240 USD

A transformative massage designed to release physical and mental tension, restoring your natural vibrational frequency. Experience the therapeutic benefits of warm wild orange oil, combined with the grounding warmth of hot stones and the energetic alignment of gemstones. Expert stretching and massage techniques work to release muscle tension, promoting deep relaxation and restoring equilibrium. Rediscover your inner balance and connection to the earth.

SWEDISH RELAXING MASSAGE 75 min \$240 USD

Considered the perfect balance of therapy and relaxation, gentle yet effective results providing gentle pressure and friction that soothe sore muscles and loosen tight joints. eases tension, wipes out stress and promotes deep relaxation.

PRECIOUS MOM TO BE 75 min \$240 USD

The absolute meaning of One love, One energy. Cherish this special time with a treatment designed for the special needs of you and your baby. Close your eyes and breathe in soft, beautiful aromas as you are enveloped in expert loving touch. Nourishing oils moringa, cacao, ginger, and bitter orange ensure the most pure and natural care for you and your little one.

ALOE HEALING TREATMENT 50 min \$180 USD

With the One love of Aloe healing plant and the richness of green seaweed, the skin becomes repaired and healed from burns, in a fresh and subtle wrap for body and face, to rehydrate, mineralize and calm the skin in a cherishing cocoon, making you feel comforted and alleviated.

ONE FACIALS

GUASHA VEGAN FACIAL 50 min \$180 USD

GUASHA VEGAN DEEP CLEANSING FACIAL 75 min \$250 USD

This facial is about clean, nurture, hydrate, calm, regenerate and soothe your skin, through a combination of vegan probiotics, aloe, red maple bark extract and hyaluronic acid, while ancestral guasha relaxes facial muscles, drains toxins, enhances circulation and oxygen levels, an all in one facial.

TIMEXPERT FILLER FACIAL 75 min \$250 USD

Recover energy and skin vitality by rejuvenating skin with three dimensions: elevating muscles, filling in lines, and firming actives. Obtain ONE beauty with this exclusive method and ancient techniques, blending botanical extracts and using a duo of calcium and glucose for the transformation and reawakening of your skin, mind, and spirit.

HYDRALURONIC MODELLING FACIAL 75 min \$250 USD

Innovative high end facial therapy based in Hyaluronic 3D actives, for a refreshed and juicy skin, creating volume in deep skin layers, filling expression lines and deeply hydrating, while rejuvenating facial massage techniques are applied with our exclusive Cool Massager, that lifts the skin. Ideal for all skin types and all ages.

RADIANT GLOW ORGANIC FACIAL 75 min \$250 USD

Submerge in a wellness and organic skincare experience, it's all about, hydrate, calm, regenerate, detoxify, soothe give luminosity, starts with a grounding Sage footbath, purification begins with a herbal steamed towels to promote circulation, followed by cleansing and exfoliation with raspberry seeds and rice powder, to continue with a life shot of our revitalizing birch and citrus serum, with a mindful facial massage, to end with a cocooning clay balm mask to restore hydration, ending with an ultra moisturizing emulsion with hawthorn flower water and extract of alfalfa, reducing signs of fatigue, smoothing visibly the skin.

THE BARBER'S TOUCH FACIAL 50 min \$180 USD

This unique treatment is designed specifically for men, incorporating traditional barbering techniques with modern skincare expertise. We begin with a gentle yet effective clay foaming exfoliation to smooth and refine the skin's texture. Next, a soothing , hydrating and restoring serum is applied to deeply hydrate and revitalize, leaving your skin feeling refreshed and invigorated. Finally, a luxurious hydrating and calming mask is used to lock in moisture and promote a healthy, radiant complexion.



ONE KIDS

For family and kids

SHARING WITH FAMILY MASSAGE 50 min (duo to quartet)

Celebrate the ONE love of the most valued treasure... your family. Connect, open hearts, and appreciate each other, sharing this special time in a slow and caring massage with a blend of aloe, honey, lavender and orange to elevate love connections. Our family treatment room will embrace up to four members. Create meaningful moments with your loved ones.

\$170 USD per family member

MOMMY AND ME TIME 50 min

Spend time together with your daughter and she'll remember this moment for a long time. One Manicure for Mommy and I love fruits Pedi and Mani for the little princess.

\$200 USD for Mommy and child under 12 years

FINEST FAIRIES 75 min

A time for connection and indulgence, start in our holding hands ritual and enjoy a subtle and relaxing rose oil massage, followed by a flower essentials mini facial for Mommy and daughter or beautiful sisters.

\$420 USD for Adult and child under 12 years

JUNGLE MINI FACIAL 25 min

\$60 USD

Let them play and learn how to take care of their skin, with a gentle flower scrub a coconut mask and cucumbers in her eyes, have fun and nourish their skin in aloe balms with refreshing touches. Can be done as little groups of 2 to 4 kids.

CARIBBEAN PRINCESS 75 min \$145 USD

A time for her to be our ONE Princess, with a fruit mask pedicure, a colorful manicure, and two braids.

I LOVE FRUITS PEDICURE 25 min \$60 USD

Mmm! Smell, play and choose with our fruits scrubs and masks, blue berry, strawberry and coconut, for a sweet and hydrating caress for those little feet. For a final touch colorful polish for playful fingers.

I LOVE FRUITS MANICURE 25 min \$60 USD

Their pure and loving hands deserve a sweet treat, smell, and choose with our fruit's scrubs and masks, blueberry, strawberry and coconut to cherish those creative and happy hands, ending with colorful or glittering polish.

PRINCESS HAIRSTYLE 25 min \$60 USD

With color ribbons and gems for your little princess.

FULL CROWN BRAIDS (8 braids) \$90 USD

MAKE ME SLEEP MASSAGE (2 to 5 years) 25 min \$90 USD

SOOTHING KIDS MASSAGE 50 min \$170 USD

A soft movement massage to calm and comfort them with lavender balms and soft tones create a shsh... lullaby for them. Mom can learn with the therapist how to apply massage to the little one.

GIRLS HAIRCUT (4 to 10 years) \$55 USD

BOYS HAIRCUT (4 to 10 years) \$40 USD



ONE BEAUTY

HAIR DETOX & NUTRITION RITUAL 50 min \$110 USD

Customized for your scalp and hair needs, with organic and vegan essential oils, this is an amazing treat, starting with a detoxifying lotion to oxygenate and purify, followed by an infusion of avocado and grape seed oils followed by prescribed essential oils blends for hydration, volume, energize or nourish combined with Champi ancient head massage to end with a fennel shampoo and an arnica, chamomile mask.

ONE MANICURE 50 min \$80 USD

A total beauty treatment for your creative and expressive hands, starting with aromatic hand bath, an enzyme scrub to renew your skin, and oriental shimmering oil for total nutrition, hydration and hand relaxation.

BOTANICAL PEDICURE 50 min \$80 USD

Anti-inflammatory salt foot bath, balsamic herbal scrub and mud to detox and refresh your feet, combined with a relaxing feet massage to make you feel rested and light.

BASALTIC STONE PEDICURE 50 min \$80 USD

Combining hot and cold stones to improve circulation, initiating with a mint and mineral scrub, followed by a stone massage and a blue seaweed, ginger, juniper mask to alleviate fatigue, firm skin and drain swollen feet.

DEEP TISSUE & REFLEXO PEDICURE 75 min \$120 USD

The ultimate in foot care to soothe, restore, and rejuvenate tired feet and lower legs. Therapeutic herbal scrub, a nutrient-rich foot mud mask, which deeply cleanses, detoxifies, and hydrates. As the mask works its magic, a skilled technician will perform a deep tissue massage on your calves and feet, focusing on releasing tight knots and muscle tension and reflexology pressure points on your feet. While you enjoy collagen eye patches for total rejuvenation.

GEL APPLICATION \$30 USD

SHAMPOO AND BLOW DRY \$95 USD

With nurturing and vegan hair care products.

HAIR STYLE LONG \$140 USD

HAIR STYLE MEDIUM \$120 USD

Amazing hair styles for that special celebration, by professionals, with anti-frizz and nurturing products for the Caribbean weather.

MAKE UP \$120 USD

AIRBRUSH MAKEUP \$150 USD

FULL STRIP LASHES \$32 USD

LADIES HAIR CUT \$115 USD

WAXING

LIP OR EYEBROW WAXING	\$28 USD
LEGS WAXING	\$65 USD
HALF LEG WAXING	\$45 USD
ARMS WAXING	\$45 USD
BIKINI WAXING	\$55 USD

ONE SPA FOR HIM

MEN'S HAIRCUT 25 min	\$55 USD
DELUXE MEN HAIRCUT 50 min	\$80 USD
Includes, specialized men products, with vitamins and hydrating actives, scalp and neck massage, blowdry.	
EXECUTIVE SHAVE 50 min	\$80 USD
Includes, Esquire products, with vitamins and Beard Oil treatment, neck massage, facial scrub and hydrating mist, calming balm.	
MUSTACHE AND BEARD OUTLINE 20 min	\$28 USD
Includes outline trimming and beard oil.	
NECK, NOSE & SIDEBURN TRIM 20 min	\$28 USD
Includes outline trimming and calming balm.	
BACK WAXING OR CHEST WAXING 25 min	\$55 USD
MEN'S HAND GROOMING 50 min	\$75 USD
Starting with aromatic hand bath, an enzyme scrub to renew your skin, and oriental botanical oils for total nutrition, hydration and hand relaxation.	
BOTANICAL PEDICURE 50 min	\$75 USD
Anti inflammatory salt foot bath, balsamic herbal scrub and mud to detox and refresh your feet, combined with a relaxing feet massage to make you feel rested and light.	



ONE SPA FAQ

How do I decide which treatment is right for me?

One of our spa professionals will help you plan the perfect spa experience and the optimum sequence of your treatments, based on your objectives.

What if I have special health conditions?

Please notify a spa professional before scheduling your appointment and they will suggest a plan that's right for you.

May I request a male or female therapist?

Yes. Although we cannot guarantee the availability of a particular therapist, we will make every effort to accommodate your wishes. All of our therapists are trained to respect and protect your privacy at all times.

What do I wear during my treatment?

Wear whatever is most comfortable for you. Our staff may provide you with disposable undergarments for the body treatments.

What about my jewelry and valuables?

Please leave all valuables in your room's safety deposit box or the secured lockers in the changing rooms. ONE Spa is not responsible for lost or forgotten valuables.

What if I'm late for my appointment?

Arriving late may limit the time for your treatment. Depending on the length of your service, a late arrival may be classified as a 'no-show.'

How early should I check in for my scheduled appointment?

We recommend check-in at least 10 minutes prior to your spa appointment. This will allow you enough time to register, get your locker assignment, change into your robe and relax for a few minutes before your spa treatment begins.

If you have booked the ONE Aqua experience, please arrive 60 minutes prior to your first treatment if you want to enjoy our luxurious hydrotherapy facilities with whirlpools, cold plunge, sauna, steam room and more.

What precautions do I need to know?

We recommend eating and drinking in moderation and avoiding alcoholic beverages prior to your spa service, exercise classes, whirlpools and heat treatments. Do not shave your legs prior to a body scrub treatment. Severe sunburn may prevent you from enjoying a spa treatment. Be conscious and use sun protection.

Are gratuities included?

Gratuities are not included with ONE Spa treatments. They may be charged to your room or given to your therapist in cash.

How is payment for spa services handled?

ONE Spa can charge spa services to your room account. Guests may also pay with a credit card.

What is your cancellation policy?

Cancellations must be made at least 24 hours prior to your scheduled appointment or a 50% charge will be applied.

What if I forget to show up for my appointment?

No-shows will be charged 50%.

NOTE: Promotions or discounts in ONE Spa cannot be applied to any other promotion given by the Travel Agency or Hotel Reservations.



OPENING HOURS 9 A.M. TO 6 P.M.
RESERVE AT EXT. 4411 | SPA.FPC@FINESTRESORTS.COM