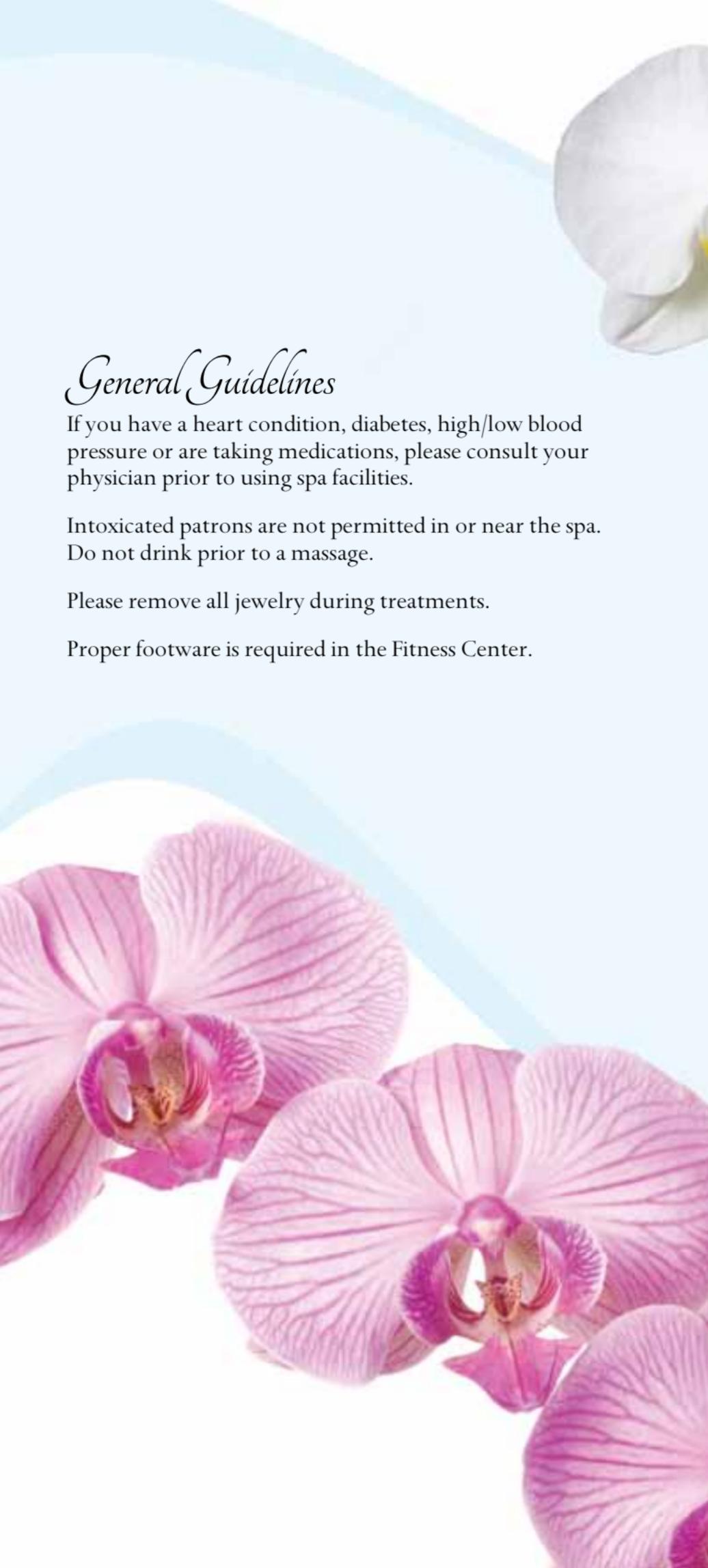




**SPA**  
**MONTEGO BAY**  
CASINO — RESORT





## *General Guidelines*

If you have a heart condition, diabetes, high/low blood pressure or are taking medications, please consult your physician prior to using spa facilities.

Intoxicated patrons are not permitted in or near the spa. Do not drink prior to a massage.

Please remove all jewelry during treatments.

Proper footwear is required in the Fitness Center.



## *How to Spa*

### **WHAT IF I HAVE HEALTH PROBLEMS?**

Please notify the spa receptionist before booking your treatments if you have high blood pressure, allergies, are pregnant or are under a doctor's care.

### **WHAT SHOULD I WEAR DURING MY TREATMENTS?**

Most body treatments are enjoyed without clothing; however, undergarments may be worn if preferred.

### **IS THERE A MINIMUM AGE?**

Spa guests must be at least 21 years of age.

### **WHAT ABOUT MY JEWELRY AND VALUABLES?**

Montego Bay does not assume liability for personal items. We do provide lockers for our spa guests; however, we recommend you leave jewelry and valuables behind.

### **WHAT ABOUT PAYMENT FOR SPA SERVICES?**

We accept cash, all major credit cards and travelers checks. You may also charge spa services to your hotel account with an open credit card. Passport Rewards Club members may use comps.

### **WHAT IF I NEED TO CANCEL?**

Cancellations must be made at least 4 hours prior to appointment to avoid a charge of 50% of the scheduled service.



# Massages

## MONTEGO BAY "SWEDISH"

The "Swedish" massage is a general full-body massage using cream on the skin to facilitate treatment. Long, flowing strokes increase circulation and deeply soothes. Recommended for first-time massage.

**\$55** ..... 25 minutes    **\$80** ..... 50 minutes    **\$120** ..... 80 minutes

## HEAD, NECK & SHOULDERS

A Swedish massage technique concentrated on head, shoulders and neck to quickly relieve tension.

**\$55** ..... 25 minutes

## DEEP TISSUE

Designed to reach the deep individual muscle fibers to drain away fatigue, reduce muscle tension and lactic acids while promoting flexibility.

**\$70** ..... 25 minutes    **\$95** ..... 50 minutes    **\$135** ..... 80 minutes

## REFLEXOLOGY

Break the stress cycle by stimulating reflex areas in the feet and hands that correspond to specific body parts.

**\$55** ..... 25 minutes    **\$80** ..... 50 minutes

## HOT STONE THERAPY

As hot stones are used to massage your body, you can feel the tension melt away while ridding your body of toxins.

**\$95** ..... 50 minutes    **\$130** ..... 80 minutes

## CRANIAL SACRAL

A welcome release from mental stress, neck/back pain, migraines, chronic pain, insomnia and conditions such as fibromyalgia with gentle bodywork, focusing on bones of the head, spine and sacrum.

**\$55** ..... 25 minutes    **\$80** ..... 50 minutes

## THE COUPLES MASSAGE

Share the indulgence of a relaxing and rejuvenating massage in our couples' massage room. You and your partner can unwind together while enjoying a massage style of your choice.

## PRENATAL MASSAGE

This massage is used to increase circulation and decrease scar tissue formation. It reduces edema and anxiety while promoting greater joint flexibility. This treatment is not performed in the first trimester of pregnancy.

**\$80** ..... 50 minutes



## *Specialty Massages*

### **DEEP HEAT ATTACK**

Full-body massage with emphasis on a target area of concern, especially the lower back, calves or forearms.

**\$80**..... 50 minutes      **\$120** ..... 80 minutes

### **AROMA THERAPY MASSAGE**

Fragrant oils extracted from herbs, flowers and fruits are used to naturally enhance the benefits of massage.

**\$85**..... 50 minutes

## *Enhancements — \$10*

Upgrade your treatment with one of the following enhancements. Available with full-body massage of 50 minutes or longer such as Swedish, Deep Tissue or Hot Stone.

### **"STRESS MELTING" SCALP MASSAGE**

Invigorating scalp massage with essential oils designed to melt away stress from the neck and shoulder area.

### **SOOTHING PEPPERMINT FOOT TREATMENT**

Revive tired feet with our all-natural therapeutic scrub, which provides maximum hydration and exfoliation to the feet. Also available with 50 minute Reflexology.

### **BODY BUTTER HAND AND FOOT TREATMENT**

### **DRY BRUSHING FOR SKIN**

Light exfoliation, stimulates lymphatic system and tones skin.





We employ Hydrotone Thermal Capsule for all our body wrap and scrub treatments. This unique amenity allows you to remain reclined and relaxed while receiving a steam or water spray shower, enjoying total privacy and warmth throughout your treatment.

## *Body Wraps*

### **MOROCCAN COCOON WRAP**

Feeling fatigued? This energizing wrap will replenish your stamina and refine your skin, leaving it mineralized, moisturized and feeling youthful.

**\$80** ..... 50 minutes

### **GREEN COFFEE CELLULITE WRAP**

Slim and tone your body with a cutting-edge treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention.

**\$90** ..... 50 minutes

### **REJUVENATING AROMATIC MOOR MUD**

A warm mud, rich in natural vitamins, minerals and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are reduced as your body's circulation is stimulated and stress vanishes.

**\$80** ..... 50 minutes

### **DETOXIFYING SEAWEED BODY MASK**

Detoxifies, remineralizes and hydrates dry, depleted skin. As stress and toxins are eliminated, your entire body will look more youthful.

**\$80** ..... 50 minutes

## *Salt Glow and Sugar Scrubs*

Scrubs are used together with body butter to form a moisturizing paste that exfoliates, detoxifies and heals. Steam is then used to lock in the minerals and moisturizers. We finish by massaging with our moisturizing lotion, leaving your skin soft and supple.

**\$80** ..... 50 minutes

### **CHOOSE FROM THE FOLLOWING:**

#### **MOUNTAIN SWEET**

Contains fresh-pressed fruit rind oil and sugar and is enriched with essential vitamins and secret blend of spices. Perfect for delicate skin.

#### **MONTEGO BAY MANGO**

Mango sorbet and body butter to tantalize your sweet senses.

#### **PINA COLADA ISLAND BREEZE**

Blend of coconut and other tropical flavors.

#### **MOUNTAIN GLOW SEA SALTS**

From the Great Salt Lake, these sea salts exfoliate, detoxify, moisturize and heal. Blended with nutrient-rich, fresh-pressed fruit rind oils, nourishing oils, vitamins and a secret blend of spices.

#### **SEASIDE SENSATION**

An invigorating mint and refreshing citrus blend.

#### **JAMAICAN ESCAPE**

Lemon salt and body butter for a delicate citrus scent.

## *Fitness Center*

Our well-equipped Fitness Center is located on the third floor, overlooking the pool, hot tubs and courtyard.

We feature an array of the latest weights and cardio machines, including; treadmills, adjustable bench, bicycles, total body trainer and free weights.

# SPA MONTEGO BAY

CASINO — RESORT

**SPA HOURS: 7AM - 7PM**

(Seasonal)

775.664.4000 ext. 44955

We suggest making Spa Reservations  
at least two weeks in advance.

**FITNESS CENTER HOURS: 7AM - 9PM**

**POOL HOURS: 9AM - 9PM**

(Seasonal)

