



RELAX. RECHARGE. RENEW.

IN-SUITE WELLNESS

Experience fundamental components of wellness interwoven into your stay to provide soothing comfort as you find at The Royal Spa.

RAIN SHOWERS

Your luxury guest room is fitted with an overhead rain shower that is designed to be tranquil and calming. Give yourself the health benefits of a shower experience designed to resemble the gentle fall of the rain – each morning and night in the privacy of your suite.

SOAKER TUBS

Being immersed, buoyant or massaged in water can relieve our bodies in a variety of different ways. Many rooms feature a two-person whirlpool tub fitted with a number of jets designed to target areas of the body prone to muscle ache.

DREAMBED™

A restful sleep plays a critical role in immunity, metabolism, memory, and other vital functions. Your suite offers a signature Royalton DreamBed™ with features that include hypoallergenic sealant, double tempered coils, motion transfer prevention and a 3" Euro-top for extra comfort.

PILLOW MENU

Diamond Club™ and The Royal Spa have placed a menu in your suite that offers a selection of pillows to contribute to a peaceful night's sleep. You're welcome to choose a pillow that better suits your sleep style, 24 hours a day.

PHILOSOPHY

The Royal Spa provides guests with a place to enhance and invest in personal wellness with the aid of traditional spa treatments and practices. As an essential part of the Royalton Luxury Resort vacation experience, elements of wellness are interwoven into a stay to help you relax, renew, and encourage sustainable habits for a healthy lifestyle after visiting with us.

The lotus flower, a symbol of The Royal Spa, supports our philosophy of wellness and exemplifies renewal. This cross-cultural icon is known for positivity and purity of the body.

During your stay at The Royal Spa, enjoy time-honoured relaxation practices, listen to the calming power of falling water in the hydrotherapy circuit, feel the weightless relief of a massage or reveal glowing skin with a body treatment

“ Health is a state of body.
Wellness is a state of being. ”

J. Stanford

MASSAGES

SWEDISH MASSAGE | 25, 50 & 80 MINS

This comforting Swedish full body massage uses long slow and gentle strokes. A calming massage, the goal is to enhance relaxation and promote rejuvenation.

REGENERATIVE MASSAGE | 25, 50 & 80 MINS

Firm to deep pressure is applied to the whole body through a technique that relieves tension while unwinding painful knots and restoring comfort and mobility. Able to ease high blood pressure.

ATHLETIC MASSAGE | 50 & 80 MINS

This therapeutic massage acts on the skeletal system and muscle tissue to improve joint mobility, release muscle tension, calm the nervous system and boost circulation.

BODY-CLEANSING MASSAGE | 50 & 80 MINS

Using the aromatherapeutic technique, this treatment uses a light pressure massage to stimulate blood flow and aid lymphatic drainage. This treatment aims to eliminate toxins from the body and alleviate fluid retention reducing cellulite and swelling.

COUPLES MASSAGE | 50 & 80 MINS

Designed exclusively for couples this restorative massage uses carefully applied pressure to alleviate muscle pain and discomfort bringing a moment of quiet reflection with a loved one.

THERMAL ENERGY MASSAGE | 50 & 80 MINS

Radiant heat from warm stones relieves tension, eases muscles stiffness and increases circulation. This massage therapy promotes deeper muscle relaxation, as the heat allows your therapist to reach deeper layers of muscle and connective tissues.

AROMATIC MASSAGE | 50 & 80 MINS

Recommended after the complete hydrotherapy circuit is enjoyed, so the body experiences full benefits, this signature treatment uses fragrant oils during a careful and attentive massage to promote a sense of whole-body tranquility.

REVITALIZING MASSAGE | 25 & 50 MINS

This treatment involves reflexology, the application of pressure to reflex points on the feet, hands, or ears which correspond to organs and systems in a pattern that will promote healthy healing and bring whole-body wellness.

BEACH MASSAGE | 25 & 50 MINS

This beach front treatment offers a gentle full body massage as you listen to the crashing waves for an authentic soundtrack to relaxation. A concept called 'nature grounding,' this massage brings moments of reflection, plenty of fresh air and naturally derived vitamin D.



This lotus symbol indicates The Royal Spa has chosen Babor products for your wellness treatment. Babor is a German skincare line that contains the finest natural ingredients and leads to targeted results.







SIGNATURE TREATMENTS

ROYAL LOTUS WRAP | 80 MINS

The skin's surface is stimulated with a gentle exfoliant before being luxuriously wrapped with a full-body mask. To end this treatment, a massage leaves the body in a state of rejuvenation and tranquility.

SIGNATURE ROYAL MASSAGE | 50 MINS

Performed by two therapists, this four-handed massage uses aromatherapy, Hawaiian Lomi Lomi, Shiatsu and reflexology techniques with hot compresses to target pressure points to leave you in a state of tranquil well-being. A signature treatment of The Royal Spa.

ROYAL SAMUNPRAI MASSAGE | 80 MINS

This massage was the only one suitable for Thai warriors returning from battle, a centuries old technique brings deep medicinal heat to the muscles, using an herbal compress of lemongrass and Thai ginger, followed by a firm whole-body massage.

CUSTOM BABOR RITUAL | 80 MINS

A body scrub and mask is followed by a full body massage. Select a customizable aroma to create a unique experience. Choose from relaxing lavender and mint, energizing lime and mandarin or balancing cashmere and wood.

“ Silence is not an absence
but a presence. Not an
emptiness but repletion.
A filling up. ”

Anne D. LeClaire



This lotus symbol indicates The Royal Spa has chosen Babor products for your wellness treatment. Babor is a German skincare line that contains the finest natural ingredients and leads to targeted results.



FACIALS

SOOTHING | 25, 50 & 80 MINS

Treat sensitive skin to improve complexion, reduce inflammation and boost immunity which will help prevent future irritations.

PURIFYING | 50 & 80 MINS

Combination or oily skin is cared for with a gentle exfoliation and thorough cleansing to remove impurities and oil.

AFTER SUN | 50 MINS

Repair over exposed skin and relieve redness with a treatment designed to care for the face in this delicate state.

NOURISHING | 50 & 80 MINS

Skin is first exfoliated then covered in a collagen-rich face mask designed to repair skins structure and revitalize complexion.

JUST FOR HIM | 50 & 80 MINS

Created for the unique needs of a man's complexion where brighter skin is revealed after a cleansing mask and gentle massage.

ANTI-AGING | 80 MINS

Rejuvenates the skin leading to prolonged hydration and anti-aging benefits by stimulating delicate cells in the skin.

SKIN-LIFTING | 80 MINS

Designed to leave skin tighter, this facial combines exfoliation practices so skin feels softer and is more supple.



This lotus symbol indicates The Royal Spa has chosen Babor products for your wellness treatment. Babor is a German skincare line that contains the finest natural ingredients and leads to targeted results.



“ A wise man ought to realize that health is his most valuable possession. ”

Hippocrates





BODY TREATMENTS

HEALTHY RADIANCE | 25 MINS

A creamy scrub is applied to the skin so moisture is absorbed more easily leaving skin with a glow.

CALMING WRAP | 50 MINS

Repair over exposed skin on the whole body and relieve redness with this treatment designed to provide care in this delicate state.

SMOOTHING RITUAL | 50 MINS

This targeted treatment stimulates blood flow and lymphatic drainage so the body is more efficient at eliminating harmful toxins. Ideal for trouble areas or areas with cellulite.

RESTORATIVE GLOW | 50 MINS

This is a focused treatment specifically for tension in your back, neck, and shoulders. The journey starts with exfoliation followed by a relaxing mask and finished with a deep tissue massage.

HYDROTHERAPY

The word spa is derived from Latin phrases such as *Salus per Aqua* and *Sanitas per Aquam*, which means health through water. Therefore, the use of water in spa treatments is a broad element expressed at The Royal Spa through heat, steam and buoyancy in the hydrotherapy circuit.

“ Peace comes from within. Do not seek it without. ”

Buddha



PACKAGES

TIME TO DETOX | 80 MINS

A specialized body treatment that combines the anti-oxidant power of grape seed extract with the healing benefits of aromatherapy to provide anti-aging nourishment to the skin. Skin is exfoliated with a walnut scrub and moisture is then replenished with a mud masque containing grape extract and aloe vera. This treatment is completed with a relaxing aromatherapy massage to ease tension.

TIME TO CONNECT | 100 MINS

The perfect way to spend time with someone you love. This ritual for couples begins with hydrotherapy continuing with a body scrub then a wrap paired with a refreshing express facial treatment that offers instant relaxation. A therapeutic massage ends the ritual leaving you in a state of tranquility.

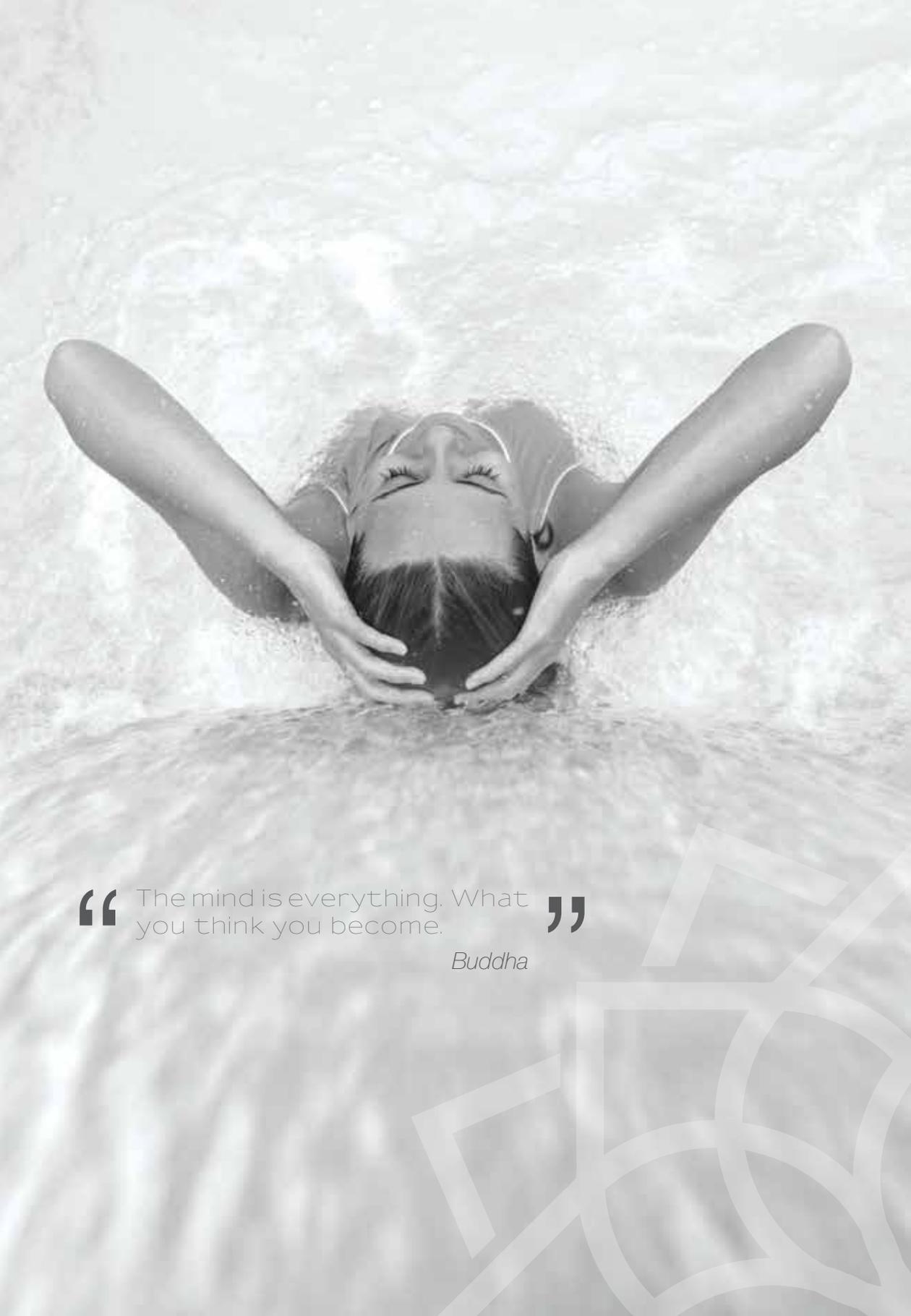
TIME TO RESTORE | 90 MINS

The ultimate treatment for tired muscles, this ritual begins with a deep tissue massage designed to target problem areas most affected by sore connective tissues. Followed by a pedicure to leave you feeling like you're walking on air.

BRIDAL | 4 HOURS

Enjoy four hours in the bridal suite for three guests with a bottle of chilled sparkling wine and orange juice for mimosas, a plate of fruits and cheeses and canapes.





“ The mind is everything. What you think you become. ”

Buddha



ADD ONS

EYE TREATMENT | 15 MINS

This treatment combines botanical ingredients to instantly soften lines, diminish dark circles, and reduce puffiness.

PARAFFIN TREATMENT | 20 MINS

Paraffin treatments provide heat therapy and reveal softer skin as the warmth radiates from the paraffin through to tired joints and muscles.

HYDRATING HAND & FOOT TREATMENT | 15 MINS

Pamper your hands with this intense hydrating treatment. Includes an exfoliating scrub and massage.

SCALP TREATMENT | 20 MINS

A variety of techniques release upper neck and head tension. A relaxing experience, this treatment is a quick way to feel relief.

MANICURE

EXPRESS

These quick services offer an effective option to care for your hands and feet efficiently.

MANICURE | 35 MINS

PEDICURE | 45 MINS

ROYAL

A luxurious treatment for hands and feet, this is total therapy for an often-forgotten area in need of some care.

MANICURE | 45 MINS

PEDICURE | 50 MINS

NAIL POLISH CHANGE

Our beauty experts will remove and replace chipped old nail polish with a new coat for your vacation.

SHELLAC NAIL POLISH

Our beauty experts apply long-lasting nail color to outlast your vacation.

HAIR STYLING

BRIDAL

A beautiful up-do helps make you picture perfect for your special day.

WASH & BLOW DRY

Our beauty experts offer a wash & blow dry service for an effortless evening.

MAKE UP

This beauty service is expertly applied by trained make up artists to make sure you're picture perfect.

