

J.K.
S P A

C A P R I

J.K. SIGNATURE RITUALS

ING

A WONDERFUL JOURNEY THROUGH THE FRAGRANCES OF THE ISLAND

PRE SUN-EXPOSURE

ONE OF THE BEST WAYS TO PREPARE FOR A TAN IS TO EXFOLIATE. A GENTLE POLISHING FACE TREATMENT, A BODY SCRUB USING SEA SALT WITH A COMBINATION OF ESSENTIAL OILS TO EXFOLIATE THE SKIN AND IMPROVE THE CELL TURNOVER. FOLLOWING A PURE SHEA BUTTER FULL BODY APPLICATION WITH A RELAXING DELIGHTFUL SCALP MASSAGE THAT WILL LEAVE YOUR SKIN FEELING REJUVENATED AND SILKY.

AFTER SUN

A UNIQUE TREATMENT TO RESTORE THE SKIN AFTER SUN EXPOSURE. A SOOTHING AND HEALING SKIN WRAP WITH PURE ALOE GEL, FOLLOWED BY A MOISTURIZING FACIAL, AN AROMA MASSAGE WITH SHEA BUTTER AND AVOCADO OIL. THE SKIN WILL BE REPLENISHED WITH LIFE-GIVING MOISTURE, GIVE RELAXATION AND THE ANTIOXIDANT INGREDIENTS HELP TO SAVE BEAUTY AND YOUTH.

ROSE EXPERIENCE

REGENERATING BACK AND NECK MASSAGE AND AN ENVELOPING MOISTURIZING FACE TREATMENT.

J.K. MASSAGE

COMBINATION OF DIFFERENT TECHNIQUES TO CREATE YOUR BESPOKE, PERSONALIZED MASSAGE EXPERIENCE. A JK HEALTH INFUSION WILL BE SERVED IN OUR RELAXATION AREA FOLLOWING THE TREATMENT.

JK POOLSIDE FOOT MASSAGE

INDULGE IN A 30-MINUTE FOOT MASSAGE BY THE POOL. COMBINING TECHNIQUES AND OILS, THIS MASSAGE STIMULATES THE CIRCULATION AND DEEPLY RELAXES MUSCLES.

J.K. BODY MASSAGE

AROMA MASSAGE

A RELAXING MASSAGE THAT COMBINES LIGHT TO MEDIUM PRESSURE WITH THE POWERFUL EFFECT OF ESSENTIAL OILS TO RELAX AND BALANCE YOUR BODY, MIND AND SOUL.

DEEP TISSUE MASSAGE

THIS THERAPEUTIC AND DEEP PRESSURE MASSAGE HELPS TO RELIEVE MUSCLES CONTRACTIONS USING SPECIFIC TECHNIQUES, HOT TOWELS, AND WARM OILS.

HOT STONE MASSAGE

PERFORMED WITH HOT LAVA STONES, OILS AND RELAXING TRADITIONAL TECHNIQUES TO RELIEVE TIGHT MUSCLES AND NERVOUS TENSIONS.

DRAINING MASSAGE

THIS MASSAGE IN COMBINATION WITH SPECIFIC ESSENTIALS OILS, CREAM AND SPECIFIC TECHNIQUES HELPS TO REDUCE SWELLING AND WATER RETENTION.

ANTI-CELLULITE MASSAGE

DEEP AND ENERGETIC MASSAGE REGENERATES THE TISSUES, STIMULATES THE LYMPHATIC CIRCULATION AND THE CONNECTIVE TISSUE FOR AN ELASTIC AND SMOOTH TONIC SKIN.

ADD ONS FOR YOUR FACE

FILLER EFFECT MASK

PURE HYALURONIC MASK

PURE COLLAGEN MASK

DR. BARBARA STURM

SIGNATURE STURMGLOW

"THE SIGNATURE #STURMGLOW FACIAL WAS CREATED AROUND MY SKINCARE PHILOSOPHY TO DELIVER HYDRATION, BOOST SKIN BARRIER FUNCTION, SOOTHE SIGNS OF IRRITATION AND IMPROVE THE OVERALL SKIN HEALTH AND SKIN MATRIX. THE FACIAL INCORPORATES TECHNIQUES CREATED IN MY GERMAN CLINIC FOR CLEANSING, EXFOLIATING, EXTRACTIONS, AND AN ANTI-AGING LYMPHATIC MASSAGE." - DR. BARBARA STURM

THE SIGNATURE #STURMGLOW FACIAL COMBINES THOROUGH CLEANSING, EXFOLIATING AND EXTRACTIONS TO LEAVE THE SKIN SUPER CLEAN AND REFRESHED. IT ALSO INCLUDES DR. STURM'S SIGNATURE ANTI-AGING MASSAGE; A UNIQUE COMBINATION OF MASSAGE TECHNIQUES WHICH HELP INCREASE BLOOD AND OXYGEN FLOW AND TONE AND DEFINE THE FACIAL MUSCLES FOR AN INSTANT, YOUTH-LOOKING COMPLEXION.

THE SCIENCE | LONG AND SHORT-CHAIN HYALURONIC ACID MOLECULES IN THE HYALURONIC AMPOULE ARE INFUSED INTO THE SKIN AND PROVIDE INTENSIVE HYDRATION AT BOTH UPPER AND DEEPER SKIN LAYERS. THE FACE CREAM RICH BOOSTS MOISTURE AND ANTIOXIDANTS HELP RESTORE AND SOOTHE THE SKIN. SPECIAL MASSAGE TECHNIQUES BOOST CIRCULATION, ENHANCING THE PRODUCTION OF COLLAGEN FOR EFFECTIVE SKIN REPAIR.

THE RESULTS | THIS FACIAL TARGETS KEY AREAS OF CONCERN TO INSTANTLY SMOOTH LINES, REDUCE PUFFINESS, LIFT AND DEFINE THE CHEEKBONES AND JAWLINE AND GIVE SKIN A YOUTHFUL GLOW.

INSTANT GLOW FACIAL

"THIS IS AN EXPRESS VERSION OF OUR SIGNATURE STURM GLOW FACIAL - IT INCORPORATES TECHNIQUES CREATED IN OUR GERMAN CLINIC FOR CLEANSING, EXFOLIATING AND POTENT HYDRATION, WITH CUTTING-EDGE MOLECULAR EFFICACY." - DR. BARBARA STURM

THIS REVITALIZING FACIAL WILL CLEANSE, NOURISH, AND AWAKEN THE SKIN, AND HELP RESTORE THE COMPLEXION'S NATURAL GLOW. LIGHT-REFLECTING PIGMENTS IN GLOW DROPS LEAVE THE SKIN WITH A VISIBLE, YOUTHFUL RADIANCE AND EVEN OUT THE APPEARANCE OF ANY IRREGULARITIES ON THE COMPLEXION.

THE SCIENCE | PURSLANE PROVIDES REJUVENATING, ANTI-OXIDATIVE AND NUTRITIVE PROPERTIES, POLYGONUM BISTORTA ROOT EXTRACT OPTIMIZES SKIN TONE AND THE TEXTURE OF THE SKIN'S SURFACE, WHILE WILD ROSE EXTRACT REFINES THE PORES.

THE RESULTS | THE TREATMENT NOURISHES THE SKIN AND HELPS TO RESTORE A NATURAL AND HEALTHY-LOOKING GLOW.

SUPER ANTI – AGING FACIAL

"BY COMBINING THE EFFECTS OF MY ANTI-OXIDANT INFUSED, PEPTIDE RICH SUPER ANTI-AGING SERUM WITH AN EXCLUSIVELY DESIGNED RE-SCULPTING AND ANTI-GRAVITY MASSAGE, THIS COSMETIC TREATMENT REACHES DEEPER LAYERS OF THE SKIN, REDUCING THE APPEARANCE OF FINE LINES AND RESULTING IN MORE YOUTHFUL-LOOKING SKIN." - DR. BARBARA STURM

THE SUPER ANTI-AGING FACIAL REPLENISHES MOISTURE RESERVOIRS RESULTING IN A SMOOTHER AND MORE YOUTHFUL COMPLEXION, WHILE PROMOTING THE SKIN'S NATURAL BARRIER FUNCTION AND REDUCING THE APPEARANCE OF FINE LINES AND WRINKLES.

THE SCIENCE | LONG AND SHORT-CHAIN HYALURONIC ACID MOLECULES ARE COMBINED WITH STRONG ANTIOXIDANTS AND INGREDIENTS WHICH HELP TO REPAIR DAMAGED SKIN AND SUPPORT REGENERATION.

THE RESULTS | THIS FACIAL VISIBLY LIFTS THE SKIN AROUND THE JAW AND NECK WHILE REDUCING FINE LINES AND REVIVING STRESSED SKIN.

BRIGHTENING FACIAL

"THIS NON-AGGRESSIVE TREATMENT IS DESIGNED TO BRIGHTEN YOUR SKIN, COMBAT LACKLUSTER AND UNEVEN COMPLEXIONS, AND PROVIDE A COCKTAIL OF NURTURING AND NUTRITIVE INGREDIENTS." - DR. BARBARA STURM

THE BRIGHTENING FACIAL DECREASES THE APPEARANCE OF HYPERPIGMENTATION AND GENTLY BRIGHTENS THE SKIN USING NATURAL BRIGHTENING INGREDIENTS WHILE COMBATTING THE OXIDATIVE STRESSES THAT CAUSE PREMATURE AGING AND DARK SPOTS. SHIMMER PARTICLES INCLUDED IN THE BRIGHTENING SERUM, BRIGHTENING FACE

CREAM AND BRIGHTENING FACE LOTION, BOOST SKIN TONE AND LEAVE SKIN LOOKING LUMINOUS WHILE HYDRATING INGREDIENTS ALSO PROVIDE ESSENTIAL MOISTURE AND REJUVENATING ANTI-AGING POWERS.

THE SCIENCE | CRESS SPROUTS EXTRACT HELPS TO VISIBLY AND INSTANTLY BRIGHTEN THE APPEARANCE OF THE SKIN AND DIMINISH THE APPEARANCE OF DARK AND YELLOWISH SPOTS. GINSENG EXTRACT SUPPORTS THE SKIN'S OWN PROTECTION AGAINST FREE RADICALS AND ENVIRONMENTAL STRESS AND HYALURONIC ACID PROVIDES INSTANT HYDRATION.

THE RESULTS | YOUR SKIN IS LEFT SMOOTHER, BRIGHTER AND MORE VIBRANT LOOKING.

MEN' S FACIAL

"A MAN'S SKIN IS DERMATOLOGICALLY DIFFERENT FROM A WOMAN'S. THE ANTI-AGING MEN'S FACIAL REVITALIZES MEN'S SKIN WHILE TAKING INTO ACCOUNT THOSE DIFFERENCES. THE TREATMENT WILL EXFOLIATE, CALM AND NOURISH THE COMPLEXION, WHILE REFINING PORES AND PROVIDING ESSENTIAL HYDRATION." - DR. BARBARA STURM

CUSTOMIZED TO THE SPECIFIC NEEDS AND CHALLENGES OF MEN'S SKIN, THIS TREATMENT CLEANSSES, TONES, SOOTHES AND COMFORTS IRRITATED SKIN, ESPECIALLY AFTER SHAVING. THE MEN'S FACIAL REMOVES ROUGH OR DRY SKIN AND IMPROVES SKIN BARRIER FUNCTION, WHILE ALSO FIGHTING THE SIGNS OF AGING, UNDER EYE DISCOLORATION AND PUFFINESS.

THE SCIENCE | LONG AND SHORT-CHAIN HYALURONIC ACID MOLECULES ARE COMBINED WITH STRONG ANTIOXIDANT INGREDIENTS THAT NOURISH DAMAGED SKIN AND SUPPORT SKIN BARRIER FUNCTION.

THE RESULTS | THE SKIN EMERGES DEEPLY CLEANSED, SOFTER AND BRIGHTER. IT RESTORES AND CALMS THE COMPLEXION TO LEAVE THE SKIN LOOKING REVITALIZED AND VISIBLY REDUCES THE APPEARANCE OF DEEPER FACIAL LINES AND WRINKLES TO WHICH MEN ARE MORE PRONE

REVITALIZING SCALP MASSAGE

"MY REVITALIZING SCALP MASSAGE PROVIDES DEEP RELAXATION WHILE ADDRESSING DRYNESS AND BOOSTING THE OVERALL SCALP CONDITION, PROMOTING NATURALLY BEAUTIFUL, SHINY HAIR." - DR. BARBARA STURM

THIS PRESSURE POINT SCALP MASSAGE HELPS TO RELIEVE STRESS, REDUCE MUSCLE TENSION AND ENCOURAGE BLOOD CIRCULATION. DR. BARBARA STURM'S SCALP SERUM SOOTHES THE APPEARANCE OF IRRITATED SKIN AND PROVIDES INTENSE HYDRATION. THE TREATMENT HELPS TO PROMOTE NATURALLY BEAUTIFUL, SHINY HAIR.

THE SCIENCE | AN INGREDIENT OBTAINED FROM THE INDIAN KINO TREE ACTS AS AN INTENSIVE ANTI-AGING TREATMENT ON THE SCALP WHILE A COMBINATION OF ATP, ALGIN AND PAPAYA EXTRACT HELPS TO RESTORE THE SCALP'S MOISTURE BALANCE. DR. STURM'S PROPRIETARY BLEND OF LOW AND HIGH MOLECULAR WEIGHTED HYALURONIC ACID DRENCHES THE SCALP IN LASTING HYDRATION.

THE RESULTS | YOUR SCALP WILL FEEL SOOTHED AND NOURISHED, WHILE YOUR MIND WILL BE DEEPLY RELAXED.

J.K. NAIL BAR

J.K. SPA OFFERS MANUCURIST NAIL PRODUCTS. THE COMPANY IS A CRUELTY FREE; VEGAN AND THEIR INGREDIENT ARE 84% NATURAL.

SPA MANICURE

NO POLISH

REGULAR GREEN POLISH

SEMI-PERMANENT GREEN FLASH POLISH

DETOX ADD ON

A REAL DETOX FOR THE NAILS AND CONSISTS OF OVERLAYING CARE PRODUCTS IN SIX KEY STEPS TO GIVE LIFE BACK TO DAMAGED NAILS. A FINAL TOUCH WITH A TREATMENT BASED ON YOUR TYPE OF NAILS. PERFECT BETWEEN GEL POLISH APPLICATIONS OR WHENEVER YOU WANT PRETTY, HEALTHY, AND NATURAL NAILS. NAILS WILL BE SMOOTHENED AND DETOXIFIED, AND POLISH WILL EVEN LAST LONGER. FOLLOWING THE MANICURE, A DETOX DRINK WILL BE SERVED IN THE RELAXATION AREA OR EVEN DURING THE TREATMENT SHOULD YOU PREFER.

SPA PEDICURE

NO POLISH

REGULAR GREEN POLISH

SEMI-PERMANENT GREEN FLASH POLISH

POLISH CHANGE

REGULAR

MANICURE FOR MEN

PEDICURE FOR MEN

J.K. BEAUTY

WAXING

EYEBROWS

UPPER LIPS

UNDER ARMS

ARMS

HALF LEGS

FULL LEGS

BRAZILIAN BIKINI

FULL BIKINI

HAIRDRESS BARBER AND MAKE UP ARE AVAILABLE ON REQUEST

FITNESS

PHYSICAL EXERCISE IN ALL ITS FACETS IS AN ESSENTIAL COMPONENT FOR THE ACHIEVEMENT AND MAINTENANCE OF A STATE OF PSYCHOLOGICAL AND PHYSICAL WELLBEING. OUR GYM IS FURNISHED WITH TECHNOGYM EQUIPMENT.

JOGGING OUTDOOR

EXPLORE THIS BEAUTIFUL ISLAND OF CAPRI WHILE GETTING IN SHAPE. RECOMMENDED EARLY MORNING. THE CONCIERGE TEAM CAN HELP YOU IDENTIFYING THEM THE FOLLOWING ACTIVITIES ARE AVAILABLE ON REQUEST. A RESERVATION IS NECESSARY.

PERSONAL HIKER

HIKE WITH A LOCAL GUIDE THAT WILL WALK YOU THROUGH THE AMAZING CAPRI'S LANDSCAPES AND MESMERIZING VIEWS.

PERSONAL GYM WORKOUT

ONE ON ONE TRAINING.

EARLY MORNING OR SUNSET PILATES WITH A TRAINER

EXERCISE PROGRAM WITH A FOCUS ON CORE STABILITY AND REINFORCEMENT.

EARLY MORNING OR SUNSET YOGA WITH A TRAINER

AN ANTIQUE DISCIPLINE THAT ENDOWS ENORMOUS BENEFITS TO THE BODY AND MIND.

TERMS & CONDITIONS

ANY CANCELLATION OR CHANGES IN THE APPOINTMENT TIME MUST BE COMMUNICATED 24 HOURS IN ADVANCE. CANCELLATIONS MADE LESS THAN 24HR AS WELL AS "NO SHOWS" WILL RESULT IN THE CHARGE OF THE ENTIRE AMOUNT OF THE TREATMENT BOOKED.

GUESTS UNDER THE AGE OF 12 ARE NOT ALLOWED IN THE WELLNESS ARE.

GIFT CARDS ARE AVAILABLE.



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