

J.K.
S P A

C A P R I

J.K. SIGNATURE RITUALS

A WONDERFUL JOURNEY THROUGH THE FRAGRANCES OF THE ISLAND

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.

CANDLE MASSAGE

A EXTREMELY RELAXING TREATMENT THAT WILL AWAKE YOUR SENSES AND CALM BODY AND SOUL AFTER THIS MASSAGE YOUR BODY WILL BE REVITALIZED AND YOUR SKIN DEEPLY NOURISHED AND SOOTHE YOUR MUSCLES TENSION, RELIEVE STRESS, FATIGUE AND SLEEPLESSNESS. PERFECT FOR THOSE WITH DRY SKIN OR FOR THOSE SEEKING A LIGHT THERAPEUTIC MASSAGE.

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.

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.

PRE SUN

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 CHOOSE FROM 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.

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.

DRAINING MASSAGE

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

HOT STONE MASSAGE

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

HOT & COLD STONE MASSAGE

HOT AND COLD STONE MASSAGE THERAPY BALANCES THE SOOTHING EFFECTS OF HEAT AND THE REFRESHING EFFECTS OF COLD TEMPERATURES TO PROVIDE TOTAL RELAXATION FOR THE BODY AND MUSCLES. USING HOT AND COLD STONES COMBINES THERMO-THERAPEUTIC TREATMENT AND MASSAGE THERAPY TO OFFER MANY HEALTH BENEFITS AND DEEP LEVEL OF REJUVENATION.

WAVE MASSAGE

FOR A TOTAL DEEP RELAXATION DONE BY TWO THERAPIST WHO WILL SIMULTANESLY APPLY WAVELIKE MOVEMENTS USING AN ESSENTIAL OIL OF YOUR CHOICE. IT WILL HELP YOU COMBAT FATIGUE, REDUCE STRESS AND RESTORE YOUR ENERGY. AN IDEAL TREATMENT TO BEGIN YOUR VACATION ON THE ISLAND.

ADD ONS FOR YOUR FACE: FILLER EFFECT/HYALURONIC/COLLAGEN

ICE GLOBE FACIAL MASSAGER

SPECIFICALLY DESIGNED TO MASSAGE THE COUNTOUR OF THE FACE, PROMOTE LYMPHATIC DRAINAGE AND GIVE YOU A LUMINOUS GLOW IN JUST 15 MIN. THE GENTLE ROLLING ACTION OF THESE GLOBES DRAINS EXCESS FLUIDS AND TOXINS FROM THE SKIN AND FLUSHES FRESH BLOOD AND OXYGEN CELLS CARRYING RESTORATIVE NUTRIENTS TO THE SKIN'S SURFACE.

DR. BARBARA STURM

STURMGLOW FACIAL

"THIS IS THE SIGNATURE #STURMGLOW FACIAL – IT INCORPORATES TECHNIQUES CREATED IN OUR GERMAN CLINIC FOR CLEANSING, EXFOLIATING, POTENT HYDRATION AND FIRING MASSAGE, 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 EVENS OUT THE APPEARANCE OF ANY IRREGULARITIES ON THE COMPLEXION.

THE SCIENCE | PURSLANE PROVIDE 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.
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 ANTIOXIDANT 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 INFUSED WITH POWERFUL ANTIOXIDANTS AND POTENT INGREDIENTS WHICH HELP TO REPAIR DAMAGED SKIN AND SUPPORT REGENERATION.

THE RESULTS | THIS FACIAL VISIBLY LIFTS THE SKIN, SUPPORTS REGENERATION OF COLLAGEN AND HELPS REDUCE FINE LINES AND WRINKLE FOR A YOUTHFUL-LOOKING COMPLEXION.

TENSION RELEASE FACIAL

"I CREATED THIS UNIQUE TREATMENT TO HELP EASE ALL FACIAL MUSCLES, BOOST CIRCULATION AND ELIMINATE TOXINS FOR A TONED, RELAXED AND MORE YOUTHFUL-LOOKING APPEARANCE. IT'S THE IDEAL DE-STRESSING TREATMENT TO GIVE YOU SKIN A RENEWED GLOW." -DR. BARBARA STURM

DR. STURM'S TENSION RELEASE FACIAL INCORPORATES FACIAL MASSAGE TECHNIQUES THAT HELP RELAX AND TONE FACIAL MUSCLES AND PRESSURE POINT THERAPY TO HELP STIMULATE BLOOD CIRCULATION. IT INCLUDES THE APPLICATION OF PRODUCTS CONTAINING POTENT INGREDIENTS THAT HYDRATE AND REFRESH THE SKIN, INCLUDING THE **FACE CREAM**. SUITABLE FOR ALL, THIS 30-MINUTE FACIAL IS FOR THOSE WHO DON'T HAVE TIME.

THE SCIENCE | DR. STURM'S **CALMING SERUM** HELPS TO REBALANCE IRRITATED SKIN AFTER EXPOSURE TO EXTREME CONDITIONS AND THE **HYALURONIC SERUM** BOOSTS HYDRATION FOR A FRESH, DEWY COMPLETION.

THE TECHNOLOGY | THIS FACIAL INCLUDES THE APPLICATION OF A VIBRATING SKINCARE TOOL, WHICH WORKS TO ENHANCE CIRCULATION AND LYMPHATIC DRAINAGE FOR AN IMMEDIATE GLOW AND FIRMER, FRESHER SKIN. **THE RESULTS** | HELPS TO RELIEVE STRESS AND REDUCE MUSCLE TENSION FOR RELAXED FACIAL FEATURES AND ENCOURAGES BLOOD CIRCULATION WHICH HELPS PROMOTE NATURALLY BEAUTIFUL SKIN.

ANTI-AGING BODY TREATMENT

"I CREATED THIS ANTI-AGING BODY TREATMENT TO REFRESH AND REJUVENATE THE BODY AND MIND. IT COMBINES ESSENTIAL EXFOLIATION AND HYDRATION WITH LIGHT MASSAGE MOVEMENTS AND LEAVES THE SKIN SOFT AND YOUTH-LOOKING." - DR. BARBARA STURM

A REJUVENATING AND RELAXING SPA TREATMENT FOR THE BODY. THIS TREATMENT INCLUDES A GENTLE, ALL-OVER BODY EXFOLIATING USING THE **SUPER ANTI-AGING BODY SERUM** AND **ANTI-AGING BODY CREAM** PROVIDE INTENSIVE HYDRATION AND BODY FIRMING BENEFITS.

THE SCIENCE | THE **SUPER ANTI-AGING BODY SERUM** INCLUDES A BLEND OF LIMA BEAN, BROWN ALGAE EXTRACT AND GLUTATHIONE TO PROVIDE POWERFUL ANTI-STRETCH MARK AND ANTI-AGING PROPERTIES FOR HEALTHY-LOOKING SKIN. THE **ANTI-AGING BODY CREAM** IS FORMULATED WITH PURE GLACIER WATER AND EXTRACT OF WHITE ALMOND AND ELDERBERRY BLOSSOM FOR INTENSE MOISTURE WHILE ANTI-AGING POWERHOUSE PURSLANE SOOTHES SIGNS OF IRRITATION.

THE RESULTS | THIS TREATMENT SMOOTHS, FIRMS AND REJUVENATES THE SKIN ON THE BODY FOR A MORE YOUTHFUL APPEARANCE AND LEAVES YOU FEELING RELAXED, FRESH AND REVIVED.

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 KING 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

BRAND WE USE:

MANUCURIST NAIL PRODUCTS. THE COMPANY IS A CRUELTY FREE; VEGAN AND THEIR INGREDIENT ARE 84% NATURAL
CND SHELLAC: THE ART & CARE OF NAILS

SPA MANICURE

NO POLISH

REGULAR POLISH

CND SHELLAC POLISH

SPA PEDICURE

NO POLISH

REGULAR POLISH

CND SHELLAC POLISH

POLISH CHANGE

REGULAR

CND SHELLAC POLISH

PEDICURE FOR MEN

MANICURE FOR MEN

J.K. BEAUTY

WAXING

EYEBROW/ UPPER LIP

UNDERARM-

ARMS

HALF LEG

FULL LEG

BRAZILIAN

FULL BIKINI

HAIRDRESSER

AVAILABLE ON REQUEST IN YOUR ROOM

BARBER

AVAILABLE ON REQUEST IN YOUR ROOM OR IN OUR SPA

MAKE UP

AVAILABLE ON REQUEST IN YOUR ROOM OR IN OUR SPA

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

PILATES WITH A TRAINER

YOGA WITH A TRAINER

SPA GUIDELINES

ARRIVAL TIME

PLEASE ALLOW SUFFICIENT TIME BEFORE YOUR TREATMENT TO COMPLETE OUR HEALTH QUESTIONNAIRE. WE RECOMMEND YOU ARRIVE 20 MIN IN ADVANCE OF YOUR TREATMENT TO ENJOY OUR FACILITIES. PLEASE BE ADVISED THAT LATE ARRIVALS WILL RESULT IN A REDUCTION OF YOUR TREATMENT TIME.

CANCELLATION POLICY

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.

FITNESS

THE USE OF THE FITNESS FACILITIES IS COMPLIMENTARY FOR OUR HOTEL GUESTS. THE HOURS OF OPERATION OF OUR GYM IS 24 HOURS BUT SHOULD YOU WISH TO USE IT AFTER 12 AM TO PLEASE CONTACT OUR CONCIERGE TO ALLOW THEM TO OPEN THE DOOR. FOR SECURITY AS IT IS NOT LOCATED IN THE MAI BUILDING AFTER 12AM WE DO CLOSE THE DOOR.

GIFT CARDS

A PERFECT GIFT FOR YOUR LOVED ONE! GIFT CARDS ARE AVAILABLE AT OUR SPA. THEY ARE NOT TRANSFERABLE NOR CANNOT BE EXCHANGED FOR CASH. CONTACT OUR SPA FOR ALL DETAILS.

HOURS OF OPERATION

SPA 10 AM TO 8PM DAILY

HEALTH CONDITIONS

KINDLY ADVISE US OF ANY HEALTH CONDITIONS, ALLERGIES OR INJURIES WHICH COULD AFFECT YOUR CHOICE OF TREATMENT WHEN MAKING YOUR SPA RESERVATION. FOR EXPECTANT MOTHERS WE HIGHLY RECOMMEND AVOIDING THE USE OF OUR WELLNESS AREA DURING PREGNANCY.

MINIMUM AGE REQUIREMENT

SPA TREATMENTS ARE AVAILABLE FOR AGE 12 AND OVER. YOUNGER CHILDREN MUST BE ACCOMPANIED BY A PARENT IN THE TREATMENT ROOM TO RECEIVE A TREATMENT BUT ARE NOT ALLOWED IN THE WELLNESS AREA.

PAYMENT

WE ACCEPT ALL MAJOR CREDIT CARDS AS WELL AS CASH. FOR HOTEL GUESTS PAYMENT COULD BE CHARGED DIRECTLY TO THE HOTEL ROOM.

SPA ETIQUETTE

OUR SPA ENVIRONMENT IS ONE OF RELAXATION AND TRANQUILLITY. PLEASE RESPECT ALL GUESTS' RIGHT TO PRIVACY AND SERENITY. IN LIGHT OF THIS, THE SPA IS A DEVICE FREE AREA.

VALUABLES

PLEASE LEAVE YOUR VALUABLES IN THE ROOM. THE SPA CANNOT BE HELD RESPONSIBLE FOR ANY LOST OR FORGOTTEN BELONGINGS.



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