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Hotels

Caribbean Spas

by [Joe Pike](#) | Feb 26, 2016 3:00am



Viceroy Anguilla gives guests the option to have their treatments beachside and in-room.

[The Ki'Yara Spa at The Cliff Hotel](#)

The Cliff Hotel opened at the end of last year in Negril, Jamaica. Overlooking the Negril Cliffs, the new hotel has vast views of the Caribbean Sea, creating a natural, relaxing atmosphere — ideal for a spa getaway. Guests will want to book a treatment at Ki'Yara spa prior to their visit, as this 700-square-foot facility creates an intimate setting with just two treatment rooms. Spa visitors will be surrounded by local culture, since Ki'Yara uses a blend of Jamaican natural healing remedies and modern elements in its treatments. The spa itself is named in honor of the Tainos, the first inhabitants of Jamaica, and the word "Ki'Yara" means "sacred place of the earth's spirit." The name embodies the spa's vibe, which, we think, can be explained as earthy elegance. Signature treatments include Coconut Cocoon, which replenishes the skin with local, organically grown coconuts (yes, please). Guests can also try the Island Spice, another signature treatment, which uses skin cleansing spices in an all-natural aromatic treatment. Note: The spa uses blends that are created with local Jamaican ingredients.



The Cliff provides a relaxing vibe in the open-air lobby, complete with a view of pool. The pool wraps around the resort.

For the ultimate day at the spa, we suggest booking the most popular treatment, the Deep KiYara Bodywork. During this experience, the body will be gently stretched to increase the range of motion. It also includes a deep massage through the soft tissue, which relieves stress. We hear that CJ is one of the most requested therapists for massages and body treatments. Looking for more services? Guests can also visit the Hair and Nail Spa, which can be reserved for bridal parties and special occasions. Simone is often requested for hair services and manicures/pedicures. To complete the relaxing occasion, take a dip in the seawater pool, located adjacent to the treatment rooms. Contact Carolyn Jobson (carojobson@gmail.com), spa director, or call 876-816-8607.

Viceroy Anguilla and The Spa at Viceroy Anguilla

Luxury Travel Advisor recently visited the Viceroy Anguilla along Half Shell Beach and Meads Bay, and, we think the spa is bound to become a favorite. The Spa at Viceroy Anguilla focuses on the mind, body and soul through wellness experiences founded on the principles of balance, breath and beauty. The menu includes a special collection of wellness treatments, including massages, body polishes, wraps, facials, manicure-pedicures and other customized therapies and procedures. Note: Spa treatments are also available in-room and beachside.

One of the resort's most popular treatments is the "Tranquility Wrapped in Blue Detox," which purifies the body of toxins with an exotic green coffee bamboo body scrub. The scrub also purges impurities from the skin, leaving it smooth, soft and freshly exfoliated.

VIPs will enjoy a rejuvenating scalp massage followed by a therapeutic facial massage, designed to encourage lymphatic movement and the release of impurities from the body. Hint: The resort is also offering a "Massage Under the Moon" treatment for couples this June. It includes one nightly couples massage. Advisors looking to customize a spa experience should reach out to Murielle Henneigen (murielle.henneigen@viceroyhotelsandresorts.com), spa director.



Eden Roc has a beauty salon, which caters to guests to create looks for special events.

Eden Roc at Cap Cana and The Solaya Spa

Eden Roc at Cap Cana is a five-star Relais & Châteaux resort located on the eastern tip of the Dominican Republic. In April of this year, the resort is set to open an expanded version of Solaya Spa with three new treatment rooms and 10 Emotional showers, which use aromas and sound to cool the body after a sauna. There will also be other new touches, including two wet areas, four outdoor massage beds and a recovery garden. To take advantage of all the latest facilities, we suggest making a reservation three days in advance. Once at the spa, indulge with the Quirogolf massage. This is a unique treatment that gives clients a deep body massage with the help of golf balls (it's very popular). The massage relaxes and warms the muscles, improving flexibility. Ask for therapist Ana Hope, who is recommended for deep tissue, tension release and sport massages. For a romantic option, couples should book the "Solaya Spa Shared Indulgence," which includes a 50-minute massage, a 30-minute facial and a bottle of champagne. Tip: This treatment can be enjoyed in the spa or in their private suite. As for what suite to book, guests should consider a One Bedroom Suite. This suite includes more than 1,000 square feet of space with a living room, private pool, courtyard with a pergola and a private massage and relaxation area. In late Spring 2016, the resort will add 52 Oceanside suites (junior, one- and two-bedroom) that we hear will have an ideal location, close to the spa. Best part? These guest rooms will also have a private massage and relaxation area. Luxury travel advisors should contact Maurizio Basile (m.basile@edenroccapcana.com), spa director, for special arrangements.

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