



RESTORE | WELL







# WELCOME

TO HIBISCUS SPA



Allow your mind to drift afar and your body to settle into a deep, well-deserved state of relaxation as you immerse yourself in our unique island dream inspired treatments.

Using top quality skin and body care products, our professional spa team will cater to your every need. Each service is personalized to elevate your well-being, create peace of mind and provide immediate results. We look forward to serving you.

Enjoy the journey

The Hibiscus Spa Wellness Team





## HIBISCUS SIGNATURE DREAM-INSPIRED EXPERIENCES

Designed exclusively for our Hibiscus Spa guests, our signature services are magical experiences that will leave you feeling blissful and rejuvenated.

### ISLAND DREAM EXPERIENCE | 120 MIN.

Breathe deep. Relax and let your mind drift away on waves of wild lavender. This calming and balancing signature experience will melt your stress, ease your mind and leave your body refreshed and revitalized. After an invigorating body scrub and comforting Vichy Shower, your skin will be well prepared for the second phase of your experience. In a serene massage room, enjoy a full body massage with a touch of warm stones. A nourishing body wrap concludes this dream experience.

### ORGANIC GINGER HEALING BODY RENEWAL | 90 MIN.

A collection of soothing mineral-rich ingredients is combined with the healing property of ginger and generously applied to the body to exfoliate and refresh the skin. Next, warm basalt stones caressed in ginger oil are used to massage the back, neck and shoulders. While relaxing in a moisture-infused cocoon wrap, enjoy a luxurious foot and pressure point scalp massage.

### ULTIMATE OXYGEN FACIAL | 90 MIN.

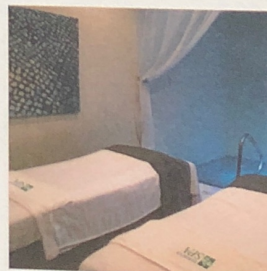
Intraceutical's Oxygen Facial with Infusion treatment is an innovative breakthrough in beauty enhancement that combats signs & symptoms of aging at the source. Our unique UltimateOxygen Facial treatment uses hyperbaric oxygen to infuse a combination of antioxidant and hyaluronic acids into the skin, making skin look healthier and younger than ever before.

### 7 CHAKRAS ENERGY BALANCING RITUAL | 90 MIN.

Balance your Chakras with the anointment of essential oils designed to release stagnant energy and allow your body's energy systems to low. A combination of reflexology and an energy balancing hot & cold stone geo-thermal massage provides balance, energy and an uplifting feeling.

### HIBISCUS COUPLES ESCAPE | 90 MIN.

Enjoy your own private Jacuzzi for 30 minutes and then melt all cares away side by side in our couple's spa suite. Your choice of either a Swedish or Aromatherapy massage for 60 minutes. Sparkling wine included.





## HEAVENLY MESSAGE EXPERIENCES

Our massage therapists will cater to your individual needs during each massage to ensure your comfort and enjoyment.

### DEEP SEA SPORTS MESSAGE | 60 MIN. | 90 MIN.

Using a special blend of aromatherapy massage oils, this Deep Tissue/Sports massage is specifically tailored for sports enthusiasts and regular massage aficionados alike. Deeper massage pressure alleviates muscle tension, aches and pains.

### HOT STONE HEAVENLY MESSAGE | 60 MIN. | 90 MIN.

Combining long gentle strokes with warm basalt stones allows your muscles to naturally relax and soften, permitting you to drift into a deep state of relaxation. Paying special attention to the feet with a cooling reflexology treatment makes this a popular and effective massage with valuable results. Experience warm bamboo sticks, to roll out additional knots, and your choice of aromatherapy oils with the 90 minute service.

### LOMI-LOMI "CAYMAN" STYLE | 60 MIN. | 90 MIN.

Using long swaying movements which mimic the endless ripples of the ocean waves, you will be gently caressed into a state of dream time. Includes choice of aromatherapy oils.

### HIBISCUS MESSAGE SAMPLER | 60 MIN. | 90 MIN.

Experience five massage modalities in one unforgettable journey. A lowing combination of Swedish, Deep Tissue, Hot Stones, Reflexology and Aromatherapy allows you to experience a variety of massage techniques in one ultimate service.

### HIBISCUS RELAXATION MESSAGE | 60 MIN. | 90 MIN.

A traditional fragrance-free Swedish massage using light to medium pressure to improve circulation, promote flexibility and enhance physical and mental well-being. Substitute aromatherapy oils for an additional fee.

### PREGNANCY MESSAGE | 60 MIN.

A traditional Swedish massage using fragrance-free massage oils and light to medium pressure to ease the pressures of pregnancy. Available starting in the 2nd trimester and beyond.

### HERBAL THERAPEUTIC MESSAGE RITUAL | 90 MIN.

A combination of Deep Tissue massage, gentle stretching and warm Thai-herbal poultices provide comfort, care and relaxation. Using a blend of therapeutic and anti-inflammatory medicinal herbs like ginger, lemongrass, turmeric, galangal and camphor wrapped into unbleached steamed cotton balls, this treatment combines massage, heat therapy and natural herbs to provide a therapeutic massage experience.









## OCEAN FRONT MASSAGE EXPERIENCES

Experience a relaxing massage in a private spa cabana on the magnificent Seven Mile Beach.

### CARIBBEAN BREEZE OCEAN FRONT MASSAGE | 60 MIN.

Enjoy a massage in a private ocean front cabana as the fresh ocean breeze softly drifts by and the sounds of the ocean lull you into a deep relaxation. Choose from Swedish, Aromatherapy or Lomi-Lomi massage. Couples side-by-side services available. Limited availability early morning only.

### CARIBBEAN SUNSET OCEAN FRONT MASSAGE | 60 MIN.

Experience a massage at sunset on Seven Mile Beach – a premium spa experience. Choose from Swedish, Aromatherapy or Lomi-Lomi massage. Couples side-by-side services available. Limited availability late afternoon only. Sparkling wine included.

## SKIN CARE EXPERIENCES

After a skin care analysis and consultation your esthetician will personalize your facial to best meet your individual needs. Using only top quality spa products, a continued care regime and product recommendations will be provided to help you meet your skin care goals.

### ORGANIC DERMARADIENCE (MICRODERMABRASION) | 90 MIN.

DermaRadiance® combines two methods of dermabrasion - Diamond Crystal and Crystal-Free Organic Grains treatments. DermaRadiance® respects the integrity of the skin and provides a simple approach to healthy, youthful-looking skin for men and women of all ages. The treatment has been developed with sophisticated technology to exfoliate the skin while providing natural nutrients to revitalize the skin. DermaRadiance® works to bring skin back to its healthy-looking state, gently and effectively.

### ULTIMATE OXYGEN FACIAL | 90 MIN.

Intraceutal's Oxygen Facial with Infusion treatment is an innovative breakthrough in beauty enhancement that combats signs & symptoms of aging at the source. Our unique UltimateOxygen Facial treatment uses hyperbaric oxygen to infuse a combination of antioxidant and hyaluronic acids into the skin, making skin look healthier and younger than ever before.

### SIGNATURE HYDRAFACIAL | 30 MIN.

This treatment deeply cleanses, exfoliates, extract, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acids.

### DELUXE HYDRAFACIAL | 60 MIN.

An invigorating treatment that includes all of the essentials of the Signature HydraFacial while addressing your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy for further reduce the visible signs of aging. Select a treatment option below:

- RESTORATIVE HYDRAFACIAL: Includes CTG™ to improve the appearance of skin tone, texture, and elasticity.
- RADIANCE HYDRAFACIAL: Includes Britenol® to minimize the appearance of dark spots.
- AGE-REFINEMENT HYDRAFACIAL: Includes DermaBuilder™ to reduce the appearance of fine lines and wrinkles.
- CLARIFYING HYDRAFACIAL: Includes Extended Extractions & Blue LED Light Therapy.

### PLATINUM HYDRAFACIAL | 90 MIN.

The ultimate HydraFacial experience! Begin the detoxification process with Lymphatic Drainage. Then, the Signature HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin while addressing your specific skin concern with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging.

## SMOOTH SCULPT FACIAL & BODY TREATMENTS

SmoothSculpt® is an innovative new method designed to help smooth, contour and tighten skin on all areas of the face and body by combining advanced aesthetic technology with a non-invasive holistic approach to skin revitalization. By utilizing pressure pulsing and suction movements through a cupping wand, SmoothSculpt® stimulates the skin for a smoother, more defined look. With SmoothSculpt® beautiful, youthful-looking skin is a possibility at any age.

### CORRECTIVE BRIGHTENING FACIAL | 60 MIN. | 90 MIN.

Reveal the luminosity in your skin with a powerful blend of skin clarifying botanicals. Using an Acti-5 brightening complex, multi-acid peel, concentrated vitamin-C ampoule, and a unique cooling masque your skin will appear lighter, brighter and more reined. Your hands, neck and décolleté are also treated with formulas that effectively smooth-out skin texture and tone. Includes a refreshing eye treatment.





## SKIN CARE EXPERIENCES

### ANTIOXIDANT VITAMIN C FACIAL | 90 MIN.

This oxygenating anti-aging facial utilizes ingredients brimming with antioxidants, including an application of a natural Spirulina Algae rich in proteins, minerals and botanical extracts to combat premature aging, disrupt hyper pigmentation and provide skin with a healthy glow. This facial includes a Vitamin C ampoule, a luxurious face and scalp massage as well as a hydrating hand treatment. Skin is noticeably younger looking.

### HEAVENLY CAVIAR AGE-DEFYING SIGNATURE FACIAL | 90 MIN.

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein-rich Caviar and powerful antioxidants. Exclusive Kerstin Florian Caviar products infuse skin with age-defying nutrients to smooth fine lines and improve texture. An AcuLift Massage visibly firms and tones, a Marine Collagen mask provides intensive hydration, and an anti-aging treatment ampoule instantly restores radiance.

### CUSTOMIZED DEEP CLEANSING FACIAL | 60 MIN.

A purifying and gently exfoliating facial designed to professionally clean and refresh your skin. Customized for all skin types, this multi-faceted facial includes a deep pore cleansing, gentle exfoliation, facial massage, toning and treatment, as well as a nourishing botanical mask. A heated hand treatment completes the experience.

### GENTLEMAN'S FACIAL | 60 MIN.

Tailored just for men, this facial tackles irritation caused by shaving, continual sports activities, and exposure to environmental irritants. Following a relaxing acupressure facial massage and purifying mask, a deep shoulder and scalp massage will release tight muscles and tension.

## FACIAL TREATMENTS & ENHANCEMENTS

Based on a consultation with your esthetician, you may customize your skin care service with additional targeted treatments.

### BRIGHTENING MASQUE

A brightening complex of natural rice and Swiss alpine botanicals, rich in vitamins and minerals, illuminates the skin to provide a more even skin tone and luminous complexion.

### COENZYME Q10 AMPOULE

A concentrated powerhouse antioxidant designed to prevent wrinkles and immediately promote a softer and smoother complexion.

### INTENSIVE REPAIR AMPOULE

A healing and soothing treatment for cell rejuvenation. The treatment lends elasticity and firmness to skin tissue achieving a visibly smoother and more youthful appearance.

### PRO 30 MULTI-ACID PEEL

This exclusive 30% multi-acid peel combined with naturally derived botanicals effectively reduces the appearance of pigmentation, sun damage, fine lines and problematic skin.



## FACIAL TREATMENTS & ENHANCEMENTS

### EYE RESCUE

Designed to diminish fine lines and wrinkles by up to 27%, this professional treatment will reduce dark circles, relieve puffy eyes, improve clarity for brighter, more luminescent eyes.

### CHITOSAN MASQUE WITH CHAMOMILE

A super soothing alginate peel o masque that hydrates, calms and reduces the appearance of redness. Recommended for calming, healing and soothing irritated or sensitive skin.

### VITAMIN C AMPOULE

This antioxidant treatment improves the quality and appearance of the skin, strengthens skin elasticity and helps prevent premature aging caused by UV exposure.

### SOOTHING SCALP THERAPY | 30 MIN.

Simply lie back and enjoy a nurturing neck, shoulder, face and scalp treatment that will melt away tension and stress. A popular service for gentlemen.

### HEAVENLY SOLE FOOT RITUAL | 30 MIN.

Indulge your feet with our reflexology based treatment to calm the mind and release stagnant Chi (energy). Warm and cool stones gently glide across your lower leg to release muscle tension and soothe tired feet.

## EAST MEETS WEST

### ACUPUNCTURE | 50 MIN.

This ancient Chinese modality, endorsed by the National Institutes of Health, is very useful in addressing problems such as musculoskeletal pain, arthritis, migraines, tensions headaches, infertility, tendonitis, stress and insomnia. A session with an Acupuncturist helps balance the body's energy (Chi), stimulates natural healing processes and provides a deep state of relaxation. Adjunct therapies such as cupping and electrostimulation may be in a session used as appropriate.

### ACU-MASSAGE | 60 MIN. | 90 MIN.

We offer a unique combination of skilled massage coupled with effective Acupuncture treatment options. This combination is particularly good for relieving musculoskeletal pain and stress-related problems, as well as inducing an enhanced feeling of relaxation. Gain immediate, long-lasting benefits.









## RAIN SHOWER EXPERIENCES

Maximize the benefits of a body treatment with the power and magic of water.

### ENERGIZING SPIRULINA AND JUNIPER BODY TREATMENT | 90 MIN.

After a stimulating and rhythmic dry brush massage encouraging lymphatic drainage, a salt scrub infused with essential oils of juniper, is applied to further cleanse, detoxify, and promote circulation. A wrap composed of nutrient rich spirulina algae allows for a deep absorption of vitamins and minerals and a moisture rich lotion is applied to further firm and tone the body. Includes Vichy shower.

### ANTI-AGING NOURISHING GUAVA WRAP | 60 MIN. | 80 MIN.

Combat the visible signs of aging and restore the appearance of a younger, more toned body with the aid of Guava. The anti-aging properties of the Guava fruit, high in vitamin C, boosts collagen production to tone and hydrate the skin. After a raw cane sugar scrub, a relaxing scalp massage, and an application of Guava rich moisturizer, your skin will beam with health and vitality. Includes Vichy shower.

### REJUVENATING COLLAGEN NONI WRAP | 60 MIN. | 80 MIN.

Supercharged with the power of the Noni fruit to hydrate and nourish the skin, this wrap begins with a raw cane sugar scrub to prepare the skin for a rich botanical mask infused with Noni leaf and Noni Seed oil. These luxurious infusions are rich in antioxidants and repair dry, damaged skin. Includes Vichy shower.

### FIRMING COCONUT MILK & HONEY WRAP | 60 MIN.

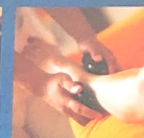
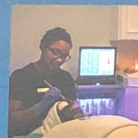
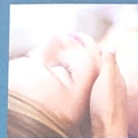
A body treatment that addresses targeted areas of cellulite with the toning and firming properties of coconut milk and honey. After an all-over application of a raw sugar cane scrub rich in vitamins A, B, C & E, followed by a stimulating Vichy Shower to promote further circulation, the body is comfortably cocooned in a mask infused with a blend of organic coconut and honey. This effective body treatment leaves skin hydrated, smoothed, nourished and toned. Includes Vichy Shower.

### AFTER SUN RITUAL BODY TREATMENT | 60 MIN.

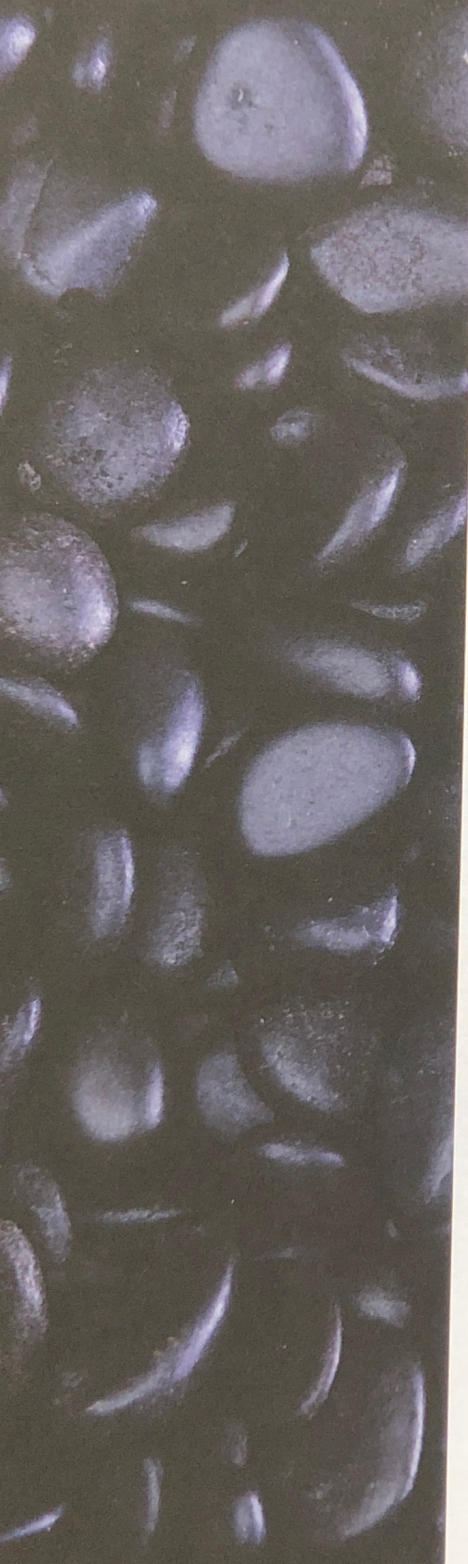
After a long day in the sun, this service will soothe over exposed, sensitive skin. Exotic Dilo Nut oil, high in vitamin A, B, C, & E is combined with soothing aloe laced with essential oils to soothe and calm the skin. While the products are gently absorbed to restore natural moisture, enjoy a cooling island scalp massage, and hand and foot treatment using Exotic Orange Blossom Oil.



WELLNESS FOR BODY AND MIND







## SALON EXPERIENCES

Finishing services are provided in a relaxing spa atmosphere with careful attention to detail, comfort and results.

### ISLAND MANI-KUR | 90 MIN.

This deluxe manicure incorporates a unique hand exfoliation, thermal mineral soak, nourishing mask, and hand and arm massage with organic Ylang Ylang, Melissa and Lavender to make your hands look younger and more vibrant. Includes choice of French or Gel Polish.

### ISLAND PEDI-KUR | 75 MIN.

This caring foot therapy incorporates a unique eucalyptus infused salt exfoliation to reduce dry, rough skin, followed by a thermal mineral soak to further soften the feet, a luxurious massage, and an application of a natural foot balm rich in Menthol, Eucalyptus and Lavender. Includes choice of French or Gel Polish.

### PARADISE MANICURE | 45 MIN.

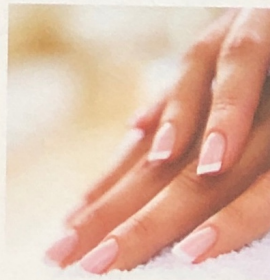
Natural coconut milk and your choice of either raw honey or exotic Noni fruit are infused throughout your soak, scrub, hydrating masque, and massage. An array of vitamins, minerals, enzymes, and amino acids will renew skin and leave skin feeling soft and nourished. Includes Polish. Substitute French or Gel Polish for an additional fee.

### PARADISE PEDICURE | 60 MIN.

Natural coconut milk and your choice of either raw honey or exotic Noni fruit are infused throughout your soak, scrub, hydrating masque, and massage. An array of vitamins, minerals, enzymes, and amino acids will renew skin and leave skin feeling soft and nourished. Includes Polish. Substitute French or Gel Polish for an additional fee.

### MAN MANICURE & PEDICURE | 80 MIN.

This men's favorite begins with a contouring of nails and cuticle, followed by a warm cream reflexology massage and nail buffing.





## FINISHING TOUCHES

Eye Lash & Brow Tinting  
Eye Lash Tinting  
Eye Brow Tinting

## WAXING SERVICES

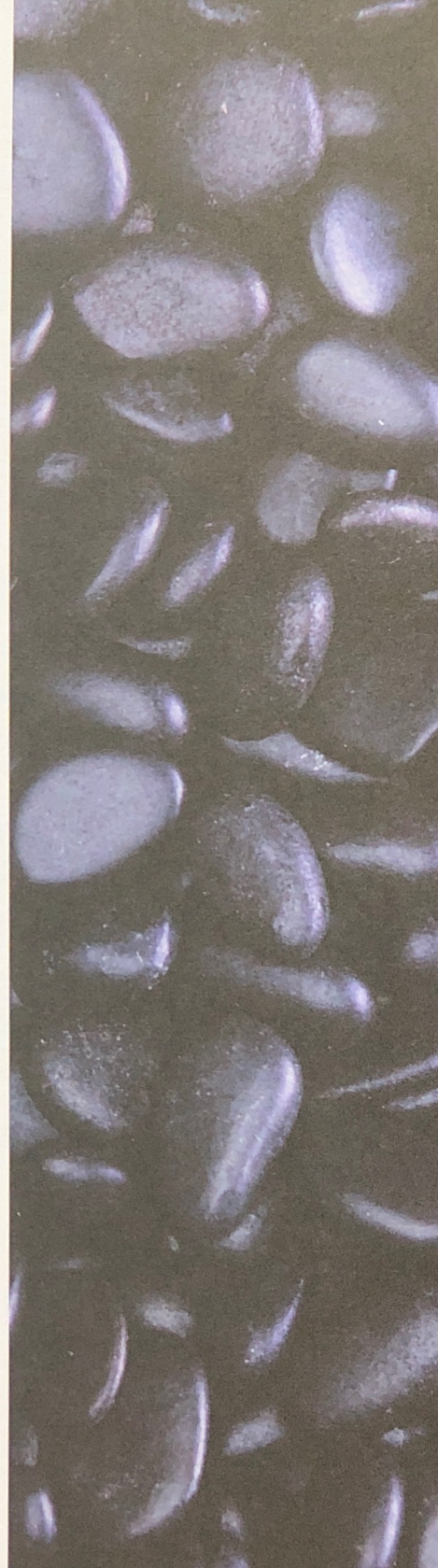
Bikini (Regular)	Full Arm
Bikini (Brazilian)	Half Arm
High Bikini	Underarm
Full Leg	Eyebrow Shaping
Half Leg	Lip / Chin or Eyebrow
Chest or Back	

## NAIL SERVICES

Add French Polish to Any Manicure or Pedicure  
Add Gel Polish  
Add Parafin Treatment  
Simply File & Polish Hands  
Simply File & Polish Feet

## ADD ONS / ENHANCEMENTS

Add happy hands / feet – exfoliation and softening wax treatment with warm mittens  
Add Moroccan Oil Hair Treatment









## SPA PACKAGES

### SEVEN MILE CLASSIC SPA PACKAGE | ALLOW 3.75 HOURS

A full array of spa services makes this a perfect package on Seven Mile Beach. Includes Ocean Breeze Massage (60 MINUTES), Customized Deep Cleansing Facial (60 MINUTES), and a Paradise Manicure and Pedicure (105 MINUTES).

### SPA PACKAGE SAMPLER | ALLOW 3 HOURS

Treat yourself to a sampling of our popular spa services and when you are finished you will be rested, relaxed, and glowing head to toe. Package includes Hibiscus Massage Sampler (60 MINUTES), a choice of either the Anti-Aging Guava Nourishing Wrap or Rejuvenating Collagen Body Wrap (60 MINUTES) and a choice of either the Customized Deep Cleansing Facial or Corrective Brightening Facial (60 MINUTES).

### GENTLEMEN'S CHOICE PACKAGE | ALLOW 2.5 HOURS

Packed with power, this package includes a Deep Sea Sports Massage (60 MINUTES), a Gentlemen's Facial (60 MINUTES), and a Heavenly Sole Foot Ritual (30 MINUTES).

### SPA PARADISE | ALLOW 2.75 HOURS

Slow down your time in paradise. Package includes Heavenly Sole Foot Ritual (30 MINUTES), Soothing Scalp Therapy (30 MINUTES), and finishes with Paradise Manicure (45 MINUTES) & Paradise Pedicure (60 MINUTES).

### HEAVEN ON SEVEN MASSAGE AND PRIVATE GAZEBO DINNER ESCAPE

With the setting sun and peaceful sounds of the ocean as a backdrop, your unforgettably romantic evening begins with a blissful 60-minute Swedish couples massage in our private Spa Cabana on the beach. Afterwards, stroll to your oceanfront table for two in our private gazebo on the sand, where a bottle of sparkling wine and a three-course gourmet dinner for two, serviced by your personal butler, await. But be forewarned... nothing else will ever compare to this idyllic evening of indulgence.



SPA BOUTIQUE

Visit our spa boutique for unique wellness gifts, bath and body products. Our quality skin care products include Kerstin Florian and Pure Fiji and complement our professional skin care services. Consultations for continued at-home care regimes are provided.



KERSTIN  
FLORIAN







PURE FIJI







## SPA ETIQUETTE & GENERAL INFORMATION

### ARRIVAL GUIDELINES

Please arrive at least 15 minutes prior to the start of your scheduled appointment to allow yourself time to shower and use the lounge, sauna, steam room and whirlpool for the ladies. Sauna and steam for the gentleman.

### MINIMUM AGE

The Spa is an adult facility and appropriate for guests 18 years of age and over.

### WHAT TO WEAR

Robes and slippers are provided for your convenience. Professional draping is performed throughout your treatment.

### MEDICAL CONCERNS AND COMFORT LEVEL

Guests who are pregnant, have had recent surgery or have any other medical concerns are advised to consult their physician before booking spa services.

### CELL PHONES, PERSONAL ELECTRONIC DEVICES AND CAMERAS

We strive to provide our guests with a tranquil and private escape from the outside world. Please help us by turning off cell phones, personal electronic devices, and cameras upon entering The Spa.

### CANCELLATIONS

As a courtesy to all, we ask that a six-hour notice be given if you need to cancel or change your appointment. For a cancellation with less than a six-hour notification, guests will be charged 50% of the treatment fee. For no-show appointments, the full treatment fee will be charged.

### PRICING AND PAYMENT

To maintain maximum standards of quality service, prices may change without prior notification. All major credit cards accepted. Personal checks are not accepted.

### GRATUITIES

We are committed to making each visit with us a memorable experience. A 15% service charge will be added to your service upon check out.

### GIFT CERTIFICATES

Gift Certificates are available and may be applied towards the purchase of products or services. Gift certificates must be presented at time of redemption and cannot be redeemable for cash.

### MEMBERSHIP PROGRAM

Individual and Corporate Membership programs available for Cayman residents.

### WELLNESS COACH & PERSONAL TRAINING SESSIONS

Available upon request and with 24 hours notice. IN-ROOM SPA SERVICES Available in Westin Grand Cayman suites only; inquire with spa for availability and pricing.



Paradise! For a spa experience like no other, enjoy a single or couples  
Swedish or Aromatherapy massage in our private Spa Cabana on  
Seven Mile Beach.

Advance reservations required.












FOR RESORT GUESTS


Please dial 6203 on your Room phone, or make reservations through the resort concierge at extension 6014.


FOR GRAND CAYMAN  
VISITORS & RESIDENTS

For reservations please call 345-914-2009/10  
or visit [westingrandcayman.com/spa](http://westingrandcayman.com/spa).  
email: [wstngc.hibiscusspa@westin-cayman.com](mailto:wstngc.hibiscusspa@westin-cayman.com)

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