



# KIYARA

— SPA —

the cliff

HOTEL • NEGRIL



## Pampered in Paradise

KiYara which means “sacred place of the earth spirits” in the language of the Taino, the original inhabitants of Jamaica, brings you to a place of internal and external tranquility where the body’s healing wisdom is released.

Removed from the hustle and bustle of today’s hectic lifestyle, relax with us on the peaceful cliffs of Negril and we will help restore that holistic balance.

From the mountains to the sea, we gather the ingredients which go into making our treatments pure, authentic and enriching for the individuals who come to experience KiYara.

# SPA MENU

Most Spa treatments are done in our breezy, sea-side cabana rooms on the cliffs, to the sound of the waves. Should you prefer greater privacy, arrangements can be made for massages to be done in your room. Kindly express this to Spa reception, upon booking.

## Body Balancers

*Take time out from your busy life. Put yourself in our healing hands and together we will calm your mind, relax your body and soothe your soul.*

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### Deep KiYara Bodywork

Deeper layered work on the soft tissue, to relieve chronically held stress and improve general circulation, combined with gentle stretching to increase range of motion.

60 mins	\$120
90 mins	\$180
120 mins	\$235

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### Balancing Massage

A combination of relaxing massage techniques to calm and release tired stressed-out bodies.

60 mins	\$120
90 mins	\$180
120 mins	\$235

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### Caribbean River Stone Massage

The heat from these warm, river-tumbled stones, penetrates tight muscles and induces a deep sense of relaxation.

75 mins	\$160
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### Himalayan Hot Stone Massage

A gentle exfoliating treatment with warm carved pink Himalayan Salt Stones which contain 84 naturally occurring minerals and salts. Helps detoxification and circulation, while relaxing and balancing the body.

60 mins	\$160
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### Reflexology of the Sea

Bringing in the healing elements of the Caribbean Sea, our Reflexology treatment helps the body rebalance and heal naturally, with a special pressure point massage concentrating on the feet and hands.

50 mins	\$110
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### KiYara CBD - Cannabis Massage

Our signature therapeutic CBD-Cannabis Massage combines several healing elements which work together to calm and balance, relieve pain, reduce inflammation, and induce sleep

90 mins	\$200
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# Body Care

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## **KiYara Signature Body Rituals**

Drawing on the healing herbal traditions of the island, our Tropical Body Rituals are combinations of exfoliation, masks, wraps and massages, treating the skin with natural antioxidants and the freshest plant enzymes. Our treatments are rich in nourishing plant oils and butters, along with herbs long prized for their therapeutic benefits. Each treatment, which is custom-blended for each client, is a blissful sensory experience.

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### **Coconut Cocoon**

A delightful, nutty tropical treat which softens, nourishes and replenishes the skin with enriched blends made from local organically-grown coconuts.

**90 mins**

**\$195**

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### **Tropical Spice Body Buff**

Filled with healing, skin cleansing spices, this exotic, all-natural aromatic treatment includes a warm oil massage to finish.

**60 mins**

**\$135**

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### **Ocean Detoxifier**

Captures the benefits of the sea in a form that is easily absorbed by the body. Clears and tones the skin, while an Ayurvedic massage helps to eliminate toxins from the body.

**75 mins**

**\$150**

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# Body Scrubs

add-on to Massage or Facials      25 mins      \$70

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## Exfoliating treatments for all-over smoothness and glow.

Mixed Mint  
Ginger  
High Mt. Coffee  
Citrus Medley  
Mint Chocolate

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# Facial Care

*Time to put your best face forward. The face is the mirror of the mind. Let us turn back the hands of time and help erase any traces of stress, or environmental damage. Only the purest natural ingredients and gentlest techniques are used to enhance the delicate facial skin in all our facial treatments.*

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## Balancing Noni Facial

This incredibly healing plant, with its renowned balancing and antioxidant properties helps protect and maintain the skin's elasticity and youthfulness.

60 mins      \$115

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## Radiant Glow Aroma Facials:

Skin feels noticeably firmer and refreshed, with a renewed glow to the complexion.

**Anti-oxidant Vitamin C**  
**Purifying Seaweed**  
**Firming Marine Collagen**  
**Ultra Hydration**

60-70 mins      \$115-\$130

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**SALON SERVICES**

# Nail Care *Time to give back to these hard-working hands and feet.*

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## **Executive Men's Hands & Feet**

Enhanced Hands and Feet clean-up, with special massage for texting-weary hands. **70 mins** **\$75**

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## **Superior Care Manicure/Pedicure**

Hands and feet are expertly prepared and pampered with the finest ingredients, while nails are beautifully cleaned, shaped and polished with the extended wear colour of your choice, or simply buffed to a shine. \*\*Gel Polish additional \$10.00

**35 mins** **\$35**  
**45 mins** **\$45**

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## **French Manicure/French Pedicure**

A Superior care treatment, with extra time for white tips. **40 mins** **\$45**  
**50 mins** **\$55**

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## **Polish Change**

A quick clean up and repolish for hands and feet. **\$15/\$20**

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## **Gel Repolish**

**\$20/\$25**

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## **Nail Transformation:**

Acrylic - Full set **\$70**  
Fills **\$35**  
Soak off **\$15**

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# Hair Services *Time for a more beautiful you.*

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Shampoo & Blow Dry **\$45**  
Shampoo & Set **\$40**  
Relaxing **\$70**  
Colouring **\$60**  
Hot Oil Infusion / Deep Condition **\$25**  
Braids - per braid/full head **\$3-5/\$100**  
Bridal/Special Occasion Styling **\$60UP**  
Bridal Styling Trail **\$40**

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# Waxing

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## **Silk Smoothie**

Our gentle, effortless and instant epilation of unwanted hair is done with an aromatic wax blend, followed by a soothing balm to heal and calm the skin, leaving it smooth and soft as a baby

Bikini/ Brazilian wax	\$30/\$60
Full Leg/ Half leg wax	\$80/\$40
Eye Brow/Upper lip	\$20/\$15
Chin/Face wax	\$20/\$30
Underarm/Full Arm wax	\$30/\$50
Chest/Back wax	\$50

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# Men's Care

*For those busy men, whose schedules so often afford limited time for themselves.*

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## **Gentleman's Facial**

Addresses the specific needs of a man's skin, while giving special attention to stress-relieving head, neck, and shoulder massage.

**60 mins**

**\$115**

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## **Anti-Stress Deep Tissue Massage**

Deep Tissue Massage with sports stretches and extra work on back, neck and shoulders, where stress tends to accumulate.

**85 mins**

**\$175**

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## **KiYara Hot Herbal Oil Head & Foot Massage**

Infused with herbs for hair growth, luster and a healthy scalp, this head and foot massage is a unique experience that is sure to encourage deep sleep.

**30 mins**

**\$70**

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# Special Couples Packages

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## **SOULS IN SYNCH**

**Sunset Massage** - Start your treatment off with a welcome foot ritual, then move on to the table and feel your tension melt away, as the sun gradually sinks below the horizon and the sky is illuminated with the color of love. Bask in this blissful aura as you toast each other with a complimentary cocktail.

**70 mins**      **\$320**  
per couple

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## **MOONLIGHT MEMORIES**

**Evening Massage** - Indulge your romantic side and create memories that last a lifetime. Enjoy our tasty hors d'oeuvres and signature "Love Light" cocktail with that special someone, as the sun sets directly in front of our ocean-front Couples Pavilion. A blissful aromatic massage, side by side follows, as the room is illuminated with twinkling candlelight and the moon overhead. A special evening you will cherish for years to come.

**75 mins**      **\$380**  
per couple

*\*\*We highly recommend following this with a private dinner under the stars for two, on the cliffs.*

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# KIYARA WELLNESS ACTIVITIES

## *Movement for the health of it*

We offer a variety of complimentary activities throughout the week which include classes in Yoga, Tai Chi, Barre, Aerobics, Sculpting, Pilates, Hi-Lo Impact training, and Aquacize, for all fitness levels. Check with Spa Reception for schedule.

**Private Yoga instruction** – appointment only US\$85.00 (1-3 people). US\$15.00 for each additional person.

**Personal Fitness training** - appointment only US\$85.00 (maximum 2 people).

**Spa Hours:** 10:00 a.m.—7:00 p.m. daily.

**Taxes:** Services subjected to 10% Government Taxes.

**Reservations:** To best accommodate your requests, we ask that you make your reservations at least 24hrs in advance and secure it with a major credit card. All reservations are subject to availability.

**Cancellations:** Should you need to cancel, a **24hrs cancellation notice is required.** No-Shows and reservations cancelled within 24hrs, full charge will apply.

**Check-In:** Please check in with Spa Reception in the lobby 10 mins prior to your appointment, to be escorted to your treatment room.

**Recommendations:** To enhance your spa treatment, we recommend the following: avoid eating or drinking alcohol prior to your services, avoid shaving or waxing just prior to a body treatment, use adequate sun block when sunning, as sunburned skin may prevent you from fully enjoying your spa treatment.

**Gift Certificates:** Share your experience with others through our gift certificates, redeemable only for products or services. They are valid for 6 months from time of purchase.

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the Cliff  
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*Come as you are and let us do the rest.*