

SPA MENU



*A SANCTUARY WHERE
THE ISLAND'S SPIRIT EMBRACES YOU
IN CALM AND LIGHT.*

A SINGULAR SANCTUARY

Step into The Spa, a true sanctuary of natural wellness and tranquility, nestled within the serene beauty of lush tropical gardens. Here, nature and wellness come together in perfect harmony to create an oasis designed for your ultimate rejuvenation.

Reconnect with your senses as our expert therapists craft personalized treatments just for you, from facials and body wraps to custom massages and revitalizing body treatments. We are committed to your well-being, using sustainable, high-quality products designed to nourish and restore.

Unwind further in our state-of-the-art facilities, including men's and women's steam rooms, saunas, whirlpools, and cold plunge pools, all thoughtfully designed to enhance your relaxation.

Located adjacent to Casa Grande, The Spa offers an experience where every detail is crafted to provide you with a transformative journey of beauty, relaxation, and rejuvenation.

Appointments are highly recommended.

MASSAGES

RAINFOREST CUSTOM MASSAGE

A custom massage tailored to your needs, offering a deeply harmonizing and relaxing experience while balancing your body. Your therapist will guide you in selecting unique infused massage oil blends that promote healing and a sense of well-being.

**The 80-minute massage includes the application of heated stones.*

	<i>starting at</i>
80 minutes	390
50 minutes	290

HEATED STONE MASSAGE

This heated stone massage uses warm basalt stones and essential oils strategically placed to revive fatigued muscles and re-balance the body. This treatment is combined with a soothing relaxation massage that promotes energy flow.

	<i>starting at</i>
80 minutes	390

TROPICAL SERENITY MASSAGE

Relax and hydrate your skin with our organic exotic coconut and guava oils. Immerse your senses in the aromas of El Yunque National Forest while restoring a balanced state of mind. This soothing service, using light to moderate pressure, will enhance relaxation and provide a flowing massage experience.

**The 80-minute massage includes the application of heated stones.*

	<i>starting at</i>
80 minutes	360
50 minutes	260

ENCANTO RUM MASSAGE

One of our signature massages, created with local DonQ Rum directly from our local distilleries. This unique blend is a remedy for sports injuries and areas of inflammation, increasing blood flow and reducing fluid accumulation.

	<i>starting at</i>
50 minutes	280

CARIBBEAN REFLEXOLOGY MASSAGE

This foot massage begins with a stimulating warm coconut scrub using pressure points, followed by a coconut lotion to gently buff and hydrate your feet. This treatment improves circulation, helps detoxify, energizes, and boosts your immune system.

	<i>starting at</i>
50 minutes	260

MADRE MASSAGE

Our pre-natal massage is designed to indulge the expectant mother, reducing stress, swollen joints, and muscle aches.

	<i>starting at</i>
50 minutes	260

MUSCLE REVITALIZER MASSAGE

Experience profound relief with our Muscle Revitalizer Massage, expertly designed to alleviate pain and tension in the deepest layers of muscles and tendons. A harmonious blend of organic oils and balms promotes mental clarity, enhances physical performance, and restores your sense of balance, leaving you revitalized and rejuvenated.

	<i>starting at</i>
80 minutes	390
50 minutes	290

FACE

ESSENCE OF BAHIA GLOW FACIAL

This concentrated boosted facial is designed to improve blood circulation, helping the skin appear bright and plump. It thoroughly hydrates the skin while light-reflecting illuminating pigments create a youthful glow, helping to even out skin tone.

**Recommended for brides.*

	<i>starting at</i>
80 minutes	435
50 minutes	335

CARIBBEAN RADIANCE FACIAL

This Vitamin C radiance facial is a customized treatment that combines active Vitamin C, natural fruit acids with a wide variety of potent botanical extracts and co-enzymes to brighten skin, noticeably improve tone and texture. It will minimize the appearance of fine lines and wrinkles, leaving skin radiant, hydrated and glowing.

	<i>starting at</i>
80 minutes	435

ESSENCE OF BAHIA CUSTOM FACIAL

This personalized facial is crafted to suit your unique skin type, incorporating advanced age-defying ingredients and potent active concentrates. Applied with precise techniques, this treatment addresses individual needs while utilizing the latest innovations to prevent and reduce visible signs of aging.

	<i>starting at</i>
80 minutes	405
50 minutes	305

CORAL SEA REJUVENATION FACIAL

This revitalizing facial harnesses the power of marine extracts to refresh and balance oily skin. It detoxifies, firms, and deeply hydrates, leaving your complexion clear, energized, and glowing with renewed vitality.

	<i>starting at</i>
50 minutes	335

CELESTIAL RENEWAL FACIAL

Experience the luxury of precious ingredients in this deeply hydrating and anti-aging facial. The richness of a gold mask rejuvenates your skin, enhancing elasticity and revealing a fresh, youthful glow. This illuminating treatment leaves your complexion radiant and revitalized.

	<i>starting at</i>
50 minutes	335

BODY

HERBAL RENEWAL DETOXIFYING

Release the weight of stress and environmental toxins with our revitalizing treatment.

Begin with a soothing massage using a warm herbal poultice to gently awaken your body's detoxification process. Next, indulge in a Dilo Nut exfoliation, brimming with antioxidants and essential fatty acids, to clear away impurities and dead skin cells. A Ginger Root Detox masque follows, enhancing your metabolism and invigorating your senses. Finally, luxuriate in a nourishing coconut hair and scalp treatment that leaves you feeling refreshed and renewed.

80 minutes

starting at
520

OCEAN BREEZE COOLING

Revitalize your skin with our luxurious After-Sun Healing Treatment. The Dilo Nut, a key ingredient, calms sunburns and skin irritations with its soothing properties. Enriched with Vitamins A, C, and E, along with Coconut Oil, Aloe, and Lavender Essential Oil, this treatment offers an exceptional healing blend. Experience the cooling relief of our Dilo Rescue Gel applied to your skin, while you indulge in a calming hand, foot, and scalp massage, allowing the gel to absorb and accelerate your skin's recovery.

50 minutes

starting at
325

ISLAND NECTAR BODY POLISH

Experience our exclusive guava & coconut body care treatments. Rich in Vitamin C, Lycopene, Antioxidants, and Manganese, these exotic fruits delicately exfoliate and refresh. A lavish application of our tropical hydrating lotion will leave your skin exquisitely nourished and radiant for the rest of the day.

50 minutes

starting at
325

CARIBBEAN COFFEE LEGEND POLISH

Indulge in our luxurious emulsified antioxidant body polish, crafted with fresh coconut oil, raw sugar, and gourmet island coffee. This exquisite treatment enhances blood flow, reduces inflammation, and deeply moisturizes and revitalizes your skin. The caffeine in the coffee, rich in antioxidants, tightens skin elasticity and stimulates collagen production for a firmer, more youthful appearance.

50 minutes

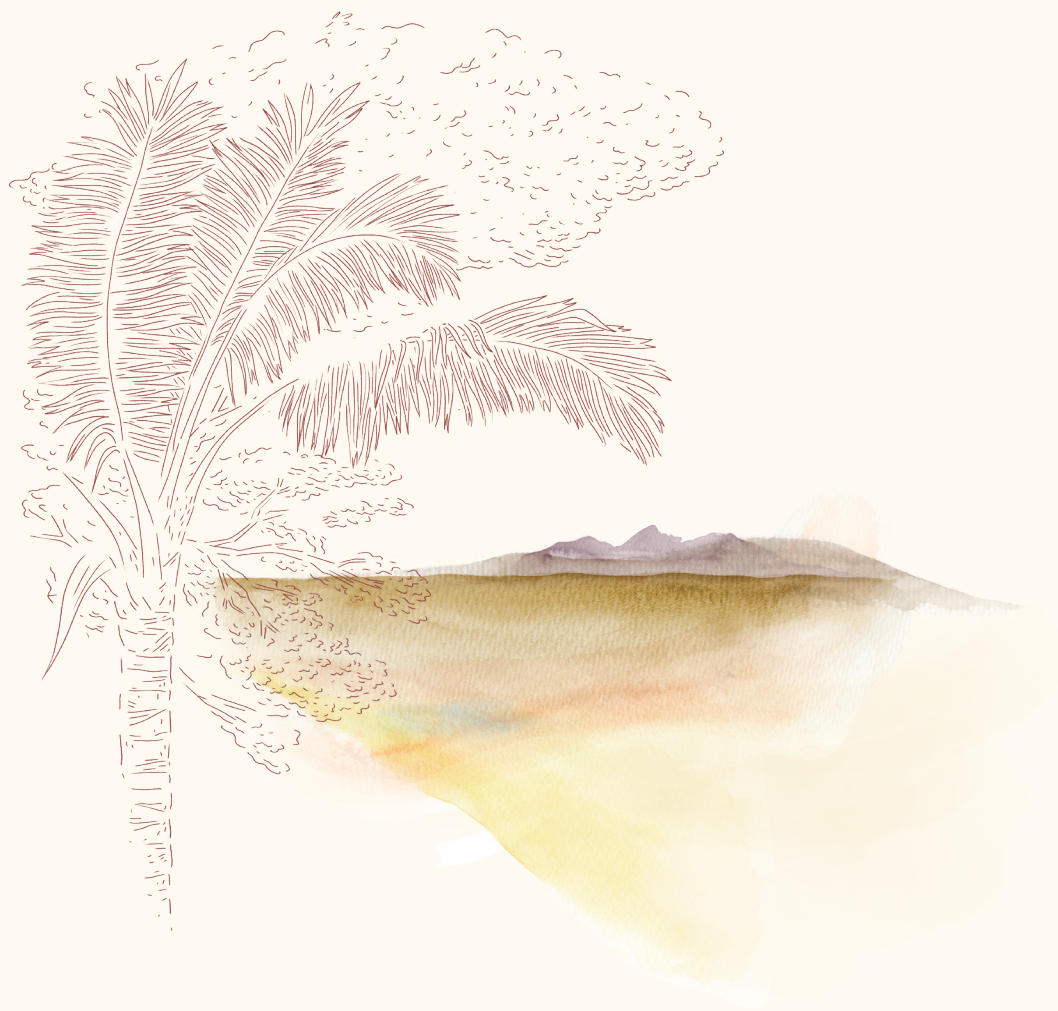
starting at
325

BAHIA RUM EXFOLIATION

Indulge in our luxurious body scrub, blending golden-brown sugar and premium aged rum with rice bran oil for an exquisite exfoliation experience. This treatment effectively cleanses and refines your skin, removing impurities and helping to prevent breakouts. Revel in the sensation of incredibly smooth and deeply hydrated skin after each application.

50 minutes

starting at
325



HAND & FEET

ROYAL BAHIA MANICURE

Elevate your manicure experience with our Royal Bahia Manicure, a luxurious treatment that starts with a nourishing application of hydrating coconut milk. Followed by a gentle guava exfoliation, enriched with essential oils, enzymes, and guava oil, this treatment effectively removes dead skin cells while infusing your hands with essential nutrients. The coconut milk proteins work to diminish the appearance of fine lines, leaving your hands looking and feeling exquisitely smooth and rejuvenated.

This treatment incorporates all the elements of the Classic Manicure.

60 minutes

starting at
110

CLASSIC MANICURE

A classic manicure including: nail shaping, cuticle care, exfoliation, relaxing hand massage and expert polish application.

40 minutes

starting at
85

ROYAL BAHIA PEDICURE

Indulge in the ultimate luxury with our Royal Bahia Pedicure. Begin with a soothing coconut milk foot soak that softens and prepares your feet for a sumptuous guava sugar scrub, gently exfoliating and revealing fresh, smooth skin. The experience culminates in a lavish body butter massage, leaving your feet feeling deeply nourished and revitalized.

This treatment incorporates all of the elements of the Classic Pedicure.

80 minutes

starting at
220

CLASSIC PEDICURE

A classic pedicure including: buffing, nail shaping, cuticle care, exfoliation, warm towels, relaxing massage and expert polish application.

50 minutes

starting at
135

FINISHING TOUCHES

WOMEN'S

starting at

Ladies Glan and Style <i>(includes cut)</i>	145
Ladies wash & Style	110
Special Style/ Up -Do	275
Wedding style / Up-Do	285
Social Make up	255
Hair style in Dry Hair	140

MEN'S

Wash & Cut	135
Wash Cut & Beard Trim	210

FOR TWO

THE TWILIGHT ESCAPE

Immerse yourself in the tranquility of twilight. This luxurious after-hours experience includes a couple's massage, curated bites, fresh fruit, and champagne, all within the intimacy of a private setting. With exclusive access to the spa's facilities after closing, this is your invitation to unwind, reconnect, and celebrate in serene sophistication.

Includes 80 minute massage

2.5 hours

starting at

3,500

MOTHER & DAUGHTER OR FATHER & SON

Bond with your loved one through a rejuvenating facial experience designed parents & adult children. This exclusive treatment offers the perfect opportunity to enjoy quality time together while indulging in a luxurious skincare session. Create lasting memories as you both unwind and refresh, celebrating your connection with a shared moment of relaxation and pampering.

Essence of Bahia Custom Facial For Two | 50 minutes

Hot Tea, Cold Organic Juice or Sorbet

50 minutes

starting at

600

RAINFOREST CUSTOM

COUPLE'S MASSAGE

Experience unparalleled relaxation with our Iridium Couple's Massage, an intimate journey designed for two. Share serene moments of connection as expert hands guide you and your loved one into a state of pure tranquility. This exquisite escape includes thoughtful indulgences, enhancing every moment of togetherness. Immerse yourselves in this haven of calm and renewal, where every touch, taste, and breath is devoted to your shared serenity.

Rainforest Custom Couples Massage

starting at

80 minutes

770

50 minutes

570

WELLNESS & FITNESS

Maintain or elevate your fitness routine throughout your stay in paradise, enjoy a luxurious fitness experience with a range of specialized pre-schedule private classes and amenities.

24-HOUR FITNESS CENTER

CLASSES

We offer a variety of pre-scheduled private classes throughout the week for our guests.

Yoga

Yoga With Weights

Pilates Mat Fusion

Walking Meditation

Price starting at 250 USD



SPA GUIDELINES

ARRIVAL

We recommend that you arrive at The Spa 30 minutes or more prior to your scheduled appointment time. A shower is suggested prior to your service, in order to receive maximum treatment benefit. Kindly note a late arrival may result in a shorter duration of your service. Full rate will apply.

BOOKING

While we highly recommend scheduling your spa treatments in advance, we will do our best to accommodate walk-ins based on availability.

THERAPISTS

Our skilled therapists, both male and female, are highly trained and professional. Unless you specify a preference, bookings will be assigned to the next available therapist.

MASSAGE PREFERENCES

Prior to your massage, please inform your therapist of any areas you wish to avoid.

COMFORT AND PRIVACY

During your treatment, non-treated areas will be appropriately draped with a sheet to ensure your comfort and privacy.

TRANQUILITY

To enhance your experience and maintain the tranquility of the spa, please turn off your cellular phone for the duration of your visit.

LOCKER

A locker will be provided with a key code lock. Iridium Spa will not be responsible for lost or stolen items.

CANCELLATION POLICY

If you need to cancel your appointment, please provide at least 24 hours' notice. Cancellations made within 24 hours of the scheduled appointment will incur a charge for the full service amount.

GRATUITY

A 22 % service fee is automatically added to your bill. Should you wish to leave an additional gratuity based on your satisfaction with the service, please inform a spa concierge upon checkout.

AGE REQUIREMENTS

Guests must be 18 years of age or older to experience a massage, body treatment or enjoy the Spa relaxation areas, locker areas and spa amenities.

Nail services are available for patrons under the age of 18, when accompanied by an adult.

GIFT CERTIFICATES

Spa Gift Certificates are the ideal way to share the Spa experience with loved ones, friends, colleagues, employees, clients, or anyone special in your life. They make a thoughtful gift for any occasion. Gift certificates are available for purchase at the Spa desk.





SPA

A retreat unlike any other.
Every moment crafted
to dazzle the senses and
celebrate the extraordinary

+1 787 809 8019

HOURS OF OPERATION

SPA TREATMENT TIMES

Monday to Sunday 10:00 AM - 6:00 PM

SPA BOUTIQUE AND FACILITIES

Monday to Sunday 7:00 AM - 6:00 PM

EXERCISE ROOM

Daily 24 hours access with room key



FOUR SEASONS
RESORT AND RESIDENCES
PUERTO RICO