



[www.makeitjamaica.com](http://www.makeitjamaica.com)

We provide a quaint location that can offer what others cannot. Sometimes a gentle, unassuming presence can have the most impact. By eliminating many pre-manufactured products we share Jamaican traditions, rituals and natural ingredients to help you achieve real wellness.

## SPA TREATMENTS

### **Mais Oui Relaxing Swedish Massage**

Enjoy the numerous benefits of massage ... relaxation and stress reduction, relief from muscular discomfort, release of endorphins. This most popular and deeply relaxing full-body massage is customized to each spa guest. Do you prefer a more gentle massage or do you prefer a firmer touch? Ideal for anyone looking for a relaxing experience. Perfect for first-timers.

30 minutes - \$40

60 minutes - \$80

### **Matawai Body Renew Massage**

Relief from the city, near a beautiful ocean. The perfect setting for a skilled massage. This deep, highly focused technique will offer you a sense of escape, while reaching the important internal muscle layers. This is our version of a deep tissue massage. Great for athletes.

30 minutes - \$50

60 minutes - \$100

### **Tah'lawaa Hot Stone Revival Massage**

Experience an even higher level of well-being, and relaxation as hot stones glide over your body during your full body massage. Tension and stress simply melt and fade away.

60 minutes - \$100

### **Tah'lawaa Aromatic Journey – Body Scrub**

Experience a wonderful full body exfoliation to polish away dead skin leaving a softer more healthy body. A final deeply hydrating massage will refresh the spirit and give you your final reward ... beautiful, soft skin that is a delight to touch.

30 minutes - \$40

60 minutes - \$80

### **Cool Yuh Foot Reflexology**

Cool Yuh Foot, Jamaican for “Just chill or Relax,” is the perfect description for our reflexology treatment desired for tired, hard-working, feet. Extra care is lavished on your feet as your treatment begins with a relaxing tropical foot cleanse. Be prepared to be in “la la land” with a splendid, soothing reflexology foot massage which stimulates specific points on the feet.

30 minutes - \$40

60 minutes - \$80

**Prices do not include gratuity.**

[www.makeitjamaica.com](http://www.makeitjamaica.com)

# IMPORTANT NOTES ABOUT Tah'Lawaa ... The Spa at Mais Oui

## Spa Admission

Guests, age 18 and older, with **scheduled** spa treatments have complimentary use of the spa facilities. **The steam shower, in particular, is only available to guests with scheduled spa services.**

## Cancellations

Reservations must be cancelled at least 24 hours prior to your service to avoid being charged for the service.

## Dress

Spa robes, spa wraps, and slippers are available for guests with scheduled spa treatments. Guests with scheduled treatments will have a robe and slippers brought to their room prior to their spa treatments. Please change in your room as there are no locker facilities in the spa area. Please do not bring jewelry or valuables with you to the spa. Do not leave items in the pockets of your robe. Mais Oui, staff and owners bear no responsibility for loss.

## Gratuities

Gratuities are appreciated and are solely at the discretion of guests.

## Hours

Spa therapies are available by appointment only.

## Privacy

Our therapists are very sensitive to the issue of privacy and will keep you properly draped during your treatment. You will always be covered, except for the area on which the therapist is working.

## Reservations

Reservations must be made and purchased one day in advance. All spa services are subject to availability. Please advise us upon booking spa services of any health conditions, allergies, or injuries that could affect your service.

## Health Statement & Release of Liability

Treatments may involve rubbing, pulling, and tugging of body tissue which in some instances may cause redness of the skin, soreness, and bruising. Massaging, exfoliating of the skin, and other such services may cause temporary redness or other such changes to the skin. The use of heat may increase the blood pressure and heart rate. For your own protection and for our therapists to give you the best possible treatment, you will be asked to complete a consultation form. Please obtain your doctor's permission to receive spa treatments should you have any known medical problems. Please note that although all treatments have been tested, it is still possible that there is the remote chance of allergic reactions. If you have any known allergies, please be sure to let the staff know with each treatment performed. A signed release of liability form is required from all guests participating in spa treatments. Mais Oui and its owners assume absolutely no responsibility for spa treatments performed in violation of this policy.

## HOW TO ENJOY YOUR SPA SERVICES

Communication is key to getting the massage or spa experience that you want. Before your massage, let your therapist know on which areas you would like to focus, as well as any areas to avoid. During your massage or treatment, let the therapist know if you feel any discomfort. If you don't understand what the different service offerings are, simply ask the therapist to explain what is involved. Don't be shy. Mais Oui prides itself on being a "relaxed" spa. Most importantly, relax. This is your time. We want you to enjoy it!

**Thank you for choosing to visit us at Mais Oui.**

[www.makeitjamaica.com](http://www.makeitjamaica.com)