



ZEMI SPA MENU

Dominica's Natural Approach to Wellbeing

INTRODUCTION

Dominica has been nicknamed the “Nature Island of the Caribbean” for its natural environment. Look no further, as Zemi Spa at Fort Young has what you are looking for. “Zemi” represents the spirit of the ancient Taino people of the Caribbean, and where better to experience the calming energy of our islands heritage, than within the natural warm and inviting sanctuary of Zemi Spa. Over looking the endless horizon and lush tropical mountain range, our resort showcases an organic natural approach to relaxation and overall wellness. Allow our certified skilled therapist to take you on a spa journey of pure Dominican bliss.

🌿 Treatments and rituals that are part of the Island Included packages.

All prices in US dollars and subject to 15% Government tax and 10% service charge

SPA ETIQUETTE

Reservations - For Spa Reservations call #7603.

Arrival - Please arrive 10 mins prior to your appointment to fully relax. We offer our guests a reliable treatment schedule. Consequently late arrivals will not receive an extension of their treatment time, however full treatment price will apply.

Booking - You will be required to complete our consultation form so our therapist can suggest treatments best suited to you and your needs. Please notify your therapist of any medical conditions, skin allergies or of any recent procedures or pregnancy prior to scheduling your appointment.

Cancellation Policy - We exercise a 6 hour cancellation policy with 100% treatment cost being applied. All spa guests are required to provide credit card details when booking multiple treatments or group bookings.

What To Wear - Robes will be provided for spa services. Our spa therapists are professionally trained in draping techniques to ensure your privacy and comfort. If you would prefer to wear your swimsuit when doing body treatments please feel free to bring it along.

Valuables - We strongly recommend valuables are left within the safety deposit box provided in your room. We cannot be held responsible for any lost items.

Mobile Phones & Other Electronic Devices - To ensure peace and tranquility within the spa, we respectfully request that mobile phones and other electronic devices are placed on silent. The use is not permitted while treatments are in progress. Your kind co-operation in this matter is greatly appreciated.

Age Restrictions - Spa treatments are available to guests aged 13 years old and above. Babies and small children are not permitted within the spa.

Gift Certificates - Gift Certificates are available for purchase for all spa services. Certificates are valid for 6 months, and are non-transferable and can be redeemed in services only

Gratuuity - Service charge is included in your service however you may add an additional gratuity to your therapist.

ZEMI MASSAGE THERAPY

Massage is a deeply restorative alternative body therapy treatment designed to release stress and tension. Feel it all melt away with the touch of our skilled therapists leaving you relaxed, calm and revitalized.

Swedish Relaxation Massage

60 min \$120.00*** / 80 min \$160.00

A therapeutic full-body massage with long effleurage strokes of light to medium pressure to improve circulation and invoke a soothing sensation. This massage is perfect for a first time massage and for those that need to enter into a state of relaxation.

Zemi Deep Tissue Massage

60 min \$130.00 / 80 min \$ 190.00

Certified organic massage oil is used for this deep tissue treatment. Slow, firm pressure is applied to specific trigger points in affected areas to release the underlying tension and restore circulation. This helps return the muscle to its normal range of motion and improve function. It's the perfect addition to your day after a long hike.

Volcanic Rock Massage

60 min \$135.00

Hot stones is a form of ancient therapy that has been used in many cultures to help relax the body, ease tense muscles and restore damaged tissues. Using warm basalt volcanic rock, this massage promotes detoxification, deep relaxation, reduces inflammation and improves sleep for an overall sense of well being. Choose between Swedish or Deep tissue pressure for this delightful treatment.

Couples Massage

Price based on your massage choice

Relax together with a bestie, family member or your special someone with a couples massage. Couples massage features two massage therapists who work on each individual at the same time. Your therapist will customize each full-body massage based on your specific needs. Choose from any of our signature treatments and enjoy the journey of relaxation together.

Back and Neck Retreat

50 mins \$95.00***

This stimulating treatment starts with an exfoliating scrub to slough away dead skin cells, hot towels are applied and followed by a back and neck massage to stimulate lymph circulation. This treatment helps with the body's natural detoxifying process and is truly a blissful experience.

Zemi Foot Ritual

50mins \$75.00**

We created a foot ritual for weary travelers, either from a long flight or a strenuous hike in our luscious rain forest, this foot ritual will set you right. Begin by submerging your feet into a warm soothing bath, a revitalizing scrub is applied from your knee to your toes and is followed with 30 min of vigorous massage and ending with a warm paraffin treatment to soften and soothe. Float away with this restorative ritual.

ZEMI BODY TREATMENTS

Body treatments cleanse, exfoliate and hydrate your skin which results in detoxifying benefits. Exfoliation is key to keeping the skin feeling and looking healthy, flushes toxins, improves circulation and relaxes the mind and body.

Organic Mango Ginger Sugar Scrub

60 mins \$100.00**

This blend of Ayurvedic oils and natural AHA's will leave your skin newly revived and visibly younger. Made with 100% organic brown sugar, your skin is gently exfoliated while locking in vital moisture. You will then wash away all your stress in an invigorating shower, finishing off with an organic oil massage to lock in moisture leaving your skin silky smooth.

Lemongrass Green Tea Salt Scrub

60 mins \$100.00**

A wonderful fragrant mix of lemongrass, green tea, mineral rich dead sea salt and moisturizing rich oils, this scrub will leave your skin soft and radiant. It's a double, full body treat of gently removing dead skin cells with sea salt and a healing herbal infusion massage to exfoliate and stimulate your body. This treatment give you glowing results.

Botanical Body Boost Wrap

60 min \$125.00

An energetic skin hydration with a blend of rich essential oils and botanical extracts that detoxifies the skins impurities. Your body will be dry brushed to prepare the skin for the application of a warm thin layer of mud and wrapped into a warm blanket. After 30 mins you will step into a steamy stimulating shower and end with a hydrating body balm. This will surely revitalize your senses.

Zemi's Dynamic Duo

80 min \$200.00

We created an indulgent signature treatment to exfoliate and soften the skin, relax your muscles and calm your spirit. It includes an invigorating full body scrub, an energizing shower and ends with an aromatic relaxing 60 min full body massage. This duo does the trick.

NAIL CARE

Pamper the hardest working parts of your body - your hands and feet. Experience our luxurious nail care treatments within our inviting spa environment. We offer a full menu of manicure and pedicure services, so sit back and relax and allow us to pamper you.

Zemi Classic Manicure

30 mins \$40.00 / Gel Polish (10 min add on): \$10.00

Great for those on the go who need a quick fix. This manicure includes nail shaping, cuticle care, buffing and a relaxing hand massage. Top it off with a long lasting polish of your choice or nail buffing to a natural gloss.

ZemiLux Manicure

45 min \$50.00 / Gel Polish (10 min add-on): \$ 10.00

A supreme manicure with all the trimmings to make you feel magnificent. It includes nail shaping, cuticle care, buffing, and a relaxing full arm massage. Plus, a hot towel, an invigorating sugar exfoliation and hydrating mask on your hands and finishing off with a long lasting nail natural polish of your choice.

Zemi Classic Pedicure

45 mins \$50.00 / Gel Polish (10 min add-on): \$ 10.00

Our classic pedicure absolutely nails it when it comes to fabulous feet in under an hour. Your pedi pampering includes a soothing soak, nail and cuticle care, under foot dead skin removal, and a moisturizing half leg and foot massage. Finish off with a long lasting polish or buff to a natural shine.

ZemiLux Pedicure

60 mins \$60.00 / Gel Polish (10 min add-on): \$10.00

Our Lux pedicure has it all! It features detailed nail shaping, under foot dead skin removal, exfoliating scrub, hydrating mask, hot towel wrap and an extended knee to feet massage. This blissful treatment is completed with a long lasting polish or buff to a natural shine.

Upgrades: *French polish for hands/feet - \$20.00 | 15 Minute volcanic rock massage for feet - \$ 20.00*

FORT YOUNG RITUALS

Submerge yourself in a true retreat with our signature rituals. Spend a couple of hours or a day with our specially chosen spa rituals. The combinations allows you to go deeper into relaxation and connect with your inner self. The time specified includes your treatment time, lite refreshments and a some time to enjoy our resort amenities.

Relax

1.5 hrs/\$165.00

Unwind and relax with a choice of your full body scrub and end with a signature Zemi foot ritual.

Restore

2.5 hrs/\$270.00

Take a break and escape. Immerse yourself into a total state of relaxation with a Botanical Body Boost Wrap, 60 min Volcanic Rock Massage and end with a Zemi Classic Manicure.

Renew

3 hrs/\$300.00

Thrive with our most popular ritual. Indulge in an all over body pampering with our Zemi Dynamic Duo body treatment and end with a ZemiLux Manicure and a ZemiLux Pedicure.