

# SENSE

A ROSEWOOD SPA



SENSE SPA HOURS OF OPERATION  
Daily 9:00 AM – 8:00 PM

FITNESS STUDIO  
Daily 24+ hours

SENSE SPA OUTDOOR POOL  
Daily from 9:00 AM – 8:00 PM

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## A SENSE *of* PLACE™

### ST. BARTH

Indulge in specially curated treatments and beauty rituals inspired by the French culture of beauty and joie de vivre imbued with vibrant Caribbean energy.

Sense Spa at Rosewood Le Guanahani St. Barth is a retreat for the senses, utilizing varieties of local island flora to nourish body and soul and immerse guests in the natural beauty and healing spirit of the island. Poised on a private peninsula and surrounded by lush vegetation and magnificent ocean views, Sense Spa warmly embraces the sights, sounds and pleasures to be found in St. Barth.

Discover harmony and a sense of place at Rosewood Le Guanahani St. Barth.





## LOST REMEDIES

St. Barth is one of the oldest islands in the Caribbean. Originally called Ouanalao, its first recorded settlement was by the Arawak and Carib tribes. The island was later named by Christopher Columbus in honor of his younger brother Bartholomew. As part of the French Caribbean, St. Barth has long been influenced by France's rich history, cultural traditions and language as well as Creole societies and their medicinal practices. We have collected and transcribed some of the ancestral remedies that are still widely used on the island today. Corossol leaves, for example, are said to treat fevers, parasitic infections, hypertension and rheumatism while also acting as a sedative. Indian wood essential oil is particularly favored for its stimulating emotional properties.

### RETURN TO BALANCE

2.5 HRS

Inspired by the ancestral wisdom of St. Barth's early Caribbean settlers, this luxurious ritual is designed to restore the body's natural balance and awaken a profound sense of inner harmony. Rooted in the art of balancing warm and cool elements, it offers a holistic journey that nurtures both body and mind.

Your experience begins with a refreshing foot soak infused with mineral-rich sea salt and aromatic corossol leaves, inviting a gentle release of tension. A delicate exfoliation follows, using a Caribbean sugar cane scrub to reveal silky, radiant skin. The ritual continues with an indulgent cooling body wrap, enhancing the skin's vitality and luminosity, followed by a deeply restorative massage with warm herbal compress. This exquisite combination melts away any muscular tension, liberates energy, and rebalances the body's hot and cold harmony which is the essence of Creole healing traditions.

### THE OUANALAO RITUAL

2.5 HRS

Inspired by the warmth of the sun and the enchanting spirit of St. Barth, this sensorial journey invites you to surrender to profound relaxation and complete renewal. Designed as a holistic escape, the ritual harmonizes body, mind, and soul.

The ritual begins with a warm foot bath, followed by a mineral-rich salt exfoliation that gently removes impurities, leaving the skin silky, smooth, and luminous. The journey continues with a deeply relaxing full-body massage, expertly crafted to release tension and restore balance throughout the body. To complete this indulgent experience, a personalized facial treatment, suitable for all skin types, combines advanced techniques with the art of Gua Sha, unveiling a renewed complexion and an ageless glow.

Every element of this treatment is curated to awaken the senses and elevate your well-being, offering an unparalleled expression of Caribbean indulgence.

## SENSE JOURNEY

Combining a series of treatments, this journey brings you to a state of well-being. This transformative experience is well-rounded including healthy refreshment and revitalizing seasonal beverages.

### “LE MORNE” SENSE SPA JOURNEY

2.5 HRS

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This immersive spa journey begins with a stroll through the ecosystem at the Morne Reserve, a quiet place where hikers can experience the grandeur of nature and the sea through interpretive signboards. After returning to the spa to enjoy a body wrap ritual featuring aloe vera gel mixed with essential oils to provide multiple revitalizing and refreshing benefits. As you are gently enveloped in the wrap, a head and scalp massage reinforces the sense of relaxation and instills the body and spirit with new energy. The massage will end with a toning leg massage to promote lightness and energy using acupressure on the feet.



## ESSENTIAL SKIN CARE

### THE JAPANESE LIFTING MESSAGE

1 HR

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This Japanese beauty treatment, entirely dedicated to the art of facial lifting massage, is rooted in an ancestral tradition that demands absolute precision and mastery. Combining traditional techniques with acupressure and expert drainage, it smooths fine lines, redefines facial contours, and revives the skin's natural radiance, all while immersing you in a state of profound relaxation.

## ESSENTIAL SKIN CARE

### THE SIGNATURE EXTREME 360° FACIAL

1.5 HRS / 2 HRS

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Inspired by the Japanese philosophy of Kaizen, a continuous quest for perfection, and infused with the elegance of French art de vivre, this eight-step EviDenS de Beauté ritual delivers an exceptional lifting effect and visible anti-aging results for all skin types.

Meticulously developed to enhance the skin's beauty by targeting specific facial zones, this treatment features a specialized bio-collagen mask designed for mature, dehydrated, fatigued skins in need of an ultimate solution to combat the signs of aging.

### ESSENTIAL BESPOKE SKIN CARE

1.5 HRS / 2 HRS

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Our Essential Skin Care Ceremonies are customized to suit individual needs and skin conditions. Whether you are looking for softening and hydration, refreshing and toning, detoxification and purification, brightening and spots reduction, or a return to youthful-looking skin, your expectations will be achieved.

### THE TROPICAL AWAKENING

1 HR / 1.5 HRS

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This special facial restores radiance to dull skin by targeting lymphatic drainage and restoring balance and harmony of the skin. Nourishing and refining ingredients such as jojoba oil, aloe vera, and AHA from papaya and pineapple are enhanced by a deeply hydrating rosehip face oil that visibly improves the skin's moisture levels, softens fine lines, and leaves the skin looking radiant.

### THE ENHANCED RESTORATIVE RITUAL

1.5 HRS

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This deeply relaxing facial massage combines ultimate hydration and nourishment with soothing techniques using Gua Sha tools, which stimulate circulation and release tension, to best support skin health. High-integrity botanicals deliver nutrients to restore balance, promote blood flow, and contour facial muscles for a lifted, clarified and radiantly age-defying complexion, all while soothing the mind and comforting the soul.





## SENSE MESSAGES

### RELAXING PRENATAL TREATMENT

1 H / 1.5 HRS

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This exclusive massage is a true sanctuary of serenity, thoughtfully designed to guide expecting mothers through every stage of their transformation, from the third to the eighth month of pregnancy. Performed with a 100% natural, hydrating, and fortifying oil, the treatment respects even the most delicate skin while gently supporting the body's evolving needs throughout maternity. A suspended moment of pure relaxation, created to honor the body and the precious life it carries.

### ST. BARTH SENSORY EXPERIENCE

1 HR / 1.5 HRS

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This uniquely customized treatment focuses on releasing muscular tension, mental fatigue and stress. It combines various techniques to keep the body relaxed. The deep tissue massage is performed with locally sourced aromatherapy oils, including lime, basil and pimento leaf, to improve energy flow around the body and provide relief from stiffness and pain.

### LE GUANAHANI MESSAGE

1 HR 1.5 HRS

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This deeply relaxing massage invites you to let go, embracing a state of pure tranquility. Executed with gentle but firm, fluid and enveloping movements, it provides comfort, reassurance and a sense of inner peace. Our locally sourced oils—renowned for their exceptional quality and nourishing properties—leave the skin soft, supple, and beautifully hydrated.

### THE RISING TIDE MESSAGE

1.5 HRS

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Like a wave that runs through the energy pathways of the body, this transformative massage promotes a state of total well-being. The full-body treatment is performed on a unique quartz-infused floating bed and consists of enveloping and modeling the entire body using deep palm and forearm pressure, and free-flowing strokes inspired by the Lomi Lomi massage. Stress and muscle soreness float away and energy flow is restored.

### CBD THERAPEUTIC AND TRANSFORMATIVE

1.5 HRS

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This profoundly healing massage harnesses the soothing and anti-inflammatory properties of CBD oil to release tension, relax the muscles, and plunge the body and mind into a state of deep relaxation. This exceptional ritual begins with a few drops of CBD oil—at your discretion—followed by an immersive sound bath and mindful breathing exercises.



## SENSE BODY

### PARADISE ENCHANTMENT FOR BODY & MIND

2 HRS

This exclusive treatment is designed to stimulate the body's energy flow while enhancing circulation and digestion. The ritual begins with a gentle dry-brush exfoliation to awaken the skin, followed by a holistic massage focused on the abdomen known as the center where emotions and tension often reside. This perfect combination detoxifies and restores vitality through the power of natural ingredients such as calendula blossom, cedarwood, and lavender.

### REFRESH & RESTORE RITUAL

1 HR

This unique body peeling ritual and relaxing treatment is adapted to all skin types, even the most sensitive ones. The Evidens de Beauté enzyme technology allows for a cocooning and delicate body peeling exfoliation. The result is skin that is instantly velvety soft and perfectly hydrated.

### THE GROUND RITUAL

3 HRS

This comprehensive cleansing ritual for body and face is intended to bring a sense of lightness to one's emotional and physical being. Comprising a body scrub, a massage and a facial, this head to toe treatment offers comfort and support as it grounds the mind into the body. Ideal for relieving mental anxiety and burnout, it creates awareness on a deeper, more meaningful level while providing an ethereal and blissful experience.

### BACK REVIVAL TREATMENT

1.15 HRS

Treat your back to an exquisite Caribbean-inspired ritual. This treatment combines deep cleansing, gentle exfoliation, soothing relaxation, and purifying care to leave your skin soft, revitalized, and profoundly comforted.

### THE SUN-KISSED GLOW RITUAL

1.5 HRS / 2 HRS

Immerse yourself in a world of well-being and serenity, enjoy gentle exfoliation and deep relaxation. The experience begins with radiant body exfoliation infused with sunlit scents, designed to prepare, enhance, and protect your skin. Then, embrace a personalized full-body massage, a true sensory journey that warms both body and soul, leaving your skin sublimely soft and your spirit profoundly serene.

### THE SENSE FINAL TOUCH

#### NAIL SERVICES

Pamper your hands and feet with exceptional manicure and pedicure rituals, featuring your choice of classic polish or long-lasting gel finish.

#### HAIR SERVICES

Immerse yourself in a world of precision and beauty with our exclusive hair styling service, by appointment only.

#### WAXING SERVICES

Our experts provide professional waxing treatments, available upon request.





## **SENSE ETIQUETTE**

Please be advised that it is good practice to shower before any treatment. Peace, serenity and respect are part of the Sense Spa philosophy. Please consider other guests' personal space and privacy, and silence any electronic devices before entering the spa facilities.

### **ARRIVAL**

In order to have adequate time to relax and complete the health questionnaire, we recommend that you arrive 20 to 30 minutes prior to your treatment. Late arrivals will affect the duration of your scheduled appointment.

### **SCHEDULING & CANCELLATION**

All treatments should be booked in advance to ensure availability. Our Sense Spa host will be happy to assist you in choosing the right treatment and will need valid credit card information to confirm any bookings. If you wish to reschedule or cancel your booking, please be advised that we require 24 hours to accommodate your request, or two hours if the appointment is made on the same day. No-shows or last minute cancellations will incur a 100% charge.

### **ATTIRE**

Bathrobes, slippers and disposable undergarments are available at Sense spa for your treatment sessions.

### **HEALTH CONDITIONS & ALLERGIES**

Please consult your physician prior to any treatment or use of our facilities. If you have allergies or injuries that may affect your experience, kindly inform the Sense Spa team at the time of booking.

### **VALUABLES**

Please secure your valuables. Sense Spa cannot be held responsible for any loss or damage during your visit.

### **ALCOHOL & CIGARETTES**

Guests' health and well-being are at the heart of our spa experience. Please do not smoke or drink alcohol on the premises.

### **KIDS**

To ensure a serene wellness experience, access to our Sense Spa is reserved for guests aged 18 and above.

SENSE SPA PRICE LIST

LOST REMEDIES		EUR
Return To Balance	2.5 hours	360
The Ouanalao Ritual	2.5 hours	390
SENSE JOURNEYS		
“Le Morne”	2.5 hours	330
ESSENTIAL SKIN CARE		
The Signature Extreme 360° Facial	1.5 hours	300
	2 hours	380
Essential Bespoke Skin Care	1.5 hours	280
	2 hours	340
The Enhanced Restorative Ritual	1.5 hours	220
The Japanese lifting	1 hour	230
The Tropical Awakening	1 hour	190
	1.5 hours	220
SENSE MESSAGES		
Relaxing prenatal treatment	1 hour	180
	1.5 hours	250
St. Barth Sensory Experience	1 hour	180
	1.5 hours	250
Le Guanahani Massage	1 hour	180
	1.5 hours	250
The Rising Tide Massage	1.5 hours	260
CBD Therapeutic and Transformative	1.5 hours	300
SENSE BODY		
Paradise Enchantment for Body & Mind	2 hours	260
Refresh & Restore Ritual	1 hour	160
The Ground Ritual	3 hours	420

Back Revival Treatment	1.15 hours	190
The Sun-kissed glow Ritual	1.5 hours	240
	2 hours	310
FINAL TOUCHES		EUR
Spa Manicure	1 hour	110
Spa Pedicure	1 hour	110
Nail Polish Application	30 minutes	40
Semi-Permanent Application	45 minutes	55
Spa Make-Up	1 hour	Upon request
Spa Make-Up Bride / Special Occasion	1.5 hours	Upon request
Eyelash or Eyebrow Tinting	30 minutes	50
Waxing Half Legs	20 minutes	40
Waxing Full Legs	30 minutes	60
Waxing Armpit	30 minutes	60
Waxing Bikini	30 minutes	60
Hair Shampoo + Blow Dry Short Hair	45 minutes	Upon request
Hair Shampoo + Blow Dry Long Hair	1 hour	Upon request
Hair Bride's Up-Do with Initial Consultation	30 + 75 minutes	Upon request
FITNESS STUDIO		
Private Yoga Session (single person)	1 hour	150
Additional person		50
Private Pilates Session	1 hour	Upon request
Private wellness coaching (single person)	1 hour	150
Additional person		50
Hike (Up to 2 persons)	2 hours	250
Additional person		50
Sophrology (Up to 2 persons)	1 hour	150
Additional person		50