

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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SENSE, A ROSEWOOD SPA

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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, and pomegranate oil is rich in antioxidants.

RETURN TO BALANCE

2.5 HRS

The Carib people who settled St. Barth believed in balancing the body's temperature through hot and cold compresses to relieve the symptoms of various illnesses. This lost remedy treatment deliver a unique and authentic sense of place experience. It begins with a refreshing salt foot soak infused with corossol leaves. The feet are then exfoliated with a sugar cane scrub and massaged with an essential oil blend featuring Indian wood balm oil, which is widely used in the islands for its cooling properties. The treatment continues with a highly beneficial cooling wrap to improve the overall appearance of the skin, followed by hot compresses of ginger, lemongrass and mint, all incredibly effective in releasing blocked energy and relaxing the muscles to minimize muscle spasms and tension and help maintain the warm-cold balance that is the foundation of Creole medicine.

THE OUANALAO RITUAL

2.5 HRS

Inspired by the warmth of the sun and the magic of St. Barth, this unique oflactory journey of the Caribbean offers deep relaxation and a total release. The ritual begins with a warm foot bath scented with lemon verbena and exfoliation using a blend of salicylique powder and willow bark that effectively removes dead skin cells, leaving the skin soft, smooth, and glowing. Next, the face is thoroughly cleansed and gently exfoliated with a gentle exfoliating powder and AHA. A mask made of either gentle clay or aloe vera is applied to the skin based on its needs. The treatment is completed with a shoulder, face, and scalp massage, following by a calming Gua Sha techniques. Finally, a relaxing massage using oil fragranced with lime, basil and pimento leaf focuses on releasing tensions and clearing areas of congestion in the body.

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

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 SIGNATURE EXTREME 360° FACIAL

1.5 HRS / 2 HRS

Developed to maximize the skin's beauty by acting on the most sensitive areas of the face, this treatment is designed for mature, dehydrated, tired and dull skin in need of an extreme solution to fight the signs of aging. In addition to an eight-step skin care ritual to assist in the skin's recovery, it includes a specialized bio-collagen treatment mask and back and scalp massage. This is a true pro-aging experience from start to finish.

ESSENTIAL BESPOKE SKIN CARE

1.5 HRS / 2 HRS

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

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

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 Massages

ST. BARTH SENSORY EXPERIENCE

1.5 HRS / 2 HRS

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 MASSAGE

1.5 HRS / 2 HRS

This indulgent full-body massage invites you to “let go” with an overall effect of deep calm and relaxation. Executed with gentle but firm, fluid and enveloping movements, it provides comfort, reassurance and a sense of inner peace. This massage also includes extra attention on the upper back, shoulders, neck, scalp, head and face for an even more complete sensation of abandonment, while helping on an emotional level by calming the mind, promoting relaxation and relieving stress.

THE RISING TIDE MASSAGE

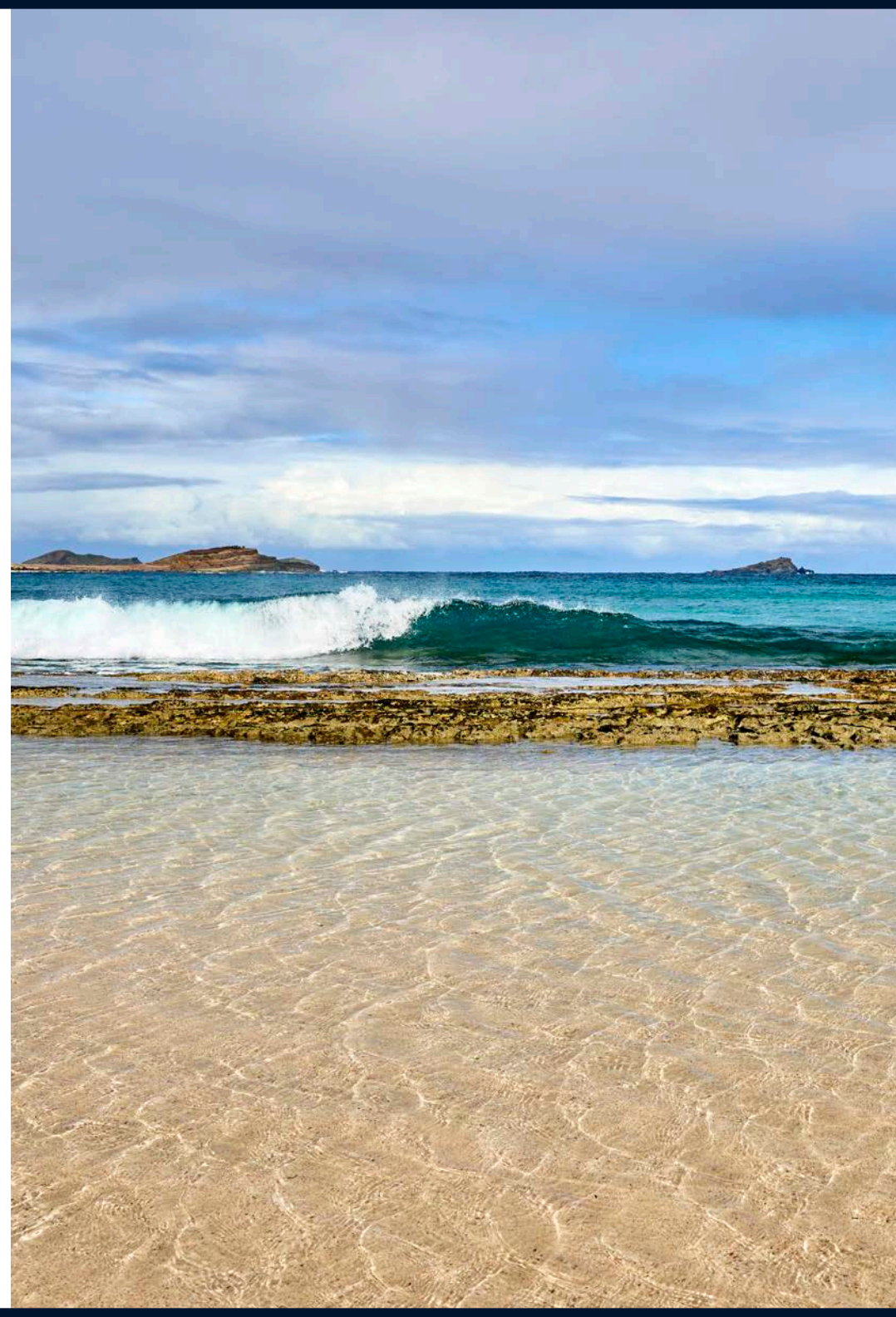
1.5 HRS

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 / 2 HRS

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.





Sense Body

PARADISE ENCHANTMENT FOR BODY & MIND

2 HRS

This exclusive treatment stimulates the flow of energy, lymph, and blood of your body by enhancing circulation and digestion while reducing inflammation and toxins. A bergamot and lemongrass body scrub, along with castor oil infused with ginger and peppermint, is used to gently exfoliate the body and massage the back and abdomen, where emotions and tension accumulate and disrupt the body's balance. This is a perfect combination to detoxify and restore energy.

REFRESH & RESTORE RITUAL

1 HRS

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 GROUNDING 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.

The Final Touch

NAIL SERVICES

Our manicure and pedicure experiences include nail shaping, cuticle removal and a nail polish application of your choice.

HAIR SERVICES

The experts in our Salon can provide wash, blow dry and style.

WAXING SERVICES

Our experts can also provide professional waxing from head to toe.



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

Kindly consult with your physician before receiving any treatment or using our facilities. If you have any allergies, please be sure to inform the Sense Spa team at the time of booking.

VALUABLES

Please secure your valuables. Sense spa will not be held responsible for any loss or damage that occurs 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.

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
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ESSENTIAL SKIN CARE

The Signature Extreme 360° Facial	1.5 hours	300
	2 hours	380
The Enhanced Restorative Ritual	1.5 hours	220
Essential Bespoke Skin Care	1.5 hours	280
	2 hours	340
The Island Awakening	1 hour	190
	1.5 hours	210

SENSE MESSAGES

St. Barth Sensory Experience	1.5 hours	250
	2 hours	310
Le Guanahani Massage	1.5 hours	250
	2 hours	310
The Rising Tide Massage	1.5 hours	260
CBD Therapeutic and Transformative	1.5 hours	300
	2 hours	350

SENSE BODY

Paradise Enchantment for Body & Soul	2 hours	260
Refresh & Restore Ritual	1 hour	160
The Grounding Ritual	3 hours	420

FINAL TOUCHES

EUR

Spa Manicure	1 hour	110
Spa Pedicure	1 hour	110
Nail Polish Application	30 minutes	25
Semi-Permanent Application	45 minutes	50
Spa Make-Up	1 hour	110
Spa Make-Up Bride / Special Occasion	1.5 hours	160
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	160
Hair Shampoo + Blow Dry Long Hair	1 hour	180
Hair Bride's Up-Do with Initial Consultation	30 + 75 minutes	230
Extra Cost for Extensions		30

FITNESS STUDIO

Private Yoga Session (<i>Up to 2 persons</i>)	1 hour	150
Additional person		30
Private Pilates Session (<i>Up to 2 persons</i>)	1 hour	150
Additional person		30
Floating HIIT (<i>single person</i>)	1 hour	150
Additional person		30
Private wellness coaching (<i>single person</i>)	1 hour	150
Additional person		30
Hike (<i>Up to 2 persons</i>)	2 hours	250
Additional person		30