

SPA

ROCK HOUSE

TREATMENT MENU

Reserve Your Treatment



Tel: (649) 946-3431

www.rockhouseressort.com





Welcome to Spa at Rock House

Where the island sets the pace. Whether you're easing into a morning stretch by the water, sinking into a treatment inspired by the sea, or simply pausing to breathe, every experience feels made for that exact moment, because it was.

Our focused menu of signature facials and massages draws on mineral-rich marine botanicals from OSEA and clean nail care from Manucurist Paris.

Wellness events unfold across the Villa, the Nook, and the Jetty, from guided hikes to sound baths under the stars, while private yoga, meditation, and sound healing sessions take place on our white stone patio for quieter moments of stillness.

ROCK HOUSE SIGNATURE TREATMENTS

Sea of Life Custom Facial

50 minutes | \$195

Get the 'Turks and Caicos' glow - a custom facial tailored to your skin, powered by marine-infused actives that cleanse, exfoliate, and replenish for a calm, radiant complexion. As personal as it is restorative.

Signature Stone Ritual

80 minutes | \$265

A whole-body experience - our signature treatment: salt scrub, heated basalt stone massage, mini facial, and scalp massage - all bookended by grounding rituals that leave you renewed. A true expression of Rock House's connection to the earth.

FACIAL THERAPIES

Deep Sea Age Defying Facial

80 minutes | \$265

An intensive, ocean-actives facial with targeted massage to firm, lift, and hydrate - leaving skin luminous and renewed.

Undaria Deep Tissue and Myofascial Release

50 / 80 minutes | \$205 / \$255

A therapeutic deep-tissue massage with myofascial release and Undaria seaweed - targeting tension and leaving the body loose and aligned.

HAND AND FOOT THERAPIES

Mineralizing Hand Therapy

30 / 50 minutes | \$45 / \$65

A restorative hand treatment - exfoliation, mineral mask, and massage for soft, hydrated hands. For a complete manicure, finish with 'green verified' polish by Manicurist Paris.

Mineralizing Foot Therapy

30 / 50 minutes | \$55 / \$85

A revitalizing treatment for travel-worn feet - exfoliation, nail and cuticle care, and a warming massage restore softness and lightness. For a complete pedicure, finish with 'green verified' polish by Manicurist Paris.

BODY THERAPIES + MASSAGES

Sun Salutation Hydrating Body Wrap

50 minutes | \$175

A nourishing body wrap of warmed hydrating botanicals with scalp or foot massage - leaving skin soft, supple, and glowing.

Mother Ocean Prenatal Massage

50 minutes | \$190

A gentle prenatal massage with safe positioning and light-to-medium pressure - easing lower back, hip, and leg tension for well-deserved calm.

Vagus Nerve Meditative Massage

50 / 80 minutes | \$175 / \$225

A slow, intentional massage nourishing the vagus nerve pathway - calming the nervous system and restoring deep equilibrium.

MANICURE AND PEDICURE

Manucurist Paris is a French nail care house crafting clean, vegan formulas with an enduring, luminous finish. We are proud to feature Manucurist Paris in all our manicure and pedicure services.

Manicure

45 minutes | \$65

A hand and foot treatment featuring nail reshaping, gentle buffing, cuticle care, and exfoliation to remove dry skin, finished with Manucurist Paris polish for a naturally polished look.

Pedicure

60 minutes | \$75

A hand and foot treatment featuring nail reshaping, gentle buffing, cuticle care, and exfoliation to remove dry skin, finished with Manucurist Paris polish for a naturally polished look.

EXPERIENCES

Private Sound Bath Healing Session

Complimentary evening sessions held at the pool at the Spa, open to all guests. For a private session, a therapist comes to you: hosted in your own villa pool, or, for villas without a pool, in a secluded nook tucked away from day-to-day for a peaceful, calming setting.

Private Meditation

Guided sessions in the privacy of your room or villa, or outdoors on the Jetty, in a nook, or beachside.

Private Yoga

One-on-one sessions held wherever you're most comfortable: your room, your villa, or on the Jetty or in a quiet oceanfront nook.

Custom Wellness Packages

A journey curated around your goals - ideal for a solo retreat or a private group experience. Ask our Spa concierge to design yours.

WELLNESS EVENTS

Rock House Morning Movement

A guided hike, contrast therapy session, and yoga session to start the day grounded and energized.

Rock House Afternoon Adventure

A guided hike paired with a green juice refresher, cold plunge reset, and a kayak on the water, finished with a light sip and snack.

Rock House Under the Stars

Complimentary evening sessions once a week with an evening of gentle yoga, sound bath and stargazing, closing with a sleep tea.

Location: wellness events take place across the villa, the Nook and the Jetty, confirmed at time of booking.

SPA ETIQUETTE AND INFORMATION

SPA HOURS OF OPERATION

Spa at Rock House is operational from 10:00 AM TO 7:00 PM, with the last treatment bookable at 6:00 PM. Early and late hours available on request.

HOW TO SPA

We encourage you to arrive 20 minutes prior to your treatment time to enable you to enjoy the full use of the exclusive facilities.

Please be advised that late arrival will result in a reduction of your treatment time.

GUEST ADVICE

For the well-being of our guests, the consumption of alcohol is restricted to specific spa treatments. For your safety, we reserve the right to refuse entry to any guests who are under the influence of alcohol.

SPA ETIQUETTE

The Spa environment is one of relaxation and tranquility. We appreciate you turning off your mobile phone or electronic devices. To respect the relaxation and privacy of our guests, we kindly request that you speak quietly. Smoking is not permitted in the Spa.

SPA ETIQUETTE AND INFORMATION

AGE REQUIREMENTS

The minimum age to access the Spa and experience treatments is 16 years old. To inquire about treatments for younger guests, please consult our Spa Reception for available options.

HEALTH CONDITIONS

Kindly advise us of any health conditions, special preferences, allergies or injuries that could affect your treatment when making a reservation.

IN-VILLA TREATMENTS

Enjoy spa treatments in the privacy of your villa by special request at an additional cost of 25% of the menu price per person. Please ask our Spa Reception or any of the Guest Services team members for available options.

PRICING AND GRATUITY

A 12% value-added tax, plus a 10% service charge, will be added to each spa service. Prices are subject to change without prior notice. Gratuities for exemplary service are discretionary.



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APPOINTMENTS

For reservations, please call (649) 946-3431 or email rockon@rockhouseressort.com. Due to the popularity of our spa services, we strongly encourage you to schedule your spa experience prior to your arrival, or at your earliest convenience, so we are able to confirm the day and time of services that best fit with the rest of your vacation plans.

CANCELLATION POLICY

To avoid a cancellation penalty, please contact us at least 24 hours in advance to change or cancel your spa service. No-shows and cancellations made within 4 hours of your scheduled appointment will incur a 50% charge, and rescheduled appointments are subject to availability.