

Sugar Mill

SPA & SANCTUARY



PARK HYATT ST. KITTS®

CHRISTOPHE HARBOUR

DISCOVER YOUR PERSONAL SOLITUDE AT SUGAR MILL SPA & SANCTUARY

From the fleeting feeling that comes with dipping your toes in volcanic sand to losing yourself in lush green mountain tops; your island experience begins the moment you let go.

When the salty ocean breeze wraps its arms around you, an escape to Sugar Mill Spa & Sanctuary is nearly irresistible. Inspired by the rich history of St. Kitts, our luxurious spa treatments are infused with the healing power of the Caribbean's flora and fauna.

As our guest, you will savor the peninsula's magic through tropical-forward spa experiences, crafted to rejuvenate and relax your body, mind and soul.

Prepare to be transported to the personal oasis you have been searching for at Sugar Mill Spa & Sanctuary.

Your path to solitude awaits.



A SENSORY EXPERIENCE

sight

Upon arrival, you will be greeted with a lavish live plant wall as you glide through a courtyard adorned with plush palm trees and indigenous tropical flowers. Subtle details representing the calmness of the coastline and the enchantment of the island will serve as the perfect introduction to your experience.

scent & taste

Relaxation begins with soothing inhalation of Sugar Mill Spa & Sanctuary's signature blend of mint, lemongrass and basil scents. Continue your sensory journey with a hot sip of Moringa Tea infused with lemongrass, mint and basil grown and harvested on the resort.

touch

Embark on a fully immersive spa experience by enveloping yourself in the healing sensations of texture and pressure. Being present is our gift to you.

sound

Find your center in the spirit of tropical ambient music. The sounds of light raindrops and warm island breeze softly rustling through deeply rooted trees will carry you home.





SIGNATURE SUGAR MILL TREATMENTS

Incorporating the healing powers of St. Kitts' indigenous resources of sugar cane, salt scrubs, volcanic therapies and herbs, our vision of wellness emerges before you. Immerse yourself and let our experienced therapist create a holistic and heartfelt experience with our signature treatments.

priddies salt stone ritual

Relax, unwind and restore your mind, body and spirit with the Salt Stone Body Ritual. This ultra-luxe body journey incorporates hand-selected organic, cold-pressed seed oils to help nourish the skin. A Swedish massage with Himalayan body stones helps improve circulation, restore minerals and relax muscles while leaving the skin with a healthy radiant glow.
80 minutes

priddies salt stone facial

Enjoy the powerful results from nature's own minerals with this salt stone facial. This facial helps to re-mineralize, hydrate, soothe and restore natural moisture balance by infusing the skin with mineral-rich natural products. A salt stone facial massage with cold-pressed seed oils leaves the skin with the ultimate glow.
50 minutes

bamboo massage

An indigenous staple of St. Kitts, bamboo trees have always been a part of our history and culture. They can be found in our many hillsides and rainforest, and this diverse and auspicious tree blankets the walls of our sanctuary. An unforgettable massage with rejuvenating powers of heated bamboo shoots sanded to perfection allows the perfect escape. This deeply relaxing treatment is restorative and truly feeds your soul as it melts away all tension from your body.
50 minutes / 80 minutes

liamuiga hot stone massage

Renew your mind, body and uplift your spirits with heated volcanic stones. Achieve the perfect mental balance with our hot stone treatment that calms the mind as it renders muscles more limber and open to massage with anti-oxidant packed essential oils.
80 minutes

sugar mill four hands hot oil massage

Fully immerse your mind, body and soul into a deep state of relaxation with our unique and indulgent synchronized four hands massage. Let us transport you with an intoxicating blend of cardamom, sweet orange and sandalwood infused with apricot and coconut oils that will relieve muscle tension, deeply hydrate your skin and stimulate circulation.
50 minutes

MASSAGES

Our carefully crafted massage offerings help you to disconnect and find balance within, utilizing herbal infused oils inspired by rich Kittitian culture. The curative benefits of freshly picked herbs such as lemongrass, mint and basil transport you to find balance and alleviate stress and tension.

sugar mill couples massage

Take time to disconnect from the world and reconnect with your partner. Create a lasting memory with this intimate experience that will bring you closer together.

50 minutes / 80 minutes / 100 minutes

just the two of us prenatal massage

This tranquil massage allows expecting moms to relax and escape as our experienced therapist relieves muscle tension and joint pain which improves your overall mood and reduces anxiety. Our specialized massage is gentle to mothers and babies after their first trimester.

50 minutes

sports massage

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialized techniques and stretches focused on specific areas of concern will alleviate common discomforts such as stiff neck, intense lower back pain, and sore tight shoulders.

50 minutes / 80 minutes

custom massage

This personalized massage is created exclusively for you. Tell us about your wellness goals and areas of preference. Then unwind with a customized experience. Your expert therapist may use a variety of massage styles such as reflexology, Swedish, neuromuscular and more.

50 minutes / 80 minutes



ENHANCEMENTS

Experience the ultimate indulgence by adding an enhancement to compliment your massage.

detoxifying dry brush exfoliation

This invigorating treatment detoxifies, exfoliates, improves circulation and stimulates the lymph system.

heated stone treatment

Incorporate heated stones into any treatment to ease tension and heighten relaxation.

hair & scalp treatment

Warmed oils with a soothing scalp massage will send you into a blissful state of mind.

nourishing hand treatment

A texter's delight of exfoliation, steamed towels, a botanical hand masque and massage will relieve the tension for any keyboard warrior.

exfoliating foot treatment

Soothe your soles with the stress relieving combination of exfoliation, steamed towels and a botanical rich foot masque and massage.

poolside massage

Enjoy your personalized massage poolside.

in-room massage

Indulge in the privacy of your guestroom.



HAIR & NAILS

Whether you are preparing for a special occasion or simply pampering yourself, our Hair & Nail Salon provides an escape to beautification.

formal style

Perfect for any special occasion. Work with your stylist to create the perfect style for you. Does not include a shampoo and blow dry.

wash & style

(varies based on length of hair)

custom manicure

Includes hand and arm massage, hot towels, cuticle and nail detailing with polish application.

custom pedicure

Includes a relaxing massage with botanically rich products and hot towels to hydrate and restore tired feet.

long wear manicure

Extend the life of your manicure for up to 10 days with long wearing polish.

polish change

Whether your polish is chipped or you need to match your mood, a polish change is the solution.

gel polish removal

Remove the old to prepare for the new.

WAXING

Brow Shaping

Bikini

Half Arm

Full Brow with Face

Half Leg

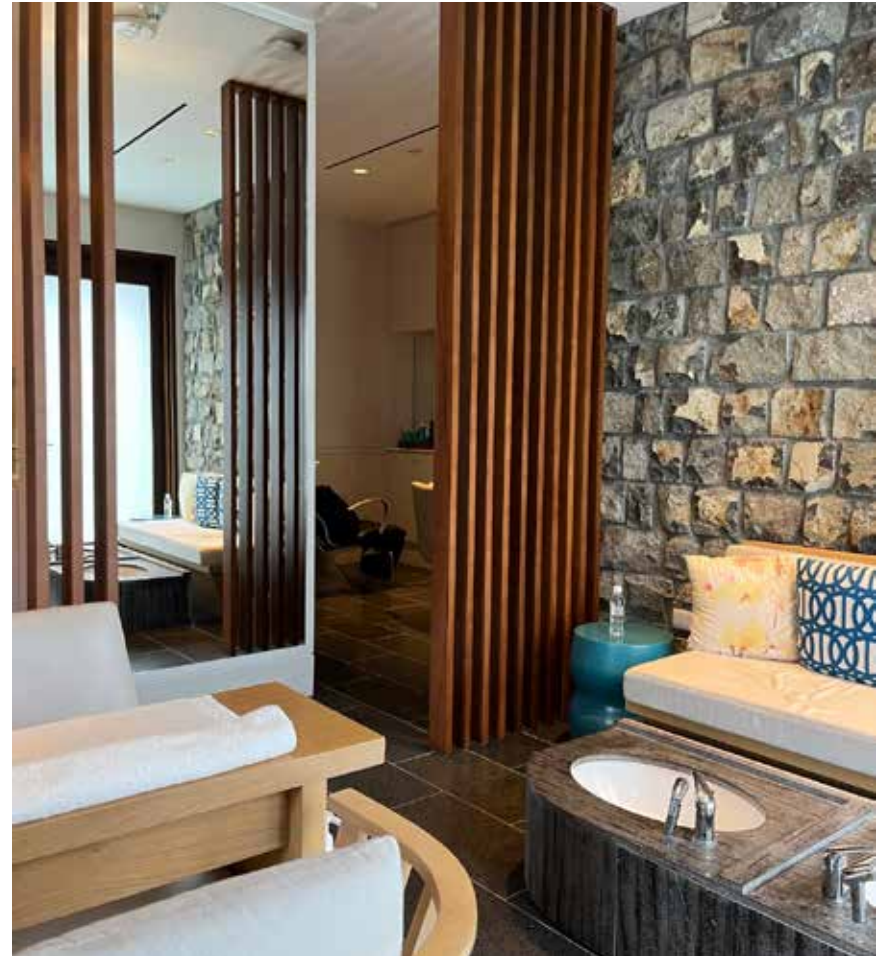
Full Arm

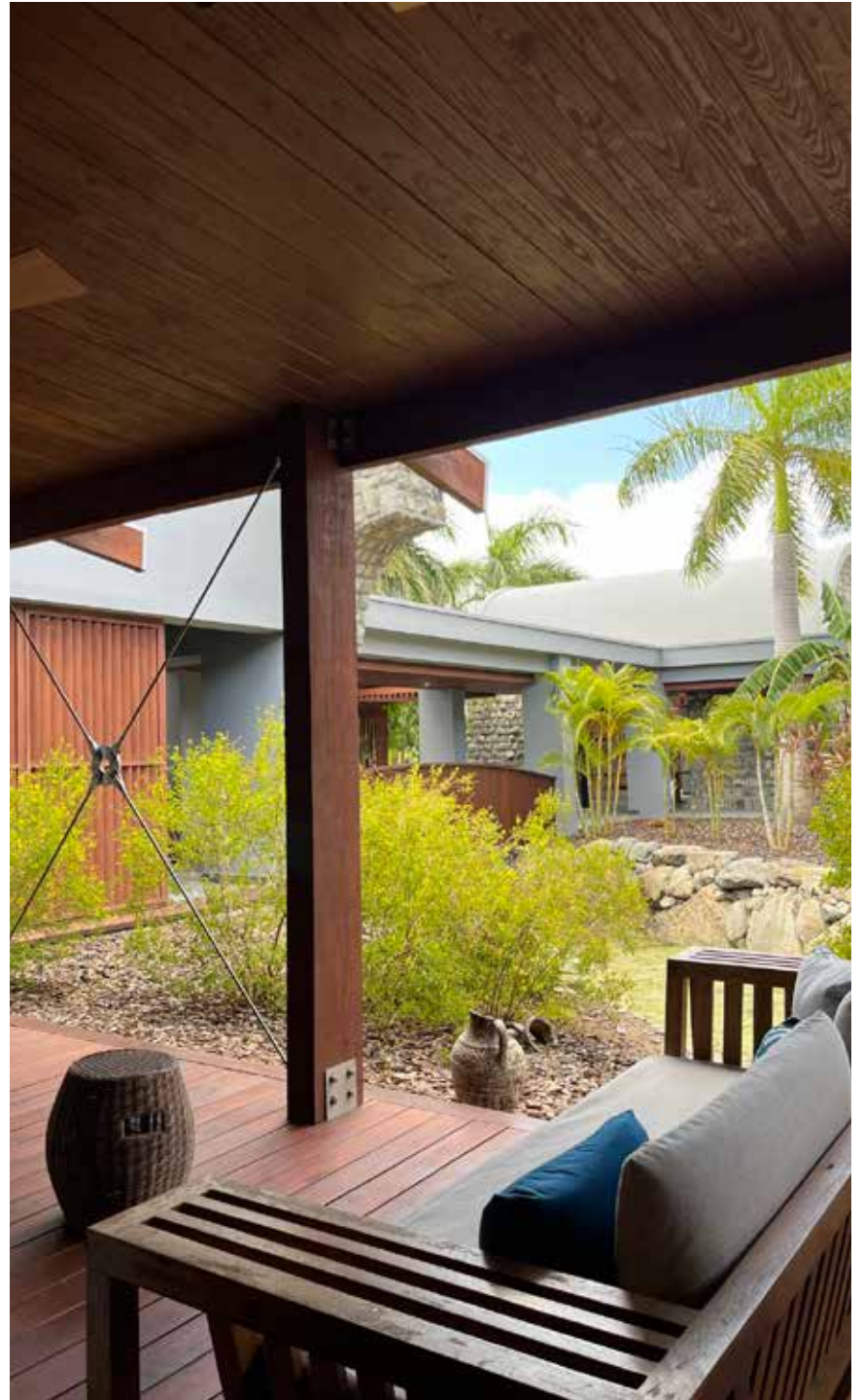
Underarm

Full Leg

Lip, Chin, Jawline, Cheek,
Nose, Toes or Ears

Back





SKINCARE

Unburden your concerns and allow our aestheticians to soothe, rejuvenate and repair your skin with our eco-conscious products. Give your skin the ultimate pampering experience with a range of flower and herb based facial products; formulated with impeccably sourced 100% organic raw unrefined plant materials.

superfood facial

Acai, noni and spirulina are just a few of the superfood quality ingredients utilized in this treatment for the most potent results. Acting as a rejuvenating boost for all skin types this facial is rich in whole plant vitamins, minerals and antioxidants to enhance the skin's vibrancy.

50 minutes / 80 minutes

detox facial

Discover clarity with this treatment best suited for oily, breakout prone and congested skin. Using active beneficial botanicals rich in detoxing properties and enhanced by the calming properties of chamomile, passionflower and aloe will soothe and refresh the skin.

50 minutes

sun goddess repair facial

Whether healing a suburn or brightening years of sun damage, this facial is for sun-lovers. Whole plant phytonutrients work synergistically to nourish, repair and prevent further oxidative damage. Camu camu, rosehip, sea buckthorn and calendula deliver visible results that can be seen after one treatment. This facial is ideal for hyperpigmentation, scarring and sun damage with a primary focus on brightening and evening skin tone, reducing inflammation and strengthening connective tissue.

50 minutes

ultimate organic HydraFacial®

Refine your skin with this active, all natural, paraben-free, results oriented facial. This advanced medical hydra-dermabrasion technology achieves instant hydration and lasting results, with no discomfort or downtime. An intensive treatment that brightens and stimulates the skin. We combine vitamin C and fruit acids for a powerful, instant results facial that makes your skin glow. The antioxidant-rich plant and marine extracts, spirulina and kombucha bring balance while goji berry, green teas and aloe hydrate the skin. Using products that are defined in nature and refined by science, this facial will help to rapidly improve skin tone, texture and clarity.

80 minutes

restorative herbal facial

Fully immerse your skin with a truly authentic herbal facial. Let gentle plants like jojoba, chia seed and calendula ingredients combined with locally sourced honey soothes and hydrates the skin while calming the nervous system. This facial is ideal for individuals who have heightened auto-immune activity, those in remission and those affected by common allergens. Experience a slower approach to healing and developing a relationship with plant medicine.

50 minutes

custom facial

Relax, unwind and fully rejuvenate your skin by cleansing, toning, exfoliating, extracting and customized treatment mask chosen by your expert esthetician based on your skin's needs. Your personalized treatment is completed with décollete massage and your skin is layered with serum, hydrator and SPF application. This skincare experience improves your skin's brightness, clarity and texture.

50 minutes

ENHANCEMENTS

Compliment your skincare treatment with an enhancement that will maximize results.

HydraFacial® hyperpigmentation enhancement

Brighten and balance skin tone while minimizing the appearance of dark and sun spots.

HydraFacial® fine lines & wrinkle enhancement

Accelerate skin's surface renewal and instantly plumps your skin to minimize the appearance of wrinkles.

HydraFacial® lymphatic drainage

Optimize your skin's health by encouraging detoxification through mechanical lymphatic therapy.





BODY RITUALS

Pamper, refresh, hydrate and nourish your skin by increasing blood flow, removing dead cells and allowing new cells to absorb moisture with a selection of indulgent treatments designed to promote your skin's radiance.

ocean breeze detox wrap

Sea, Earth, seaweed and clay soothe, detoxify, re-mineralize and nourish the skin. Crafted for total mind and body relaxation; the journey begins with a warm towel ritual to soothe, pamper and relax. Next, a ginger-lime aromatic body polish of sugar cane, noni, sunflower, coconut and pumpkin oils effectively nourishes and sloughs away rough skin. Then a warm French green clay, peppermint and seaweed mask is applied to help detox and purify by stimulating circulation. The treatment is perfected with a warm, nourishing body butter leaving skin soothed and glowing.
100 minutes

coconut sugar glow

Revitalize your body and indulge your sense with our exfoliating and hydrating body treatment. Our experienced therapists will first exfoliate away dead skin cells with a blend of brown sugar and coconut oil both indigenous to our island allowing your skin to be prepped and ready to absorb the hydrating and healing properties of coconut oil.
50 minutes

aloe wrap

This treatment is ideal for cooling and calming the body after sun exposure. The entire body is lightly massaged with organic cooling aloe vera gel. You will be cocooned in a wrap and receive a marma point facial massage during the application. Lastly, an organic coconut milk will be used to moisturize the entire body.
50 minutes



WELLNESS

Honor your body and center your mind with our wellness activities for a holistic experience. Take advantage of our 1,750 square foot fully equipped fitness center which is 24-hour accessible, and daily wellness activities available through bookings.

meditation

Profoundly impact the rest of your day by starting your morning in the serenity of sitting meditation.

45 minutes

mindful walking meditation

An introduction to the concept of mindfulness; cultivate the present moment in every aspect of your life while learning about plants and trees indigenous to St. Kitts.

45 minutes

yoga rise & shine

Awaken and energize with a mixed-level morning flow practice. Utilize variations of “sun salutations” to help you connect your breath with movement. Pacing will be customized to the group with an emphasis on slower mindful motion while offering modifications as well as more advanced options. This class will be offered in the mornings and is a great way to help you begin your day and connect mind and body.

45 minutes

core yoga

Strengthen the core and work on balance and stamina in the invigorating level two or three practice. Emphasis is on developing core strength through mindful yoga movement. As a level two or three practice it will be a more challenging pace and will also include more advanced poses that activate and tone the core.

45 minutes

yoga essentials

A level one basic beginner class that introduces essential Hatha Yoga practices to enhance breath, balance and flexibility.

45 minutes





SPA ETIQUETTE

arrival

We invite all spa guests to arrive at least 20 minutes prior to their treatment to allow time for the arrival experience and spa amenities that include steam room, sauna and heated plunge pools. Please note that late arrivals may result in shortened treatments out of respect for other guests' time.

attire

For your comfort, robes and slippers are available for you during your wellness experience. We advise bringing a swimsuit to your treatment if you would like to utilize any of the wellness pools in the spa.

pricing

All prices are listed in USD currency. Twelve percent (12%) service charge will be added to final bill.

cancellation policy

We kindly request that any changes or cancellations to your treatment experience be made 8 hours in advance of your scheduled treatment time to avoid a 50% cancellation fee.

health

A consultation form will be presented prior to your treatments to inform our spa professionals of any health concerns or current ailments you may be experiencing. We kindly request that you get prior doctor's approval before booking any of our fitness services.

gift certificates

Please ask about our gift certificate options, which are perfect for any occasion.



spa hours

9:00am - 6:00pm daily

contact us to reserve your treatment

Dial '0' from your room phone, call + 1 869 467 4840
or email spa.parkhyattskitts@hyatt.com

book online

<https://qrco.de/sugarmillspa>



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