

THE FIELDSPA AT GOLDENEYE

To spend time here in the FieldSpa at GoldenEye...
... is to exist in a more mindful and peaceful tempo, a cadence that allows us to breathe more deeply, and to live more fully—at home and at work.

FIELDWORK

The Intention is to integrate each guest into a comprehensive program rich with intuition, fun, and activity -- yet fully connected to GoldenEye, the Jamaican home of Ian Fleming, author of James Bond, and the place Fleming called: "The Healthiest Life I could Live."

Sound, Vibration & Meditation

Quiet the mind and awaken energy within. Sound and rhythm can help achieve balance and integrate consciousness. Learn to quiet the mind through this traditional contemplative practice.
On the deck overlooking the lagoon at Royal Palm
Offered at 12:30 p.m. on Tuesday, Thursday and Sunday.

Core Training

Strengthen the body's core with practical exercises to stabilize the abs, lower back, and glutes. Held on alternate days to yoga.
Yoga Deck or at the Upstairs Bizot Pavilion
Offered at 5 p.m. on Tuesday and Thursday.

Healing Waters

The word spa comes from "Salus Per Aqua" which means "health through water." A gentle self-guided open water swim in our protected lagoon continues that tradition. End on the deck at Royal Palm where dry towels and a cold drink awaits.
Swim begins at Wata Sports Beach.
Self-guided, Daily.

FieldSpa Run

The daily morning run is a guest favorite activity with the FieldSpa team. Started by Jamaica's Iona Wynter, an Olympic triathlete and professional cyclist, it's staffed by friendly and enthusiastic local runners proud of Jamaica's sport heritage. This program is in collaboration with the Oracabessa Foundation, a U.S. Peace Corps-supported project that nurtures local economic development and children's activities with the help of GoldenEye and our guests. A guide leads the way and "shepherd" follows to accompany those who run at a more leisurely pace. A low elevation loop along the coast is one of several daily routes. All fitness levels welcome. Meet on the deck overlooking the lagoon at Royal Palm
Offered at 8 a.m. Daily.

Yoga

The GoldenEye Yoga Program offers fundamental yoga poses in all sessions, welcoming beginner through advanced students.
Private practice also available by reservation.
Yoga Deck or at the Upstairs Bizot Pavilion
Offered for a nominal fee at sunset (5 p.m.) Monday, Wednesday, Friday, Saturday and Sunday.

For reservations, please contact
Concierge at extension 7145
Outside guests please call 876-622-9145





MASSAGE

Warming Ginger and Pimento Massage
Our most requested deep-tissue massage. Pimento from the groves of our Farm at Pantrepant, wild-crafted Jamaican Ginger and Leaf-of-Life.
60/90 minutes \$130 / \$190

Energising Wild Lime Massage
Energise and soften with Wild Lime, Bitter Orange, and Green Coconut Oil, to increase blood flow and create vitality. Compression and Shiatsu-inspired techniques.
60/90 minutes \$130 / \$190

Cooling Ocean Massage
Aromatherapy based approach uses Pimento and Eucalyptus to open airways and soothe sun-damaged skin.
60 / 90 minutes \$130 / \$190

FieldSpa Sport Massage
Sport techniques informed by Jamaica's long-time Olympic tradition uses Green Coconut Oil infused with medicinal herbs to ease muscle ache.
60 / 90 minutes \$130 / \$190

Stone Massage
Improvements in the immune system are among the benefits of massage, according to the U.S. National Institutes of Health. Both hot and cooled stones are used for beneficial results.
60/90 minutes \$130/\$190

SOUND & ENERGY

Vibrational Healing
What the Chinese call "chi" and the Japanese call "reiki," the Jamaicans call "ITAL." This energy can be created through sound. FieldSpa uses both Jamaican and Tibetan traditions.
60 minutes \$95

HEALING WATERS

Each Bush Bath is drawn and given outside and includes a scalp rub during the soak as well as a foot rub following.

Warming Bush Bath
Soothe muscles and increase circulation through Pimento, Leaf-of-Life, and Wild Ginger harvested from the groves and Farm at Pantrepant.
50 minutes \$120

Purifying Bush Bath
Life energy comes into balance using traditional local ingredients Lemongrass, Soursop and Cerasee for a fuller cleanse.
50 minutes \$85

Cooling Bush Bath
Balance days of sun and sea with a cooling soak that hydrates, heals, and replenishes using Sweet Orange, Leaf-of-Life and Hibiscus
50 minutes \$85

FACE

Farm at Pantrepant Awakening Facial
Sugarcane, sour orange, mango, rose and hibiscus from our farm lift and purify the skin. A scalp massage creates soothing energy while a mask gently removes impurities and dead cells. An intensive hand massage and foot massage complete this 7-step experience.
90 minutes \$210

Return to Radiance Revitalizing Facial
A six-part treatment that uses health-boosting acupressure to relax facial tension and reduce the appearance of fine lines. An energy-balancing hand massage is included. A surge of hydration leaves skin glowing.
60 minutes \$150

BODY

Cooling Ocean Scrub
Seaweed harvested in nearby Oracabessa Bay is combined with Jamaican-hand-harvested Sea Salt in this full-body scrub. Massage with Farm at Pantrepant Mango Butter follows.
60 minutes price \$130

Sun Soothing Leaf-of-Life & Aloe Wrap
A balm of Leaf-of-Life and Aloe gently applied from shoulders to toes, followed by warmed aromatherapy spice compresses. Expert head and foot treatment is included.
60 minutes \$130

Healing Ocean Nutrient Rich Wrap & Exfoliation
Dry brushing for exfoliation followed by a wrap of hydrating nutrient-rich blend of herbs and honey from our Farm at Pantrepant. Ends with full scalp massage.
60 minutes \$130

Beach Hands & Feet
Our adventure-friendly treatment begins with a soak in a copper basin, continues with exfoliation, a foot rub and ends with a nail conditioning treatment.
60 minutes \$75
Optional Add-on: Polish 30 min \$15.00

Optional add-on hot stone massage, suggested to follow wraps, scrubs and baths.
30 minutes \$65

Optional add-on reflexology massage, suggested to follow wraps, scrubs and baths.
30 minutes \$65

Elixirs, tonics, and essential oils are infused with the healing flowers and aromatic herbs grown at Pantrepant, our 2,500 acre family farm, using a Seed-to-Spa™ approach that shuns pampering believing instead that the highest calling of spa is found in a re-discovery of the beauty of nature and the simplicity of life.

FIELDSPA POLICIES

Cancellations
If you are unable to make your appointment or wish to change or reschedule, please provide us with 3 hours notice in order to accommodate your request. Guests will be charged if the service is cancelled within 3 hours of the scheduled treatment.

Taxes & Service Charges
A 10% Government Tax & 10% Service Charge will be added to your bill. Please note that the 10% Service Charge is an automatic charge levied by the Jamaican Government and which, by Jamaican law, is placed into a resort-wide Gratuity Pool. However, if you are pleased with your treatment, we encourage you to tip your individual therapist.

