

la prairie
SWITZERLAND

SPA



THE RITZ - CARLTON

GRAND CAYMAN

FROM QUEST TO PROMISE

On the pristine shores of Switzerland's Lake Lemman, Clinique La Prairie was founded with a single purpose: to offer a path to rejuvenation. Dr. Paul Niehans, a brilliant graduate from Zurich University, was convinced that science was the key to unlocking the secrets of eternal youth. After years of research, Dr. Niehans made a breakthrough in 1931 at Clinique La Prairie, developing cellular therapy – with astonishing results. His approach was as audacious as it was effective. Word began to discreetly spread among the elite echelons of society, drawing artists, royalty and world leaders to the bespoke clinic. Clinique La Prairie soon became a sanctuary of rejuvenation — a place where time stood still. The world of La Prairie has always been one of artistry and innovative scientific breakthroughs, of an elevated aesthetic and elegant precision. It is this very passion for going beyond the limits of imagination that has honed La Prairie's inextricable link with art since its beginnings. At La Prairie, art is more than an inspiration. It is an attitude.

La Prairie continues to pursue this tradition of art and pioneering excellence, fusing Swiss precision, scientific innovation, splendid ingredients and a subtly conceived, magical experience based on performance and elegance. La Prairie's quest has become a promise — the promise of time.

Now, on the shores of Grand Cayman Islands' oasis, we welcome you to La Prairie's grandest spa, a destination all its own. Each detail designed with ultimate luxury and rejuvenation in mind, the spa delivers the most exclusive facilities, treatments, and renowned Ritz Carlton hospitality. La Prairie's unique facials, therapeutic massages, and impeccable service bring spa therapy to new, paradise-inspired heights.



ESCAPE TO PARADISE

La Prairie Spa binds together the brilliance of Swiss skincare and science with the unparalleled refinement of The Ritz-Carlton to offer a tranquil escape in the midst of the Caribbean Sea.

Travel Recovery / 2 Hours US\$380 CI\$304

Banish the effects that changing time zones, tight spaces and cramped seating have had on your body. After a 60-minute Swedish Massage and a 60-minute Signature La Prairie Facial, you'll feel completely refreshed and renewed.

Total Escape / 3 Hours and 30 Minutes US\$520 CI\$416

A dreamy three and a half hour experience for the senses, the total escape treatment promises relaxation from head-to-toe. This little piece of paradise will restore, replenish and rejuvenate. Includes a 60-minute Swedish Massage, 60-minute La Prairie Signature Facial and The Perfect Manicure and Pedicure.

FACIAL TREATMENTS

Founded with a single purpose: to offer a path to rejuvenation, La Prairie fuses Swiss precision, scientific innovation, and elegant, performance-based ingredients alongside outstanding service. Our coveted anti-aging treatments promise the gift of time.

Signature La Prairie Facial / 60 Minutes US\$220 CI\$176 • 90 Minutes US\$280 CI\$224

Expert advice and tailored, proven techniques to reveal your natural beauty. Our expert esthetician will discuss your skincare needs and curate a selection of luxurious products to perform an exquisite, customized facial. No matter the skin concern, our skin experts will provide the best solutions to reveal your skin's fullest potential.

Platinum Rare Facial / 90 Minutes US\$360 CI\$288

A head-to-toe treatment using our precious high-performance Platinum Rare Collection. This ultra-luxe treatment includes an exclusive facial featuring La Prairie's Platinum Rare Cellular Life-Lotion and an indulgent hand and foot ritual that support your body's natural detoxification abilities and will make you feel instantly revitalized.

Pure Gold Radiance Facial / 90 Minutes US\$310 CI\$248

La Prairie's gold standard for anti-aging. A gently heated mask enhances the absorption of Cellular Radiance Concentrate Pure Gold serum to visibly revitalize and perfect the skin and leaving you glowing from within.

Caviar Lift Facial with NuFACE Technology / 90 Minutes US\$310 CI\$248

Elegance and efficacy combined. Harnessing the immediate power of La Prairie's Skin Caviar Collection, this facial provides your skin with hydration and essential nutrients to leave your face firmed, toned, and silky soft. Using patented NuFACE microcurrent technology with the immediate efficacy of La Prairie Skin Caviar Liquid Lift, this facial is suitable for all skin types and noticeably lifts, tones, and firms. NuFACE device for continued home care is available to purchase at reception.

White Caviar Illuminating Facial / 90 Minutes US\$310 CI\$248

With the added benefit of Golden Caviar extracts, the skin is left firm, hydrated and illuminated. This facial promotes an even skin tone by helping to prevent discoloration and brightening the skin. In addition to this luxurious facial, both your hands and feet will be pampered with a relaxing massage.

Swiss Cellular Anti-Aging Facial / 60 Minutes US\$220 CI\$176

Art and science unite to suspend time. With the incredible power of the Anti-Aging Collection, this facial plumps the appearance of fine lines and wrinkles. The signature La Prairie technique for face and eye massage will leave your skin refined and supple.

Microdermabrasion Facial / 60 Minutes US\$275 CI\$220

A fresh start for your complexion, this therapy uses state-of-the-art microdermabrasion technology to deeply exfoliate away dull layers of skin while stimulating overall skin health. Reducing age spots, acne scars, and rough textures, the treatment also rejuvenates sun-damaged areas while evening overall skin tone.

The Back and Face Ritual / 90 Minutes US\$270 CI\$216

Begins with an exfoliating, deep cleansing, and hydrating back treatment, and concludes with the exclusive complexion enhancing Signature La Prairie Facial.

Cellular Swiss Ice Crystal Facial / 60 Minutes US\$235 CI\$188 • 90 Minutes US\$325 CI\$260

Harnessing the incredible anti-aging power of three key hardy plants and algae, our Cellular Swiss Ice Crystal Collection is applied along with a soothing quartz crystal facial massage to fortify and smooth the complexion.

Hydra Facial / 60 Minutes US\$295 • 90 Minutes US\$385

Experience exclusive HydraFacial treatments combined with the most luxurious La Prairie products for an experience that is truly one-of-a-kind. HydraFacial uses patented technology to cleanse, extract, and hydrate.



BODY MESSAGES

Signature La Prairie Caviar Massage / 60 Minutes US\$235 CI\$188 • 90 Minutes US\$295 CI\$236

Our signature massage is enhanced by the lifting and firming effects of Skin Caviar Extracts for ultimate pampering.

Swedish Massage / 60 Minutes US\$210 CI\$168 • 90 Minutes US\$270 CI\$216

Exceptionally beneficial for whole body relaxation, this calming Swedish massage uses sweeping strokes to increase circulation and metabolism while releasing muscle tension.

Deep-Tissue Massage / 60 Minutes US\$220 CI\$176 • 90 Minutes US\$285 CI\$228

Unwind and restore your body with a stress-reducing deep-tissue massage. Using therapeutic techniques, this massage applies stronger pressure to rejuvenate the deepest layers of muscle tissue.

Stone Therapy Massage / 60 Minutes US\$235 CI\$188 • 90 Minutes US\$295 CI\$236

Ideal for chronic tension, this massage promotes relief using heated stones and targeted massage techniques.

Pre and Postnatal Massage / 60 Minutes US\$210 CI\$168

Alleviate the discomforts of pregnancy and reclaim posture and flexibility. Performed only after the first trimester, this massage relieves stress on joints, neck and back while nurturing body and soul.

Balancing Foot Treatment Massage / 30 Minutes US\$160 CI\$128

Reset and recharge with this specialty treatment. A comprehensive foot exfoliation featuring La Prairie's Cellular Mineral Exfoliator followed by a nourishing massage with the Cellular Hydralift Firming Mask and a luxurious finish will leave you feeling lighter on your feet.

Scalp and Foot Therapy Massage / 30 Minutes US\$175 CI\$140

Two therapists work in sync to encourage relaxation through a stimulating scalp massage and a simultaneous tension-releasing foot massage.

All body massages can be requested as couples massages based on availability.

BODY TREATMENTS

With treatments that go beyond massage, La Prairie brings you into a world of energetic revitalization for the body, mind, and spirit.

Balancing Caviar Body Treatment / 90 Minutes US\$285 CI\$228

With sweeping massage techniques inspired by the ebb and flow of the tides, this luxurious treatment calms the nervous system to support overall health and well-being. La Prairie's coveted Skin Caviar Collection refreshes and renews the skin, leaving you feeling relaxed and revitalized.

Gifts From The Sea / 90 Minutes US\$285 CI\$228

This full body treatment brightens, hydrates, and protects skin with highly concentrated doses of sea antioxidants and restorative minerals, derived from sustainably grown marine plants. Beginning with a gentle exfoliation and warmed seaweed mask, the treatment includes a hydrating body application and deep-cleansing facial treatment with mask and moisturizer to leave the skin pearly.

Diamond Perfection / 90 Minutes US\$285 CI\$228

In this skin transforming treatment, La Prairie's luxurious exfoliator polishes your skin with diamond and tourmaline powders. Skin Caviar Luxe Soufflé Body Cream is massaged into newly buffed skin for a luxurious finale.

Energy Enhancer / 90 Minutes US\$285 CI\$228

Invigorate the senses with La Prairie's Cellular Energizing Mist. A gentle exfoliation, energizing body wrap and hydration leaves you feeling renewed from within.

Island Dream Body Treatment / 90 Minutes US\$285 CI\$228

An exquisite tropical treatment that incorporates your choice of aroma to truly stimulate the senses. Beginning with a full body exfoliation followed by a soothing shower, the dream continues with a relaxing full body application that leaves your soul in paradise.

You are welcomed to add massage time to your body treatments.

FOR THE GENTLEMEN

Signature La Prairie Gentleman's Facial / 60 Minutes US\$220 CI\$176 • 90 Minutes US\$280 CI\$224

Instantly cleanse, energize and condition your skin. Combining La Prairie's exclusive Cellular Complex and Cellular 3-Minute Peel, this treatment eliminates congestion and purifies skin to reveal a younger, fresher complexion.

Gentleman's Manicure / 20 Minutes US\$50 CI\$40

For the man on the go, a flawless and concise version of The Perfect Manicure, leaving your nails buffed to perfection.

Gentleman's Pedicure / 40 Minutes US\$80 CI\$64

For the man on the go, a flawless but concise version of The Perfect Pedicure, leaving your nails buffed to perfection.

Waxing

All essential waxing services are available for face and body.

FINISHING TOUCHES

Luxurious treatments lend true meaning to hand and foot care. Relax and restore in a tranquil oasis.

The Perfect Manicure / 35 Minutes US\$65 CI\$52

Our Cellular Hydralift Firming Mask provides concentrated nourishment to stimulate and soothe fatigued skin. A hand and forearm massage with Cellular Hand Cream reinvigorates your hands, leaving them soft to the touch.

The Perfect Pedicure / 60 Minutes US\$105 CI\$84

Starting with a deep, yet gentle exfoliation and Cellular Hydralift Firming Mask application to the legs, ankles and feet, this brilliant pedicure ends with a rejuvenating massage and impeccable polish.

Caviar Luxe Manicure / 45 Minutes US\$85 CI\$68

All the luxury and brilliance of The Perfect Manicure combined with a relaxing hand and forearm hot stone massage, followed by a rich Skin Caviar Luxe Soufflé Body Cream finale with your choice of polish.

Caviar Luxe Pedicure / 75 Minutes US\$125 CI\$100

All the luxury and brilliance of The Perfect Pedicure combined with the coveted Skin Caviar Luxe Soufflé Body Cream. A hot stone massage prepares your softened feet for immaculate polish.

Island Dream Manicure / 45 Minutes US\$80 CI\$64

A fragrantly nourishing and hydrating treatment for the delicate skin on your hands and arms, leaving them relaxed and finished with your choice of polish and scent selection.

Island Dream Pedicure / 60 Minutes US\$120 CI\$96

A fragrantly nourishing and hydrating treatment for the lower legs and feet, leaving them relaxed and refreshed and finished with your choice of polish and scent selection.

Waxing

All essential waxing services are available for face and body.

GENERAL INFORMATION

We encourage your arrival 30 minutes prior to your appointment to enjoy exclusive spa facilities, including complimentary steam room, jacuzzi, sauna and lounge with accompanying amenities. Please note that late arrival may result in reduced treatment time. To maintain tranquility of the spa environment, we ask that you turn off any mobile devices upon arrival.

Hours of operation

Open every day of the year, 9am-8pm. Please note that hours may vary between August and November.

Consultations

We offer complimentary consultations for our products and services by phone or in the spa.

Cancellation

A valid credit card is required to hold all reservations. To avoid a full-fee charge, we require a 6-hour advance notice to cancel or reschedule any service. Please note that late arrival may result in reduced treatment time.

Pricing and Payment

To maintain maximum standards of service and quality, prices may change without prior notification. All major credit cards accepted. Personal checks are not accepted.

Gratuities

We are dedicated to making each visit with us a great experience. A 20% service charge will be added to your service upon check out.

Gift Cards

Gift cards are available and can be applied towards the purchase of products or services. Gift cards must be presented at time of redemption.

Ages

Guest must be 18 years of age or older to experience a massage, body treatment or enjoy the Spa facilities. Facials are available to anyone 16 to 17 years of age with a parent or guardian present in the treatment room. All ages are welcome to enjoy our nail services, with a guardian present in the treatment room. Locker area access will not be permitted to minors.

Fitness Center

Our certified trainers offer personalized, one-on-one training, tandem training and sport-specific training, as well as customized group classes upon request. We also offer complimentary fitness classes to all hotel guests. The fitness class schedule can be found at the spa's front desk and is also listed on the daily activity sheet sent to your room each morning. The fitness center is reserved exclusively for hotel guests. Minors aged 15 and younger may not use the spa fitness center. Minors aged 16 to 17 years of age may use the spa fitness center unaccompanied by a parent or legal guardian with the submission of a parental authorization form.

Special Events

Host your next event in pure style. The La Prairie Spa offers lavish treatments and elegant exclusivity for your next celebration. For more details on how we can personalize your special gathering, birthday, bridal shower, or client meeting, please contact the spa coordinator at 345.815.6900.