

One & Only Spa

Ocean Club

Bahamas



Quite simply, our philosophy is pampering you. Spend hours or a day in the tranquility of your private treatment villa, where a host of unique therapies are delivered for you to enjoy in serenity.

Share the experience with a friend or loved one in your villa's open-air garden. Savor herbal teas and fresh fruit presented in the Balinese Tea Ceremony, a beautiful ritual performed as a reminder of the spiritual world within each one of us.

Each air-conditioned haven features Balinese-inspired furnishings, teak massage tables, a waterfall shower, and a daybed and jetted bath in the garden. The Hair & Nail Spa offers a full complement of services presented in a personal suite.

Discover a luxurious retreat where time stands still. Let centuries-old Asian traditions kissed by the charm of Bahamian hospitality enchant you and renew your vitality and spirit for life.







Signature Offerings

Ancient techniques from Asia, traditional spa therapies and natural ingredients indigenous to The Bahamas provide the ultimate rejuvenating experience. These treatments are among One&Only Spa's finest offerings:

One&Only Massage

Not to be missed and unlikely to be forgotten, this signature therapy is a fusion of five massage styles performed by two therapists concurrently. The perfect harmonization of the duet makes this massage a sublime experience.

Elemis Aroma Spa Ocean Wraps (Musclease or Cellutox)

Experience the healing benefits of distinctive, heated seaweed body masks. Choose the Musclease wrap to ease arthritis discomfort, fatigue and muscle aches, or the Cellutox wrap for deep detoxification. The masks are applied to the entire body, which is then cocooned in a comforting foil wrap. While the natural ingredients work to heal, enjoy a soothing face and scalp massage. Both wraps are followed by your choice of a 50-minute or 80-minute full body massage.

Elemis Visible Brilliance Facial

This anti-aging face and eye therapy instantly firms, rejuvenates and plumps up the skin while reducing dark circles from the eye contour. Moisture levels of the skin are proven to increase after just one treatment. Specialized facial massage techniques are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment.

Rituals of Touch

Ritual of Touch massages performed in a private villa begin with the Floral Foot Wash Ritual and include a Balinese Tea Ceremony. You will also be pampered with an extra 20 minutes to linger in the villa garden, and relax in your private jetted bath and waterfall shower. Choose from the following massage styles, offered as 60-minute or 90-minute sessions. Many massage styles are also offered overlooking the ocean or in your own private suite.

One&Only Massage ✧ ✧

During this signature treatment, two therapists massage your body with a unique blend of five styles: Japanese Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The perfect harmonization of the two therapists makes this massage a most indulgent experience.

Balinese Massage ✨ ✨ ✧

Relax, close your eyes and float away to a world of tranquility. Utilized for centuries to strengthen and heal the body, this traditional therapy combines stretching, long stroke, skin rolling and palm-and-thumb pressure techniques. Flowing and graceful, the Balinese Massage relieves tension, improves blood flow, eases stress and encourages harmony.

Elemis Deep Tissue Muscle Massage ✨ ✨ ✧

During this treatment your body is lightly brushed to stimulate the skin and then deep but soothing eastern massage techniques are applied in a series of movements to bring your body and mind into perfect balance.

Reflexology ✨ ✧

An ancient healing therapy that is as blissful as it is beneficial, reflexology works on the principle that all body organs are connected to reflex points in the feet via constantly flowing energy channels. Massaging these reflex points restores your natural energy flow and improves overall health by sending waves of deep relaxation throughout your body.

Swedish Massage ✨ ✨ ✧

This classical European technique of manipulating muscles with the use of aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, the Swedish Massage can help improve the function of the circulatory, lymphatic, muscular and nervous systems.

Sports Massage ✨ ✨ ✧

Your massage is personalized to focus on your body's areas affected by tension and stress. Special blends of oils are prepared to penetrate your skin to soothe tired and aching muscles. This treatment is designed to increase flexibility, relieve tightness and improve circulation and recovery time.

Elemis Aroma Stone Therapy ✧

Therapeutic and relaxing, this treatment alleviates stiffness and soreness while restoring energy and balance. Smooth, warmed stones glide across your body in long, flowing strokes. The stone's heat relaxes the muscles and has a soothing effect on your emotions. Simultaneously, other stones are placed on your body's energy points, deeply infusing muscles with heat to melt away tension. 80 minute treatment time.

Royal Thai Massage ✨ ✧

Developed centuries ago in Thailand, this firm, dry massage is the ultimate subliminal body workout. The Royal Thai Massage is a masterful fusion of Indian Ayurvedic stretching techniques which release tension, re-align the body and restore suppleness, and the Chinese method of deep tissue pressure point massage to stimulate blood flow and release toxins. 80 minute treatment time. (180lb weight limit)

Please note: Basic 50-minute or 80-minute massages performed in an ocean-view cabana, spa villa or your guest room, do not include a Floral Foot Wash Ritual or Balinese Tea Ceremony.

✨ Bringing the Spa to You:
Available in your guest room

✨ A Breath of Fresh Air:
Available at ocean-view cabana (inclimate weather prohibits)

✧ Villa Serenity:
Available at the spa only

✧ Treatment Only:
No villa time included





Ceremony of the Face

Merging modern techniques with ancient lessons, the spa's Elemis facials create a lasting impression and instant benefits. Experience treatments that indulge the senses with pure therapeutic aromas and restorative Eastern massage techniques.

Elemis Visible Brilliance Facial

75 minutes

This anti-aging face and eye therapy instantly firms, rejuvenates and plumps up the skin while reducing dark circles from the eye contour. Moisture levels of the skin are proven to increase after just one treatment. Specialized facial massage techniques are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment.

Elemis Pro-Collagen Marine Facial

75 minutes

Providing immediate results in reducing the appearance of fine lines and wrinkles, this exceptional face and eye treatment helps to slow down the signs of premature aging. Eastern lifting massage techniques are combined with a unique Japanese Silk Mask with Pro-Collagen Booster Serum. This exceptional therapy includes a hand and arm massage and de-stress scalp treatment.

Elemis Oxygen SkinCalm Facial

75 minutes

Soothing sensitive skin, gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask to help reduce redness and rebalance delicate skin. This superior treatment offers immediate comfort to stressed skin, and is further enhanced by a hand and arm massage and de-stress scalp treatment.

Elemis Absolute Spa Ceremony

140 minutes

This comprehensive ritual combines the Elemis Visible Brilliance Facial followed by a penetrating 60-minute Elemis Deep Tissue Muscle Massage.

La Therapie Hydrapeel Facial

50 minutes

The renewing therapy offers immediate and visible results for sun damaged, acne-prone and aging skin. Fine lines, scars and blemishes are smoothed, giving your complexion a healthy look. Formulated by leading dermatologists, this resurfacing treatment is safe for all skin types.

La Therapie Hydralift Facial

50 minutes

An innovative blend of science and nature, this treatment uses active ingredients and galvanic stimuli to reach the deeper layers of the skin, gently drawing impurities to the surface. The high frequency current creates an invisible veil of ozone to help the skin breath and protect it from breakouts. Followed by a face massage and hydrating mask, this therapy gives you a vibrant glow.

Miracle Micro-Therapy

30 minutes includes facial mask or 50 minutes includes full facial

Microdermabrasion has gained the reputation of being the most effective, non-invasive face therapy for the softening of fine lines, skin discoloration, enlarged pores, sun and age spots and scarring. Miracle Micro-Therapy gently and yet effectively helps you achieve skin perfection by using Baking Soda crystals to exfoliate the skin's surface layer. So gentle, it can be used on the delicate areas on the mouth and eyes. See and feel the difference immediately.

Miracle Micro Neck and Décolleté Treatment

Targets sun damaged, rough textured skin, results are immediate, softer, smoother even skin tone and texture.

Miracle Micro Hand Treatment

Resurfaces the skin to reduce brown spots, dry skin and visible signs of aging.

Mother-To-Be

Celebrate the impending miracle of life with tender nurturing for the mother-to-be.



Elemis Nurturing Mother-To-Be Massage

50 minutes

Specially designed for mothers-to-be, this massage promotes relaxation, increases circulation and provides comfort during your wondrous time of change. The treatment helps to relieve tension and alleviate swelling in the hands or feet while uplifting your spirit. Your comfort and safety is assured with supportive pillows and Japanese Camellia Oil.

Blossoms of Joy

90 minutes

This decadent series of therapies begins with the Balinese Floral Foot Wash Ritual, a symbolic cleansing of life's stresses and tensions. Then enjoy the 60-minute Elemis Nurturing Mother-To-Be Massage, followed by the 30-minute Elemis Exotic Frangipani Body Nourish Wrap. The fragrant Coconut and Frangipani scented oil featured in the wrap is inspired by a traditional Tahitian recipe used by Polynesian women to protect and condition their bodies with its softening moisture.

Dream of Wonder

195 minutes

For the ultimate pampering, experience the Blossoms of Joy elevated to the next level. The Dream of Wonder package combines the Balinese Floral Foot Wash Ritual, the 60-minute Nurturing Mother-To-Be Massage, the 30-minute Elemis Exotic Frangipani Body Nourish Wrap, the Elemis Pro-Collagen Marine Facial and the Elemis Exotic Hand Ritual.

Services for Expecting Mothers:

Mothers-to-be can enjoy all salon services, basic facials and a massage with light pressure. Please note that massage is only performed if you are between the third and sixth month of pregnancy.



Rituals of Purification

Purification rituals combat the build-up of toxins through the life force of nature and restore your balance. Essential nutrients from the riches of the ocean form a perfect synergy with pure plant essence, creating a highly therapeutic and aromatic experience.

Elemis Cellutox Aroma Spa Ocean Wrap

110 or 140 minutes

Combining the richness of marine plants with the power of aromatherapy, this renewing treatment deeply detoxifies, decongests and stimulates your body's systems. A warm seaweed mask containing cleansing Juniper and Lemon essential oils is applied to the entire body before you are cocooned in a comforting foil wrap. While the natural ingredients work to heal your body, enjoy a soothing face and scalp massage. The wrap is followed by your choice of a 50-minute or 80-minute Swedish, Sports, Balinese or Elemis Deep Tissue Muscle Massage.

Elemis Fennel Cleansing Cellulite and Colon Therapy

60 minutes

This treatment deeply cleanses the three conditions associated with cellulite: poor circulation, fluid retention and a congested digestive system. A detoxifying Fennel and Birch peel-off body mask is combined with beneficial massage techniques on the hips and thighs to boost blood flow and drain away fluid, leaving your skin firmer and smoother to the touch. Cleansing of the stomach and digestive tract through abdominal massage and reflexology continues the purification of your body. Two treatments during the course of a five-day stay are recommended for maximum benefits.

Ionithermie Algae Detox

75 minutes

This unique therapy detoxifies the body, reduces the appearance of cellulite and offers substantial inch loss. Galvanic stimuli propel rich marine elements into affected areas to drain fluid, smooth the skin and give the body more definition. Ionithermie is recommended as part of an ongoing well-being and fitness program. The therapist will provide you with nutritional guidance and a home care plan.







Bahamian Moments

Indulge in therapies that delve deep down to melt away tension, or enhance your skin for a radiant glow.

Smooth Down Ritual

110 or 140 minutes

We begin with the Elemis Musclease Aroma Spa Ocean Wrap, a warming mask blend of Pine and Rosemary essential oils that is applied to your body before you are cocooned in a comforting foil wrap. While you relax and enjoy a soothing face and scalp massage, the active ingredients work to ease arthritis discomfort, fatigue and muscle aches. The wrap is followed by your choice of a 50-minute or 80-minute Sports or Elemis Deep Tissue Muscle Massage.

Ayurvedic Shiro Dhara

60 minutes

Focusing on the “third eye” area located in the center of the forehead, the therapy clears the mind and promotes deep calm, acting as a gateway to total body rejuvenation. The Shiro Dhara begins with relaxing Ayurvedic stretches, followed by warm, aromatic oil poured onto the forehead in a gentle stream for twenty minutes.

Elemis Soothing Sunburn Treatment

60 minutes

Inspired by a Tahitian recipe, fragrant Coconut and Frangipani flowers are blended together to produce a scented oil called Monoi to help soothe sunburned skin. The oil conditions your skin while you are cocooned in a foil body wrap. Your skin is then nourished with an application of Elemis Exotic Island Flower Body Balm, followed by a soothing foot massage.

Elemis Sun Glow Ritual

60 minutes

This treatment begins with light body brushing before warmed oil is dripped luxuriously over your body. The gentle Elemis Exotic Lime and Ginger Salt Glow then exfoliates, deeply cleanses and polishes your skin to perfection. This treatment gives you the tan you desire and promises you a radiant sun-kissed look within two to three hours.



Packaged Like a Gift

Restore your inner balance with a complement of therapies packaged to deliver the greatest healing benefits and an ultimate state of total bliss. Each carefully designed package begins with the Balinese Floral Foot Wash Ritual to symbolically cleanse life's stresses and tensions. This will prepare you for total relaxation.

Then indulge in your choice of a 60-minute or 90-minute Swedish, Sports, Balinese or Elemis Deep Tissue Muscle Massage, plus a luscious body scrub or wrap. Following the treatments, linger in the privacy of your villa garden for an additional 20 minutes while enjoying the jetted bath, waterfall shower and a Balinese Tea Ceremony.

Flower of Paradise

Allow delicate petals to restore bloom to your skin and soul. Inspired by a Tahitian recipe, the Elemis Exotic Frangipani Body Nourish Wrap blends fragrant Coconut and Frangipani flowers soaked together to produce Monoi, a scented oil traditionally used by Polynesian women to protect and condition their bodies.

Caribbean Awakening

Awaken your spirit with the intoxicating Caribbean Coffee Body Scrub, derived from finely ground Caribbean coffee and volcanic pumice from Bali's sacred mountains. This refreshing scrub will smooth and revitalize your skin. After the exfoliating scrub, enjoy the conditioning effects of Elemis Exotic Island Flower Body Balm.

Cleopatra's Tropical Tryst

The Elemis Exotic Coconut Rub and Milk Ritual Wrap is a ceremony of pure sensuality to tantalize and delight. A secret recipe of Coconut, Mungbean, spices and Lavender polishes the skin, while exotic body oils indulge your senses. Cleopatra was renowned for bathing in milk, and now you can bask in this opulent and comforting experience. A warm milk bath is poured over your entire body before you are draped in a comforting foil wrap.

Drifting on an Ocean Breeze

As fresh as the ocean breeze, this up-lifting treatment will leave you with a radiant glow and renewed zest. The refreshing Elemis Exotic Lime and Ginger Salt Glow gently exfoliates, deeply cleans and polishes your skin to perfection before a luxurious application of moisturizing Elemis Exotic Island Flower Body Balm.

Offerings from Heaven

The Elemis Balinese Boreh Hot Spice Therapy is a mask made from a mixture of warming aromatic spices and herbs. This recipe is traditionally used as a preventative and curative treatment for the common cold by relieving fever, headaches and muscle aches, and assisting in jetlag recovery. Enjoy the sensation of deep penetrating heat as you relax in a warming blanket of spices.

Ritual of Royalty

A traditional royal court beauty ritual, the Elemis Jasmine Lulur Therapy is an aromatic essence of powdered spices and sweet woods, which softens your skin as it gently exfoliates. Following the Lulur, a fresh yogurt splash nourishes your skin. Once a well-guarded secret, this treatment is an integral part of an Indonesian woman's preparation for marriage.

A Perfect Day in Paradise

Treasured rituals from around the globe and Bahamian specialties meld together to create the perfect spa day. Packages begin with the Balinese Floral Foot Wash Ritual. Following your treatments, linger in the privacy of your villa garden and enjoy a Balinese Tea Ceremony and use of the waterfall shower and jetted bath.

Bahamian Pathway to Radiance

230 minutes

Elemis Exotic Hand Ritual: Warmed aromatherapy oils nourish and condition, while milk and exotic Frangipani Monoi Oil lavish healing action on your hands.

Caribbean Coffee Body Scrub: Made from finely ground Caribbean coffee and volcanic pumice from Bali's sacred mountains, this intoxicating and refreshing scrub will smooth your skin and revitalize your spirit.

One&Only Massage: A unique blend of five massage styles—Japanese Shiatsu, Hawaiian Lomi Lomi, Thai, Swedish and Balinese—performed by two therapists in perfect harmony.

Reflexology Massage: Working on the principle that all body organs are connected to reflex points in the feet via constantly flowing energy channels, these points are massaged to restore a natural energy flow. This treatment improves health by sending waves of deep relaxation throughout your body.

Divine Rituals of Asia

300 minutes

Elemis Jasmine Lulur Therapy: An aromatic treatment made from powdered spices and sweet woods, this therapy softens your skin as it gently exfoliates.

Elemis Deep Tissue Muscle Massage: Your body is lightly brushed and then soothed with hand-warmed aromatherapy oils. Eastern massage techniques bring your body and mind into perfect balance.

Elemis Oxygen SkinCalm Facial: Soothing sensitive skin, gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask to help reduce redness and rebalance delicate skin. This superior treatment offers immediate comfort to stressed skin, and is further enhanced by a hand and arm massage and de-stress scalp treatment.

Tropical Jewel Spa Manicure and Pedicure: Pampering therapies soften your hands and feet.

Balinese Journey of Joy

260 minutes

Elemis Balinese Boreh Hot Spice Therapy: A mask made from a mixture of warm aromatic spices and herbs, this recipe is traditionally used as a curative treatment for relieving fever, headaches and muscle aches, and assisting in jetlag recovery.

Balinese Massage: A combination of stretching, long stroke, skin rolling and palm-and thumb pressure techniques that relieves tension, improves blood flow, and eases stress.

Elemis Visible Brilliance Facial: This anti-aging face and eye therapy instantly firms, rejuvenates and plumps up the skin while reducing dark circles from the eye contour. Moisture levels of the skin are proven to increase after just one treatment. Specialized facial massage techniques are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment.

A Symphony of Global Fusion

260 minutes

Elemis Musclease Aroma Spa Ocean Wrap: A warming blend of Pine and Rosemary essential oils works to ease arthritis discomfort, fatigue and muscle aches, while you relax and enjoy a soothing face and scalp massage.

Elemis Deep Tissue Muscle Massage: Your body is lightly brushed and then soothed with warmed aromatherapy oils. Eastern massage techniques bring your body and mind into perfect balance.

Elemis Visible Brilliance Facial: This anti-aging face and eye therapy instantly firms, rejuvenates and plumps up the skin while reducing dark circles from the eye contour. Moisture levels of the skin are proven to increase after just one treatment. Specialized facial massage techniques are further enhanced by a luxurious hand and arm massage and de-stress scalp treatment.







Celebrating You

Prepare for your special wedding day by achieving a sense of tranquility and rejuvenation. Choose to share your thoughtfully designed package with those you love to clear the mind of stress and leave everyone feeling radiant both inside and out. Contact the Spa Concierge to personalize your package for you and your guests. Inquire about exclusive use of our elegant Salon area to enjoy while having it catered for you and your bridal party.

Services to design your personalized experience.

Traditional Manicure and Traditional Pedicure

Tropical Jewel Spa Manicure and Tropical Jewel Spa Pedicure

Bridal Hair Styling (Up Style or Blow Dry)

Make-up Consultation and Application.

50 or 80 minute massages of your choice

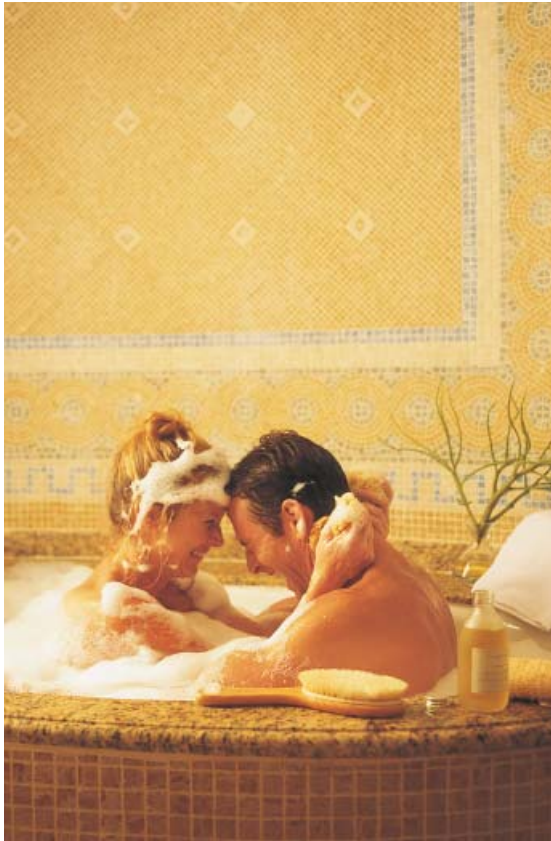
Luxurious Body Wraps

Luminous Facials

Bathing Rituals

Within the comfort of your guest room, discover complete relaxation and tranquility in the warmth of a luxurious bath. A spa specialist will prepare your soak, bringing your choice of aromatherapy oils and candles, and after-bath moisturizer.

The spa specialist begins your experience with an Elemis Sole Delight Foot Treatment, a sensual therapy for your feet.



Island Romance

Create magical memories of paradise in this sensual bath for two filled with flower petals. Candlelight and aromatherapy oils to inspire romance. Lavish each other with a fragrant moisturizer as a finishing touch.

Jetlag Reviver

An ideal way to ease into your holiday, this calming bath aims to minimize the effects of long flights and time zone changes. Rest your eyes, breathe deeply, and feel waves of relaxation wash over you. Scented candles, essential oils and bath soaks encourage your revival.

Bubbles of Fun

Clean fun for the young at heart, this bath will uplift your soul with thoughts of sunshine and laughter. Soak in bubbles galore and feel the energizing effects of the aromatherapy bath gel.

Salon Therapies

The Hair & Nail Spa's services perfectly complement any treatment. Professional styling for ladies and gentlemen include permanent waves, color, highlights, weaves, and up styles or braids. Services are offered in two private suites available for individual use, or they may both be reserved for private bridal parties.

Pampering services for the hands and feet include manicures, pedicures, gel nails, acrylic overlays, tips, as well as indulgent therapies. Waxing services and make-up application are also available.

Exotic Moisturizing Hair Bath

This deep conditioning treatment of special herbal moisturizers is massaged into the scalp with heat, leaving your hair soft and lustrous. The therapy includes a relaxing head, neck and shoulder massage to relieve tension and stress.

Tropical Jewel Spa Manicure Treatment

Rejuvenate your nails, hands and arms with a relaxing traditional manicure, beginning with an Elemis Exotic Hand Ritual.

Tropical Jewel Spa Pedicure Treatment

Enjoy an Elemis Sole Delight Foot Treatment and a traditional pedicure that will mellow your mood and pamper your feet.

Elemis Sole Delight Foot Treatment

A sensual treatment that will leave you walking on cloud nine. Warmed aromatherapy oils nourish and condition your feet and nails, while the decadence of milk and exotic Frangipani Monoï Oil lavish healing action on your skin.

Elemis Exotic Hand Ritual

This ritual is a pure indulgence for your hands and nails to restore beauty and suppleness. Warmed aromatherapy oils nourish and condition, while the sublime sensation of a milk bath lavishes its richness and healing action on your skin.



Spa Experience

At One&Only Spa, every moment of your spa visit has been carefully choreographed to ensure that with each step, stress and tension melts away. After you have checked in at the front desk, you will be lead directly to your private spa villa for your treatments. Following certain therapies, you are invited to relax in the tranquility of your villa's private open-air garden.

Should I make a reservation for my treatment?

Yes, and it is best to do so upon your arrival at the resort to accommodate your schedule.

What if I need to cancel my reservation?

Please contact the spa at least two hours in advance. Reservations cancelled with less than two hours notice will be subject to full charge. Appointments may be rescheduled based on availability.

What should I wear?

Wear whatever is most comfortable. A robe and slippers will be provided when you arrive at the spa. During treatments, the therapists are trained to drape you appropriately.

When should I arrive?

Please arrive 15 minutes prior to your scheduled appointment. This will allow you sufficient time to check in, change and begin enjoying your spa experience at a leisurely pace.

May I request a male or female therapist?

Yes, however availability of particular therapists cannot be guaranteed. All therapists are trained to ensure your comfort.

Should men shave before a facial?

Yes, for best results men should shave a few hours before their facial.

May I bring my valuables?

It is recommended that you leave your valuables in the safe provided in your guest room. The spa does not assume liability for any valuables.

How can I ensure a wonderful spa experience?

Discuss openly your likes, dislikes, concerns, questions or areas of focus with your therapist before or during your treatment.

Is there a service charge?

All treatments are automatically subject to a 15% service charge. Gratuity for exemplary service is discretionary.

Services for Expecting Mothers:

Mothers-to-be can enjoy all salon services, basic facials and a massage with light pressure. Please note that massage is only performed if you are between the third and sixth month of pregnancy.

Hours of Operation:

8:00am to 8:00pm - 7 days a week

Treatments, services, packages and pricing are subject to change without notice.

One&Only Ocean Club

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