



Glo
Spa



ReJuV in Nature

Rosalie Bay

Riverside wellness, volcanic renewal, and
nature-crafted rituals in Dominica.
Prices in United States Dollars (USD).



Signature Treatments

For guests seeking deeper immersion, Glo Spa recommends our Signature Treatments

"Bright & Beautiful" Manicure

US\$100 | 1 Hour

A facial-style treatment for the hands, designed to refine, nourish, and renew. The experience is enhanced with a collagen boosting and skin nourishing botanical wrap, and a reflexology-inspired hand massage - Guest is served with coconut water or bush tea with Dominican herbs to further boost skin radiance.

Gel Polish add-on: US\$30

"Tranquil Sole" Pedicure

US\$130 | 1 Hour

Experience a luxurious herbal foot treatment that combines the soothing warmth of hot stones or therapeutic cold stones with expert nail care and fatigue-reducing massage techniques - to include gentle stretches and targeted pressure point release therapy on the feet. Carefully chosen exfoliating products naturally detoxify and improve circulation, a botanical and algae mask is applied to deeply cleanse and nourish the feet, finished with a hydrating botanical foot serum crafted to seal in moisture, soften rough skin, and keep feet looking radiant long after your treatment. Served with wine, bush tea, or coconut water

Nail polish available

Belle Visage Facial

US\$120 | 1 Hour

A skin-nourishing facial inspired by the pure essence of Dominica. This signature treatment features deep skin cleaning with locally sourced extracts to hydrate, refine, and restore natural glow. Gentle lip and chin waxing is seamlessly integrated, followed by a refreshing cold-stone facial massage to calm the skin, reduce puffiness, and reveal a healthy, luminous radiance - served with chilled coconut water or fresh-herb infused water to internally increase vital hydration to your skin.

Ginger Hydrotherapy Bath

US\$180 | 1 1/2 Hours

As our fore parents taught: "We warm the body with ginger and mineral water, so the cold leaves the bones and the blood can move again. We brush the skin to wake it, then we soak, letting the heat draw out pain, tiredness, and heaviness. After the bath, the body feels light, the head clears, and strength returns." An indulgent, full-body renewal inspired by Dominica's warming botanicals and healing waters. Our signature bath experience begins with gentle dry body exfoliation and a therapeutic neck and head massage, and concludes with a moisturizing, skin nourishing body mist and a hydrating hand and foot serum - served with coconut water or fresh-from-the-garden bush tea, you leave feeling, and looking refreshed.

Glo Signature Massage

US\$160 | 1 Hour

A focused deep bodywork experience designed to release tension, restore mobility, and reconnect you to your body's natural rhythm - Through slow, purposeful pressure and intuitive movement, and with targeted botanical muscle applications to support recovery and ease inflammation, the treatment works deeply into areas of holding to release long-standing tension, improve range of motion, and support the body's natural recovery processes. Guest is served with cool coconut water or freshly picked bush tea to support internal healing.

Massage Therapies

Rooted in Dominica's rivers, forests, and volcanic landscapes, each treatment supports release, renewal, and calm

Fitness Recovery Massage

US\$150 | 1 Hour

A performance-focused massage combining deep tissue, assisted yoga-based stretching, and targeted trigger point work to release pain, shortness and inflammation in muscles and joints, allowing faster recovery and reducing the risk of strain - allowing you to train or hike with greater ease and confidence. Hot stones and a warming muscle rub or Cold stones with a cooling muscle rub are incorporated to support further fascia unwinding.

Four Hands Harmony Massage

US\$220 | 1 Hour

A choreographed massage by two therapists in seamless synchronization. Flowing rhythms quiet the nervous system, deep tissue therapy release deeply held tension, and gentle stretching guide the body into an extraordinary state of calm. Our exclusive in-spa oil blend with warm/cool herbal infused wraps on the hands and feet deliver soothing comfort in this truly relaxing experience. Enjoy chilled coconut water infused with relaxing herbs or a Glo Spa tropical mocktail after treatment.

Bamboo Massage

US\$160 | 70 Minutes

Warm locally-grown bamboo canes deliver a deeply grounding and rhythmic massage experience that promotes circulation, dissolves stagnant energy, and enhances the flow of oxygen and nutrient-rich blood throughout the body - leaving the body feeling lighter, aligned, and restored. The session concludes with our signature Tropical Foot Wrap and a gentle, pressure-point head massage with aromatics for complete relaxation.



Massage Therapies

Rosalie Bay Volcanic Stones Massage

US\$160 | 70 Minutes

Smooth, hot stones are used to massage away tension by gently warming the muscles - with warming oils and flowing Swedish or deep tissue techniques that ease muscular discomfort, and Glo Spa's Tropical Foot Wrap treatment and cooling head massage to calm the nervous system and relax core tension.

AromaTouch Massage with Ginger Spine Renewal

US\$150 | 1 Hour

Come indulge in the soft river and nature sounds at Glo Spa, and completely release stress with this relaxing massage treatment with Dominica's pure essential oils which are ideal for easing pain, fatigue, and chronic discomfort - your therapeutic session is enhanced with a warm ginger spinal compress to calm the nervous system and ease residual tension and muscle tightness, and concludes with an aromatic feet revival and a comforting, fresh from the garden, root ginger and grounding herbs tea.

Glo Lymphatic Reset Massage

US\$140 | 1 Hour

This gentle, immune-boosting massage is designed to support natural detoxification and restore a sense of ease throughout the body. Using soft, flowing strokes and therapeutic touch, your therapist encourages healthy lymphatic movement while easing swelling and tension. Carefully selected warming or cooling oils help naturally decongest the body and calm the nervous system, with targeted herbal applications used where needed for pain relief. Your experience is completed with bush tea made from resort-grown herbs specifically blended to support renewal from within.



Nature Restorative Baths

Relaxing, cleansing, and nature restorative Baths inspired by Dominica's living water and healing skin remedies:

Glory Seeder and Aloe Vera Bath

US\$140 | 1 Hour

Cooling and soothing for sensitive or irritated skin; comforts sun-exposed areas.

Detoxifying Sulphur and Sea Salt Bath

US\$140 | 1 Hour

Supports joint comfort and muscle relaxation while gently cleansing and softening the skin.

Moringa Bath

US\$140 | 1 Hour

A calming botanical soak to ease swelling, redness, and physical discomfort

After Sun Healing Bath

US\$160 | 1 Hour

Feel calm and refreshed in this cool bath with pure, local ingredients to rebalance and rehydrate your skin while supporting cellular repair and mineral replenishment - skin healing continues with a post-bath collagen boosting and skin-comforting mist, chilled coconut water infused with botanicals that boost skin repair, and a Glo Spa - crafted silk-light, cooling serum to support recovery at home.

Enjoy refreshing, complimentary coconut water, ginger-turmeric shots, ice or hot bush tea post treatment at Glo Spa



Island Glo Collection

Rainforest Body Glo

US\$140 | 1 Hour

Select your preferred exfoliating blend: Coffee, Cocoa, or Tropical.

Smooth, glowing skin is revealed using locally grown coffee, cocoa, or resort-grown fruits and botanicals to deeply nourish the skin. This revitalizing body polish gently exfoliates while stimulating circulation to encourage natural collagen renewal, and improve skin elasticity and firmness. Following a refreshing cleanse and moisturizing mist, your treatment ends with a chilled glass of coconut water or fresh-from-the-garden bush tea

Rosalie Renewal Body Wrap

US\$170 | 70 Minutes

Harnessing Dominica's volcanic energy, infused with local herbs and seaweed extracts, this warm mud wrap deeply detoxifies the body, stimulates circulation, and helps alleviate chronic pain in joints and muscles. Pure trace minerals nourish and revitalize the skin while you sink into cocooned relaxation with targeted hot stone placement, aromatic essential oil steam, and a gentle face and head lymphatic drainage massage - a simply magical way to leave you feeling renewed.

Underarm Bliss

US\$60 | 45 Minutes

Smooth, cleanse, and naturally refresh with a gentle wax and a nature crafted, gentle detox treatment that pampers, rebalances and brightens delicate underarm skin for a fresh, confident feel.

Algae & Aloe Sun Recovery Treatment

US\$100 | 1 Hour

A cooling, skin-soothing treatment that heals, hydrates and comforts sun-exposed skin, with gentle lymphatic-style touch, and cooling stones to help reduce heat and redness to get you all set for your next adventure.

Add-on: Extend your Body Scrub or Body Wrap with an additional 30 minutes of Swedish massage - US\$50.



Couples Experiences

“At Glo Spa, we curate signature couples treatments that celebrate love’s journey, harmonized by nature and connection.” (Diana John-Hillaire, Glo Spa Supervisor)

Glo “Couples Connection” Massage

US\$250 | 1 Hour

Side-by-side in relaxation and immersed in Glo Spa’s romantic riverside serenity, this massage is designed to dissolve stress and rekindle connection, blending therapeutic stonework, vitamin-rich tropical oils, and a luxurious hand treatment - finished with Dominican aphrodisiacs, wine, and local, artisan chocolate for shared serenity.

Glo “Couples Connection” Bath

US\$220 | 1 Hour

A romantic riverside soak where mineral-rich waters, botanical aromatics, and nature’s gentle rhythms invite couples into effortless relaxation and deep connection, enhanced with Dominican aphrodisiacs, wine, and local, artisan chocolate for enhanced bliss.

Romance & Relaxation - “Couples Connection” class

US\$80 | 45 minutes

An intimate, guided experience where couples learn the art of relaxing and stimulating touch, sensuous oil blending, and intentional connection - leaving with practical skills, a custom romantic massage oil, and memories designed to bring romance and relaxation into everyday life.



Rejuvinature Sessions

Wellness Guide: Ellen Joseph

Ellen Joseph is the Wellness Guide at Rosalie Bay Eco-Resort & Spa and the visionary behind Rejuvinature. With over 15 years as a Licensed Massage Therapist, her work bridges Eastern and Western holistic traditions with Dominica's traditional healing wisdom - guiding guests into deep relaxation, a renewed connection to the body's innate healing intelligence, and to nature as a pathway to wellbeing.

Body-Talk Massage, The Language of Healing US\$200 | 1½ Hours

Ellen's signature full-body reset massage melts tension through intuitive touch, somatic release, breath guidance, and pure essential oils, all synchronized with the natural sound and rhythm of the Rosalie River flowing alongside the Glo Spa.

Reflexology US\$100 | 1 Hour

A guest favorite. This therapeutic treatment uses intentional pressure and essential oils on key reflex points on the feet with a cool or warm herbal foot compress to stimulate circulation and support natural detoxification - finished with a luxurious, hydrating foot massage to revive tired feet and restore full-body balance.

Mother's Embrace - Pre-Natal Massage US\$100 | 1 Hour

A luxurious, nurturing treatment to support mothers-to-be in comfort and calm. This gentle massage uses safe, professional techniques alongside warm island oils, supportive bolstering, guided breath, traditional mothers bush tea, and soothing nature sounds to create a deeply restorative experience for both mother and baby. US\$100 1 Hour

ADD ON

Hot/Cold Stones or Warm Bamboo US\$10

Hot/Cold stones or Warm Bamboo added to any massage treatment, amplifies your relaxation. Your body will thank you! US\$10



Specialized Rejuvinature Sessions

48-hour appointment needed

“Longevity is supported by calming the nervous system, correctly nourishing the body at a cellular level, and keeping circulation and movement alive.” Ellen Joseph, Rosalie Bay Eco-Resort & Spa Wellness Guide

Eat Well - Nourishment & Vitality Guidance

US\$200 | 2.5 Hours. For groups of 2 and more US\$150 per person

Rooted in Dominica's natural foods and culinary traditions, this interactive session focuses on nourishment, hydration, and vitality. You'll impress your family and friends with Island-inspired cooking after a hands-on cooking class with a Rosalie Bay Eco-Resort chef, where guests learn to prepare authentic Dominican healthy dishes, juices, medicinal bush teas and Cocoa tea using fresh, local ingredients - paired with island life longevity secrets and nourishment guidance that aligns diet with Dominica's traditional food wisdom, and modern holistic nutrition insight that support digestion, energy, sleep, detox and health.

Classes are up to 4 people.

Live Well - Guided Self-Care & Lifestyle Integration

US\$100 | 1 Hour

An interactive self-care session inspired by Dominica's healing traditions, integrating Glo Spa treatments, gentle movement, forest bathing, riverside grounding, breath work, and sensory meditation. Designed to support everyday wellbeing, Live Well empowers guests with simple practices they can continue at home.

Glo Well - Body Mapping & Wellness Alignment

US\$70 | 1 Hour

A guided body awareness and evaluation session using Rejuvinature's Energy Wash scan and Well Body Mapping System, inspired by Dominica's traditional healing principles. This process identifies areas of tension, imbalance, and depletion to thoughtfully curate the most restorative spa treatments, movement practices, and wellness immersions throughout the guest's stay.



External Wellness Experiences

Thai Yoga Massage 60 mins

Immersed in the restorative energy of Rosalie Bay's natural surroundings and inspired by traditional Thai Yoga, this floor-based clothed therapy blends assisted stretches, rhythmic compression, sequenced movement, aromatherapy with therapeutic breath work and meditation to leave you feeling deeply relaxed and in harmony with nature and yourself.

Kundalini Yoga 45 Mins

A breath-centered yoga practiced in harmony with Dominica's traditional healing wisdom to awaken stagnant energy, calm the nervous system, and support mental clarity.

Tantra Yoga (Couples) 60 mins

Guiding couples to explore sacred sexuality through conscious breath, presence, and empowering practices that deepen emotional, physical and energetic intimacy.

Asana Yoga 60 mins

A grounding yoga flow to build strength, flexibility, and calm through guided movement and breath.

Reiki Pure- 60 mins

A gentle energy healing session to restore balance, reduce stress, and promote deep relaxation.

Reiki enhanced Crystal Healing- 60 mins

Reiki combined with crystals to amplify energy flow, release blockages, and restore harmony.

These treatments are offered in partnership with trusted external wellness practitioners.
Pricing may vary, and a 3% credit card processing fee applies to all card payments.
Rosalie Bay proudly collaborates with a range of wellness partners to introduce our
guests to some of the finest holistic experiences the island has to offer. Please note that
all services are subject to the individual practitioner's booking, cancellation, and
payment policies, as well as their professional codes of conduct.
While we ensure that all practitioners uphold respectful and professional standards, we
kindly ask guests to also respect each practitioner's guidelines.



Appointments

Call: (767) 4461010 / 767 2457916
WhatsApp- 7672457916

Resort Guests

Dial "0" or ext 9609 from your room

Hours of Operation

Monday- Sunday
9:00AM-5:00PM

Last appointment is at 3:45PM for 1 hour and 4:00PM for 30 minute treatments. Last appointment is at 3:15PM for 90 minute and 2:45PM for 120 minute treatments

Thursdays- 9:00AM-5:00PM- Only upon special request with 24-48 hour notice will the spa go until 8:00PM- Cost-US\$25 per treatment. Spa closes after last appointment.

Last appointment is at 6:45PM for 1 hour and 7:00PM for 30 minute treatments. Last appointment is at 6:15PM for 90 minute and 5:45PM for 120 minute treatments

Terms and conditions

By appointment only. All cancellations must be made at least 24 hours in advance. Any appointments which run past closing time due to lateness incur a late fee of US\$25.

Appointments are based on availability. Please schedule at least 24 hours in advance for appointments before 10:00AM and after 3:00PM.

Arrive 15 minutes prior to your appointment. As a courtesy to our clients, late arrivals will receive their remaining appointment time and will be charged the full service.

All prices are in US and are inclusive of applicable taxes and fees.



Naturally Balanced

Rosalie Bay
Eco Resort & Spa
Dominica

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