

# Luxurious Living ON GRAND CAYMAN

BY LISA ARCELLA



Not even Hurricane Ivan can keep women away from the pampering they deserve! A year after the hurricane devastated the island of Grand Cayman, the gorgeous new Ritz-Carlton opened its doors in celebrity packed style. Sheryl Crow and Tony Bennett performed while dozens of celebs like Oscar-winner Marcia Gay Harden and married TV news stars Al Roker and Deborah Roberts cheered them on. Superstar chef Eric Ripert has opened not one, but two top notch restaurants at the resort and Jacque Cousteau's marine biologist son Jean Michel has even opened a center at this first rate diving and snorkeling locale called Ambassadors of the Environment, to educate children on the importance of preserving our oceans. But the real star of this elegant and friendly Caribbean resort has to be its dazzling La Prairie spa.

When you aren't relaxing on the pure white sand on the Seven Mile beach, or having a lazy morning in bed in your huge bed with 600-thread-count linens from Italy, or having a cocktail overlooking the pool, it's time to really let the world disappear at the the Silver Rain spa.

La Prairie is one of the most exclusive skin care lines, developed in its signature spa in Switzerland. Silver Rain is the first La Prairie spa in the Caribbean and is pure luxury. When you initially walk through the door, the bright sunshine of the outdoors disappears and you enter a long dimly light stairway that almost appears to be an underground waterfall thanks to the cascades of water flowing down the walls on either side of you. You can almost see the tension disappearing before you.

The spa is named Silver Rain after the "healing waters" Switzerland and for its unique hydrotherapies and the decor of flowing white linens and fragrant flowers everywhere lends to the peaceful atmosphere.

**MASSAGE** — Among the massage treatments the spa offers are Swedish (\$215/90 minutes), Deep Tissue (\$215/90 minutes), Shiatsu (\$155/60 minutes), Stone Therapy- where hot stones are used to distress muscles (\$240/90 minutes) and Aromatherapy (\$215/90 minutes) which combines massage with fragrant oils.

**HAIR AND SKIN**— Imagine having two therapists working head and toe to stimulate, repair and thoroughly revive your senses. That's what happens during the 30 minute Stress Relieving Hair, Scalp and Foot Therapy (\$110). For the ultimate way to reduce puffy eyes and reduce crow's feet try the 15 minute Caviar Intensive Eye Treatment (\$80). La Prairie's exclusive Cellular Complex and Glycolic Acid are used in the Intensive De-aging Facial which promises to bio-energize your skin, dramatically reducing the appearance of lines, wrinkles and age spots (\$170/ 60 minutes). And if you are going to spend all that time on your face, you won't want to forget about the rest of your body so try the Retexturizing Back Facial (\$170/60 minutes) to exfoliate, polish and renew those hard to reach areas of your back, neck and shoulders with La Prairie's intensive Cellular Microdermabrasion Cream.

**BODY TREATMENTS**— The spa offers a number of one-of-a-kind and fantastic body therapies like the Silver Rain (\$250/90 min-

utes) which begins with vanilla jasmine foot bath and works every muscle and deep conditions your hair! Island Luxe (\$170/60 minutes) provides gentle all-over exfoliation through heated mitts and Sea of Tranquility (\$250/90 minutes) which applies a warmed seaweed mask to your entire body just to name a few. The spa will even provide massages in your room or at poolside.

Of course luxury does come with a price—even though it's worth every penny! During the high season, through May, rates start at \$699 for a Waterway room and \$929 for an Ocean Front room, and go as high as \$5,000 for the 2,400-square-foot Ritz-Carlton suite overlooking the ocean. Rates dip to \$299, Waterway, and \$499, Ocean Front, during the lowest season, Sept. 5 through October.

Check into several of the great spa packages offered. From January 4 to December 19, 2006 and starting from \$1119 per night and includes accommodations, A Silver Rain facial, One Silver Rain manicure and pedicure, One Massage at Silver Rain and Daily Full breakfast overlooking the Caribbean or the Silver Rain-Blue Tip Spa & Golf Package from June 1 to December 19, 2006 starting from \$869 per night and includes accommodations, Breakfast for two daily at the ocean-front café 7, One massage at Silver Rain, a La Prairie Spa, one round of golf per day at Blue Tip (a nine-hole signature golf course designed by Greg Norman). ■

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