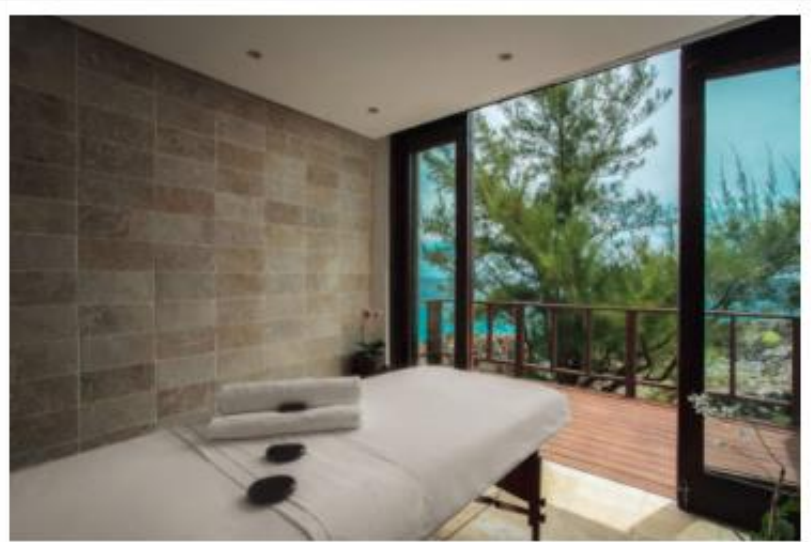


elite traveler

Spa of the Week: The Trident Spa Jamaica

Caffeine and calm. The words don't typically go together, but if you still crave your morning coffee even in the most laidback tropical setting, this week's spa is sure to have you jetting to Jamaica. In secluded Port Antonio, [The Trident Hotel](#) is home to a newly renovated spa debuting an exclusive mocha-inspired menu in partnership with [Wallenford Jamaica Blue Mountain Coffee](#).



Relaxation is brewing on the island with a little help from the local, Trident Hotel-owned coffee plantation. The property's spa recently unveiled two new treatment rooms, with one dedicated to couples, where guests can fight fatigue with a choice of treatments featuring the energy-boosting bean. Eliminate dullness in favor of a healthy glow with the 45-minute body scrub, combining Wallenford coffee, olive oil, sugar and coconut butter to revive skin, or opt for the cappuccino wrap designed



to minimize the appearance of cellulite while ensuring you'll leave smelling divine. A 60-minute signature facial tailors the benefits of coffee to the guest, customized to uplift, firm, tone or cleanse according to your skin's specific needs.

Have a friend or loved one join you in a Coffee Lovers Escape for two, comprised of a coffee scrub, coconut milk and honey body wrap, hand or foot reflexology and integrated lymphatic drainage massage to stimulate blood flow and erase impurities.

If coffee's not your cup of tea, there's still plenty to make your Jamaican holiday a tranquil one. Trident Spa features an array of holistic services from hot stone massages to coconut cream wraps as part of its newly expanded wellness program. Unwind in an open-air treatment room for a Head to Toe Anti-Aging Package that invigorates the entire body with a broccoli and avocado or papaya body wrap, guava or papaya deep cleansing facial and Swedish massage. The spa also

includes beachfront cabanas for seaside treatments, a beauty salon with nail stations, outdoor treatment tub and hydrotherapy shower, and secluded patio deck for centering meditation or lounging under the island sun.



Should you choose to keep your pampering in-villa, reserve the luxurious [Shiprock Villa](#) with an additional 1,700 sq ft of outdoor space for maximum tanning time. Overlooking the ocean, the serene villa encompasses one bedroom with king-size bed, walk-in closet, bathroom with tub and shower and living room with wet bar. Guests of the villa enjoy a private plunge pool surrounded by manicured gardens, a private terrace with lounge chairs and daybed as well as an outdoor shower.

The Trident Hotel is located at Anchovy, Port Antonio, Portland, Jamaica, West Indies. For more information, please visit thetridenthotel.com.