

Mamma La Terre Spa

Mamma La Terre Spa (Mother Earth Spa) is Fond D'ouk Holiday Plantation's Organic Spa Retreat. We use oils and organic fruits available to us in nature without additives or chemicals letting our guests enjoy a truly natural product. Our professional therapists will make sure you're completely comfortable, even if it's your first massage.

Flight Relief Massage 50mins

Long flights can cause fluid retention, aching legs, feet and back. This is an intense massage treatment that gives instant relief and aids in eliminating these symptoms. A great way to start your vacation.

Express Massage 30mins

A mini massages using a combination of different massage techniques.

Swedish Massage 60mins

A therapeutic massage which will soothe and relax the body. Using firm but gentle pressure, to improve circulation, ease muscle aches and tension. Recommended for those who have never had a massage.

Di Stress Massage 40mins

This focused massage treatment targets the problem spots allowing the tension to be carried away on our gentle tropical breeze.

Romantic Retreat 90mins

Love and adventure unite to create this perfect therapy for two, we will teach you the basic steps of massaging the back, neck and shoulder. Then you will choose your own blend of oil to take back and practice the unforgettable lesson in love & laughter. Relaxation is the ultimate souvenir of your vacation, a shared skill you can enjoy for a lifetime.

Deep Tissue Massage 60mins

Using deeper strokes to alleviate discomfort in specific areas; this massage is ideal after a hiking Petit Piton.

Aromatherapy Massage 60mins

A holistic treatment that combines the powerful therapeutic properties of essential oils with massage to rejuvenate body and senses, soothe tension, distress and relax the mind.

Back & Foot Massage 40mins

A relaxing yet invigorating massage to iron out the stresses and strains of life. It can release the negative effects of overwork.

Sulphur Getaway 2hrs

St. Lucia's very own volcanic Sulphur Springs and natural beauty of the piton warm waterfall can be experienced in this signature treatment. Your morning begins at the hot springs (black water). Your therapist will apply the hot mud all over your body which increases circulation and metabolism and has a

wonderful impact on your skin. On your return you will receive a spa massage of your choice.

Organic Wraps & Scrubs 60mins

Scrubs and wraps are designed to detoxify, increase circulation and restore moisture. A special blend of sea salts and organic fruits will leave your skin feeling soft smooth and re-energized. Fruits used are seasonal and include Apricots, Coconut, Cocoa, Lime, Banana, Cinnamon and Guava. Our signature Chocolate wrap is ideal for children.