

# momover

(noun) MASHUP OF "MOM" AND "MAKEOVER" minus the pressure to look like a total babe 24/7. (Unless that's what the mama wants, of course.) Holistic; ENCOMPASSES MIND, BODY & SPIRIT. Nudges her to take primo care of herself, with zero guilt & tons of support. **BENEFICIAL TO ENTIRE FAMILY**



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## [Driftwood Spa at Jakes = beyond gorge, crazy-relaxing](#)

April 6th, 2011



View from the front sorta-door. Note the driftwood decor...

Now that **my hair has deflated a bit from the humid island weather**

(well, actually it poured yesterday in Gotham, grrr...) it's time to turn our collective mama-attentions to the utter happiness that is the **Driftwood Spa at Jakes**. My

über-bestie Lisa had told me it was nice; understatement of the decade.

Picture large, super-comfy open-air



that get tons of crisp, clean natural light. Not that dark, cave-y feel you can sometimes get in spas. Or, worse, harsh fluorescent lights attached to magnifying lenses. Of course I understand why aestheticians use those high-tech looking glasses: They need to scrutinize your pores at close range. But whenever I'm under one, I'm always expecting someone to pop out from behind a curtain and interrogate me in a "Where were you on the night of the 15th?" fashion.

Trust me when I tell you that the Driftwood Spa is *not* a no-pore-untuned experience.

Instead, the Signature Facial, which I had, starts with a chakra balancing. While placing little pebbly, crystal thing-a-ma-jiggys on my rock-hard abs (kidding, though **they're not bad these days**), my lovely aesthetician asked me to try to visualize the colors the chakras correspond with. Starting with my belly button - the "root" chakra - and heading north, she ultimately placed seven stones, which stayed throughout the entire 75-minute treatment.

(Sidebar: I'm definitely getting more into crystals lately, and would like to learn more about the chakras. In fact, **I may even nab this cute little kit.**)

But back to my facial. It included a ton of massage, of the upper body as well as the face, which was impossibly yummy. I'm reading more and more about **the benefits of facial massage**, and I think it's such a low-key, analog way to relax and, ultimately, look younger. And what Momoverette in her right mind doesn't want *that*?

As a longtime wellness journalist, I'm very big on massage. Without question, it is so, so, so good for you. That's why I also booked an Aromatherapy Massage for myself at Jakes, as well as a Swedish for Hubby. After P90X-ing to smithereens lately, and given the fact that we're no spring chickens, I thought it would be just the just the ticket for our weary bones and muscles. And it totally was. We



**Armoire Mondays**

(20)

**Beauty** (55)

**Big Wide World**

(43)

**Bijoux** (2)

**Clothes** (33)

**Culture Junkie**

(19)

**Diet** (22)

**Fitness** (50)

**Hair** (8)

**Life Tools** (55)

**Makeup** (7)

**Obsessive**

**Organizing** (12)

**Skin** (17)

**Stuff to Get** (85)

**Vegan/Critters**

(11)

**Wellness** (36)

**Zen Out** (45)

**June 2011**

**May 2011**

**April 2011**

**March 2011**

**February 2011**

**January 2011**

**December 2010**

**November 2010**

**October 2010**

**September 2010**

**August 2010**



July 2010  
June 2010  
May 2010  
April 2010  
March 2010

Amazon  
Barnes & Noble  
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Borders  
IndieBound

got to pick from three blends of Caribbean Essentials oils - Rapture, Restore and Release - all of which were laced with **patchouli, so of course I, aka Crunchista, was intoxicated.**

I could have spent my entire va-cay at the Driftwood Spa, sampling one Jamaican-flavored treatment after another. Like the Bona Fide Coffee Scrub and the Mocha Cocktail Rum Wrap. Or perhaps a little yoga on the roof. **Jakes hosts many yoga retreats**, and you cannot imagine a more spectacular setting than the upper terraces of this super-beautiful corner of the world. Swoon.

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**2 Responses to "Driftwood Spa at Jakes = beyond gorge, crazy-relaxing"**

**Laura Henzell:**

**04/06/2011 at 12:11 PM**

Hello Dana,

On behalf of the staff at Jakes Driftwood Spa, I just wanted to write and say I am so happy you enjoyed your treatments as much as you did. As a mother myself (of two little ones under 4!) it means the world to me to get vouched for by a fellow mum .. who in many ways, I had in mind while creating that space at Jakes. I firmly believe all mums deserve as much TLC as they can get...so it thrills me to know that

Driftwood worked for you, as I've always hoped it would, offering some much needed rest and relaxation!

Thanks for kindly including us in your blog ... if you'd like to know any more about our family features (read: all the ways mums can relax at Jakes) ... let me know.

Again many many thanks... hope we see you again soon!

One love

Laura

Director, Driftwood Spa

**Reply**

***Christopher Smith:***

**04/06/2011 at 2:47 PM**

I too just got back to Gotham from Jake's last week. I thought March went out like a lamb. Wth?

**Reply**

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