



SPA SERVICES

RESERVATIONS
IN FRONT DESK

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Ancestral Therapeutic Massage

It aims to prevent future musculoskeletal diseases and restore the body's energy lowering stress levels; by releasing the energy channels with acupressure techniques and muscle kneading to release lactic acid and toxins trapped in the muscles (muscles spasms dissolve). Stretching is also performed to relieve joint stress and achieve a physical and mental relaxation restoring the harmony of the body and soul. In a calm and relaxing atmosphere with aromatherapy and a music background.

Short-term benefits

- ✦ Decrease pain.
- ✦ Decrease muscles spasms.
- ✦ Preventing future joint limitations.
- ✦ Preventing accumulation of stress.
- ✦ Increases blood and lymphatic circulation.
- ✦ Removing toxins.
- ✦ Increase range of motion.



Long-term benefits

- ✦ Avoids calcification of joints preventing the loss of the natural angles of motion.
- ✦ It slows the degenerative processes that come from chronic stress.

80 min \$80 USD

Deep Tissue Massage

Helps to break up scar tissue and reduce tension in muscle and tissue.

It involves applying sustained pressure using slow, deep strokes

60 min \$65 USD

Therapeutic Massage

Restores body balance and drains toxins.

60 min \$ 60 USD

90 min \$ 80 USD

Relaxing Massage

The main intention is to give the body a state of tranquility and relaxation with gentle, rhythmic movements that provoke muscles relaxation. Promote circulation, calm nerves and also clearing the mind. The skin also benefits from relaxing massage as to remove dead cells; it helps the body to release more easily metabolic waste.

60 min \$50 USD

90 min \$ 70 USD

Swedish massage

Is a soft massage to relax the entire body. The techniques include circular pressure applied by the hands and palms, firm kneading, percussion, bending and stretching.

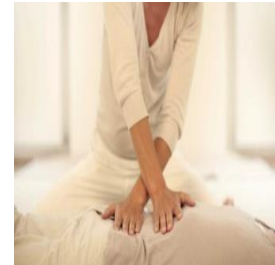
60 min \$ 50 USD

90 min \$ 70 USD

Shiatsu

Shiatsu is a healing system that allows the patient to get in touch with their own healing abilities.

Shiatsu is a Japanese healing art deeply rooted in the philosophy and practices of Traditional Chinese Medicine.



It is a combination of many different techniques, including pressing, hooking, sweeping, lifting, pinching and rolling.

60 min \$80 USD

90 min \$ 115 USD

Hot stone massage

Is a specialty massage therapy where the therapist uses smooth, heated stones, is It's used to help you can be a deeply relaxing and ease tense muscles.

This type of hot stone therapeutic treatment is thought to have originated in China almost 2,000 years ago. During a hot stone massage, we use smooth, flat stones. The stones are heated to between 130 and 145 degrees. And are placed on specific parts of your body:

- * along your spine
- * on your chest
- * on your palms
- * on your feet and toes

Benefits

- * Relieve muscle tension and pain.
- * Decreased muscle spasms and tension
- * Reduces stress and anxiety.
- * Promotes sleep.
- * Increased joint flexibility



60min \$90 USD

90 min \$ 135 USD

Exfoliating Treatment

Exfoliation is a deep cleaning done by gentle massage with salts or coffee.
Benefits:

- ✦ Prevents skin aging by activating the circulation.
- ✦ Naturally detoxifies the skin by stimulating the different processes of removing dead skin cells and other impurities.
- ✦ Deposited on the skin also allows better oxygenation of cells and immediately provides a soft and smooth skin.

Preparing the skin to efficiently absorb the benefits of the mask that will be applied after. To end a gentle massage with a nourishing sweet almond lotion is received.



Body Exfoliation

60 min \$ 50 USD

Body Exfoliation With Mask

Moisturizing green clay with honey

120 min \$ 90 USD



Facials

Revitalizes and rejuvenates your skin fighting the effects of the environment.

Ideal remover of impurities and toxins, it leaves you with radiant and clean skin. It begins with a cleansing, followed by exfoliation, mask natural astringent finish with a soft revitalizing massage.

Optional Phyto cosmetics masks:

- ✿ Yogurt, oatmeal, and strawberry.
- ✿ Black clay.
- ✿ Oatmeal.



✿ Please specify which mask you wish.

Whit Phyto cosmetics masks Cancellation fee: A \$10 USD will apply if service not cancelled at least 12 hours prior to the appointment.

45 min \$ 45 USD

Reflexology

Eastern technique involves applying massage over certain areas of the foot in order to obtain a healthy response of organs, systems or structures through appropriate stimulation applied to the corresponding micro reflexes; thereby achieving to restore the natural balance of energy and harmonic functionality of the whole organism.

The establishment of this balance allows the body to function properly, promoting healing, increasing energy levels and feeling of physical and mental wellbeing.



30 min \$45 USD

Manicure & Pedicure

Our hands say a lot about us and well-groomed hands, always make a good impression. The first thing we do when we meet someone is hold out a hand to greet the person. Taking care of your hands with a regular. manicure will add morethan style to your appearance.



MANICURE \$30 USD

A necessary service to maintain your feet healthy and divine. The service is do it with warm water, the nail polish is removed; nails are shaped, cuticles are treated and callus and dead cells are removed.



PEDICURE \$ 30 USD

Packages

1° Exfoliation, Relaxing massage & Facial

120 min \$ 115 uds

2° Facial whit Relaxing massage

110 min \$80 usd

3° Facial whit Deep Tissue massage

110 min \$85 usd

4° Exfoliation & Relaxing massage

80 min \$80 usd

5° Manicure & Pedicure

\$55 usd



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Contraindications

Detox :

Not for people with pacemakers, prostheses, diabetics with less than 90mg/dl blood glucose level (must have a blood glucose before detoxification).

Hot Stone Therapy:

It cannot be taken by people with varicose veins or venous insufficiency, those who have spider veins under their skin or with diabetes; they could have a thrombus.

Facials:

Not when the skin is very sunburned or has an injury.

Contraindicaciones

Détox :

No para personas con marcapasos, prótesis, diabéticos con menos de 90 de azúcar (Se le debe hacer una glicemia antes del détox)

Masajes Piedras Calientes:

No lo pueden tomar personas con varices o insuficiencia venosa que son las que tienen arañitas bajo la piel o con diabetes se les podría hacer un trombo.

Faciales:

No cuando la piel este muy quemada por el sol o tengan una lesión.