



SPA SERVICES

RESERVATIONS
IN FRONT DESK

Last Updated: October 3rd, 2024.

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

90 min \$90 USD

Therapeutic Massage

Restores body balance and drains toxins.

60 min \$ 65 USD

90 min \$ 85 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 \$60 USD

90 min \$ 80 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 \$ 60 USD

90 min \$ 80 USD

Hot stone massage

It is a specialty massage therapy where the therapist uses smooth, heated stones. It's both relaxing and helps 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



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 \$ 60 USD

Body Exfoliation With Mask

Moisturizing green clay with honey

90 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.

50 min \$60USD

Please, note that cancellation fees apply (50% of the fee will be charged should you cancel after 24 prior to appointment).

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.

50 min \$60 UD



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 more than style to your appearance.



MANICURE \$30 USD

A necessary service to maintain your feet healthy and divine. The service is done 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 \$ 150 uds

2° Facial whit Relaxing massage

110 min \$100 usd

3° Facial whit Deep Tissue massage

110 min \$120 usd

4° Exfoliation & Relaxing massage

80 min \$100 usd

5° Manicure & Pedicure

\$50 usd



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Appointment Cancellation Policy: You will be charged a cancellation fee if you cancel or reschedule your appointment without giving a minimum of 24 hours notice prior to the start of the appointment. Cancellation fee will be 50% of the service amount.

Thank you!

Contraindications

Detox :

Not for people with pacemakers, prosthesis, diabetics with less than 90mg/dl blood glucose level (must have a blood glucose test 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 blood clot.

Facials:

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

Contraindicaciones

Detox :

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

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 esté muy quemada por el sol o tengan una lesión.