

### Service Menu

#### **MASSAGE THERAPIES**

### Therapeutic Massage 50 Min \$750 / 80 Min \$1,100

Full body massage, with special emphasis on contracted areas working muscle knots. It provides immediate relaxation, reduces pain, increases circulation and detoxifies the body. It provides a feeling of well-being and balances physical and mental health.

# Massage with Bamboo Sticks 50 Min \$750

Therapy Combat tiredness, relaxes the muscles, improves circulation, promotes lymphatic drainage and promotes the energetic flow of the body. It has multiple benefits on skin, muscles, adipose tissue, lymph and nervous system. It is possible to apply from a soft pressure to a firm one according to the need of each person.

#### Muscle Massage 70 Min \$1,100

Massage focused on back and legs. We do firm back massage and apply mobile and fixed suction cups to decontract. In legs we do various stretches to compensate for muscle shortening and massage to relax the muscles.

## Prenatal Massage 50 Min \$750

Relieves back pain caused by extra weight and leg cramps due to impaired circulation. Helps eliminate toxins and liquids reducing fatigue and increasing body energy. Encourages blood circulation maintaining normal blood pressure and taking more oxygen and nutrients to the cells.

Helps reduce anxiety or depression that sometimes may come with pregnancy.

You will lie on your side and the massage table will have an inclination for mayor comfort.

Although this massage is beneficial and safe in normal pregnancy, we recommend you consult with your Dr.

# Hot Stone Massage 70 Min \$1,000

Heated, smooth stones are placed on certain points on the body to warm and loosen tight muscles and balance energy centers in the body.

Pressure is moderate or gentle.

#### Lymphatic Drainage Massage 50 Min \$750

Circulatory therapy that acts directly on the lymphatic system responsible for eliminating toxins.

It improves the transport of oxygen in the blood and works against fluid retention.

#### Express Massage 30 Min \$480

We focus this massage in a specific body area or 2 to work muscle tension.

You can choose between: Back, Feet or Legs

#### **FACIALS**

### Customized Facials 60 Min \$780

This customized facial is formulated to refresh, renew and revitalize. Work with all skin types to reveal a young, healthy looking skin by exfoliating the outer layers of dead skin cells and stimulating the production of new cells. A great way to, brighten, tone, soothe, smooth, stimulate cell turnover, replenish moisture, and absorb excess oil.

#### Perfect Skin Man 60 Min \$780

Facial to treat male skin: oily or mixed with impurities, dehydrated and / or sensitive. This mineral-based facial controls fat secretion, provides deep hydration and maintains moisture in dehydrated skin. A cocktail of 12 Vitamins and an oxygenating complex nourish and fight cellular oxidation.

### Oxygen Facial Therapy 50 Min \$700

Due to its rich antioxidant content this treatment helps correct and prevent free radical damage and repairs damage caused by environmental factors. This oxygen treatment is designed to promote a radiant, healthy glow by stimulating oxygenation and circulation within the skin in order to rejuvenate aging, sun damaged, stressed or acne affected skin.

## Deep Cleansing Facial 50 Min \$620

A basic treatment for acne prone skin or one that normally present blackheads. Manual extraction is done to remove clogged pores and blackheads. Great for teenagers with slight acne problem or adults that have had a while without doing a facial.

## Anti-age Treatment 70 Min / \$1,000

Give your skin a revitalizing boost with this treatment designed to help firm, nourish, regenerate and energize while controlling the biochemical triggers that lead to skin aging.

### Natura Express 50 Min \$500

Express facial hydration and luminosity that combines the natural power of neroli, rosehip, lavender, argan, shea and camellia with hyaluronic acid, collagen and elastin to nourish, moisturize, and provide luminosity to the skin. Includes cleaning, exfoliation, facial massage, serum.

#### **BODY TREATMENTS**

#### Mineral Salt Body Exfoliation 30 Min \$500

Sea Salt body therapy that provides an all-over skin polishing. The advanced complex of mineralrich Sea Salts, natural Kelp, and skin-smoothing enzymes gently exfoliate, leaving skin ultra-smooth. Soothing oils of Sandalwood, Lavender, Orange and Clary Sage, balanced with purifying oils of Lemon and Tea Tree deliver soft, silky, revitalized skin.

### Cacao Recovery Body Treatment 70 Min / \$1,050

Replenish, exfoliate, purify and nourish your skin with this cacao and olive powder exfoliant to remove dead cells followed by a cacao body mask.

Cacao nurtures your skin, reduces inflammation and its antioxidants boost collagen production.

After the mask is applied you are wrapped in a blanket to retain heat and ensure maximum ingredient absorption. During this time, you receive a scalp and foot massage.

### Foot Therapy Treatment 30 Min \$470

A super relaxing treatment for tired feet.

We start massaging the feet with a nurturing and softening cream, next we remove hardness of the sole with a file, afterwards we exfoliate and end up with a cooling gel to relax your feet.

# Purifying Back Treatment 60 Min \$820

A back facial is great when you have oily skin or are prone to breakouts. Deep cleansing, exfoliation, steaming and extraction is followed by a detoxifying mask. After we are done, we continue with an acupressure massage.

#### Leg and Feet Refresher 40 Min \$620

Great therapeutic experience for overworked and tired feet and legs. We first treat your legs and feet with warm towels and a warm compression massage. The treatment is completed by massaging with a cool gel to stimulate circulation, reduce pain and possible soreness.

### Hand Treatment 30 Min \$470

A super relaxing treatment for dry skin hands.

We start massaging with an exfoliant to remove dead cells, continue applying a softening mask and finish with a paraffin bath to leave hands and cuticles conditioned and hydrated.