



MASSAGE MENU

RELAXING MASSAGE (60 min).....\$1,500 MXN

Gentle massage with a peaceful atmosphere using elements such as oil, scents and music. Inducing relaxation and reducing stress, anxiety, muscle tension, insomnia and neurosis.

INTEGRAL MASSAGE(60 min).....\$1,500 MXN

It consists mainly of pressure, rubbing and movement of different body parts to improve organ function and provide increased energy, relaxation.

REFLEXOLOGY(60 min).....\$1,500 MXN

Technique focused in the soles of the feet. Helps normalize the functioning and vitality throughout the body with pressure, rubbing and massaging motion indirectly to the brain, eyes, heart, lungs, liver, etc.

LYMPHATIC DRAINAGE(60 min).....\$1,500 MXN

Light and pleasant massage with stimulates the immune system, promoting lymphatic circulate which eliminates accumulated toxins in the tissues.

TUINA(60 min).....\$1,500 MXN

Ancient Chinese art of massage that unblocks and increases vital energy. Acts on muscles and joints, relieving muscle tension, stress and fatigue.

SILK MASSAGE(60 min).....\$1,500 MXN

With pleasant scents of wine or chocolate. Rich in vitamin E and silk protein which helps hydrate the skin.

TOWEL MASSAGE(60 min).....\$1,500 MXN

Massage that helps the body to have better circulation and relaxation through the use of a wet towel and scents depending on the person´s mood.

SWEDISH MASSAGE(60 min).....\$1,500 MXN

Active and passive movements that relieve pain and reduce contractures, aid relaxation and rest.



SPORT MASSAGE(60 min).....\$1,500 MXN
Improving body rigidity that decreases the elasticity of muscles and tendons.

FACIAL(50 min).....\$1,300 MXN
Facial massage that includes basic cleansing with exfoliation mask and moisturizer according to the skin type.

HOT STONE MASSAGE (120 min.).....\$2,400 MXN
Benefits: Deep relaxation, balances the body temperature, increase blood and lymphatic circulation, relieves muscle aches.

SHIATSU(60 min).....\$1,500 MXN
Japanese therapy applied to Special areas to improve the balance and vital energy. Relieves headaches, back aches, migraine, constipation, stiff shoulders, etc.

REIKI(60 min).....\$1,500 MXN
With a universal energy is transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.

SCHEDULE:

9:00 AM TO 5:00 PM

*By hiring any of our services you'll get access to the pool, Jacuzzi, solarium and sauna during the established time.

*prices with IVA included