



## AQUA SPA ADMISSIONS

	1 Day	Week
Spa facility admission for guests	\$20 US	\$100 US

Tax included.

Prices subject to change without previous notice.

Prices in US dollars, subject to exchange rate.

### Our facilities

Sauna

Eucalyptus inhalation

Crystal steam room

Whirlpool

Pressure shower

Aromatherapy cold facial towels

Hydroreflexology

Temperature contrast plunge pools

### Services

Towels

Bathrobe and sandals

Daily locker

Personal care amenities

Tea, juice and beverages

## WELCOME TO SPA AQUA

### HARMONIZING HYDROTHERAPY

PRIMARY TO YOUR BEING. ESSENTIAL TO YOUR TRANSFORMATION.

#### HYDROTHERAPY RITUAL (40-60 min)

(Included with most rituals and treatments)

Since civilizations began, man has been drawn to water. Your journey will take you through a range of contrasting sensations that yield a calming feeling of convergence. Begin with a warm, revitalizing shower. Clear your mind and awaken your senses with an invigorating herbal steam treatment, energizing sauna, or eucalyptus inhalation therapy. Alternate heat sequences in our pressurized shower or slip into a temperature-controlled plunge pool. Relax with the pulsating jets of the Jacuzzi or stimulating hydroreflexology. Complete your ritual by returning to the pressure shower for a final cleansing.

Pause for a few moments. Linger in the stillness. Sip warm Herbal Tea or a cool Chlorophyll and Roselle infusion. Sink into the comfort and softness of your bathrobe. Welcome your next ritual. Feel every moment.

## MEDITATIVE MASSAGE RITUALS

THE POWER OF TOUCH MEETS PRESENCE OF MIND.

SWEDISH MASSAGE (30 minutes) 70 dollars

(50 minutes) 110 dollars

A classical massage that combines soft muscle manipulation with the use of select oils. You will experience pleasure and well-being as the circulation and flexibility in your body improve, creating instant renewal. The ideal treatment for perceivable relaxation.

### ALTERNATIVES

SE-RELAXATION. Dedicated to the cultures of the Pacific, with ylang and ylang and sandalwood.

DETOXIFY. Straight from the Mediterranean, featuring olive, orange, tangerine, lavender and rosemary.

NUTRITIONAL. From the heart of the Amazon, with natural rosemary extract.

PAIN RELIEVERS. Combining the strength of the Orient, with myrrh and clove.

MOROCCAN LIGHTS (50 minutes) 110 dollars

The Argan tree grows in the valleys of Morocco, defying the laws of the desert. A precious oil is extracted from its fruit, with regenerating and antioxidant properties.

This oil has been enriched with essentials of patchouli. Relieves stress and tension. Free yourself – allow your body to feel complete.

INDIAN MAGIC (50 minutes) 110 dollars

The ancient traditions of India consider massages essential to maintaining physical and spiritual health, since they balance the harmony between soul and body. Massage cotton oil has been enriched with essential nutmeg oil to improve circulation and bestow energy during the treatment. Rediscover your energized self; feel the new light.

BREATH OF AUSTRALIA (50 minutes) 110 dollars

The native Aboriginal culture considers music sacred, because it is linked to the Earth, and all of its plants and animals. Music is used in a variety of rituals to traverse the phases of creation. It is also used on an everyday basis in therapeutic treatments to enhance the relaxation of both body and mind. Macadamia oil enriched with lightly scented mimosa oil provides a feeling of wellbeing and serenity during the massage.

SOFFIO D'POLINESIA (50 minutes) 110 dollars

Monoï, a symbol of the Tahitian people, is the perfect blend of two natural elements – the Tiare flower and coconut oil – both known for their hydrating properties. Monoï massage oil has been enriched with ylang ylang to stimulate blood circulation. Its intense floral aroma instills a sense of calmness and relaxation during the massage. Your balance will be restored and your inner self will be refreshed and renewed.

SENSATIONS MASSAGE FUSION (80 MINUTES) 150 dollars

The power of hands-on healing embraces a mystery that is as old as time. Create a sensation of wellbeing and pleasure with aromatherapy and combine ancient healing techniques for the body and soul, including reflexology, acupressure, stretching and lomi lomi. Transcend reality as the therapeutic effects linger long beyond your massage is over.

## BLISSFUL BALANCING RITUALS

START FROM THE BEGINNING AND TRAVEL THE WORLD.

MAYAN SECRET (80 minutes) 150 dollars

From the beginning of time, many cultures used the therapeutic power of stones for healing purposes and to restore spiritual balance. The Mayans believed that stones were full of energy and vitality when water passed through them.

And so we created this unique treatment in which we combine the power of stones with the power of the region's essential oils. Throughout the massage, the stones balance the body's energy points, releasing tension and harmonizing the entire body.

THAI SHIATSU (80 minutes) 170 dollars

An Asian therapy in which acute pressure is applied along the body's meridians. It helps to establish and balance the energy of the body's vital organs. Our leading therapist uses stretching movements and strategic placement of the feet to create a unique treatment. The massages are done on a light mat placed on the floor. Surrender yourself to trust as your body remembers what it has forgotten.

## REVITALIZING RITUALS

EXPLORE THE EXOTIC. RECONNECT WITH THE RICHES OF THE EARTH.

SAMUMPRAY (50minutes) 120 dollars

This traditional Thai therapy helps to relieve tension and muscle pain by applying soft movements and hot compresses that contain exotic herbs, including ginger, lavender, laurel and tamarind leaves that create a very pleasant and relaxing medicinal heat. The therapy ends with a massage that uses essential oils from the Far East.

SHIRODHARA (50 minutes) 100 dollars

An Ayurvedic therapy that stimulates the brow chakra, known as the Third Eye, this treatment uses a soft and lukewarm stream of apricot oil while the head and skull are massaged. This therapy includes a foot massage that balances the body, mind and soul. It is relaxing and calming, with a therapeutic effect on the central nervous system.

## PURIFICATION RITUALS

RETREAT TO A PERSONAL SANCTUARY. A PLACE WHERE EVERYTHING ELSE FALLS AWAY.

AQUAMARINE EXFOLIATION (30 minutes) 65 dollars

A delightful exfoliation that will help you recover the luxuriance and softness of your skin, with an energizing and invigorating effect on the bloodstream. The treatment ends with a touch of sea breeze, directed toward your feet, that balances the body, mind and soul. It is relaxing and calming and has a therapeutic effect on the central nervous system. Feel the restorative properties of water.

HONEY SCRUB (30 minutes) 65 dollars

Indulge in this exotic body scrub made from 100% honey. Crystallized drops of honey tenderly exfoliate your skin, removing accumulated dead skin cells from the surface. With a touch of water, the crystals melt on your skin and turn into a luxurious massage cream. The skin is further hydrated by finalizing the treatment with an application of highly nutritive vitamin C body cream.

BAMBOO SCRUB (30 minutes) 65 dollars

This effective and delicate scrub uses micro particles from bamboo to massage and exfoliate your skin.

The bamboo scrub is quickly absorbed by the skin, leaving it purified and free of any residue. The treatment is finalized with a mist of Oligo Relax to nourish the skin and provide a final calming touch.

#### COFFEE RITUAL (80 minutes) 150 dollars

The treatment begins with a fresh exfoliation that removes dead skin cells and increases circulation. Next is a body wrap with coffee and seaweed extracts. To seal the treatment, enjoy an application of a delightful and aromatic jasmine lotion, or relax with an invigorating massage with essential oils that is sure to renew your spirit.

#### CHOCOLATE WRAP (50 minutes) 130 dollars

Cacao is a traditional seed from the Yucatan Peninsula and has been known for years to promote the feeling of happiness. Thanks to its high serotonin content, it is the ultimate natural anti-stress and anti-depression secret. This wrap liberates the endorphins capable of activating the body's natural system that eliminates fat tissue. It's a healthy and smart way to enjoy chocolate. You'll take great pleasure in enjoying this guilt-free indulgence.

#### REFRESHING OLIVE WRAP (50 minutes) 120 dollars

A unique and effective body treatment that includes a red mud facemask. It has a warming action and combines mate and guarana leaves. It also detoxes, activates the pores and relieves pain and swelling. Its refreshing green mud mask, with olive leaf, black pepper and passion flower extracts, firms and tones the skin. Get ready for the glow!

#### AVOCADO YOGURT WRAP (50 minutes) 120 dollars

This traditional remedy was originally used by the Mayans, who are ancient experts of the extensive properties of the avocado. This exotic vitamin E treatment is designed especially to relieve dry skin. The treatment begins with activating the body, followed with a delightful rub of yogurt and avocado while acupuncture is applied to your brow. It's innovative, exciting and relaxing.

#### RICE WRAP (50 minutes) 130 dollars

A sensuous experience to be enjoyed. This ancient recipe was used by Geishas in their beauty rituals. A gourmet treatment with pure, virgin rice ingredients that nourish the skin and provide elasticity. Ideal and charming; its results are sensational.

This marvelous treatment is perfect for stimulating circulation and leaves your skin feeling soft and moisturized. Throughout the process, acupressure will be applied to different facial points to stimulate circulation.

#### FANGO BIANCO REGENERATING AND ILLUMINATING WRAP

(50 minutes) 130 dollars

A purifying and regenerating thermal ritual to restore and brighten the skin in an unbelievably natural way. A combination of Copaiba, nutmeg and sandalwood oil with Tuscan thermal waters. Like a warm hug... a unique experience.

#### BALSAMIC VINEGAR WRAP (50 minutes) 130 dollars

A true and real beauty elixir for the skin. This treatment is rich in anti-oxidants that are the fountains of youth. A unique wrap made from balsamic vinegar and vegetable extracts that purify and regenerate the skin, giving new beauty to the body. Enjoy the delicious aroma while your body restores itself.

#### DEEP SEA FANGO MASSAGE (50 minutes) 120 dollars

Receive a soft massage with a sea extract and then let your body be wrapped in a paste of sea crystals and sea mud. Rich in slimming properties, vitamins, phyto-enzymes and Oligo elements that eliminate toxins, making your skin feel smooth and alive. Let yourself go as you bask in sea water to regain your energy and model your figure.

### REJUVENATING FACIAL RITUALS

REVEAL YOUR INNER BEAUTY. OPEN YOURSELF TO THE POSSIBILITIES.

#### DIAMOND FACIAL EXPERIENCE (80 minutes) 200 dollars

More than 30 active botanical ingredients, one dramatic result. A sophisticated treatment featuring exclusive ingredients like Chardonnay Yawn Seed extract and a powerful deep-sea antioxidant that simulates the skin's organic structure—enhancing firmness and radiance. Performed in three precise stages of massage, these essential elements are slowly combined, while your senses become on with the colors, scents and sounds in the carefully controlled space.

#### THE ALTERNATIVE (80 minutes) 150 dollars

The first anti-wrinkle treatment formulated with the ingredient Octamioxy—the most effective expression line inhibitor—as well

as a Lipofiller complex. A rejuvenating treatment combined with a massage enhances firmness and the lift, followed by a micronized seaweed mask, which moisturizes and redefines facial contours. Recharge the energy of your face with a cleansing treatment that utilizes a blend of fruits such as cranberry and chestnuts. Sweetness and effectiveness for a more natural and fresh face.

#### MOISTURIZING FACIAL (50 minutes) 110 dollars

This is the ideal treatment for extra dry and dehydrated skin. This facial will moisturize your skin, tonifying it and making it more elastic, compact and luminous. Its unique ingredients will bring your skin back to life, helping your complexion to look healthy and radiant.

#### PUMPKIN REPAIR FACE MASK (80 minutes) 190 dollars

A regenerating treatment that utilizes the virtues of the pumpkin to provide your skin with the perfect balance that it requires. It hydrates dry zones and tones down shiny zones, in addition to warding off stress. The perfect recipe for a clean and moisturized complexion.

#### MINI FACIAL (25 minutes) 70 dollars

Water comes from the earth and the soul is birthed by water. This small Tuscan facial cleanses and moisturizes your skin. Merge yourself with one of the natural elements. It will help you with tissue microcirculation, leaving your skin smooth. It is recommended before applying your makeup.

#### SPORT HOMME FACIAL (50 minutes) 110 dollars

Especially designed for you. It covers all of man's facial needs, with an emphasis on pore cleansing and irritations. Enjoy the renewing sensation of this innovative facial. Ask for Aqua's home program treatment—the secret to continuing with the benefits after having received your facial.

#### FACE & NECK RENEWING FACIAL (80 minutes) 195 dollars

Feel the spirit and power of the volcano with this exotic facial that utilizes volcanic minerals such as malachite and rodolite. It restores a youthful appearance and enhances skin elasticity. Effectiveness, pleasure and emotion come together in this treatment. The volcano's energy-charged lava stones give your complexion a soft eye and lip contour massage. Rich in manganese, which helps to retard the skin aging process in the face and neck areas.

### SENSITIVE SKIN FACIAL (50minutes) 120 dollars

This powerful treatment combines comforting healing ingredients, providing capillary dilation and clearing pores with visual benefit. Skin irritation is dramatically decreased with this complete treatment. A light exfoliation is followed by a lymphatic tissue massage and a dose of green tea extract. The treatment blends powerful tranquilizing agents that effectively solve hypersensitivity. Feel recharged and refreshed – open your mind and balance your entire being.

## AQUA RITUALS

SHIFT CONSCIOUSNESS. DRIFT INTO ECSTASY.

### DREAM STATE (60 minutes) 140 dollars

Imagine that you regress to the maternal womb where, for an hour or so, there is no gravity in your body. You float effortlessly as if you were in the Dead Sea. The most exclusive trend to ward off stress, relieve pain and even activate your imagination. It improves blood circulation, strengthens the immune system and produces a general feeling of well-being. Fly; free yourself; find yourself.

### FLOWER PETAL BATH: 30 minutes 70 dollars

Make this moment your very own. Moments of relaxation and well-being, in addition to rose and orchid petals—combined with lavender and rosewood essences—will make this floral moisturizing treatment unforgettable. Slip into the softness of a warm bath while you enjoy a cup of tea.

### GOLD BATH (30 minutes) 70 dollars

Let yourself be embraced in this treatment with the magic of gold. Mugwort flowers and passion flowers combined with gold makeup will transform this treatment into a moment of fascination. Feel your own metamorphosis as you get closer to your true self. You will shine.

### MILK BATH: 30 minutes 70 dollars

An ancient beauty treatment used by Cleopatra, whose beauty confirms its benefits. Based on a milk protein concentrate. A nutritional and rejuvenating treatment.

### AROMAVEDIC BATHS: 30 minutes 70 dollars

The perfect combination of the science of Ayurveda, in which we provide a bath depending on the Dosha of each person. It's idyllic. It's inclusive. And it's only available at the Aqua.



## SPA AQUA BASIC INFORMATION

Who will help me select my treatments?

A Spa Aqua receptionist will assist you with selecting treatments, as well as recommending the best sequence for your services.

What if I have health concerns?

Please notify us of any health conditions when you make your reservation. You will also be asked to complete a required medical questionnaire at the time of your appointment.

May I request a male or female therapist?

Yes, please let us know of your preference when you schedule your appointment and we will do our best to accommodate your needs. While we can't guarantee the availability of both male and female therapists at all times, we can promise that every member or our staff is professionally trained in protecting your discretion.

What should I wear?

You should wear whatever is most comfortable for you. Disposable undergarments will be provided for body treatments. We do recommend swimsuits for hydrotherapy, and men may feel more at ease in swimsuit briefs for body treatments as well. We do also ask that you bring a pair of waterproof sandals, as bare feet are not allowed. We are happy to loan you a pair of sandals, if needed.

Where should I leave my valuables?

Please place them in the safety box in your room or in the safe at the front desk. Any items you forget to remove can be kept inside your locker or bathrobe pocket. Spa Aqua is not responsible for lost or forgotten items.

When should I arrive?

Earlier is always better. We recommend that you arrive at least 30 minutes prior to your appointment. This will give you plenty of time to check in, get your locker assignment, slip into your bathrobe, and relax in the lounge. As part of your service, you may also enjoy a beneficial hydrotherapy ritual prior to your treatment. If you'd like to indulge in this added bliss, please arrive up to 60 minutes ahead of time.

### What if I'm late?

You will be asked to sign a waiver agreeing to receive the remaining time on your service. Depending on the treatment, a late arrival may be considered a "no show" or cancellation. If possible, please call ahead if you know you're going to be late.

### What if I forget?

Missed appointments will be billed to your account along with an additional 50% service charge. If you need to reschedule due to illness, a medical waiver will be required.

### What is the cancellation policy?

In order to receive a full reimbursement, cancellations must be made by 5 p.m. on the day before your scheduled appointment. After this period, you may only reschedule based upon availability. Reservations may only be rescheduled a minimum of 4 hours prior to the original time. An additional 50% service charge is added for last minute rescheduling.

### How do I pay?

Aqua guests may charge their treatments to their rooms or pay cash. Outside visitors may pay in cash or with a major credit card. Gratuities for exceptional service are at your discretion.

### What precautions should I take?

We don't recommend taking any treatments on a full stomach. We also suggest that you avoid alcoholic beverages before any exercise, steam, sauna or any heated therapy. Do not shave your legs prior to exfoliation. Sunburned skin may also be painful during certain procedures. Please call us if you have any questions or concerns.

### Important spa policies:

For the health of our staff and guests, Spa Aqua is a smoke-free facility. Outside food and beverages are prohibited. Mobile phones must be turned off at all times. We maintain the right to refuse service to anyone under the influence of drugs or alcohol. We are unable to serve guests under the age of 16.