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One&Only

PALMILLA

Los Cabos



JOURNEY

Nothing elevates the
spirit like travelling to
distant lands.

And nothing grounds
you like taking time to
breathe and simply be.





ONLY BODY

Succumb to the pure power of massage and feel irresistibly renewed, from head to toe. These body-focused treatments deliver the healing touch of our One&Only Spa Therapists – an indulgent way to relax, rejuvenate, and restore.

ONE&ONLY PALMILLA MASSAGE

(60/90 mins)

Your signature One&Only Palmilla Massage begins with a personal consultation, allowing one of our expert Massage Therapists to assess your needs before prescribing the perfect massage style for you. Massage options include Swedish, deep tissue, sports, or a customised combination.

MINDFUL MASSAGE

(90 mins)

Slow the pace of everyday life and emerge feeling focused and renewed. This relaxing experience begins with guided mindfulness exercises, including calm-inducing breathing and visualisation techniques. Then lie back and embrace a full body massage, starting with the reflex zones on your feet, and culminating with an energising scalp massage enhanced by warm rose quartz crystals.

HOT STONE MASSAGE

(90 mins)

Mend sore muscles with this therapeutic full body massage, enriched with active aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The heat from the stones penetrate your muscles, soothing away aches and pains, inviting your entire body to unwind.

THAI INFLUENCE MASSAGE

(90 mins)

Drawing on ancient lessons from the East, this clothed massage includes passive stretching, soothing acupressure techniques, and synchronised breathing exercises, all designed to invigorate your mind, restore your body, and return you to a sense of well-being.

MATERNITY MASSAGE

(60/90 mins)

This nourishing body massage targets areas especially prone to stress and tension during or after pregnancy. A gentle back exfoliation, if desired, is followed by a rejuvenating massage tailored to your individual needs, helping you feel like 'you' once more.

**treatment available during second and third trimesters*

SURFERS & GOLFERS RELIEF

(60/90 mins)

This powerful treatment is designed for those who have been tackling the links or conquering the waves. A deep tissue massage is followed by a soothing hot compress applied to the back. An innovative G-5 machine then strategically rehabilitates muscles and relieves any pain. At the treatment's end, a cooling emulsion soothes and refreshes skin kissed by days in the sun.

SALT & OIL SCRUB

(30 mins)

This decadent, skin-softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth, and supple. Perfect as a stand-alone treatment, or as a prelude to your massage.



ONLY HIM

Explore our collection of specialised treatments, exclusively designed for men.

MANKIND

(60 mins)

Experience this highly-targeted massage to be free of the most common male complaints, namely tension-related headaches, neck strain, and stress. The deeply soothing strokes are applied to the back, feet and scalp, loosening muscles so you feel revived for the day ahead, or blissfully relaxed for a most peaceful night's sleep.

FITNESS MASSAGE

(60-90 mins)

This powerful sports massage is designed to alleviate deep-seated tension and muscular stress, leaving you feeling fitter and freer on the court, field, and beyond. Specialised massage techniques target specific areas of concern to reduce common male discomforts, such as a stiff neck, lower back pain, and tight shoulders.

BARBER&BLADE

Step into the sleek private gentlemen's grooming salon, Barber&Blade by One&Only™, for a curated selection of exceptional shaving and treatments exclusively for men.

ONLY FOR THE NEW GENERATION

Designed for our spa-savvy younger guests, these treatments will delight and deliver targeted results for those aged 13 to 16.

ACTIVE FLOW MINI MASSAGE (30 mins)

This gentle, introductory body massage addresses any areas of particular concern and keeps your body feeling free and supple so you can make the most of exciting local activities. Your One&Only Spa Therapist will employ the most appropriate massage techniques for you, complemented with a body oil to elicit the best results.

INVIGORATING REVIVER WITH FOOT MASSAGE (30 mins)

Whether you've been exploring your surroundings, dabbling in sports, or dancing the night away, this revitalising treatment soothes the aches and pains of busy feet with a refreshing exfoliation followed by a deeply therapeutic foot and lower leg massage.

FIRST SHAVE (90 mins)

A one of a kind grooming experience for young gentlemen, enjoy an introduction to Barber & Blade with a First Shave. Begin with a luxury straight razor wet shave plus express facial and scalp massage.

RELAXING SCALP & HEAD MASSAGE (30 mins)

Whether you've been busy studying, working, or creating, allow us to ease key areas of tension with a soothing scalp and head massage, paired with nourishing massage oil chosen just for you.

MANI-PEDI (60 mins)

Our teen manicure-pedicure service includes a soothing foot soak, nail shaping, gentle cuticle care and topped with your nail color of choice.

REFLEXOLOGY (60 mins)

Rooted in ancient healing practices, reflexology addresses the body's energy imbalance via pressure points to restore balance and optimal health. Treatment includes foot exfoliation and massage.

** A parent or guardian must be present for all Spa services.
The use of the Spa's wet areas is reserved for those aged 16 years and over.*





ONLY COUPLES

Share in the experience with a blissful treatment designed just for two.

MAGIC MOMENT (120 mins)

Celebrate your love - all that's been and all that's to come - with a private ceremony and luxurious treatment in our spectacular oceanside palapa. The simple yet poignant ceremony allows you to renew your vows in the most beautiful natural setting. Your union is then honoured with an extended 90-minute couple's massage, enhanced by the gentle sounds of lapping waves and delicate aromas of incense - all completely private, and just for you.



ONLY TRADITIONAL HEALINGS

These special offerings, exclusive to One&Only Palmilla, introduce you to the potent healing powers of Baja's traditional local medicines, including desert herbs, Shaman-led therapies, and handcrafted, all-natural skin products.

SUNSET PURIFICATION CEREMONY

(90 mins)

Embark on a Shaman-led spiritual journey designed to cleanse your auras and invigorate the senses. Drawing inspiration from the revered Mayo tribe of Sonora, your sunset purification ceremony embraces the last rays of the days sun with the traditional burning of copal incense and medicinal herbs renowned for their purification properties – cleansing aura, mind and spirit. Next, backed by the soothing rhythms of indigenous local drums and calming ocean waves, your Shaman will guide you through a transcendent meditation ritual, concluding with an ancient praise to the beauty and bounty of Mother Nature herself.

This exclusive experience is limited to a maximum of six guests each day.

TRADITIONAL HEALING RITUAL

(90 mins)

As authentic as Mexico itself, this traditional healing experience begins with a cleansing ritual pairing aromatic copal incense with herb and flower infused waters. Your holistic healing experience will then lead into a deep body massage that is personally crafted to your unique specifications, designed to ease tight, tired muscles, erase stress and revitalize all of your bodily systems. An array of traditional healing tools, inclusive of fresh bamboo, hot stones, indigenous medicines and a traditional rebozo stretching shawl, may be employed to help coax your body into a deep state of relaxation and renewal. At ritual's end, you'll depart with both body and spirit fully refreshed, revitalized and replenished.



PEDI:MANI:CURE BY BASTIEN GONZALEZ

Famous the world over for his unique approach to foot and nail care, Podiatrist Bastien Gonzalez's exclusive, award-winning treatments offer a true fusion of well-being and beauty. Emphasizing a holistic regimen that highlights internal health as a foundation, his treatments keep hands, feet and nails looking and feeling their best. Here, Bastien's personally trained technicians offer you a rejuvenating array of treatment protocols to choose from—each curated to meet Bastien's precise and exacting standards.



BASTIEN'S PEDICURE (60 mins)

Treat your feet right with Bastien's signature pedicure, including a proprietary treatment to gently buff and restore your nails to a healthy, natural shine. A therapeutic skin treatment follows, eliminating dry, hard skin before receiving a tension-relieving massage, from the tips of your toes, up to your knees.

BASTIEN'S MANICURE (45 mins)

Experience one of the world's most talked-about manicures, delivered in three indulgent steps. First, a restorative cuticle and nail treatment, followed by the expert application of a natural nail finish, and finally, a thorough massage to reinvigorate forearms, wrists, hands, and fingers.

FOOT "REFOUNDATION" (35 mins)

Your journey begins with a penetrating exfoliation using our acclaimed Black Diamond Scrub. Then sit back and luxuriate in a toe-to-knee massage focused on reducing swelling and muscle tension, while maximising joint mobility, blood circulation, and skin elasticity. It's the ideal cure for jet-lagged feet and legs.

BLACK DIAMOND FOOT SCRUB TOUCH (10 mins)

Elevate your pedicure or manicure by adding the Black Diamond Touch; a blend of Black Volcanic Sand and Mother of Pearl particles designed to exfoliate, purify and smooth your skin. This mineral foaming scrub provides a natural exfoliation, aiding in the removal of dead skin cells, while leaving your skin at its best. Essential oils of thyme and sage are also infused to maintain healthy, supple feet and hands.

PARAFFIN TOUCH (20 mins)

Intensify any Bastien Gonzalez treatment with the addition of this paraffin touch. Warm, silky paraffin wax aids the penetration of applied moisturisers, allowing for deeper hydration while easing tensions in muscles and joints.

COLOUR TOUCH (20 mins)

Select your preferred colour from our range of premiere nail lacquers, all of which are free of formaldehyde, toluene, DBP and Camphor. Includes nail reshaping.

FRENCH COLOUR TOUCH (30 mins)

Your choice of nail colour is accentuated with a white line applied to each tip, followed by a natural, soft pink lacquer for the perfect French Manicure. Includes nail reshaping.

ONE&ONLY FITNESS

Whether you're new to fitness or a seasoned fanatic, you can enjoy a holistic range of training with specialised support at our state-of-the-art Fitness Center. With an integrated collection of Technogym® equipment, it provides the ultimate environment for cardio, strength, and functional training. Or join our tribe for a myriad of fun group classes, available for all fitness levels in the movement studio and Outdoor Yoga Garden.

PERSONAL TRAINING

(60 mins)

Our personal training specialists offer a vast array of individualised training programmes, including:

Body Shaping — A customised fitness session to help you perfect your body shape, with a focus on improving problem areas and optimising overall movement and performance levels.

Weight Reduction & Control — This session focusses on circuit-style, Active/Recovery training methods. A caloric expenditure base will also be calculated and used.

Sports Performance — A Specialist consultation to align your athletic goals with an identified set of performance demands, helping you strategically improve.

Rehabilitative — A therapeutic program designed to help facilitate recovery from injury and/or individual health concerns.

STRETCH FOR SUCCESS

(30 mins)

Begin your day, or your workout, with a focus on flexibility. Let your One&Only Personal Trainer lead you through this dedicated stretching session, working to improve your existing range of motion.

FITNESS DRESS CODE

Please wear sporting or fitness attire and enclosed athletic shoes at all times. Neither swimsuits nor shirtless outfits are permitted. The minimum age for Fitness Center use is 16 years.

Personal training sessions are for one individual; additional charges will apply for each extra person. Please consult our Daily Activity Program for complimentary exercise and movement classes. Minimum age for Fitness Center use is 16 years old. Fitness attire and proper footwear are required.

OUTDOOR FITNESS SESSIONS

BEACH BOOT CAMP

(60 mins)

Energise your full body workout in one of the most invigorating settings on earth - One&Only Palmilla's iconic beach.

CYCLING

(60 mins)

This ultra-effective, non-impact workout incorporates hill work and sprinting to help build cardiovascular endurance and strengthen your lower body muscles.



MIND & BODY

PRIVATE YOGA

(60 mins)

Enjoy personalised support as our One&Only Yoga Instructor leads you through a dedicated yoga session of your choice, including: Couples Yoga, Family Yoga, Prenatal, Teens, Mommy & Baby, Weight Loss, Hatha, Therapeutic, Kundalini, Vinyasa, and Ashtanga.

PILATES

(60 mins)

Feel your inner-strength grow as you keep the focus on your core - consisting of the abdomen, back, buttocks and upper leg muscles - while adhering to the Pilates principles of concentration, fluidity, balance, centring, breath and control. Sessions are tailored to match your skill level, from Beginner to Expert.





ADDITIONAL AMENITIES

WET AREAS

Enhancing your One&Only Spa journey are hot and cold rock pools, steam rooms, saunas, and outdoor relaxation areas. By appointment only.

SPA VILLAS

Each of our Spa Villas is designed to offer exceptional levels of serenity and comfort, some with open-air garden pavilions, day beds, and cabanas.

SEASIDE MASSAGE

Enjoy an outdoor oceanside massage in a private cabana as you listen to the gentle sounds of swaying palms and crashing waves around you. Feel tranquility wash over as you surrender to total relaxation. Soak in the serenity as you rise with a sense of renewal.

SALON

Beauty salon services include hair, make-up, waxing, tanning, and nails, plus a full complement of finishing services. The Salon may be exclusively reserved for bridal parties and other special occasions, offering the most indulgent and intimate of preparations.

PEDEMANICURE BY BASTIEN GONZALEZ

These world-renowned specialists offer the ultimate in nail care, for both men and women.

BARBER & BLADE

Created exclusively for men, Barber & Blade offers expert shaving and grooming, complemented with face & scalp massages.

JUICE BAR

Enjoy freshly prepared juices and perfectly balanced, creative cuisine featuring seasonal ingredients, served in the enchanting Wellness Garden.

HOURS:

Spa: 9 am to 6 pm daily

Fitness: 7 am to 6 pm daily

