



# THE SPA

LAS VENTANAS  
AL PARAISO

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## THE SPA AT LAS VENTANAS

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Inspired by Baja's ancient healers, The Spa at Las Ventanas Al Paraiso, taps into the powers of the Four Elements - earth, air, fire and water - to deliver the ultimate well-being treatments, which incorporate local ingredients and the latest global innovations to purify, restore, and rejuvenate the mind, body and soul. The pioneering Spa destination is the only resort in Latin America to feature skin professional facials es CELLCOSMET, the renowned Swiss skincare brand draws on potent cellular and Phyto-marine complexes to create revitalizing, results-driven treatment, as well as ORVEDA, a new-age skincare range that, based on the science of glow and understanding the skin as a "me ecosystem", offers a healthy, holistic approach to beauty.



# THE SPA

L A S V E N T A N A S  
A L P A R A I S O



## MENU



ELEMENTAL JOURNEYS  
HOLISTIC BODY RITUALS  
ADVANCE HAUTE SKIN CARE  
THE HEALING TOUCH MASSAGES  
A SENSE OF RELEASE  
SLEEP & DREAM  
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HAIR SALON & BEAUTY  
ROSE BUDS JUNIOR MENU

# ELEMENTAL JOURNEYS



## Las Ventanas Collection

This Baja-inspired Bath House journey opens with a cleansing ceremony. Honoring local traditions, a body polish made from honey, mole or pitaya flowers is applied to energize and detoxify the skin. After an outdoor shower, you'll both enjoy a purifying body facial designed to promote a healthy skin glow, a 90 minute full body massage, a curative botanical bath and lunch from our La Cocina del Spa menu to complete this experience. *3.5hrs 14,760 MXP*

## Romance

A cleansing aromatic foot ritual sets a relaxing tone for this intimate sensorial journey for both of you. You'll each receive a decadent exfoliating lavender body polish, followed for a 90-minute, full-body massage using Swedish or deep-tissue techniques. Following an acupressure facial massage, you'll enjoy our signature passion cocktails and a romantic rose petal bath for two steeped in relaxing lavender or purifying rose crystals salts. *3hrs 21,600 MXP*





## HOLISTIC BODY RITUALS

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### **Milk & Honey**

Lose yourself in the sensual embrace of milk and honey. This ritual begins with a crystallized honey body scrub. Next, you will be drizzled in warm Baja honey and wrapped to enhance the skin-softening effects of this sweet flower nectar. While you relax in a cozy cocoon, your therapist will indulge you with a foot and scalp massage. The lavish experience concludes with a milk & honey bath, rinse and hydrating massage.

*2hrs 9,120 MXP*

### **Nopal Desert Detox**

Enjoy this detoxifying treatment inspired by the desert. To prepare the skin, the treatments begins with an exfoliating full body dry brushing. A mask of freshly blended, vitamins C rich and locally grown nopal cactus is then applied and the body is wrapped to draw out impurities. A full body massage with essential oils complete this unique encounter. To promote internal cleansing and nutrition, you will served a nopal-pinneapple smoothie at the end of your treatment.

*2hrs 9,120 MXP*

### **Flor de Luna**

Enjoy a fragrant full body exfoliation with our signature sugar scrub. Made from the Pitaya, and indigenous moonflower which blooms under the light of the moon, this custom-made polish will lend your skin a radiant glow. The treatment finishes with the application of coconut body-cream to nourish and protect. *90min 6,840 MXP*



### **Puesta del Sol**

Following a body scrub, this hydrating highly effective body treatment continues with an antioxidant body mask. While wrapped you'll received a scalp treatment. The experience concludes with the application of a protective body cream.

*90min 6,840 MXP*

### **Sunshine Recovery**

Soothe sun-damaged skin. Featuring iced stones and a cooling body mask with a healing salve of aloe vera, this body therapy is designed to calm your skin and reduce discomfort caused by over exposure. While recovering, you will be treated to a relaxing scalp massage & skin problem solution recovery

facial. *90min 6,840 MXP*



## ADVANCE HAUTE SKIN CARE



### **Revitalizing Facial**

Restore a healthy glow. This signature Cellcosmet Facial replenishes compromised skin, improving tone and vitality with essential oils, antioxidants and expert techniques. You will emerge deeply cleansed with a purified and hydrated visage. *90min 6,960 MXP*

### **Radiance Revealer Facial**

Instantly hydrate and calm sensitive or dehydrated skin, erasing signs of fatigue and releasing tension of face muscles. Ideal after sun exposure. *60min 6,000 MXP*

### **LVP Personalized Facial**

Uncover youthful, luminous skin. This deluxe Cell Cosmet facial can be targeted to address sun damage, fine lines, wrinkles and oily, problematic, acne prone or sensitive skin. Concentrated professional-strength products are used to lift, tighten, brighten, hydrate and protect. Your aesthetician will select from peels, exfoliants, masks, eye treatments, and micro-current technology for visible anti-aging results. *60min 5,280 MXP / 90min 6,960 MXP*

### **Gentlemen's Bracer**

Expressly designed for men skin, this nourishing Cellmen facial is tailored to alleviate irritation from shaving and environmental damage. Following a deep pore cleanse, the skin is toned and conditioned, revealing a fresh, firm complexion. *60min 6,000 MXP / 90min 6,960 MXP*



## ADVANCE HAUTE SKIN CARE



### ORVEDA SKIN GLOW

Offering three signature treatments to suit a variety of skin types, where Orveda's cutting edge, professional concentration formulations are combined with contouring, deep-tissue massage for a visible glow + youth activation that comprehensively targets all foundations of strong healthy skin.

#### **Problem Solution Therapy**

A purifying + detoxing facial, designed to cleanse without stripping. Ideal to achieve and maintain a healthy glow once a week and specially suited to oily or combination skin types.

*30min 4,440 MXP*

#### **Recovery Anti-Fatigue Rehab**

A prebiotic-rich treatment and essential recovery for compromised skin. A must before a long-haul flight, to recover from jet lag or a short night or simply to heal the skin after aggressive aesthetic procedures. *45min 5,160 MXP*

#### **Glow is the new Lift**

The crème de la crème of Orveda treatments for a truly visible lift + glow effect. Includes three sessions of a deep-tissue contouring massage plus a de-stressing shoulder & head massage. *55mins 6,000 MXP*

# THE HEALING TOUCH MASSAGES



## Las Ventanas Signature Massage

Let your breath deepen. Relax your mind as you regain a sense of inner balance. During this exceptional massage, your therapist will revisit areas of tension in your body, blending specific techniques to release stress and alleviate tired muscles. Harmony is achieved through rhythmic movements and the connection of touch.

*60min 5,280 MXP / 90min 6,960 MXP*

## Intuitive Massage

Customized to address your specific needs, this uniquely coreographed aromatherapy massage is designed to restore energy within the body and may include deep-tissue, Swedish, hot stone and sport massage techniques. *60min 5,280 MXP / 90min 6,960 MXP / 120min 9,360 MXP*

## Desert Stone Massage

Using native desert stones, this deeply therapeutic, full-body massage harnesses heat to promote the release of tension and stress held in key areas of the body. *90 min 6,960 MXP*

## Traditional Thai

This passive yoga massage draws on age-old Thai healing arts to nurture relaxation and increased flexibility. Tension will dissolve as you enjoy an exotic blend of acupressure, physiotherapy, energy balancing and chiropractic therapy.

*90min 5,880 MXP*

## Twenty Fingers Massage

In the Ayurvedic tradition, two therapists work as one during this beautifully synchronized Abhyanga massage. Receive twice the benefits and a deeper sense of peace, and stimulate the “life force” which drives your body’s vital energy. *60min ,640 MXP / 90min 11,520 MXP*

## Traditional Reflexology

Based on the meridian lines of acupuncture, reflexology restores energy flow (qi) by targeting acupressure points on the feet & legs which are said to correspond with internal organs. The therapy delivers broad health benefits by bringing balance and healing to the entire body. *30min 2,640 MXP / 60min 5,280 MXP*



## A SENSE OF RELEASE



### **Soothing Head Massage**

Free your mind and spirit. Gentle movements and the light pressure of fingertips along the head are used to release stress-related hormones and improve the flow of energy by stimulating the nerves. *30min 2,640 MXP*

### **Back relief**

Melt away stress with an aromatic, anti-fatigue back massage using essential oils. Let your body and mind unfold as aches and pains dissipate and clarity is restored. This tension-reducing therapy is ideal before and after travel.

*30 min 2,640 MXP / 60 min 5,280 MXP*

### **Leg & Foot Reviver**

This remedy is a true treat, especially after traveling. Following a luxurious foot soak and exfoliating organic scrub, your therapist will use a range of deep-tissue, Swedish or acupressure massage techniques to relax and revitalize your legs and feet. *30 min 2,640 MXP*



## SLEEP & DREAM



### Heavenly Raindrops

Sink into bliss as essential oils are applied along the spine. Encompassing a massage and foot ritual, this raindrop aromatherapy experience enhances the body's natural defenses and calms the central nervous system. You will emerge profoundly rested and restored. *90min 6,960 MXP*

### Stress Relief

Over the years, the therapists of Las Ventanas shared their knowledge with one another. Showcasing cumulative skills, this one-of-a-kind massage is paired with aromatherapy to reduce stress, restore energy and transport you to a state of absolute relaxation. *90min 6,600 MXP*

### Sea & Stars For Two

This enchanting evening begins in a private treatment room where you will unwind with a personalized couple's massage. Stepping out under a canopy of stars, you'll enjoy champagne, chocolate-covered strawberries and a romantic bath with your choice of signature bath salts. *120min 15,360 MXP*



# EXPECTANT MOTHERS



## **Cradle**

Prenatal massage that brings relief and relaxation to mother and child. Enjoy a nurturing and safe Swedish style massage with body cushions that bring support at every stage of pregnancy. *60min 4,320 MXP / 90min 6,480 MXP*

## **Mommy Beautiful**

This pampering and soothing treatment for the expectant mother is adapted to your current stage of motherhood. A silky soft full body exfoliation is followed by a customized massage specially designed to bring relief to fatigued areas of the body. *90 min 6,120 MXP*



# HAIR SALON & BEAUTY



*Please call the Spa for more information on Salon, Beauty and Hair removal services.*

## BEAUTY

### **Heart-in-Hand Manicure**

Enjoy expert grooming with a hydrating hand massage and your choice of lacquer. One-hour manicures include a mask to improve the color and texture of your skin.

*30min 1,080 MXP / 60min 2,160 MXP*

### **LVP Pedicure**

Elevating the traditional experience with water, this deluxe pedicure begins with a cleansing of the feet and legs, followed by a melt scrub to smooth rough skin. After a relaxing foot and leg massage, your choice of lacquer is applied.

*60min 2,640 MXP / 90min 3,360 MXP*

## SALON

### **Ladies' Cut and Finish**

*3,600 MXP*

### **Men's cut**

*1,200 MXP*

### **Blow-out**

*2,040 MXP*

## MAKE UP

### **Touch of Color**

*1,920 MXP*

## BRIDE TO BE

### **Special Ocasión Full Make-up trial**

*1,920 MXP*

### **Special Ocasión Full Make-up**

*3,840 MXP*

### **Up-do**

*2,400 MXP*

## ROSE BUDS JUNIOR MENU



### **Seaside Sun Soother**

After a day of fun at the pool or beach, heal and soothe your skin with a cooling Aloe Vera Wrap. 45min 1,440 MXP

### **Mommy or Dad and Me**

Beginning your Spa experience with a duet Swedish massage, in one of our couple treatment rooms, we will prepare the perfect atmosphere for you and your parent.

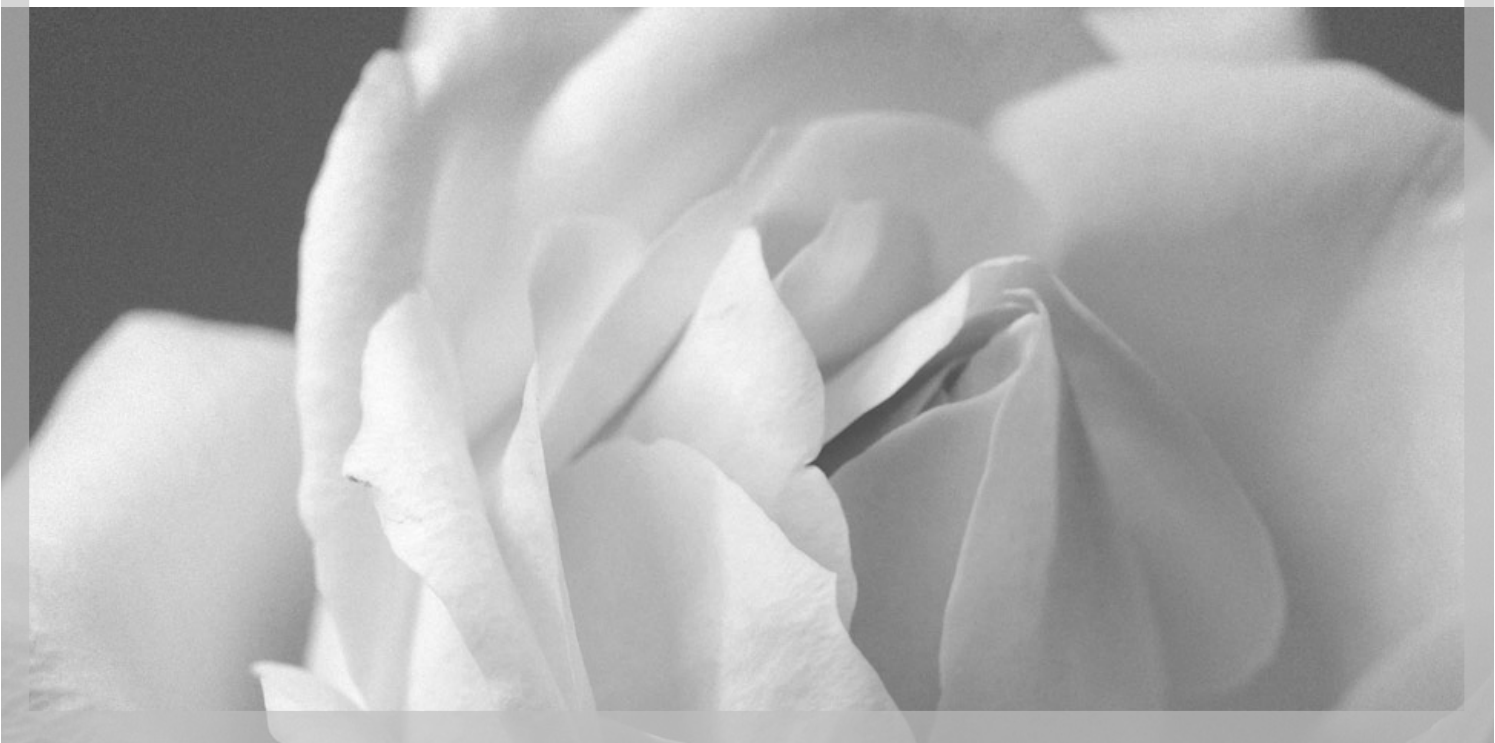
*45min 5,280 MXP*

### **Alabaster Mani-Pedi**

Enjoy pampering at the Salon. After your hands and feet are groomed, you can choose your favorite color of nail polish for the finishing touch. *60min 1,920 MXP*

### **Blossom Mini Facial**

Learn how to take care of your skin while enjoying and organic facial with gentle hydration. *30min 1,440 MXP*



# SPA ETIQUETTE



The Spa at Las Ventanas is here to help you relax. In this environment of tranquility, we ask you to please respect other guests' right to privacy and quiet. We kindly invite you to disconnect from your mobile devices and enjoy the moment. Our spa services are designed to ease what ails you and guide you to optimal comfort and well-being available.

## **Hours of Operation**

Spa: 9:00 a.m. to 8:00 p.m. daily.  
Please dial 1631 for reservations.

Gym: 7:00 a.m. to 9:00 p.m. daily.

## **Arrival and departure**

Please arrive at least 15 minutes prior to scheduled treatment to complete our health assessment and receive a brief introduction to your service. After your treatment, elevate the benefits of your session in our tranquil solarium.

## **Spa Environment**

Please refrain from smoking and turn off or silence your mobile phone while around the spa.

## **Special Considerations**

Most treatments can be adapted to accommodate health issues or past injuries. Please let us know of any health concerns and contact us directly if you have questions.

## **Ages**

The minimum age for spa treatments is 18 years old.

For children ages 5 to 17, a parent must sign a waiver, complete with medical health assessment and be present in the treatment room during the service. Children are not allowed at the spa without an adult.

## **Pets**

Pet massages are available only in the privacy of your suite.

## **Valuables**

Please secure any valuables within your private locker. The spa is not responsible for loss or damage.

## **Pricing**

All prices are subject to a service charge and local taxes.

## **Cancellations**

We understand that schedules change. We kindly ask for notice of cancellation at least 24 hours prior to your appointment time. Cancellations made within 24 hours will be subject to a 100% charge.

