



## The path of wellbeing

Defining a style and a way of life; an authentic and very personal interpretation of luxury and wellbeing where water, lighting, aromas, flavors and textures converge, creating a sensorial experience where unforgettable memories are born.

Our SE Spa is full of personalized details enhanced by a gourmet touch, paying homage to the ancient curative traditions of our beloved Mexico, under the care of our body artisans who diffuse balance and harmony of the body, mind and soul.

Our enlightening Welcome Ritual & Tea Pairings offer the perfect synergy of mindful connection with your being, and subtle flavors that complement each pathway, evoking connection, harmony and a deep sensation of wellbeing.

# WATER CEREMONY

Prepare your body and relax your mind with this water ceremony, which will help activate your metabolism. Water represents transformation, as it purifies, clarifies and renews our being; it shelters us with warmth and revitalizes with freshness; it caresses us with drops, or provides us with powerful pressure massages. This source of life provides wellness in each particle.

Immerse your body and soul in a journey of introspection composed of various water experiences:

- 1.** Sauna
- 2.** Color Therapy Steam Room
- 3.** Clay Room
- 4.** Ice room
- 5.** Sensation Showers
- 6.** Hot Tub & Cold Plunge
- 7.** Jacuzzi
- 8.** Sensation Pool:
  - a) Sensory Pebble walkway
  - b) Cascades
  - c. Bubble Beds
  - d. Neck Massage Jets
  - e. Bubble Geyser



# FLAVORS AND TRADITIONS OF MEXICO

The path of ancient wisdom.  
It lives within each of us, in our soul.

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## **BACAL MASSAGE** Signature

80 min

Bacal is the Mayan word for cob; corn was considered a sacred plant in the Mayan culture. Embark on a cultural journey and experience a unique treatment, beginning with a dry corn and honey exfoliation to detoxify your skin followed by an essential oil massage in which pressure is applied with corn cobs for a unique sensation of wellbeing.

## **COFFEE & COCOA EXPERIENCE** Gourmet

50 min

Activate your blood circulation with a coffee exfoliation followed by an antioxidant massage with cocoa oil, which will leave your skin invigorated and full of vitality.

## **ÚUMBAL SHAWL MASSAGE** Signature

80 min

Performed from head to toe, this treatment aligns the body posture and cleanses the energy channels. It is a creative choreography utilizing lemons to create pressure, and shawls for stretching techniques with roots in Pre-Hispanic methods. Special garments will be provided.

## **ALOE VERA MASSAGE**

50 min

Recommended for sun-damaged skin, this treatment provides deep hydration, prolongs your tan and helps avoid peeling. Aloe, the sacred Mayan plant, is known as the plant of immortality with great regenerating life powers.

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### **ORGANIC KAAB HONEY EXPERIENCE**

**80 min**

Indulge in a face and body massage experience with organic Xtabentun honey, continuing with a regional Mayan Chaká tree bath elixir to heal your energy. Seal your experience with a vanilla balm that will de-stress and relax you. Bees were considered by the Mayans to be the connection with the spiritual world. Honey carries the vital energy of nature, infused by the energy of the sun; taken from the nectar of the Xtabentún flower.

### **PIXAM KAN MASSAGE**

**50 min / 80 min**

Based on the benefits of seaweed, and the sacred Mayan stone, this massage helps reduce electromagnetic energies produced by digital devices. Balancing the chakras with quartz fills us with vitality. 80-minute treatment includes dry exfoliation with henequen loofah.

Honey Yuzu Forté Tea  
Organic green tea with low caffeine.

# FACIALS

The path to illumination.

Care for the frame that displays our soul.

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## **SENSORY VITAMIN C** Gourmet Regenerates

80 min

A deep rehydrating treatment based on a high concentrate of Vitamin C, which brings elasticity to your skin and promotes cellular regeneration. This facial includes four important phases: cleansing, deep Vitamin C treatment, rehydrating serum and citrus rehydration mask. It leaves your skin renewed, luminous and deeply moisturized.

## **DIAMOND LIFE INFUSION** by Natura Bissé. Revitalizes

80 min

An “Elixir of Youth” that reveals fresh, soft, smooth skin, with impressive results for a dramatic rejuvenation; an innovative treatment that infuses life into your skin to preserve its beauty and youth, with visible results measured through the 4 Key Biomarkers of Skin Age. This comprehensive therapy provides intensely firmer, luminous and visibly younger skin. Redefines facial contours, improves skin texture and reduces wrinkles and fine lines.

## **OXYGEN** Creates glow. Oxygenates.

50 min / 80 min

Appropriate for all skin types, especially skin that is dull, dehydrated and lacking tone and vitality. Oxygen molecules provide energy to cells and remove toxins from the pores. 80-minute treatment includes extractions.

## **MAYAN JADE FACIAL** Anti-aging

50 min / 80 min

A sophisticated cosmetic alternative, this facial immediately inhibits the formation of lines and signs of aging. Its undeniable success is based on the innovative Inhibit product line, which contains targeted active ingredients to dramatically reduce expression lines and fill wrinkles. The 80-minute massage includes an alginate mask.

Citrus Mint Forté Tea  
Organic, herbal and caffeine-free.

# BODY TREATMENTS

The path to renovation.

Allow the skin to breathe as well.

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## CITRUS BODY WRAP

80 min

A renewing and rehydrating body treatment using Vitamin C concentrate. Allow your skin to receive the caress of a smooth exfoliant with citrus essence to purify and cleanse, readying you to absorb the nutrients of a delicious soufflé body mask, composed of highly moisturizing ingredients. The treatment concludes with C+C body cream.

## SALT LAKE EXPERIENCE

80 min

A unique and unparalleled organic experience for your skin! This treatment is infused with one of our lush signature fragrances to set the stage for a relaxing experience. Start with a creamy shea butter, sugar and salt crystal scrub, followed by rich mineral clay mask that will help purify, nourish and revitalize. Continue the wellbeing experience in a hot tub infused with crystal clear salts to remove the mask. Last but not least, enjoy a restorative massage with a decadent whipped body cream to rebuild collagen.

## ROYAL OXYGEN RITUAL

80 min

Revitalize, tone and unify your skin texture with a dose of pure oxygen and powerful ingredients, to leave your face soft, luminous and free of imperfections.

## DETOX SILHOUETTE

80 min

An innovative anti-cellulite body wrap with antioxidant action that allows you to enjoy a slimmer silhouette. We apply a combination of various massage techniques as the perfect complement to the treatment.

Bombay Chai Forté Tea  
Organic black tea.

# MASSAGES

The path to wellbeing.

If the body requests it, the interior needs it.

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## ENLIGHTENING CANDLE MASSAGE

50 min / 80 min

Experience the warm sensation of organic wax that provides physical and spiritual serenity through a subtle and gentle pressure massage. Choose your preferred aroma: lavender, rose, passion fruit or vanilla.

## NEUROAROMATHERAPY MASSAGE

50 min / 80 min

Applied with medium pressure, this massage will immediately lead you to deeper levels of relaxation due to the aromas of the Mediterranean essential oils, which act on the central nervous system with a therapeutic and anti-contraction effect.

## SE SPA PERSONALIZED MASSAGE

50 min / 80 min

Design your massage according to your needs; select one of the following techniques:

- Hot Stones – Soft or Medium Pressure
- Effleurage – Soft or Medium Pressure
- Deep tissue – Firm to Strong
- Draining 80 min – Firm Medium Pressure

## HINDU FOOT AND SCALP MASSAGE

50 min / 80 min

A treatment focused on the marma points of traditional foot reflexology, which stimulates internal organs and reflexive points of the head, neck, shoulders, face and feet. It harmonizes extreme levels of stress and fatigue, and includes a scalp mask.

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## **MATERNAL CARESS**

**50 min**

Expert hands provide the passage of energy to strengthen the growth and development of a marvelous creation. The future mother can select the treatment of her choice: a 50-minute full body massage or 25-minute body massage and 25-minute refreshing facial. This experience helps mothers find mental and emotional balance as well (recommended for the 4th-7th month of pregnancy).

## **LOMI LOMI MASSAGE**

**80 min**

This sacred body massage has origins in Hawaiian spiritual traditions, and is a wonderful way to stimulate and relax. A deep, fluid and rhythmic treatment, it utilizes both the hands and forearms, and covers expansive zones of the body, providing a firm, controlled massage.

Orchid Vanilla Tea

Black tea with caffeine, with natural flavors of vanilla and coconut.

# MINDFUL THERAPIES

The path of healing.  
Finding inner balance.

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## ABHYANGA & SHIRODHARA

80 min

An ayurvedic therapy that balances the seven chakras. The third eye chakra is stimulated by a soft, warm cascade of grape seed oil or green tea (guest's choice) to deepen intuition. Its relaxing and sedative action exerts a therapeutic effect on the central nervous system. It is accompanied by a rhythmic and relaxing massage that renews the body's energy.

## ANCIENT THAI MASSAGE

80 min

Increase your energy levels, reduce physical and emotional stress, and find fulfillment and balance with our Ancient Thai massage; a complete healing experience that combines acupressure, yoga stretches, and chakra-balancing to achieve the desired result of loosening, elevating, relieving, improving blood-flow and removing toxins. This unforgettable treatment of relaxation and nourishment will leave you with a profound sense of happiness. Special garments will be provided.

## MEDITATION BATH

80 min

Flotation therapy provides immediate benefits. The flotation pool is in a private suite, and contains water infused with mineral-rich Epsom salts. The body naturally floats in the infused water, providing profound relaxation. Floating effortlessly in body temperature water awakens your creativity and introspection; liberating the effects of stress. After the flotation phase, this ritual includes a massage with soft hot stone strokes. It concludes with a cup of cold tea while you relax. Please wear your bathing suit.

## NIK TE HA AQUATIC MASSAGE

80 min

Nik te ha means "water flower" in the Mayan language. A Spa therapist guides this unique water massage. When the body is submerged in water, the muscles relax, flexibility increases and the mind and soul will let go harmoniously. Recommended for chronic fatigue, insomnia, irritability, stress, migraines, mood swings and depression. Please wear your bathing suit.

Green Mango Peach Forté Tea  
Green tea with low caffeine.



# ROMANTIC RITUALS

Two hearts united in magical moments.

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## MEETING OF TWO SOULS EXPERIENCE

80 min

Enjoy an aromatherapy massage with your soul mate in a beautiful suite with heated private pool. The effect of aromatherapy stimulates emotional and mental energy, helping to improve your connection as a couple. After the massage, enjoy 30 minutes of relaxation and privacy in our special suite with your partner.

## THERAPEUTIC DUO RITUAL Gourmet

80 min / 110 min

Share an incredible moment in our couple's Spa Suite with Jacuzzi. This ritual begins with a massage with exceptional aromas, followed by a refreshing hydrating facial. The 110-minute ritual includes 30 minutes of relaxation in the Jacuzzi with mimosas and seasonal exotic fruit.

## LOVE IN BALANCE MASSAGE

80 min

A massage synchronized to the rhythm of spiritual music. A journey where two souls unite through the vibration and gentle touch of the body artisan.

White Ambrosia Forté Tea  
White tea with low caffeine.

# MEN'S SPA MENU

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## **VOLCANIC FACIAL**

50 min / 80 min

A classic facial, tailored to the unique skin care needs of men. Includes deep cleansing, exfoliation and hydration that will end lackluster skin. 80-minute facial includes extractions.

## **MANLY PERSONALIZED MASSAGE**

50 min / 80 min

Personalized therapy that integrates deep tissue or sports techniques, according to the guest's needs in order to achieve maximum muscle relaxation.

## **HEAD & TOE**

50 min

The perfect way to gain relief from the stress and strain of everyday life. This treatment works with light reflexology for tired feet and a de-stressing massage of the head, scalp and neck which soothes and rejuvenates. Nourishing scalp oil is applied during the scalp massage.

## **SPORT MANICURE**

45 min

An intensive, soothing and hydrating express manicure with trimming and buffing of the nails, followed by an exfoliation and soft hand massage.

## **SPORT PEDICURE**

50 min

Trimming, cleansing and buffing of the nails followed by an express exfoliation of the toenails that will leave you with a feeling of complete relaxation.

## **HAIR CUTS**

## **WAXING FOR MEN**

# BEAUTY SALON

Pampering Rituals.

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## VELAS FISH THERAPY

25 min / 50 min

An innovative therapy that utilizes toothless Garra Rufa fish, which remove dead skin cells and activate circulation (fish tanks are UV sterilized). 50-minute treatment includes a relaxing foot massage.

## GRAND VELAS MANICURE

50 min

Revitalize, relax and give your hands a beautiful appearance with an intensive soothing and hydrating treatment. Enjoy an exfoliation to eliminate dead cells, continuing with a manicure and the application of a nutritive cream.

## GRAND VELAS PEDICURE

60 min

Begin with an exfoliation, followed by a refreshing mask, and finish with an aromatic massage, providing your feet with a feeling of complete relaxation. Concludes with application of traditional nail polish.

## LUXURY MANI & PEDI RITUAL

135 min

Indulge your hands and feet in a custom nail and cuticle treatment, starting with a luxurious exfoliating scrub, followed by a decadent hydrating mask, intense butter massage and flawless polish application, leaving your hands feeling pampered and renewed. Your feet will receive the benefits of changes in temperature to help activate your circulation; brief reflexology of the feet is also included.

Ginger Lemongrass Forté Tea  
Organic, caffeine-free green tea.

# BRIDAL RITUALS

## MAKEUP

Beautiful Bride - Makeup

Beautiful Bride - Makeup with preview included

## HAIR

Beautiful Bride - Hairstyle

Beautiful Bride - Hairstyle with preview included

## HAIR & MAKEUP

Beautiful Bride Ritual - Hairstyle and makeup

Beautiful Bride Ritual - Hairstyle and makeup with previews included

# ADDITIONAL SERVICES

NAIL, HAND AND FOOT CARE

LADIES' HAIR CARE

MEN'S HAIR CARE

MAKEUP

WAXING

## SPA ETIQUETTE

**HOURS:** The Spa is open from 8:00 a.m. to 8:00 p.m., 7 days a week. Advance reservations are required and are subject to availability. In-suite service is not available during high season (December through August).

**SPA RESERVATIONS:** Please dial extensions 8601, 8602, 8603, 8620, or send an email to [spa2rm@velasresorts.com](mailto:spa2rm@velasresorts.com).

**WATER CEREMONY:** This experience is complimentary with the purchase of massages, facials or body rituals. It is not included with the purchase of Beauty Salon services or treatments provided in Spa Corner cabanas. Regular price for Hydrothermal Ritual is \$80 USD per day.

For your comfort, we offer separate dressing areas and water journeys for men and women.

**SPA WELCOME:** We ask that you arrive 80 minutes before your scheduled appointment if you would like to experience the Grand Velas Water Ceremony or at least 20 minutes before your appointment in order to have time to change your clothes and complete the required medical forms before your treatment.

**LATE ARRIVALS:** Please understand that arriving late will shorten your treatment time or result in our inability to provide it as scheduled.



## SPA ETIQUETTE:

- To preserve the Spa's harmony, we kindly ask you to turn off your cell phones.
- For your privacy and comfort, please wear a bathing suit in the hydrothermal areas.
- The best way to enjoy your treatment is to arrive on time.
- **16 years old is the minimum age** for using the Spa facilities.
- Entering the Spa with food, drinks or alcoholic beverages is not permitted.
- For your safety, we will refuse to provide any services and treatments to individuals under the influence of alcohol or drugs.
- Please leave your jewelry and items of value in the safe in your suite. The Spa is not responsible for items that are lost or forgotten within the facilities.

**IMPORTANT:** You will be given a medical form to fill out. Please inform us of any medical condition you may have, such as pregnancy, allergies, high blood pressure or asthma. Information about gift certificates and payments can found in the Spa Reception.

**SPA EXPERIENCE:** Our selection of staff is carried out according to strict evaluation. The body artisans are certified by prominent institutions in our country; they are trained in various body treatments, facials and massages techniques. We also provide staff with internal education courses, in perpetual consideration of the highest quality standards and avant-garde technique updates. In addition, they are trained directly by our product brands.

**CANCELLATION POLICIES:** Cancellations and changes to scheduled services, times, or dates must be made 6 hours prior to your appointment. After this time, a charge of 50% of the total value of the service will be applied, without any refunds.

If you have paid for your Spa experience in advance and were unable to attend, you are not entitled to a refund of this prepayment. If illness prevented your attendance, medical proof is required to reschedule your treatment.

Reservations for groups operate under different cancellation policies and are subject to a contract.



