



The path to wellbeing
GRAND VELAS RIVIERA MAYA

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 that give birth to unforgettable memories.

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.



Our therapists are trained by Wellness for Cancer.
For more information, visit: www.wellnessforcancer.com.



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.** Exfoliation Room
- 4.** Ice Room
- 5.** Sensation Showers
- 6.** Hot Tub & Cold Plunge
- 7.** 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
lives within each of us, in our soul.

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.

HEALING ALOE MASSAGE & WRAP

50 min

Aloe Vera, the sacred Mayan plant, is known as the plant of immortality with great regenerating life powers. Healing aloe vera & mint balm with powerful calming & hydrating properties are distributed along the body and wrapped in **banana leaf**. It helps to prolong your tan and avoid peeling.

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 nature's vital energy, 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. This 80-minut treatment includes a dry exfoliation.

MAYAN HERBAL POULTICES

80 min

Our herbal poultices will help stimulate your body's and face natural flow. Specifically designed to promote healing and enhance full body detoxification, all while basking in ultimate relaxation. Subtle aromas of sage, rosemary, thyme, valerian, eucalyptus, melissa, lavender, chamomile and ginger will make you mindful of the moment, while helping to decompress your mind, reduce muscle tension as well as joint inflammation. Finish your experience with a rub in articulations made of herb infused alcohol.

Orchid Vanilla Tea

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



FACIALS

The path of illumination.
Care for the frame that displays our soul.

SENSORY VITAMIN C | Gourmet - Regenerates

80 min

A deep rehydrating treatment based on a high concentrate of Vitamin C that 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.

O₂ EXCEL FACIAL | Creates glow, oxygenates.

80 min

If you are concerned about early signs of aging, this facial will help energize intracellular activity, leaving you with a younger, firmer, toned and radiant look. Along with an oxygen complex and active proteins, the facial's key ingredient, Life-Cytoxygen, allows for the recovery of optimal oxygenation levels. This treatment includes extractions if necessary.

MAYAN JADE FACIAL | Anti-aging

80 min

A sophisticated cosmetic alternative, this facial immediately reduces 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.

COMFORT SKIN FACIAL

50 min

A powerful facial that combines repairing ingredients that work to visibly improve skin congestion and redness, with highly effective phyto-therapeutic extracts, which soften and reinforce the skin against inflammation. This luxury facial restores levels of young collagen and protects the skin from external aggressors, as well as reestablishing the natural beauty of your skin. Excellent for all skin types.

ESSENTIAL FACIAL

50 min

Highly effective, restorative facial based on low-molecular ionization platinum with massage techniques to renew cells, optimise skin health, improve lymphatic drainage, lift and promote instant glowing skin.

Citrus Mint

Organic, herbal and caffeine-free.



BODY TREATMENTS

The path to renovation.
Allow the skin to breathe as well.

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, preparing you to absorb the nutrients of a delicious soufflé body mask, composed of highly moisturizing ingredients. The treatment concludes with C+C body cream.

ROYAL HAWAIIAN EXPERIENCE

110 min

Healing experience with Lomi Lomi massage that comes from the ancient polynesians, healers from Hawaii, given only to the royal families. A detoxification of body and soul in a herbal body wrap, starting with a organic honey and sea salt scrub. This prepares the body to receive the sacred massage, concluding with the complete healing and connection of body, mind and soul.



MASSAGES

The path to wellbeing.
If the body requests it, the interior needs it.

NEURO-AROMATHERAPY 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.

EFFLEURAGE (SOFT PRESSURE)

50 min / 80 min

The “effleurage” technique or light touch, consists of a long and rhythmic gentle pressure massage, which helps to relax the nervous system, reduces stress, increases the skin’s oxygen and eliminates toxins, creating a state of total relaxation.

DEEP TISSUE (FIRM TO STRONG PRESSURE)

50 min / 80 min

This technique focuses on the deeper layers of muscle tissue. A firm and deep pressure is maintained throughout the massage, releasing the body’s tension through slow movements that help decontract the muscles.

AYURVEDIC VELAS HOT STONE MASSAGE

50 min / 80 min

Sacred stones are used as they maintain an internal heat that is absorbed directly by the muscular system activating the circulation, removing toxins and relaxing the nervous system to create an energy balance.

MOON & SUN STONE MASSAGE (SOFT OR MEDIUM PRESSURE)

80 min

Obsidian hot stones & Marble cold stones, create a soothing and sensorial experience of health and vitality. Together they detoxify, relax and release tension. The healing heat drains the body of toxins and the cooling stones awaken the senses.

DRAINING (FIRM TO MEDIUM PRESSURE)

80 min

Applied with medium pressure, this massage helps eliminate the flow of toxins, improves circulation, decreases fluid retention and strengthens the body's defenses.

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.

MATERNAL CARESS

50 min / 80 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 massage, or a complete 80-minute experience that includes a revitalizing facial to leave your skin hydrated and luminous. 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. An energetic, fluid and rhythmic treatment, it utilizes both the hands and forearms, and covers expansive parts of the body, providing a firm, controlled massage.

Citrus Mint

Organic, herbal and caffeine-free.



MINDFUL THERAPIES

The path of healing.
Finding inner balance.

SOUNDS FROM THE SOUL

80 min

Our vibrational healing massage provides a deep state of relaxation, helps recover physical energy and mental concentration, providing mindfulness of the moment. It begins with unlocking the column; continues with a massage of several techniques to improve muscle problems, such as shoulder pain, neck, lower back, joints, headaches and migraines caused by tension. The vibratory bowls are placed in specific parts of your body and the tuning forks on the meridians energy centers. The 432 Hz harmonic sounds of our Quantum drum will balance, relax and attune the vibrations of your body and soul to the frequency of the earth and harmonize your heart beats.

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 acupuncture, 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.

Inscribed in the Representative List of the Intangible Cultural Heritage of Humanity by UNESCO

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, enjoy a refreshing amenity and a relaxing massage with touches of hot stones. Please wear your bathing suit.

NIK TE HA AQUATIC MASSAGE

80 min

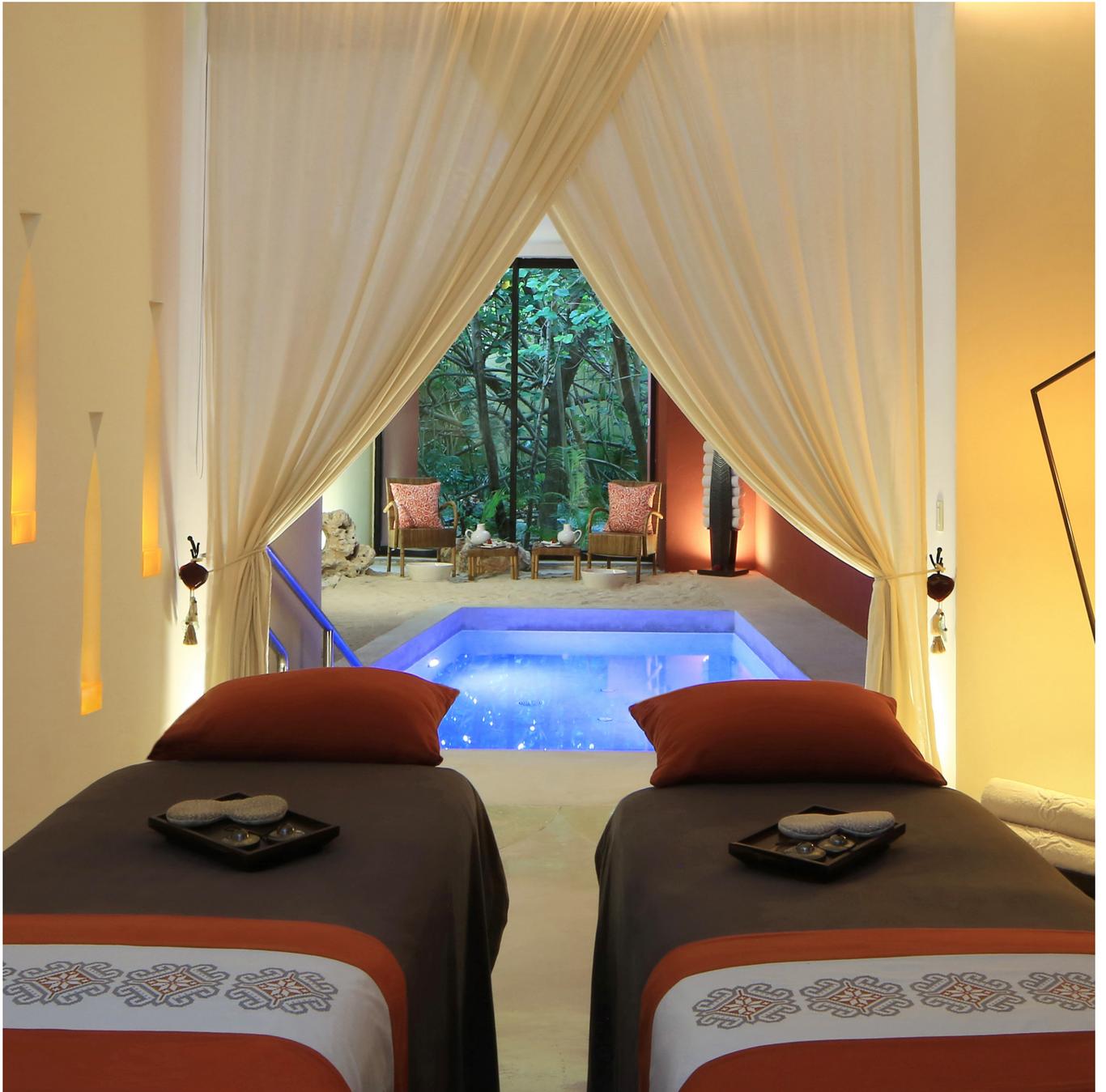
Nik te ha means “water flower” in the Mayan language. A Spa therapist guides this unique water massage. When the body is submerged in water, the muscles relax, flexibility increases and the mind and soul will let go harmoniously. Recommended for chronic fatigue, insomnia, irritability, stress, migraines,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

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.

Jasmine Green
Green tea with caffeine.





ROMANTIC RITUALS

Two hearts united in magical moments.

MEETING OF TWO SOULS EXPERIENCE

80 min

Enjoy an aromatherapy massage with your soulmate 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 revitalizing 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.

Raspberry Tea
Caffeine-free.

MEN'S SPA MENU

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.

BACK FACIAL

50 min / 80 min

Luxurious treatment designed for those who require special attention in their back and shoulders, even when they possess acne-free skin. Cleanse, exfoliate and mask.

*Extractions and steam included only in the 80-minute service.

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



VEGAN SOUL

The path to internal health.
Vegan - because I'm the key to a brighter future.

CBD EXPERIENCE

80 min

Focusing on the seven known benefits of Cannabidiol, the CBD Experience is designed to generate pain relief, relaxation, and anti-inflammation but also the nourishment, protection, smoothing, and regeneration of the skin. A therapeutic massage for total relaxation and facial with quality products infused with CBD which tones, exfoliates, purifies, and restructures the skin.

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 create a relaxing ambiance. Start with a creamy shea butter, sugar and crystal salt scrub, followed by a 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. Lastly, enjoy a restorative massage to rebuild collagen.

SALTS OF THE EARTH MANI & PEDI DELUXE

135 min

Bespoke manicure and pedicure ritual offered with the London Town nail brand, where you can create a custom blend that promotes a healthy skin. Boost your experience with one of the choices below (\$5 USD for each one; does not need to be pre-booked):

- Mineral-rich thermal powder: Warming; boosts circulation and reduces inflammation, aches, and pains.
- Hyaluronic acid: Healing; moisturizes and deeply hydrates.
- Anti-aging: Aids circulation and assists in the reduction of age, spots and inflammation.

Citrus Mint

Organic, herbal and naturally caffeine free.

Other vegan brands at SE Spa

Soleil sun care, London Town Nail care, Organethic Hair Care



ORGANETHIC HAIR CARE

HYDRATING CAPILLARY TREATMENT

80 min

This experience will transport you to Morocco. Argan provides antioxidants, anti-aging effects and restores elasticity which helps any type of hair, especially curls. The active ingredients of this compound moisturize deeply, reduce frizz, leaving the hair more manageable and healthy.

RESTORATIVE HAIR TREATMENT

80 min

Specific treatment for those who require restoration from root to tip, ideal for processed hair handled with strong chemicals, fragile, and dehydrated. Its SACHA INCHI properties, a native plant of the Amazons, rich in omega 3, 6, and 9, will strengthen the hair fibers and prevent damage caused by prolonged sun exposure.

NAIL DELIGHTS

Pampering Rituals.

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 an application of traditional nail polish.



BRIDAL BEAUTIES

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 9:00 a.m. to 7:00 p.m., Monday to Saturday. Reservations in advance 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.

WATER CEREMONY: This experience is complimentary with the purchase of massages, facials or body rituals, at the SPA building. It is not included with the purchase of Beauty Salon services or treatments provided in Spa Corner cabanas. Regular price for Water Ceremony 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 Health Questionnaire 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 CABANAS

Ask about our
services menu.





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.
- The minimum age to be able to use the Spa facilities is 16 years old.
- 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 Health Questionnaire 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.

SPA ATELIER

Please ask your Personal
Concierge for more information.





PRICE LIST



SERVICES**TIME****PRICE IN USD****FLAVORS AND TRADITIONS OF MEXICO**

Bacal Massage	80 min	\$342
Coffee and Cocoa Experience	50 min	\$236
Úumbal Shawl Massage	80 min	\$342
Healing Aloe Massage & Wrap	50 min	\$236
Organic Kaab Honey Experience	80 min	\$342
Pixam Kan Massage	50 / 80 min	\$236 / \$342
Mayan herbal poultices	80 min	\$342

FACIALS

Sensory Vitamin C	80 min	\$352
Diamond Life Infusion	80 min	\$342
O2 Excel	80 min	\$342
Mayan Jade	80 min	\$342
Comfort Skin	50 min	\$236
Essential	50 min	\$236

BODY TREATMENTS

Citrus Body Wrap	80 min	\$342
Royal hawaiian experience	110 min	\$432

MASSAGES

Neuro-Aromatherapy	50 / 80 min	\$236 / \$342
Effleurage	50 / 80 min	\$236 / \$342
Deep Tissue	50 / 80 min	\$236 / \$342
Ayurvedic Velas Hot Stone	50 / 80 min	\$236 / \$342
Moon & sun stone massage	80 min	\$342
Draining	80 min	\$342
Hindu Foot and Scalp	50 / 80 min	\$236 / \$342
Maternal Caress	50 / 80 min	\$236 / \$342
Lomi Lomi	80 min	\$342

MINDFUL THERAPIES

Sounds from the Soul	80 min	\$342
Ancient Thai Massage	80 min	\$342
Meditation Bath	80 min	\$236
Nik Te Ha Aquatic Massage	80 min	\$342
Abhyanga & Shirodhara	80 min	\$342

ROMANTIC RITUALS

PER PERSON

Meeting of Two Souls	80 min	\$264
Therapeutic Duo Ritual	80 / 110 min	\$342 / \$368
Love in Balance Massage	80 min	\$342

MEN'S SPA MENU

Volcanic Facial	50 / 80 min	\$236 / \$342
Manly Personalized Massage	50 / 80 min	\$236 / \$342
Back facial	50 / 80 min	\$236 / \$342
Sport Manicure	45 min	\$45
Sport Pedicure	50 min	\$55

Massage Add-ons

Scrub	30 min	\$109
Dry polish	30 min	\$109
Back massage	30 min	\$109
Scalp massage	30 min	\$109
Express facial	30 min	\$109
Tired feet massage	30 min	\$109

VEGAN SOUL

CBD Experience	80 min	\$342
Salt lake experience	80 min	\$342
Salts of the earth mani & pedi deluxe	135 min	\$146

ORGANETHIC HAIR CARE

Hydrating capillary treatment	80 min	\$120
Restorative hair treatment	80 min	\$120

*Includes basic blow dry

NAIL DELIGHTS

Grand Velas Manicure	50 min	\$55
Grand Velas Pedicure	60 min	\$83

Nail Delights Add-ons

Gel polish without manicure or pedicure	30 min	\$30
French polish	15 min	\$10
Gel polish	15 min	\$15
Polish change	45 min	\$25
Gel polish removal	30 min	\$20
Acrylic nail removal	60 min	\$45

BRIDAL BEAUTIES

Makeup

Beautiful Bride - Makeup	\$123
Beautiful Bride - Makeup with preview	\$216

Hair

Beautiful Bride - Hairstyle	\$123
Beautiful Bride - Hairstyle with preview	\$216

Hair & Makeup

Beautiful Bride Ritual - Hairstyle and makeup	\$216
Beautiful Bride Ritual - Hairstyle and makeup with previews	\$410

Add-ons

Intention oil	\$23
Eye patches	\$23
Decontracting balm	\$23

Ladies' Hair

Cut & dry	60 min	\$88
Blow dry and casual hair style (short hair)	45 min	\$75
Blow dry and casual hair style (medium hair)	60 min	\$80
Blow dry and casual hair style (long hair)	75 min	\$85
Updo	75 min	\$99
Curls (short hair)	50 min	\$109
Curls (medium - long hair)	75 min	\$123
French braid	50 min	\$52
Caribbean braids (half head)	60 min	\$81
Caribbean braids- full head (short hair)	90 min	\$109
Caribbean braids- full head (medium-long hair).....	120 min	\$118
Caribbean braids- full head (long hair)	150 min	\$127
Pair braids		\$12

Men's Hair

Cut & style	45 min	\$55
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Makeup

Makeup.....		\$98
Eyelashes		\$36
Airbrush makeup		\$157
Eye makeup		\$55

Waxing

Full leg		\$102
Half leg		\$60
Bikini		\$60
Bikini and leg		\$133
Full arm		\$51
Half arm		\$35
Underarm		\$40
Face		\$47
Eyebrow or lips		\$26
Chin.....		\$29
Sideburns		\$29
Chest or back		\$102



WORLD
spa
& WELLNESS

Forbes ★★
TRAVEL GUIDE

The World's Most
Luxurious Spas



VELAS RESORTS.
M É X I C O

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