

The Grand Spa

TREATMENTS 2010

Massages

Back

This technique relieves tension and muscular discomfort with a light, medium or deep pressure concentrating on the neck, shoulders, and upper and lower back. 30/60 min

Swedish

A full body massage that combines medium pressure, kneading and vibration to help activation of blood pressure, liberation of muscular toxins and also it removes lactic acid from the body tissue. 60/90 min

Deep Tissue

Full body massage which focuses on the deeper tissue structures with intense pressure and utilizes slow but forceful techniques. It helps to increase mobility of injured tissue, restores connective tissue and improves blood and oxygen circulation. 60/90 min

Thai

This massage relieves muscles and joint tension while increasing flexibility and balancing the body's energy systems. A therapist will utilize his/her entire body, from hands to feet, to mold your body into various positions for maximum relaxation and energizing. 75 min

Aromatherapy

This is a full body massage that applies medium pressure, essential plant oils and hot pads on those areas that contain major nerve endings, in order to provide relaxation and balance. It mainly focuses on the abdomen, back, and feet. 75 min

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It begins with 15-20 minutes of stretching in order to prepare the body and promote flexibility. A medium pressure massage is applied to the entire body with moisturizing volcanic mud to detoxify skin and improve blood circulation. It includes a relaxing time and rinse off at one private mineral pool. 75 min



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Shirodhara

Warm oil is poured onto the sixth chakra, the third eye and it is supplemented with hand and foot massages utilizing hot volcanic stones. A neck and scalp massage is also incorporated in order to promote sedation and relaxation for an optimal energy balance. 60 min

Personalized

The technique depends on those areas of the body that need attention and pressure. The benefits include the increase flow of oxygen and blood and best personal relaxation experience. 60 min

Reflexology

This massage begins with a relaxing neck massage followed by reflexology focused on the pressure points of the hands and feet to obtain an integral physical balance. It helps to stimulate the systems and organs of the body, decongests and reestablishes normal functions. 60 min

Four Hands

A synergy of two sets of therapists hands utilizing slow movements and medium pressure in order to promote maximum relaxation. It stimulates the soles of feet with hot volcanic stones. 60/90 min

Hot Stones

A full-body massage that applies a process to open and close chakras and also, it utilizes medium pressure. Volcanic hot stones are utilized to improve circulation, loosen muscles, and balance energy. 90 min

Idyllic (Couple)

Special couples' massage for the full body utilizing medium pressure, a natural moisturizing mask for the face and mud mask for the feet. This treatment is all about romance with a special setting at the private Jacuzzi in bungalow with products derived from milk to moisturize the skin and fresh fruits and wine. 105 min

Watsu

This treatment is a combination of water and shiatsu that utilizes the buoyancy and support of the water to move the spinal column into positions that would otherwise be impossible. A therapist literally cradles your body like a mom with his baby, with one arm supporting your knees, the other around your back as you are twirled through the water and taken through a series of passive stretches and twists. The gentle stretches has a therapeutic effect on the body. 60 min



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Body Treatments

Volcanic Mud Wrap

This massage begins with the activation of the whole body in order to improve circulation. Then the application of mud and osmotic plastic to the entire body allows absorption of minerals. The body is then rinsed and moisturized in a private thermal water pool. The mud helps to detoxify and purify the skin with a high content of minerals and trace elements such as sulfur, iron, copper, and magnesium. 60 min

Warmth Wrap (Chocolate)

A chocolate based product made to moisturize, strengthen, relax, and energize. It is applied to the entire body for 15 to 20 minutes to allow the body to absorb all of the chocolate's properties. The body is then rinsed in a thermal water pool and a sealer is applied to the entire body. 60 min

Exfoliations

This exfoliation removes dead cells, leaving your skin clean and soft. The exfoliation has the capacity to eliminate accumulated fat in the cells and to reduce the appearance of orange skin. It also eliminates liquids and toxins, helping the skin to recover its smoothness and luminosity. You can select Green Tea and Ginger, Coconut, Chocolate, Coffee or Papaya. 60 min

Facials

After evaluating and analyzing your skin, our therapists will recommend one of the appropriate facials: **Moisturizing, Balancing, Born-again, For Gentlemen, and Timeless.** All facials include: cleaning, exfoliation, toning, steam, extraction, massage, and a mask. 75 min

Temazcal

A pre-Hispanic steam bath ritual intended as both, spiritual and physical cleansing experience that is a meaning to obtain balance among the soul, body, and spirit. Meditate in the womb-like structure as the Shaman heats the volcanic rocks and herb essences. The heat exfoliates the skin and helps to relieve bones and muscular problems. The heat also clears the respiratory and digestive systems and calms the nervous system. 110 min



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