

CONRAD® SPA

PUNTA DE MITA





## SPA NATURALLY

Influenced by the ancient Huichol culture of Mexico long admired for its magnificence and mysticism, Conrad Spa invites you to discover meaningful therapies and treatments that evoke internal reflection and balance, relaxation, and self-discovery. Natural organic products are used in the spa and salon.

Designed to embrace the beauty and tranquility of nature, Conrad Spa is the very essence of our natural healing surroundings – the earth, sky, water, and fire. Choose an outdoor setting for your spa experience where draped massage tables are surrounded by a dome thatched room to allow comfortable temperatures while providing privacy and the feeling of being amid nature. Dip into the secluded spa pool to cool off after your steam in the Temazcal lodge, and spend your time under the breathtaking blue skies of Punta de Mita. Should you choose an indoor treatment, you may still take advantage of the pool and its splendor.





## HUICHOL-INSPIRED TREATMENTS

### TEMAZCAL EXPERIENCE

120 min

Indigenous cultures have long used the Temazcal as a curative ceremony to purify the body and heal the spirit through heat, herbal steam, chanting and meditative moments. The domed stone structure represents mother earth - sustaining and giving life. Those who enter come into a sacred space of natural and spiritual elements that promote a journey of self-discovery. Available for couples and small groups.

### XÍETECACARÍYA SWEET HONEY FACIAL

60 min

A moisturizing facial therapy that combines nourishing honey and hydrating cucumber to repair and bring deep benefit to the skin. Natural enzymes regenerate skin cells leaving it luminous and refreshed.

### MARA'AKAME BODY TREATMENT

120 min

Therapy begins with a healing energy cleanse of local herbs and copal smoke to clear body, mind and spirit. Copal clay is applied to detoxify the body, followed by a massage to activate circulation and energy flow. The treatment ends with herbal poultices and a blend of Huichol- inspired oils to bring back balance and clarity.

### YACA-ALOE SKIN QUENCHER

120 min

Local aloe and yaca repair and hydrate sun-exposed body and face, leaving it luminous and renewed. Experience the deep cell regeneration of these natural fruit enzymes as you relax in a healing yaca-aloe glazed cocoon, while receiving a gentle scalp massage and organic facial to hydrate and pamper your skin.

### PE'EETÍPI (DEEP REST) SIGNATURE MASSAGE

60 min

A calming massage therapy that focuses on all the areas affected by travel. Local essential oils are used to help regulate sleep, relieve tension headaches and restore depleted energy through light pressure massage of the legs, neck, back and shoulders.

### HĪTĪARICA (AWAKENING) MASSAGE

90 min

A balancing therapy using ancient techniques to relieve stress and fatigue while restoring balance. Cleansing herbs and smoke clear energy blocks, while the therapist's healing touch and the application of warm stones release tension and relax the body.



## MASSAGES

### DEEP TISSUE MASSAGE

60 min or 90 min

This deep tissue massage experience is aimed to relieving sore muscles and improve recovery, helping to relieve the tension and stress of daily life, combining deep work with mobilizations and trigger points therapy. Performed by highly-skilled therapists to help to reduce tension and stress carried in the body.

### MELTING RELAXING MASSAGE

60 min or 90 min

Tailored for specific needs or preference, this popular full-body Swedish-style massage offers a gentle intensity and is designed to increase circulation, enhance lymphatic drainage and promote relaxation. Using long, smooth strokes to relax muscles and stimulate the lymphatic/circulatory systems.

### MOM-TO-BE MASSAGE

60 min

Reward yourself with a relaxing therapy to ease the stresses and strains of pregnancy. Includes specific attention to legs and back, with a rejuvenating head and facial massage to ease tension.

### MUSCLE RELIEF FULL BACK MASSAGE

60 min

Bask in relaxation as your back, neck and shoulders are scrubbed with a mixture of organic arnica and St. John's Wort. Then a muscle-relaxing balm is applied to the entire back, as the back is covered in a heated herbal therapy pack. Finish with a deep tissue back, neck and shoulder massage. Recommended for stress and back pain.

### HOT STONE MASSAGE

60 min

This ancient geothermal technique is a combination of traditional therapeutic massage techniques and the application of hot stones at different temperatures, in order to release tension, eliminate toxins and improve circulation.







## FACIALS

### HYDRATING FACIAL

60 min

This luxurious facial features our powerful Triple C Repair Serum (with carrots, cranberries and chardonnay grapeseed oil to stimulate collagen production and cell turnover) and our Coco-berry moisture masque (a luscious combination of chocolate, honey, aloe and blueberry to boost elasticity and deeply hydrate the skin). Finished with an infusion of our Cape Jasmine Youth Serum to firm and lift the skin while reducing wrinkles.

### CALMING FACIAL

60 min

Our zen garden Calming Facial was specifically designed for extremely sensitive or allergy-prone skin. Our herbal cleansing milk and Neroli chamomile facial elixir feature an organic combination to help reduce redness while targeting fine lines, skin damage and inflammation. Finished with an infusion of our marrubium calming serum, our key to fighting redness and rosacea.

### PLANT POWERED FACIAL

90 min

This facial is amazing for not only the way it smells but also the way it makes your skin feel. It has 44 plant ingredients embedded throughout and features a cold stone eye treatment. We consider this our greatest hits facial because we took some of the best products of all and built them into one amazing facial.

### PURIFYING FACIAL WITH EXTRACTIONS

90 min

This raw earth purifying facial focuses on deep cleansing and skin purification. The deep cleansing scrub and purifying tonic will help eliminate redness and blemishes, while an infusion of lilac clearing serum will help tone and clear the skin naturally. Includes a Hungarian apothecary mud mask for deep detoxification.

*rose*

# TRANSFORMATIVE JOURNEY

## HUICHOL CONNECTION

(experience for two)

Experience the best combination of our most significant and representative local experiences. Includes the following 3 treatments: Temazcal | Mara'akame Body Treatment | Xietecacariya

## APOTHECARY EXPERIENCE

The best organic experience through the most exquisite selection of treatments, from us to your soul. Includes the following 3 treatments: Muscle Relief Full Back Massage | Aromatherapy Body Scrub | Hydrating Facial

## JOURNEY FOR TWO

Because the only way to enjoy better is with company. Includes the following 3 treatments: Calming Facial | Yaca-Aloe Skin Quencher | Melting Relaxing Massage

*All our Spa Packages include access to the Spa facilities throughout your stay.*

*Subject to 16% tax & 10% service charge. \*All prices are in US Dollars.*



*Transform*





## ADD-ON MINI TREATMENTS

### LAVENDER FOOT RITUAL

30 min

In this special version of our Organic Foot Ritual, your feet will be deeply exfoliated and nourished with lavender, blueberries, and healing organic oils. Warm herbal therapy and a foot massage will deeply relax your soul.

### VINTAGE LAVENDER HAND RITUAL

30 min

Revitalize your hands with this hydrating hand treatment, featuring warm lavender compresses, sugar exfoliation, heated herbal therapy and hand massage.

### SKIN RESCUE FACIAL

30 min

Experience a soothing infusion of healing herbs with our Skin Rescue Facial. Featuring medicinal herbs that effectively target damaged skin and offer soothing, healing properties. Enhanced with a treatment of our hand-infused St. John's Wort Oil for complete after sun care.

*These treatments have a duration of 30 minutes and must be accompanied by another treatment of at least 60 minutes.*





## SALON

Live the ultimate experience of relaxation with our hair salon treatments, our talented hairdressers will offer you a mini washout treatment for every look.

Haircut | Hair Style | Full Hair Treatment | Makeup | Bridal Hair Style | Bridal Hair Makeup

### MANICURE

60 min

Experience the benefits of our manicure and take it to the treatment level, in this experience we carefully mix up scrubs, creams, and lotions. Get the opportunity to choose between your favorite scents. You have complete control of your experience, making your treatment much more relaxing.

### PEDICURE

60 min

Using salts, mud, scrubs, and mineral creams blended with signature scents, we create this personalized experience, which is not only a beauty treatment for your feet, but also an energizing lift for the skin. Our deluxe treatment includes a foot soak in salts and minerals, an exfoliation, and a foot massage with hydrating lotions to potentiate skin hydration.

Gel or Shellac Removal | Gel or Shellac Application

## SPA HOURS OF OPERATION

Therapy services from 10:00am to 8:00pm

### SPA ENVIRONMENT AND AGE REQUIREMENTS

Our facilities are an adult sanctuary. Guests must be 16 years of age or older. For the safety of our teenage guests, therapies for guests aged three to 15 years old are at the discretion of management, and after a parent or guardian completes a health history and consent form. There must be a parent or guardian present during the course of services. Please note that children under 16 years are not allowed to enter to the hydrotherapy areas, including saunas, pools or relaxation areas.

We recommend that you to arrive 30 minutes before your first scheduled appointment. This gives you time to familiarize yourself with the facilities and relax before your treatments.

Please note, all therapies end on time, regardless of start time.

### HEALTH MATTERS

Please inform us of any health conditions at the time of booking (e.g., high blood pressure, a heart condition, allergies, pregnancy). Consumption of alcohol before, during, or directly after spa treatments is not recommended. You will also be asked to complete a medical history form upon arrival, so we can better customize your experience to your needs.

### THE ATTIRE

You will receive a robe and sandals to wear between therapies and a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments may be worn during treatments. Swimsuits are required in some areas.



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