



Come and meet us!

Located on the first floor; our spa is a sanctuary dedicated to providing physical, mental and spiritual well-being; stimulating each of your senses.



Pablo Picasso #126. Zona Hotelera las Glorias

OPENING HOURS: 9:00- 6:00 PM



Spa Clinic Menu



Massages

By the sea: 75 min \$820 mxn

Holistic therapy that helps us balance the energy flow and release toxins by stimulating reflex points in nerve endings and harmonizing chakras.

Hot Stones: 60 Min. \$680 mxn

Full body, geothermal massage that helps reduce inflammation of the muscles and the correct restoration of blood flow; relieves tension and muscle pain.

Deep Tissue: 50 Min. \$620 mxn

Full body massage, with emphasis on neck and back; Decontracting technique, ideal for chronic pain and accumulated tension.

Aromatherapy 50 Min. \$580 mxn

Full body massage, which combines therapeutic massage and aromatherapy techniques

Wellness Anti-stress: 40 Min \$480 mxn

Relaxing full body massage complemented by hot wet towels that provide a feeling of deep relaxation and tranquility.

Back massage 20 Min \$350 mxn

Prices in Mexican pesos with taxes included (16%)

Direct payments in cash or by card, we do not charge commission for the use of it.

We accept payments in national or foreign currency.***

Additional services too all-inclusive**



RESERVATIONS EXT. 3340*

*SEE LAST PAGE

**THESE SERVICES ARE NOT INCLUDED WITHIN YOUR ALL INCLUSIVE PLAN

***EXCHANGE RATE IS THE SAME AS DETAILED IN FRONT

Hands and Foot care

Manicure: 35 min \$300

Cleaning and nail shape, regular enamel and moisturizing mask.

Preventive Pedicure: 45min \$390mxn

Nail cleaning and shaping, regular polish, exfoliation and moisturizing mask.

Pedicure spa: 60 min \$449 mxn

clinical pedicure for feet with calluses, onychocryptosis or onychomycosis. includes cleaning, treatment, exfoliation and moisturizing mask.

Foot Reflexology: 45 min \$460 mxn

Therapy that consists of stimulating the nerve endings located on the soles of the feet, which help to detoxify the body and strengthen the immune system.

**Gel / Acrilyc Removal \$129 mxn*



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Facials

Marine Collagen: 50 min \$549 mxn

Ideal facial for mature skin, includes mechanical exfoliation, facial lymphatic drainage massage that helps reduce facial fluid retention and will reduce expression lines and show off more radiant skin.

Mostrurizing Facial: 45 min \$489 mxn

facial for all skin types, especially recommended for rosacea or sensitive skin, ideal for sunburn or dryness due to temperature changes. Helps keep skin balanced and fresh-looking.

Deep Clean: 60 min \$599 mxn

Recommended for oily and acne-prone skin, it removes impurities from the face and removes dead cells.

Body Treatments

Russian With Honey: 50 Min \$560 mxn

Body treatment with honey, sweet almond cream and vitamin E.

The combination of the properties and the technique used have benefits such as hydrated skin, fading of scars, removal of dead cells-

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Lavender

PROPERTIES AND BENEFITS:

calming, relaxing and balancing. calming and anti-inflammatory effect. Delay the aging process. Regenerative of skin cells, it has healing power. Its use is allowed and recommended in prenatal and infant massage techniques and aromatherapy.



Decontracting

It is composed of essential oil of mint, eucalyptus, and rosemary. Properties that, when absorbed by the skin, give a thermal sensation and prepare the skin for the reception of different massage techniques. Providing a state of total relaxation, hydrated skin and a fresh aroma. Ideal for deep tissue, back or hot stone massages.



Grapeseed

stimulates collagen and elastin, its antioxidants help neutralize free radicals, responsible for cell aging. Especially indicated for the treatment of acne-prone oily skin; Although it is an oil that can be used by all skin types, it is perfect for aromatherapy massage techniques, anti-stress wellness, children or hot stones.



Melissa:

Also known as the plant of youth. its soothing, digestive, antibacterial, antiseptic and antihistamine properties have analgesic and healing properties. Recommended for aromatherapy; anti-stress wellness and sensitive skin.



AROMATHERAPY

It is a complementary medicine based on the use of essential oils from plants to improve the balance of mind, body and spirit.



Melissa

Sweet, citrus and fresh aroma, which promotes feelings of calm, tranquility and relaxation.



Mint

Refreshing aroma with citrus notes that refresh the spirit, clear the mind and balance the senses



Eucaliptus

Minty, woody and fresh aroma. strengthens the functioning of the immune system, and decongests the respiratory tract



RECOMMENDATIONS

Make your reservation in advance at extension 3340; every day from 9:00 a.m. to 6:00 p.m.

- Attend your appointment 10 minutes before your reservation. Wear comfortable and easily detachable clothing.
- Go to your appointment one hour after eating food. It is recommended to go to the bathroom before your appointment
- Take your skin free of sunscreen, and without sand or creams.
- It is recommended to go with telephone and electronic devices in silence.
- Answer your medical record honestly.

IF YOU WISH TO CHANGE OR CANCEL YOUR APPOINTMENT; PLEASE DO SO 3 HOURS BEFORE TO NOT GENERATE A ROOM CHARGE FOR CANCELLATION OF APPOINTMENT

CONTRAINDICATIONS

- It is not recommended during pregnancy.
- It is not recommended in case of skin conditions and/or surgeries under 6 months
- The use of the spa is not recommended for people with heart conditions and uncontrolled hypertension.

SPA BY THE SEA INTERNAL REGULATIONS:

- Barefoot or intoxicated conditions are not allowed on the premises.
- Glass items are not allowed in this area.
- Do not forget your personal or valuable items. Neither the hotel nor the therapists are responsible for your belongings.

IT IS NECESSARY THAT GUESTS WHO USE THE SPA MAINTAIN A RESPECTFUL CONDUCT TOWARDS THE THERAPISTS INSIDE AND OUTSIDE THE FACILITIES.

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¡FIND US ON SOCIAL NETWORKS AND SHARE YOUR EXPERIENCE!

www.laspalmasresort.com

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