



HACIENDA

BEACH CLUB & RESIDENCES
CABO SAN LUCAS

SPA MENU

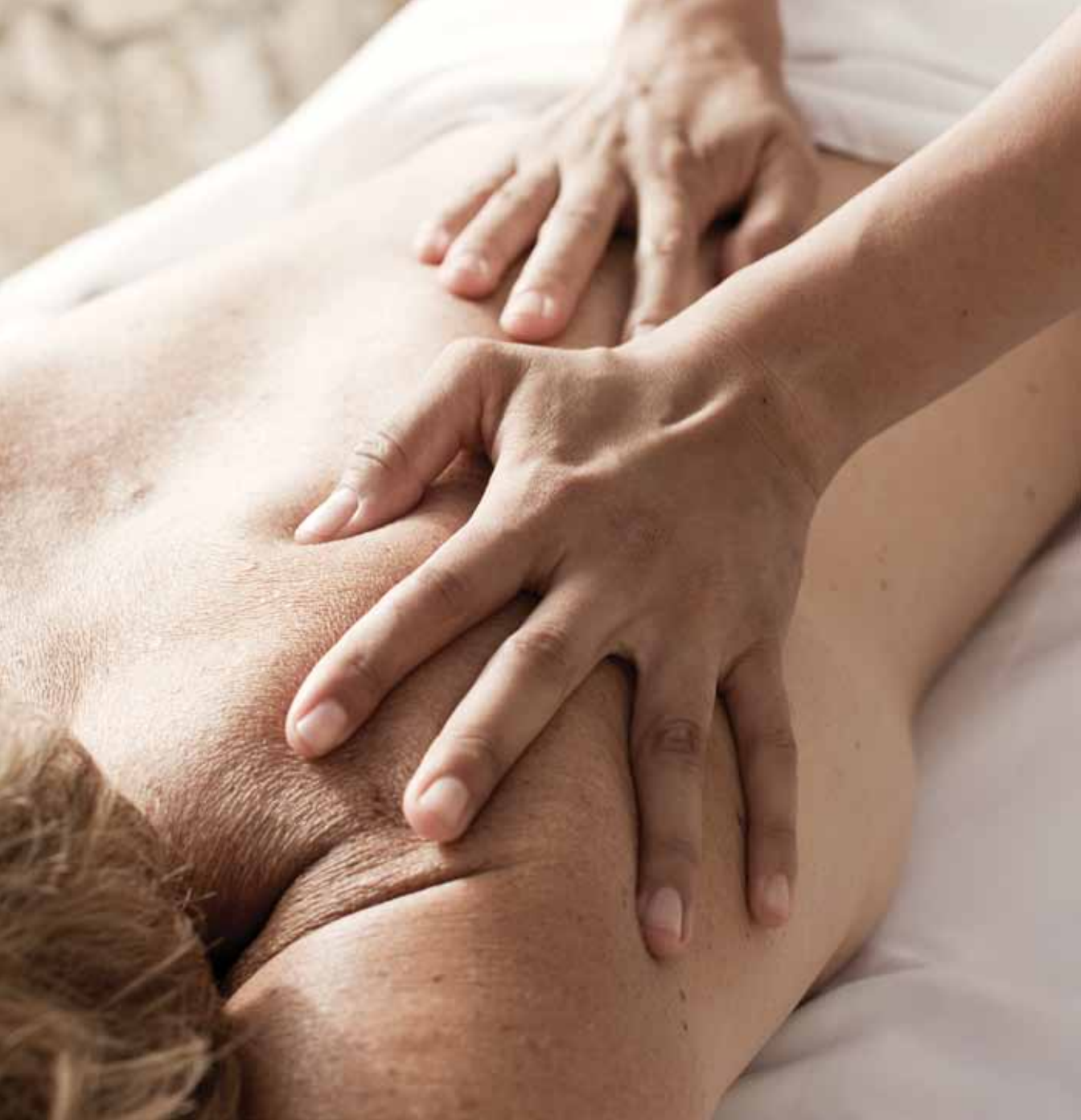


Spa Philosophy

A visit to Hacienda Spa is a journey into a world of sensation, beauty and balance. The Spa's serene desert garden environment creates an atmosphere of luxury with a sense of place and invites guests to relax while restoring a connection with the natural rhythms of life. Poised amid the historically inspired architecture of Hacienda and the vibrant colors and textures of Cabo San Lucas, the Spa offers a peaceful haven for physical, mental, and emotional renewal.

The Spa distinguishes itself through cultural influences and traditional ingredients of the area, blended into signature services and classical treatments, providing a context of complete wellness. The therapeutic experiences are based on primarily organic products, technical expertise, and the power of healing touch. The Spa's holistic approach is translated through enchanting settings and unique spaces. Outdoor relaxation lounges, water features, and soaking pools all contribute to the allure of the natural forces at play in harmonious surroundings.

The Spa programs offer a combination of innovative spa therapies, beauty treatments, and fitness services. The overall experience is awakening to the senses, stimulating to the mind and calming for the body, evoking the splendor of nature and the inner harmony in each of us.



Rituals of Touch

HACIENDA SIGNATURE RITUAL

Inspired by the rhythms and formations abundantly present in nature, this beautiful ritual brings balance and harmony to the mind and body. Like the ocean waves and delicate patterns in the sea shells, the body's energy undulates and spirals, creating the vibrancy and power inherent in each of us. This ritual will awaken and stimulate that energy, release the tensions built up in daily life, and promote overall well-being. The experience begins with a welcoming foot cleanse, followed by a purifying exfoliation, continued by a deep massage to relieve tension and expand the breath. We use herbal compresses with traditional medicinal plants to reach areas of profound tension and release blocked energy, while pure essential oils nourish and replenish, leaving you feeling refreshed and vibrant.

SIGNATURE TREATMENTS

SAGE AND STONE JOURNEY

This ritual honors the wisdom and beauty of the ancient cultures and their respect for the natural world. Stones are among the oldest materials on Earth and have accumulated healing energy through the ages. Inspired by shamanic traditions, this treatment includes a welcoming foot ritual, herbal energy cleansing, and therapeutic stone massage. In this exquisite experience, warm and cool healing stones are applied with specific massage techniques and aromatic oils to clear and invigorate, bringing a new sense of power and vitality. A soothing neck and scalp massage complete the journey.

SERENITY AND PROSPERITY COUPLE'S RITUAL

Enjoy the time to relax and unwind with a partner in the luxurious privacy of our couple's suite. Beginning with a soak in the private garden Jacuzzi, the ritual involves a full body exfoliation with black and white sesame seeds and sesame seed oil massage, leaving the body nourished and entirely tension-free. The sesame seeds signify prosperity among local cultures, and the colors of black and white support the balance of opposing energies in nature. An aromatherapy scalp treatment concludes the experience, head to toe!

Healing Touch

THE SOUND OF THE SEA RELAXING MASSAGE

This Swedish inspired, relaxing massage is the ideal way to begin your vacation. Release all tension and live in the delicious moment with pure organic essential oils and massage techniques that are both relaxing and restorative. Chase away any travel fatigue and prepare to enjoy the vacation of a lifetime.

DEEP TISSUE MASSAGE

The best way to relieve tension and an achy body, this massage incorporates a variation of pressure and deep stretching work, with natural products individually selected to suit your personal needs. The essential oils will rebalance your vital energies, restoring harmony and calm to your body and mind.

PERSONALIZED THERAPEUTIC MASSAGE

Experience the healing effects of customized massage work on your specific problem areas. Our skilled therapist will see to it that muscle tension simply melts away through the use of neuromuscular and trigger point massage applied to specific areas of the body, as well as isolated stretching, circulatory, and lymphatic techniques where needed.

HEALING ESSENTIALS AROMATHERAPY MASSAGE

As a beautiful way to relax and escape for a while, this treatment is designed to encourage your body to release and flow, completely surrendering to it's own internal rhythm. Our welcoming foot cleanse offers you grounding and stability, our dry brush exfoliation removes excess and remnants of the past, while a relaxing aromatherapy massage with essential oils, all applied to the back along the spine, will lull your body into a blissful state of peace and comfort. The ritual is complete with a warming facial aromatherapy compress and invigorating scalp massage.

SCALP MASSAGE AND FOOT REFLEXOLOGY

Allow your body to experience the amazing effects of scalp massage and foot reflexology. You will feel the entire body slip away into total relaxation while you experience this very popular treatment, giving yourself a chance to relax, recover, and renew.





Body Therapy

NATURALLY REFINING COCONUT TREATMENT

The rich antioxidants and nourishing oils of Coconut are in abundance during this whole body treatment intended to indulge the body and delight the senses. Complete with a luxurious exfoliating gommage, a warmed herbal compress applied to the whole body, and a deeply relaxing massage, this treatment is designed to moisturize and to replenish, as the benefits of coconut penetrate deeply into the skin.

NOPAL DETOX TREATMENT

Using the natural gifts from Mother Nature, we offer a garden of nutrition, beauty and rejuvenation for your skin. An initial dry brush exfoliation will stimulate the lymphatic flow and lift off dry skin, encouraging the skin to breathe. Next a natural oil and salt scrub will create a smoothness and natural glow by removing the rough, outer layer of your skin and revealing a new soft freshness underneath. Nopal, a native Mexican cactus, is then applied in a thin layer and the whole body wrapped to encourage detoxification and skin conditioning, the results leave the body purified and skin refreshed.

SMOOTHING EXFOLIATION

Exfoliating the skin is important in order to achieve the best results for any body treatment. Our option for renewing and detoxifying the skin can be a prelude to other treatments, or as an individual treatment in itself to leave the skin toned, hydrated and tightened, with improved texture and elasticity. Juniper, Seaweed and Cypress have a reputation for deep cleansing and purifying, together they jump start metabolism and circulation and penetrate the skin to help smooth cellulite. The aromas combine with resurfacing action both condition and hydrate, revitalizing the body and mind.

ALOE COOLING WRAP

This wonderfully soothing and cooling treatment is a welcome relief for sun exposure or the desert heat. Aloe Vera is well known for its healing and restorative effects, great for dehydrated or sunburned skins. The treatment includes a soothing mask and treatment with cool marble stones to help reduce any inflammation, and simply please all the senses.



Facials



AROMA PURE FACIAL

This complete and personalized aromatherapy facial utilizes only the purest natural and organic products to regenerate and hydrate the skin. The active ingredients filled with antioxidants will firm and strengthen, while the aromatherapy experience will soothe and calm your mind. Restorative oils and extracts of organic Neroli and Cassis (Black Currant) seeds will rejuvenate and rehydrate the skin. Deeply moisturizing organic oils of Rose Hip and Borage will smooth fine lines and firm skin for a brighter, more radiant skin tone. The purifying effects of our sun-dried Sea Algae mask help to open skin pores, trap impurities and remove them with the peel-off mask, all the while firming the skin and leaving a radiant glow.

CUSTOMIZED ANTI-OXIDANT FACIAL

The skin purifying effect of sun-dried white and green clays combine with the rejuvenating properties of organic Rose and Pomegranate to create the harmonizing effect of this treatment. The organic facial scrub with jojoba beads will deeply cleanse and purify skin, while organic Oils and extracts will smooth fine lines, firm, and renew elasticity of the skin. Organic Pomegranate Seed oil contains powerful antioxidants which fight free radical damage and organic Green and White Tea, along with Rose, aloe vera extract and Licorice Extract will restore youthful elasticity and hydrate skin with lasting moisture, leaving your skin feeling youthful, fresh and radiant. Align your mind and body with the power of cool basalt stones, which assist with the absorption and activation of the nourishing products.

Beauty

SPA MANICURE AND PEDICURE

Spa Manicure – 45 min

Spa Pedicure – 60 min

This treatment includes cleansing and massage of the hands and feet, exfoliation, masque, nail shaping, cuticle conditioning, application of emollient balm and polish.

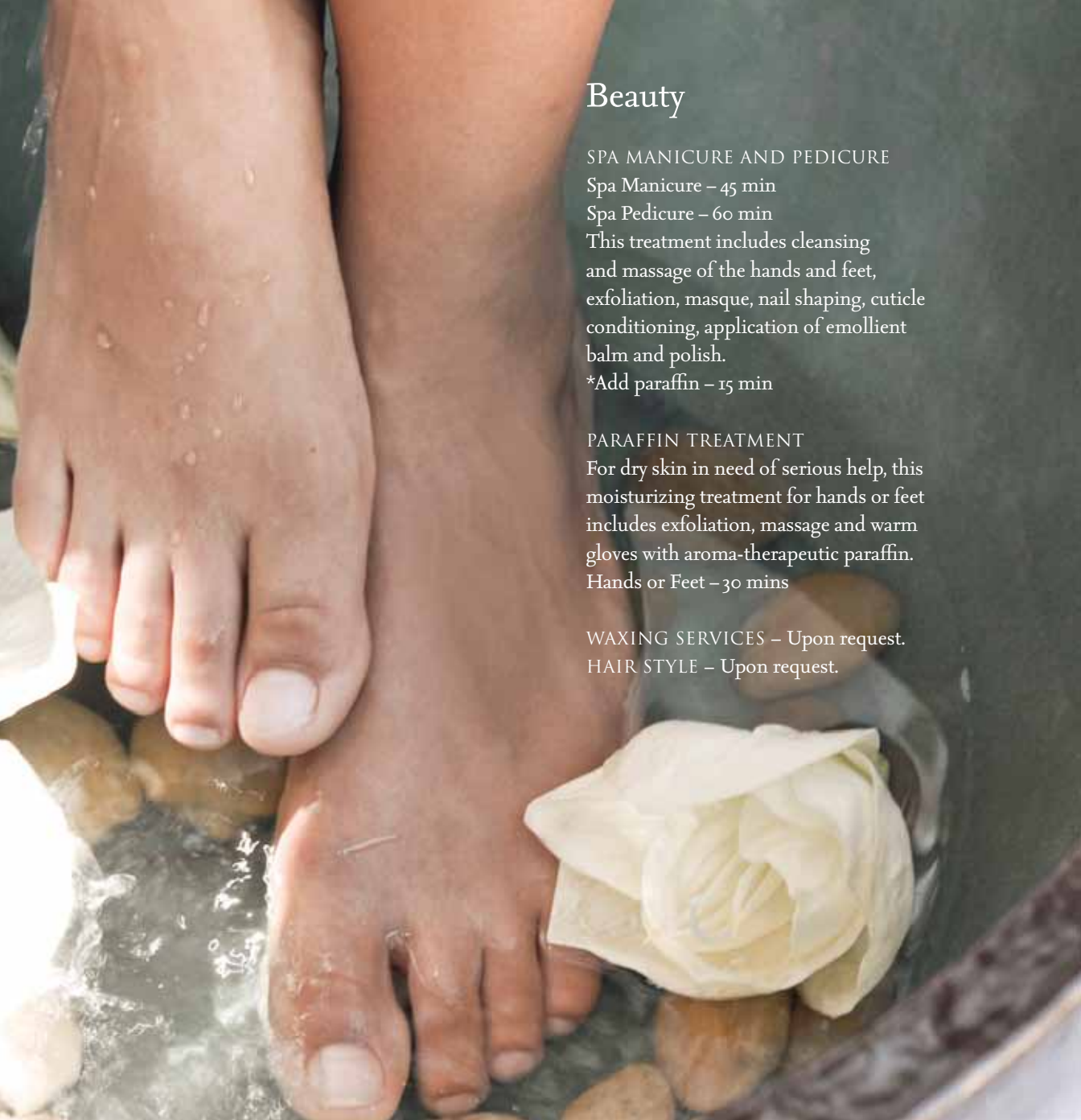
*Add paraffin – 15 min

PARAFFIN TREATMENT

For dry skin in need of serious help, this moisturizing treatment for hands or feet includes exfoliation, massage and warm gloves with aroma-therapeutic paraffin. Hands or Feet – 30 mins

WAXING SERVICES – Upon request.

HAIR STYLE – Upon request.





SIGNATURE PROGRAMS

SPA Signature Programs are available for design for our guests through the Spa Concierge. These packages are half and full day spa journeys that are specially designed to accompany our guests during important moments such as weddings, anniversaries, reunions, or on transformative journeys such as detoxifying, yoga and meditation,

or rejuvenating programs. Guests can choose from predesigned Signature Programs or create customized packages based on specific preferences and availability. Spa Signature Programs consist of a minimum of 3 hours, all include a welcoming ritual and complimentary Spa Café smoothie.

Fitness Programs

FITNESS STUDIO

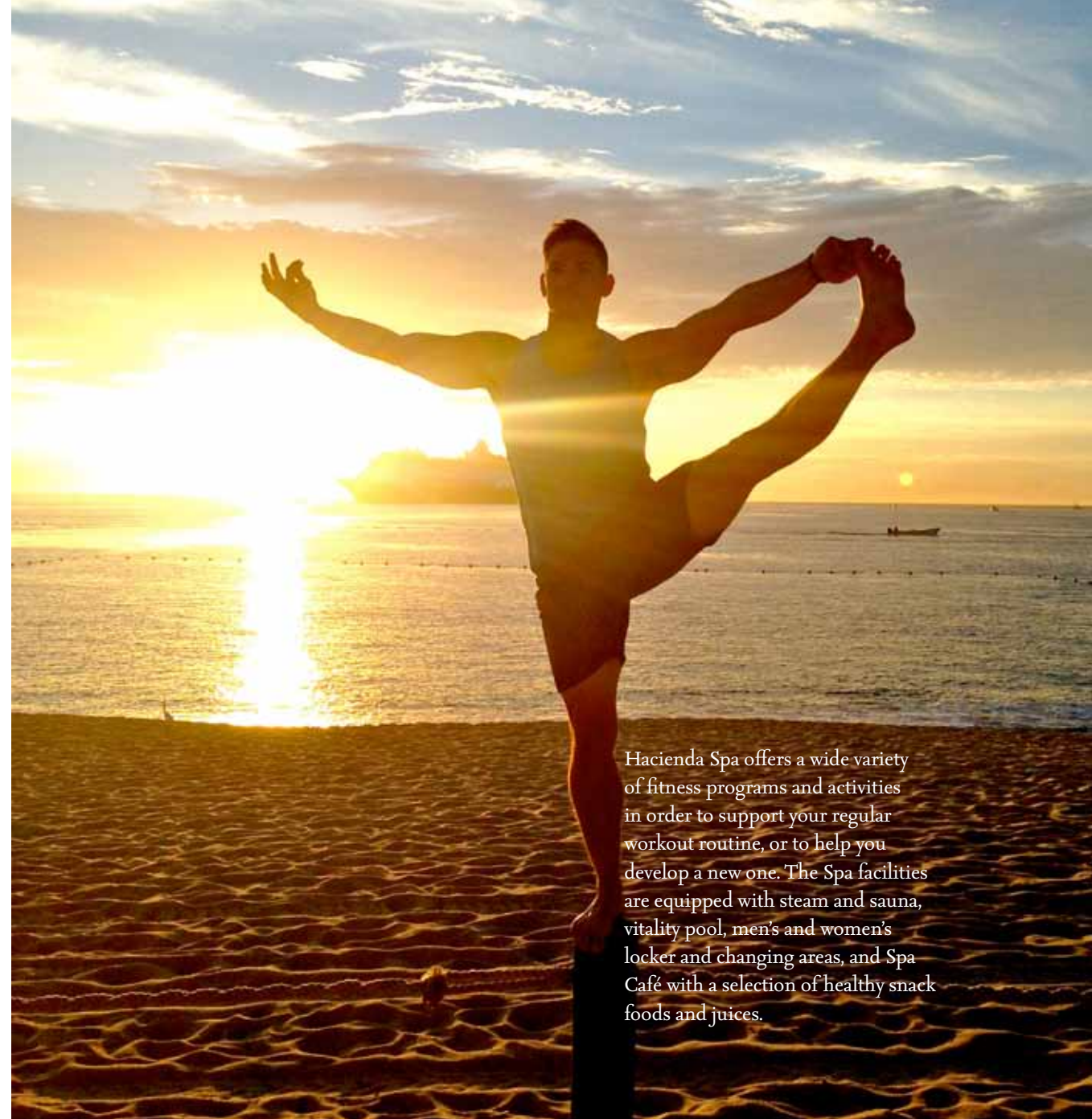
Our fitness studio is located within Hacienda Spa and is available exclusively for homeowners and guests while staying at Hacienda Beach Club & Residences. Fitted with premium strength and cardio equipment by Precor, we have created a space that provides something for everyone. We supply headphones, towels and bottled water for your visit. Personal training classes are available with a prior appointment with one of our select personal trainers.

FITNESS CLASSES

Our instructors are experienced fitness professionals who are available for regularly scheduled group classes including yoga, spinning, reformer pilates, TRX and more. Private training classes are also available with a prior appointment. Please enquire at the Spa Reception for the current Fitness class schedule or to set up a private training class.

SPA CAFÉ

The Hacienda Spa Café is available daily serving a selection of healthy snack foods, beverages and freshly-made smoothies. Let the Café create a smoothie to your taste, or choose from our Smoothie menu. The Café offers wifi service. Adjacent to the Spa Café you can practice and improve your golf game on the putting green. Putters and golf balls are available at the Spa Café.



Hacienda Spa offers a wide variety of fitness programs and activities in order to support your regular workout routine, or to help you develop a new one. The Spa facilities are equipped with steam and sauna, vitality pool, men's and women's locker and changing areas, and Spa Café with a selection of healthy snack foods and juices.

HACIENDA

Spa

THE SPA AT HACIENDA

HOURS OF OPERATION:

Spa Services available from 9:00 am to 7:00 pm

Fitness Center open from 6:00 am to 9:00 pm

TELEPHONE: 624.163.3130 ext. 5600

www.haciendacabosanlucas.com