

## THE BELOVED SPA TREATMENT MENU

*A STILLNESS SURROUNDS YOU AND THE WORLD FEELS LIGHT YEARS AWAY*

At The Beloved Spa , we believe that the power of nature, water, essential oils, plants, skilled healing hands, ancient wisdom, with all their therapeutic properties, are dedicated to the BEING, in all its dimensions, physical, mental and emotional. That is the approach of La Amada Wellbeing, a secluded destination that will give you the time and space to retreat to your beloved self.

### WELLBEING MESSAGES AND TREATMENTS

#### AGUA VIVA\*

SPA means "salute per aqua". We have given a whole new sense to this word with our exclusive Agua Viva. This circuit lets you work directly with water in aqua exercises, massages with jets, and cascades, which contrast with the iced pool and make the perfect preamble to the Hammam, our Arab style steam baths. This area also includes dry saunas, ice room and the biothermic and sensations showers.

\*Every treatment at The Beloved Spa includes a session for Agua Viva.

#### THE ALCHEMY RITUAL

For a totally personalized treatment according to your body and mind needs.

The Beloved Spa offers a variety of wellness treatments where you can choose with your spa therapist the perfect selection of botanical ingredients and essential oils to relax, revitalize, invigorate, heal or renew. Either frankincense with regenerating effects or relaxing lavender, anti-oxidant orange, revitalizing peppermint, hydrating milk proteins and much more.

The following wellness treatments include our alchemy ritual to create the ideal blend for you:

\*THE BELOVED SIGNATURE MASSAGE 50 min or 80 min

\*MUD MASSAGE 50 min

\*REFLEXO MASSAGE 50 min

\*WARM FLOTATION COCOON 50 min

\*BODY SCRUB 25 min

\*PERSONALIZED BATH EXPERIENCE 25 min

\*LOVE CELEBRATION FOR TWO 120 min

\*LOS NOVIOS RITUAL 100 min

\*ROMANZA COUPLES RITUAL 100 min

### MASSAGES

\*THE BELOVED SIGNATURE MASSAGE 50 min or 80 min

This "real" Aromatherapy massage combines the power of pure essential oils with a specialized massage drawn from the traditions of both East and West, incorporating a true sense wellness and rest. The synergy of this massage a warm herbal pillow in the back and essential oils will transport you to a place of relaxation and peace. Choose your own aroma according to your purpose. Choose from three blends of essential oils in our Alchemy Ritual

SOLAPI MASSAGE 50 or 80 min

La Amada spa sublime creation with a blend of techniques such as shiatsu, stretching and deep massage, the healing power of stones, the resting effect of warm pindas, aromas, and sensations to induce profound rest and relaxation.

THE BACK & SCALP BREATHING MASSAGE 50 min

This upper body treatment focuses on the back, chest, neck, shoulders and face. Using an inhalation of eucalyptus and other essential oils, along with pressure point massage to open up airways and maximize effective breathing, you will be left feeling light and able to breathe more clearly.

\*MUD MASSAGE 50 min

Alleviate tension, heal soared muscles and mineralize your skin, with the flow of expert hands in slow movements massaging your body with frankincense mud, feel totally renewed. Choose in our Alchemy Ritual the mud and essential oils to create your experience, black healing mud.

Frankincense nurturing mud, or detoxifying mud.

MUSCLE SOOTHER MASSAGE 50 or 80 min

This deep massage will relieve you of any muscle tension or tightness using a blend of essential oils known for their healing and soothing effects. Your therapist will target your areas of specific concern leaving you free of any aches.

#### EASE-UP MASSAGE 50 or 80 min

Drift away on the bliss of this relaxing light to medium pressure body massage. Feel comforted with the therapist hands that will sweep away the stresses of everyday life with flowing, slow rhythm movements to create a feeling of calm.

#### \*REFLEXOMASSAGE 50 min

A holistic healing technique applying pressure and massage to feet, hands and scalp. It works on the major organs of the body, which are mapped out on the feet, helping to alleviate a back pain, headaches and digestive problems, feel totally relieved and revitalized. Choose your essential oil to relax, invigorate or renew.

#### OBSIDIANA HOT STONE MASSAGE 80 min

Smooth hot stones are incorporated into the massage to bring about balance and healing of the body. Heated stones of various sizes are gently run across the body in a soothing rhythmic flow to melt away stress while relieving tense muscles and sore joints.

#### FUTURE MOTHER MASSAGE 50 min

The upmost special care and attention is given to a future mother's comfort by using special pillows to create the perfect environment during her massage. Benefits of this massage include improved circulation and diminish back and hip pain.

#### LA MANTEADA HEALING MASSAGE 50 min

Life, light, soul . . . from ancient indigenous medicine, this healing massage concentrates in the energy meridians that run throughout the body using stretching techniques with "rebozos" to allow energy movement throughout the body, restoring your inner balance.

#### IZAMAL CLEANSING RITUAL 80 min

From ancient Aztec and Mayan cultures, this cleaning ritual focuses in improving digestive, lymphatic and circulation systems, to elevate your energy levels and inner strength, starting with a sage cleaning ritual, continue to reinforce your pulse, clean digestive system with ancient techniques and stretching. A total state of wellbeing is the result of the Izamal Ritual.

## RITUALS

#### \*LOVE CELEBRATION FOR TWO 120 min (Couple )

An unforgettable experience of sensations and relaxation in the privacy of your own Spa Suite, start with a body exfoliation, continue with a mud application in your own mud bath, continue with a Beloved Massage a blend of techniques with the essential oil selected by both, end with a milk mousse bath with mineral salts and essential oils, enjoy Champagne and strawberries to celebrate.

#### \*LOS NOVIOS RITUAL 100 min ( Couple )

A romantic spa experience for couples. Enjoy our private suite with special flower setting and candle light. A Full body The Beloved aromatherapy massage with your loved one that will induce relaxation. Take pleasure in a milk mousse bath with essential oils and crystal salts while enjoying a neck and scalp massage. Champagne and strawberries covered with chocolate will be the perfect ending to this very romantic experience.

#### \*ROMANZA RITUAL 100 min ( Couple )

In your own exclusive spa suite, unwind and indulge with a soothing aromatic massage, to release muscle tension relax your mind, slow rhythm and long movements are involved, choose the essential oil of your preference, continue with luminous nourishing facial for both, that will balance and hydrate your skin giving luminosity and softness. Enjoy Champagne and strawberries to finish the perfect relaxation.

#### CITRUS SUPREME RITUAL 100 min

This antioxidant facial and body treatment envelops you in revitalizing citric sensations. Based in lyophilized orange juice to protect the skin from dryness and premature aging, providing the skin with spectacular rejuvenating, antioxidant and firming results. Helps diminish the appearance of dark spots and leaves the skin looking luminous and radiant. The first step is a Citrus exfoliation, followed by a body soufflé mask with pure Vitamin C and finalized with a C+C Facial and body hydration. The skin will feel clean, smooth and replenished.

#### GLORIOUS RITUAL 80 min

This personalized facial will cleanse, polish and moisturize your skin leaving it feeling truly revitalized. A specialized pressure point facial massage is performed that aids in maximum absorption, leaving your skin glowing, highly nourished, and your mind uplifted, a relaxing back, neck and shoulders massage is incorporated, making this a complete experience not only for your face, but for the body, mind and soul.

The massage in this facial will help eliminate any tension, tone the skin's texture, and refresh. A relaxing scalp massage will be given along with an arm and hand massage.

## BODY TREATMENTS

### \*WARM FLOTATION COCOON 50 min

Transport yourself in our thermal bed! This detoxifying treatment is a perfect pick-me-up when you are feeling tired. Full body exfoliation followed by an application of the Mud of your choice that will envelop you, and stimulate your senses, while your therapist performs reflexology and scalp massage. You will feel invigorated and full of energy after this experience.

\*We recommend you add a personalized bath prior, to enhance the full benefits of this healing treatment.

### HYDRA SKIN COOLER 50 min

Soothe and rehydrate over-exposed skin with this cooling, refreshing treatment. You will experience the skin healing properties of organic noni and aloe, with hydrating and regenerating effects. Your body will be wrapped and you will experience a mini facial that will help to balance and hydrate your skin.

### VITA C DRENCH 50 min

Drench your skin with energizing nutrients VITA C DRENCH is an ideal body treatment for skin that has been damaged by the sun or the free radicals in our environment. This body wrap brings back elasticity to the skin along with an intense, deep hydration. Natural ingredients, such as crystallized honey, Shea butter, ascorbic acid, and orange juice protect the body's skin against dryness and premature aging. Rejuvenating, antioxidant and firming results will be seen from the first session.

### SIGNATURE MESO SCULPTING 80 min

Let your figure look reshaped, draining toxins and reducing your measures. A body treatment session that begins with thermo-therapy to activate the circulation of the areas being treated. You will choose from three different mesodose treatments based on your needs and desires: **slimming, lifting or re-contouring**. Your personalized Meso treatment is followed by application of a THALASSO SCULPTING BODY MASK, which prepares your skin for remodeling.

### IONITHERMIE REDUCING TREATMENT 80 min

Ionithermie Sculpting Treatment will reduce fat deposits of cellulite, enhancing skin appearance, detoxifying extra cellular waste, and will actually reduce measures from the first session. It works using two kinds of electrical stimuli, algae, conductive clay and lipolitic actives. Amazing results can be appreciated.

### \*BODY SCRUB 25 min

This body treatment is ideal for skin suffering from the loss of elasticity and dehydration; it polishes the surface of the skin eliminating dead cells and provides the skin with a soft, radiant and glowing appearance.

Choose from a selection of body scrubs:

ORANGE: antioxidant, luminous.

FRANKINCENSE: regenerating, energizing.

GREEN TEA: antioxidant, revitalizing.

### \*PERSONALIZED BATH EXPERIENCE 25 min

*Balneotherapy sessions are an ideal complement for massages, facial or body wraps, and can be experienced in our couples hydrotherapy tubs.*

With the benefits of "salute per aqua" enjoy in our specialized music-therapy vibrations in the water, chromo therapy and air hydrotherapy tubs, with a specific bath for your special needs, to emerge totally rested. Enjoy your session with a scalp massage.

GREEN TEA BATH: an anti-aging revitalizing experience.

CRISTAL BATH: essential oils and trace elements from the sea, to detoxify, rejuvenate and energize the body.

MILK MOUSSE BATH: to calm burned skin and rehydrate.

## **FACIALS**

### **TIME EXPERT FACIAL 80 min**

The latest technology in shock facial treatments, visually fills in expression lines and smoothes wrinkles, and Soybean extract that will act as a Botox effect, it will rejuvenate your facial expression in just one session, giving your skin a complete transformation, and ultimate relaxation with a scalp and hand massage that will be applied during the session, equilibrating your body and mind.

### **INHIBIT CARBOXY FILLER FACIAL 80 min**

The non-invasive wrinkle relaxing solution INHIBIT CARBOXY FILLER treatment is a sophisticated alternative to most injectable treatments. Due to targeted ingredients, this line dramatically reduces expression lines and wrinkles, leaving the face smooth and rejuvenated. INHIBIT is the first anti-wrinkle treatment formulated with Octaminoxyl ingredient, which is the most effective inhibitor of facial contractions, and a Lipofiller complex to fill existing deep wrinkles and expression lines.

### **C+C VITAMIN FACIAL 80 min**

Do something good for your skin give it a boost of energy with 100% pure Vitamin C. This antioxidant treatment relieves sun-damaged skin and helps fight the signs of premature aging. A reparative serum, containing a high concentration of Vitamin C, is formulated to improve appearance and stimulate collagen production to renew skin's firmness. Skin will emerge nourished and revitalized.

### **LUMINOUS NOURISHING FACIAL 50 min**

This personalized facial will cleanse, polish and moisturize your skin leaving it feeling truly revitalized. A specialized pressure point facial massage is performed that aids in maximum absorption, leaving your skin glowing, highly nourished, and your mind uplifted. This is a complete experience not only for your face, but for the body, mind and soul an experience not to be missed!

### **PURITY CLEANSING FACIAL 80 min**

This deep cleansing, refining facial uses the properties of essential oils such as lavender to condition and balance the skin's natural oils. Your skin will be purified, and a specialized facial massage technique will help to remineralize and revitalize your complexion. A scalp massage will be given to further enhance the deep relaxation and feeling of all over freshness you will feel as a result of this experience.

### **SPORT FACIAL FOR MEN 50 min**

This facial is specifically designed for men to achieve a more revitalized, younger looking skin based on natural ingredients such as Birch Sap, Olive Extract, Vitamin C and Sake extract will provide detoxifying, hydrating and anti-aging effects to comfort men's skin. Light, easily absorbed textures and sandal aromas.

### **AFTER SUN FACIAL 50 min**

Cleanse and repair, with soothing botanical actives, that will calm and deeply recover any irritation on your skin, ideal for sensitive skin, sunburns, allergies, rosacea, it will recover and freshen your face.

### **REVITALISING EYE TREATMENT 30 min**

The delicate eye area is the first place to show tiredness and ageing and it really benefits from some special care and attention. Pure collagen fibre veil is applied to the eye area while working on dark circles and fine lines. Gentle shoulder release techniques and a scalp massage free the circulation and improve blood supply to the eyes.

## **FAMILY EXPERIENCES, TEENS AND KIDS**

### **SHARING WITH MOM OR DAD RITUAL 50 min.**

Start your experience with a feet clarity bath, with connecting soul messages, to continue with our guided salute per aqua circuit enjoying jets, sensation showers, hammam and sauna, to prepare your body and mind, create your own aroma therapeutic balm choosing your essential oils for your massage, and enjoy together an unwinding and soothing massage, bringing to your minds and body the benefits of the oils you selected. Minimum age of 12 years and height is required for Agua Viva access.

### **LULLABY MASSAGE 25 min**

Like a soft lullaby a professional therapist will massage child's feet, legs, hands, arms, back, neck and head, with slow rhythmic rocking movements for them to rest, parents can participate in this peaceful massage and learn a new technique to soothe your child.

### **PRINCESS MANICURE OR PEDICURE 25 min**

Full pampering for the princess' nails! Includes soaking, filing, cuticle treatment, deluxe hand massage, pretty pastel polish adorned a sparkly top coat that will endure the activities of a playful little girl.

### **HANNAH'S HAIRSTYLE 25 min**

A finishing touch for your perfect new princess! Beautiful ribbons or beads in the hair, a dab of lip gloss, a brush of eye shadow, to seal her new look.

### **ACTION MAN PEDICURE 25 min**

Your little Action Man's feet will be soaked in a citrus bath; their tiny feet will be pedicure and exfoliated. Topping it off with feet massage and he will be ready for adventure.

### **HAIRCUT FOR KIDS 25 min**

All our kids haircuts include hairstyle with gel for boys, and a pair of ribbons or beads for girls.

### **JUNIOR PEDICURE OR MANICURE 25 min (12 to 15 years)**

A feet sea soak bath to refresh the feet followed with a marine exfoliation, foot massage, heels buffing and nail cut and buffing and optional pastel polish for girls.

## **BEAUTY PARLOR**

### **NOURISHING BEAUTY RITUAL 100 min**

A complete beauty session for you that starts with a paraffin pedicure and an Intensive Nutrition hair Ritual to protect from sea and sun and reconstruct your hair includes blow dry.

### **THE BELOVED MANICURE 50 min**

A total treat for your hands, a green tea hand bath, manicure, reflexology hot stone hand massage for your total delight.

### **SPA MANICURE 50 min**

Provide a wake-up call to hands with our Spa Manicure with reparative, replenishing products brimming with energizing essential oils derived from sun-loving citrus fruit, and blended with rejuvenating antioxidants, nourishing vitamins and nurturing moisturizers.

### **HAND GROOMING FOR MEN 30 min.**

Includes, cuticle softening, nail cut and buffing, hand hydration and transparent polish optional.

### **THE BELOVED PEDICURE 80 min**

Start with a clarity feet bath, peppermint exfoliation to smooth your skin and reflexology massage for your feet will be incorporated to your pedicure, ending a deep scalp massage to relax your mind.

### **SPA PEDICURE 50 min**

Our Spa Pedicure captures the sparkle of salt-spray that instantly exfoliates and softens even the roughest feet – with refreshing ingredients and energizing marine botanicals, quartz crystals and soothing sea salts.

### **HOT STONE & CHOCOLATE PEDICURE 50 min**

Give your feet the most relaxing and revitalizing pedicure, including: exfoliation, pedicure, massage with hot stones that will rebalance your energy and relief your feet, ending with a chocolate treatment to hydrate your feet. 50 min.

### **ORGANIC PEDICURE 50 min.**

A natural experience, raw sugar, honey, that will nurture your feet with rich vitamin ingredients, an ancient herbal poultice healing feet massage will be applied liberating tension in this area, and an organic energizing feet wrap will be a perfect ending for this ritual.

### LUXURY COUPLES PEDICURE 50 min.

Enjoy together a complete feet treatment, starting with a Marine bath and exfoliation for your feet, petals, feet massage, warm silk paraffin, sweet delights and a glass of champagne will pamper your pedicure.

### ADD ONS:

#### SILK HANDS OR FEET

Add this paraffin & collagen treatment to your hands or feet, after your manicure or pedicure that will hydrate your skin and will leave it as smooth as silk. 15 min.

WAXING, price based on specific area.

#### MAKE-UP

Look your best for that special day let our professionals work on a beautiful makeup according to your preferences.

## HAIR

### INTENSIVE NUTRITION 50 min.

For **devitalized brittle hair** that has lost shine and density. This hair treatment is rich in Vitamin F, ceramides, and grenade extracts, that will strengthen and reconstruct the hair fibers and it protects with antioxidants from sun damage. Fortified and replenish on the surface and the hair fiber is smoother, shinier, more substantial and feels firmer.

### RESTRUCTURING TREATMENT 50 min.

For **dry, colored and processed hair** that has lost natural shine and softness. Contains Gluco-active extracted from Royal Jelly that nurtures from the roots, proteins to enrich the fiber and natural oils that will soften the cuticle of the hair and will bring natural shine. Contains UV filters to protect from the sun.

### OLEO CURL TREATMENT 50 min.

For **dry undefined curly hair**. This treatment contains Nutri-huile containing natural oils to soften and nurture the fibers and hydrating actives. Curly hair is left smooth and supple, curls defined and shiny from roots to end controlling sponge effect.

### ANTI FRIZZ TREATMENT 50 min.

For **rebellious and dry hair**, containing three oils extracts to nurture the fibers and Camelina extract for an anti-frizz lasting effect leaving your hair smooth, shiny and silky.

- ❖ HAIRSTYLE
- ❖ Hairstyles vary according to the style you choose and the length of your hair. Hairstyling does not include shampoo.
- ❖ HAIR CUT
- ❖ HAIR COLOR
- ❖ MENS' HAIR CUT
- ❖ HAIR STRAIGHTENING

## HOW TO BEST INDULGE IN THE BELOVED SPA

### WHO WILL HELP ME DECIDE HOW TO CHOOSE MY TREATMENTS?

One of our spa professionals will help you plan the perfect spa experience, including the best sequence for your treatments.

### WHAT IF I HAVE SPECIAL HEALTH CONDITIONS?

Please notify a spa professional before scheduling your appointments. If necessary you can request a mini check-up with the doctor.

### MAY I REQUEST A MALE OR FEMALE THERAPIST?

Yes, of course, although we cannot guarantee the availability of a particular therapist or gender. All of our therapists are trained to drape towels discreetly to respect and protect your privacy at all times.

### WHAT DO I WEAR DURING MY TREATMENT?

Wear what is comfortable for you. Our staff may provide you with undergarments for the body treatments.

### WHAT ABOUT MY JEWELRY AND VALUABLES?

Please leave all valuables in your room's safety deposit box or the lockers in the changing rooms. Millé is not responsible for lost or forgotten valuables.

### WHAT IF I'M LATE FOR MY APPOINTMENT?

Arriving late may limit the time for your treatment. Depending on the length of your service a late arrival may be classified as a 'no-show.'

### WHAT PRECAUTIONS DO I NEED TO KNOW?

We recommend eating and drinking in moderation and avoid alcoholic beverages prior to your spa service, exercise classes, whirlpools, and heat treatments. Do not shave your legs prior to a body scrub treatment. A severe sunburn may prevent you from enjoying a spa treatment. Be conscious and use good sun protection.

### WHAT ABOUT GRATUITIES?

Gratuities are not included with spa treatments, they may be charged to the room, or in cash.

### WHAT ABOUT PAYMENT FOR SPA SERVICES?

The Beloved Spa is able to charge spa services to your room account. Guests may also pay with credit card.

### WHAT IS YOUR CANCELLATION POLICY?

Cancellations must be made at least 24 hours prior to your scheduled appointment.

### WHAT IF I FORGET TO SHOW UP FOR MY APPOINTMENT?

Please don't forget!!! No Shows will be charged 50%.

Open every day from 10:00 am to 7:00 pm

Reservations at Ext. 8042 • Tel. (998) 8728730 • e-mail: [spa@belovedhotels.com](mailto:spa@belovedhotels.com) • [www.belovedhotels.com](http://www.belovedhotels.com)