



# THE RESORT AT PEDREGAL

## **Alan Navarrete** **Spa Director, Luna Y Mar Spa**

Alan Navarrete, Spa Director at the Luna Y Mar Spa at The Resort at Pedregal brings a wealth of experience as the health and wellness expert to the leading luxury Cabo San Lucas resort.

Navarrete joined The Resort at Pedregal after previously serving as Spa Director at the Auriga Spa at Capella Pedregal where he was selected to be part of the opening team in 2009 as Assistant Spa Director. Navarrete's passion for spa culture and travel led him to the Canyon Ranch Spa Club onboard Regent Seven Seas and Oceania Cruises, where he served as Spa Director for two years before returning to Capella Pedregal. It was during this time that he further developed as a spa professional, gaining valuable experience and learning new techniques from influences all over the world.

A graduate of the University of La Paz in Mexico, Navarrete's journey into the world of wellness and spa first began at the Ixchel Spa at the Hilton Los Cabos, where he spent five years in Management, training and developing knowledge in skin care, massage therapies, nutrition and healing benefits and practices. These integral years of his career set him up with a solid foundation and allowed his acquired skills and experience to flourish, leading up to his current role as Spa Director at the Luna Y Mar Spa at The Resort at Pedregal, which he's held since May 2014.