



SPA MENU



DISCOVER THE ULTIMATE SPA EXPERIENCE

Nestled in the very center of The Resort at Pedregal, Luna y Mar is a tranquil lagoon in which guests can rest, rejuvenate and tap into the natural healing culture of Baja, Mexico. Luna y Mar, whose name in Spanish means moon and sea, has a distinctive approach to wellness and beauty, revolving around the phases of the moon.

Take time in our wet area grottos with their steam rooms, saunas, ice rooms and whirlpools. Local herbal remedies are provided in the grotto to enhance your experience. After your treatment, relax in our spa's salt-water meditation pool, which can be accessed directly from your private treatment room.



AN INSPIRED SPA RESORT
IN CABO SAN LUCAS



OUR STORY

THE MOON

The four phases of the moon impact the body in very specific ways. Luna y Mar's signature treatments represent the varying energies of the lunar phases to align you with the rhythms of nature and enhance your wellbeing. The awakening new moon is for renewal and introspection. The nourishing waxing moon is for refocusing your energy and embodying your visions. The calming full moon is when one's full potential is achieved, and the restoring waning moon offers the perfect time for cleansing.

THE SEA

The Ocean is the source of life and has a powerful effect on mind, body, and spirit. Our aquatic treatments harness the energy and healing power of the sea to restore beauty, health, and spirit using ingredients such as hand-harvested 100% certified seaweed extracts from some of the cleanest waters on the planet. Luna y Mar Invites you to bathe in the sea of life.

MEXICAN FOLK HEALING

Mexican folk healing is known as curanderismo. Luna y Mar honors the tradition it embodies through our spa guardian, who uses rituals, herbs, and healing to fortify the material, spiritual, and mental realms. We warmly invite you to begin your spa experience with our welcoming foot cleansing ritual which utilizes special herbs to purify and prepare you for your spa journey.



LUNA Y MAR

SIGNATURE TREATMENTS

THE AWAKENING MOON

110 minutes

The Awakening Moon indicates a time for renewal and self-discovery. Prepare your senses and body for a new beginning with a seaweed and eucalyptus salt scrub that exfoliates your skin and truly unveils your sense of perception. Body and mind are then revitalized with a seaweed wrap and deep tissue moon massage. You will be awakened by this stimulating treatment.

THE NOURISHING MOON

110 minutes

The Nourishing Moon is the time to best direct your energy and let go your creative mind. Pamper your skin with a honey & jasmine sugar scrub, followed by an exquisite scalp massage while covered in a nourishing body wrap. The treatment concludes with a rose and jasmine massage focused on warming up the body to heal your joints and muscles.

THE CALMING MOON

110 minutes

The Calming Moon is the time to live life to its fullest. Balance mind and body throughout this journey with the calming effect of rose buds, petals & brown sugar exfoliation, then a re-mineralizing rose mud wrap deeply hydrates the body followed by a relaxing-sedative massage.

THE RESTORING MOON

110 minutes

The Restoring Moon is the perfect time to cleanse. Cleansing treatments undertaken during this phase are more effective and will act on deeper levels. Start your cleanse with an exfoliation using silk gloves followed by a mud wrap & a lymphatic massage, detoxifying oils and pressure point techniques will release toxins and stimulate your inner organs.

THE SEA & THE MOON

110 minutes

Aquatic massages and the moon massages are combined in this transforming treatment which enhances wellness. This experience includes an aquatic massage to decompress your spine and ease muscle tension, followed by a full-body moon phase massage.

THE DAMIANA & HONEY MOON

80 minutes

Native Baja cultures used the damiana flower to increase energy, calm the nervous system, uplift the spirit, and primarily as a powerful aphrodisiac. Especially designed for couples, your treatment starts with an herbal body scrub, followed by a hydrating honey wrap. A damiana liquor massage will ease your muscles and senses in a deep state of relaxation. After your treatment has concluded, 30 minutes extra will be provided in our spa couple's suite in a beautiful romantic setting to further promote relaxation.

RENEW YOUR MIND
AND BODY



LUXURY ORGANIC FACIALS

ROSE CRYSTAL LYMPHATIC FACIAL

Hydrates · Soothes · Nourishes

50 or 80 minutes

Our signature facial has been described as the true luxurious organic experience. This facial cleanses, soothes, and nourishes all in one treatment, including deep cleansing, AHA exfoliation, seaweed mask, scalp massage and a rose quartz lymphatic facial massage for an overall holistic experience. The skin is left radiant and glowing.

ULTRA LIFTING MARINE FACIAL

Lifts · Renews · Illuminates

50 or 80 minutes

This facial begins releasing stress from the body with specially designed warm stones massage on neck & shoulders. Skin glow and firmness are restored with active marine extracts filled with collagen boosters. A deep muscle face massage increases oxygen in facial tissue while cold jade rollers help reduce pore size and fine lines, stimulating the skin's natural renewal capacity, resulting in luminous, tight, healthy looking skin.

MEN'S FACIAL

Decongests · Repairs · Hydrates

50 or 80 minutes

Our anti-aging facial restores healthy skin after sun-damage, shaving, pollution, and other environmental exposures. Deep cleansing, exfoliation, and a customized mask with active ingredients rich in vitamins, antioxidants, and peptides eliminate blocked pores for a clearer complexion. Our face, shoulder, neck and scalp massage will leave you feeling relaxed and recharged.

MINDFULNESS ADVANCED SKIN CARE

THE CURE

Detoxifies · Restores · Hydrates

50 or 80 minutes

A true antidote against the ravaging effects our modern lifestyle has on our skin. This deep cleansing facial includes a three-step cleansing ritual with innovative enzymatic detox, steam to open and purify pores and a meticulous extraction process, revealing extraordinarily soft, clear radiant skin.

INHIBIT FACE LIFT

Lifts · Fills · Inhibits · Reforms

50 or 80 minutes

Surgical alternative that infuses the skin with all the benefits of a microinjection without the neurotoxins. Provides a global rejuvenating effect on your skin: Inhibits, fills, tightens and reforms. Visibly lifts your skin after just one treatment due to the innovative and highly concentrated ingredients. This treatment enhances and provides a longer duration on the effects of microinjections and other medi-aesthetic procedures.

3D COLLAGEN SHOCK

Firms · Redefines · Tightens

50 or 80 minutes

A powerful regenerative and rejuvenating treatment based on a smart combination of three types of collagen (high, medium and low weight) that exceptionally increases skin firmness. With an incredible lifting and re-densifying effect, this innovative facial improves skin density and minimizes wrinkles and fine lines while preserving optimal moisture.



INDIGENOUS TRADITIONS
TAILORED FOR YOU

MEXICAN FOLK HEALING

INDIGENOUS HERBAL DETOX **50 or 80 minutes**

Enjoy a mix of potent plants of the Baja that help dissolve body fat and release toxins due to their anti-inflammatory and diuretic properties. Discover your indigenous Mexican experience starting with an herbal energy cleanse, followed by an herbal mud wrap to detox at a deep cellular level. Finally, a detoxifying massage with rosemary oil will decongest and tone your body.

BAJA FLAVORS **50 or 80 minutes**

Using flavors of the Baja, enjoy a coconut scrub, mango & aloe wrap, a scalp treatment, a honey facial mask, and as the final touch a full body massage with pure coconut oil. This treatment removes dead skin cells, leaves your skin silky smooth and your muscles in bliss.

ALOE SUN HEALER **50 or 80 minutes**

Designed to help you recover from a day in the sun. Our hydrating full body mask will nourish and heal the skin after sun or heat exposure. Mineral-rich organic algae, luscious aloe vera gel harvested from our own grounds, and green tea extracts rich in antioxidants, reduce redness and irritation to cool and soothe environmentally damaged skin.

THE INTENTION **80 minutes**

Discover the magic of herbal aromatherapy and indigenous rituals in this powerful treatment composed by an energy cleansing ritual, craniosacral therapy and a Mexican folk healing massage. Our hand harvested organic blends are consecrated by curanderas and shamans using the energy of plants, flowers and herbs to provide a holistic targeted body, mind and spirit experience.

ANCIENT MASSAGE **50 or 80 minutes**

This unique massage experience detoxes your body using elements and techniques that have been handed down from generation to generation in the Mexican culture. Lemons and herbs are used to relax, release and heal muscle tension along with ancient techniques to restore balance and rejuvenate the mind, body and soul.



AT LUNA Y MAR SPA,
YOU RELAX INTO
DEEP RENEWAL

MASSAGES

FULL BODY

50 or 80 minutes

Our therapists will help revitalize and invigorate your body and spirit. Customize the pressure that best suits you, from a Swedish massage that stimulates circulation and relaxes the nervous system, to an all-time favorite deep tissue to bring relief to sore muscles, or a vigorous sport massage to restore peak performance for stressed muscles.

STRESS RELIEF

50 or 80 minutes

Discover the most therapeutic and pain-relieving massage combination. Using hot stones to reduce inflammation, deep tissue therapy and trigger pressure points, the expert hands of your massage therapist will ease all muscular tension.

MAGIC STONES

50 or 80 minutes

Experience the magic contact of the Baja stones. The combination of hot volcanic and cold marble stones release deep muscle tension with a soft to medium pressure throughout your body restoring & balancing energy.

AQUATIC MASSAGE

50 minutes

Immerse into a quiet world of healing and inner peace. Experience floating in our pools while being cradled, as each muscle and joint relaxes deeply and rhythmically. Breath work, pressure points, and yoga-like stretches are combined to relief mental and physical stress.

TENSION ZONE

25 or 50 minutes

Discover the targeted back, shoulders & neck massage especially created as a quick fix to tension prone muscles in your body.

THE ART OF SOUND THERAPY

50 or 80 minutes

Sound travels through the energy pathways (of the meridians and the chakras) helping the body to tune into its own frequency. Sound with stimulation of one or more acupressure points and massage techniques helps restore balance in your body.

NEW MOON

50 or 80 minutes

The new moon gives you the opportunity to start a new cycle. Is the perfect time to sow the seeds for your plans, understand who you are and who you aspire to become. This therapy was designed to work deep on your muscles to prepare your body for new beginnings, you will feel awoken, clear and inspired.

WAXING MOON

50 or 80 minutes

This moon phase provides the best time to watch your seeds grow up and pay attention to your plans to keep them on the right track. Waxing moon therapy will work on top of the fascia warming up and opening joints to release heavy energy, to help you feel stimulated, focused and nourished.

FULL MOON

50 or 80 minutes

With the full moon comes the realization of our full potential. It's time to harvest. This massage therapy focuses on aligning both the structure of mind and body by sedative coordinated movements, working underneath the fascia and on top of the muscle to bring you calm, balance and fulfillment.

WANING MOON

50 or 80 minutes

Waning moon is the time to retreat, reflect and cleanse at a deeper level. This unique massage therapy works between the skin and the fascia allowing your body to release tensions and toxins through your lymphatic system to feel cleansed, restored and relieved.

NAIL CARE & REFLEXOLOGY CENTER

STONE PEDICURE

80 minutes

Discover the benefits of volcanic hot stone massage. Toxins are brought to the surface with heat, and cold marble stones flush them out of your body through your lymphatic system. This renewing pedicure will help relax sore muscles and improve circulation, providing a long-lasting relaxation along with luminous skin and nails.

INDIGENOUS DETOX PEDICURE

80 minutes

A powerful blend of herbs full of Chlorophyll and potent antioxidants helps release toxins due to their anti-inflammatory and diuretic properties. Enjoy a sea salt scrub & herbal mud wrap while soaking in indigenous herbal infused tub, savor the taste of Mexican traditions in the most unique pedicure experience.

ROSE CRYSTAL PEDICURE

80 minutes

The different energies of the moon impact the body in very specific ways, custom massage is provided to feet and calves using rose crystal quartzes to promote circulation and infuse positive energy to your body foundation. Enjoy a luxurious rose and Jazmin scrub and nourishing oils while your nails are treated and polished to perfection.

REFLEXOLOGY

50 minutes

Rebalance your energy with reflexology, a natural healing art using pressure point techniques on the hands and feet. It is based on the principle that there are reflex points on the hands and feet that correspond to the different organs of the body.

NAIL CARE

Manicure
French Manicure
Shellac Manicure

Pedicure
French Pedicure
Shellac Pedicure

Polish Change
Shellac Removal



HOW TO SPA

HOURS OF OPERATION

The spa is open daily from 9am to 8pm. Treatments are also available outside these hours by request.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please contribute to this serenity by speaking in soft tones or enjoying the quiet. Please respect all spa guests' right to privacy and refrain from the use of mobile phones and sounds on mobile devices and cameras during your time with us. Luna y Mar Spa is a smoke-free zone.

We encourage you to arrive 45 minutes prior to your appointment to enjoy the spa's wellness facilities including steam rooms, saunas, ice rooms and pools. Our staff will be happy to assist with any recommendations based on your chosen treatments. During your time at Luna y Mar Spa, you will be provided with a locker, robe, towels and slippers. Disposable undergarments are also available at your request. We do recommend that you refrain from bringing any valuables to the spa. After your treatment concludes, our relaxation rooms are the ideal place to continue its benefits. Rest and relax on our loungers and take the time to reflect on your experience.

RESERVATIONS

To book an appointment, please contact the spa. For our in-house guests, touch the Luna y Mar button on your guest room telephone or dial extension 5300 or 5301. Luna & Mar Spa welcomes both resident and non-resident guests ages 18 and older. Non-resident bookings will be secured with a major credit card. To ensure your preferred time and services are available, advance booking is advised. The spa accommodates walk-in bookings based on availability.

MINORS

Minors 12 to 18 years old are welcomed to the spa with a supervising paying adult when enjoying treatments in the same treatment room with same treatment length. Such minors are to be accompanied by the supervising paying adult at all times during the massage as well as the use of all facilities, spa grotto & meditation pool area. Supervising paying adult and minor enjoying massages must be same sex gender to access ladies or gentleman's area.

HEALTH CONCERNS

When making your spa reservation, please advise us of any health conditions, allergies, or injuries that could affect your service. You will be asked to complete a Health Assessment prior to your treatment so that we may ensure your comfort and safety and provide a service customized to your needs. We have specially designed treatments for expectant and nursing mothers.

Please allow our spa staff to guide you in selecting the treatments most suitable for you during this special time.

GIFT CERTIFICATES AND HOME CARE

Our gift certificates make a wonderful gift for any special occasion. To continue your Luna y Mar Spa experience at home, all products used in our treatments are available for sale at the spa retail at the reception area. Our staff will be most happy to assist you with your selections.

LATENESS

Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest.

CANCELLATION POLICY

We kindly ask our guests to give a minimum of three hours' notice for changes or cancellations. With fewer than three hours' notice you will be charged for 100% of your treatment.

COUPLE'S SUITE

For an extended experience the couple's suites can be booked for a fee of \$175 per hour. Each suite has a private outdoor pool, indoor jacuzzi and shower.

IN ROOM TREATMENT

\$60 fee per in room services.



**LOOK AND FEEL YOUR
BEST AT LUNA Y MAR**



THE RESORT AT PEDREGAL
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www.theresortatpedregal.com/luna-y-mar-spa

For additional information on special offerings please contact Luna y Mar Spa at extension 5300.