

MENU OF SERVICES



 luna y mar

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.

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 upgrade your spa experience with our welcoming foot cleansing ritual which utilizes special herbs to purify and prepare you for your spa journey.



MOON SIGNATURE TREATMENTS

THE AWAKENING MOON

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 massage. You will be awakened by this stimulating treatment.

110 minutes \$240 | 160 minutes \$340

NOURISHING MOON

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.

110 minutes \$240 | 160 minutes \$340

THE CALMING MOON

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.

110 minutes \$240 | 160 minutes \$340

THE RESTORING MOON

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

110 minutes \$240 | 160 minutes \$340

**All services are subject to 16% tax & 15% service Charge.*

**All Prices are in US Dollars *Foot ritual not included*

THE SEA AND THE MOON

Aquatic massages and the moon massages are combined in this experience to enhance wellness. Your journey begins with a transforming aquatic massage, a back scrub and a relaxing full-body moon phase massage.

110 minutes \$240

THE DAMIANA & HONEY MOON

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, our treatment starts with a herbal body scrub, followed by hydrating honey wrap. A damiana liquor massage will ease your muscles and senses in a deep state of relaxation.

80 minutes \$190



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CUSTOMIZED PACKAGES

BEAUTY AND THE BLISS

Choose your favorite massage and preferred facial to customize your whole body experience treatment. Relax, uplift, hydrate, destress, detox or reboot, the choice is yours.

110 minutes \$220

SEAWEED SCRUB & DETOX MASSAGE

A detoxifying seaweed exfoliation with organic essential oils and exotic sea salts leaves the skin unbelievably soft and silky, followed by a Swedish or deep tissue massage with grapefruit and fennel anti-cellulite oils, helps eliminate water retention and improves circulation.

80 minutes \$180

THE INTENTION

Experience the most unique aromatherapy combined with Mexican folk healing massage in the most powerful and energetically charged treatment. Our organic blends are hand harvested and consecrated by curanderas and chamans using the energy of plants, flowers and herbs to provide a holistic targeted body, mind and spirit treatment composed of a body scrub, scalp, face and body massage.

80 minutes \$180

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MASSAGES

FULL BODY

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.

50 minutes \$119 | 80 minutes \$180

AQUATIC MASSAGE

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

50 minutes \$119

MAGIC STONES

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

50 minutes \$119 | 80 minutes \$180

STRESS RELIEF BACK MASSAGE

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

25 minutes \$89 | 50 minutes \$119

INDIGENOUS HERBAL DETOX

Enjoy a potent plant mix from the baja that helps 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 grapefruit and rosemary blend oil massage will decongest and tone your body.

80 minutes \$180

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SKIN CARE / FACIALS

ROSE CRYSTAL LYMPHATIC FACIAL

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 masks, scalp massage and a rose quartz lymphatic facial massage for an overall holistic experience. The skin is left radiant and glowing.

50 minutes \$115 | 80 minutes \$185

ULTRA LIFTING MARINE FACIAL

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 and cold jade rollers help reduce pore size, and fine lines stimulating the skin's natural renewal capacity, resulting in luminous, tight, healthy looking skin.

50 minutes \$110 | 80 minutes \$175

MEN'S FACIAL

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 relaxing face, shoulder, neck and scalp massage will leave you feeling relaxed and recharged.

50 minutes \$110 | 80 minutes \$175

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COLOR & HAIR STYLE

Single Process	\$95 to \$149
Highlights	\$190 to \$320
Single Process with Highlights	\$250 to \$390
Double Process	\$220 to \$330
Cut	\$79
Men's Cut	\$49
Up-Do	\$79 to \$95
Blow-dry	\$49 to \$95
Hair Extensions Application	\$49
<i>Does not include material.</i>	
Makeup Application	\$95
Eye Lashes Application	\$49

*Prices vary depending on length and texture of hair.
In-room bookings will be billed a \$40 extra*

WAXING & TWEEZING

Depending on treated area	\$55 to \$110
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MANICURE & PEDICURE

Manicure	\$40
French manicure	\$45
Shellac manicure	\$69
Pedicure	\$69
French pedicure	\$75
Shellac pedicure	\$105
Polish change	\$30
Shellac removal	\$20
Acrylic nails full set	\$79
Acrylic nails refill	\$40
Acrylic nails removal	\$30
Acrylic nail repair	\$15

SPECIALTY PEDICURES

Moon Phase Pedicure	80 minutes	\$99
Stone Pedicure	80 minutes	\$99
Indigenous Detox Pedicure	80 minutes	\$99

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**All Prices are in US Dollars *Foot ritual not included*

HOW TO SPA

HOURS OF OPERATION

The spa is open daily from 9am to 9pm. 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, pagers 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. Each treatment commences with a welcome cleansing foot bath ritual using local herbs and a special beverage that is in harmony with the current moon phase. 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 AND CANCELLATION POLICY

Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. 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. If appointments are reserved before arrival at the resort, the spa cancellation policy follows that of your resort reservation.

RATES

COUPLE'S SUITE

For a shared experience your treatments can be booked in our couple's suite. Our deluxe couple's suite each have a private outdoor pool. For an extended experience, the suites can be booked for a fee of \$90 per hour.

IN ROOM TREATMENT

\$40 fee per in room services.

FITNESS CENTER

Luna y Mar Fitness Center is outfitted with Advanced Technogym Equipment and with a variety of free weights and cardio equipment. Enjoy a workout at your own pace to optimize your health, fitness and general well-being.

Luna y Mar Fitness Center is open from 6am to 9pm daily.

FITNESS SERVICES

Our Luna y Mar Fitness Center staff offers a variety of group activities and classes ranging from Meditation sessions, TRX training, Yoga, Pilates, and other seasonal classes. Please consult the monthly calendar for an updated listing of classes and availability.

PRIVATE INSTRUCTION

Our team of Fitness Instructors offer a variety of private classes by reservation only.