



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 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 creativity. Pamper your skin with a honey & jasmine sugar scrub, followed by a 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. Next, a re-mineralizing rose mud wrap deeply hydrates the body followed by a relaxing 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.



MEXICAN FOLK HEALING & WELLNESS THERAPIES

INDIGENOUS HERBAL DETOX **50 minutes / 80 minutes**

Enjoy a mix of potent plants of the Baja that help release toxins due to their anti-inflammatory and diuretic properties. Your indigenous Mexican experience begins 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 minutes / 80 minutes**

Using flavors of the Baja, enjoy a coconut scrub and mango & aloe wrap with a scalp treatment and a honey facial mask. Finish with 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 minutes / 80 minutes**

Designed to help you recover from a day in the sun, our hydrating full body mask will nourish and heal the skin. 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.

JANZU WATER THERAPY **50 minutes**

A mind-body therapy that connects to water as the origin and essence of our health. Submerge into warm waters for a smooth and rhythmic journey of weightlessness and breath synchronicity that leads you to a meditative state of deep relaxation. Janzu was developed in Puna, India in the 1990s by the Mexican Swami Pathik Villatoro from the various eastern and western techniques of meditation, psychotherapy, physiotherapy and body massage.



MASSAGE

NEW MOON

50 minutes / 80 minutes

The new moon gives you the opportunity to start a new cycle. It 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 awakened, clear and inspired.

WAXING MOON

50 minutes / 80 minutes

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

FULL MOON

50 minutes / 80 minutes

With the full moon comes the realization of our full potential; a time to harvest. This massage therapy focuses on aligning both the structure of mind and body by coordinated movements, working underneath the fascia and on top of the muscles to leave you calm, balanced and fulfilled.

WANING MOON

50 minutes / 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.

SWEDISH MASSAGE

50 minutes / 80 minutes

Our therapists will help revitalize and invigorate your body and spirit. Pressure is customized for you; select from a Swedish massage that stimulates circulation and relaxes the nervous system, a deep tissue massage that brings relief to sore muscles, or a vigorous sports massage to restore peak performance.

DEEP TISSUE

50 minutes / 80 minutes

A therapeutic and pain-relieving massage deep tissue and trigger point therapy to ease all muscular tension.

TENSION ZONE

25 minutes / 50 minutes

A targeted back, shoulder & neck massage to relieve tension prone muscles in your body

HOW TO SPA

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.

GIFT CERTIFICATES AND HOME CARE

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

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.



WALDORF ASTORIA®
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