



## Discover the Luna y Mar Experience

Nestled in the center of the resort, Waldorf Astoria Spa is a tranquil lagoon in which guests can rest, rejuvenate and tap into the natural healing culture of Baja, Mexico. Experiences are inspired by the moon and sea, or luna y mar, to deliver a distinctive approach to wellness that revolves around the phases of the moon. Take time in the 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 the spa's salt-water meditation pool, which can be accessed directly from your private treatment room.



## OUR STORY

### The Moon

The four phases of the moon impact the body in very specific ways. Waldorf Astoria Spa'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.

### Mexican Folk Healing

Mexican folk healing is known as curanderismo. We honor the tradition 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.



## 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.





## Inspirational Environment

Waldorf Astoria Hotels & Resorts are sited in some of the most inspirational and stimulating locations in the world, and within these locations each Waldorf Astoria is a destination in its own right. Destinations that offer the best of everything in personal service—exemplified in our signature Waldorf Astoria Spas.

This is where you will fully appreciate the reality that is the Waldorf Astoria commitment to putting our guests at the center of our attention—an experience that will leave you inspired.

## 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.

### THE INTENTION

80 minutes

Discover the magic of herbal aromatherapy and indigenous rituals in this powerful treatment that includes 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 minutes  
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.

### THE ART OF SOUND THERAPY

50 minutes  
80 minutes

Sound travels through the energy pathways of the meridians and the chakras to help the body to tune into its own frequency. Sound coupled with stimulation of acupressure points and massage techniques helps restore balance in your body.



## Authentic Moments

Waldorf Astoria Spas reflect our world-wide reputation for consistent standards of excellence on which you can rely, yet each one creates its own individual sense of place, one that reflects the character and the culture of its unique location.

This means that not only will each Waldorf Astoria Spa experience be memorable as well as being truly exceptional, but also each memory will be forever linked to the time and place where you enjoyed it.

Unforgettable. That's what it will be for you, and that's what you are to us.



## 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.

FULL BODY 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.

STRESS RELIEF 50 minutes  
80 minutes

A therapeutic and pain-relieving massage combination using hot stones to reduce inflammation plus deep tissue and trigger point therapy to ease all muscular tension.

MAGIC STONES 50 minutes  
80 minutes

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

TENSION ZONE 25 minutes  
50 minutes

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



## NAIL CARE & REFLEXOLOGY

### STONE PEDICURE

80 minutes

This renewing pedicure will help relax sore muscles, improve circulation and reduce toxins through the benefits of volcanic hot stones and cold marble stones, providing long-lasting relaxation along with luminous skin and nails.

### INDIGENOUS DETOX PEDICURE

80 minutes

Savor the taste of Mexican traditions in this most unique pedicure experience. A powerful blend of herbs full of potent antioxidants helps release toxins with their anti-inflammatory and diuretic properties. Enjoy a sea salt scrub & herbal mud wrap while soaking in an indigenous herbal infused tub, along with luminous skin and nails.

### ROSE CRYSTAL PEDICURE

80 minutes

A custom massage is provided to feet and calves using rose crystal quartz to promote circulation and infuse positive energy to your body. Enjoy a luxurious rose and Jasmine 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 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 8 a.m. to 8 p.m. 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. Waldorf Astoria 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 Waldorf Astoria 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.

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

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 inhouse guests, touch the spa button on your guest room telephone or dial extension 5300 or 5301. Waldorf Astoria 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.

## 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®  
LOS CABOS • PEDREGAL

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## GENTLEMAN'S MENU

STRESS RELIEF	50 minutes	195
	80 minutes	290

A therapeutic, pain-relieving massage that uses hot stones, deep tissue therapy and pressure points to ease all muscle tension.

DEEP TISSUE MASSAGE	50 minutes	195
	80 minutes	290

This therapy works deep on your muscles to prepare your body for new beginnings. You will feel awakened, clear and inspired.

DEEP CLEANSING FACIAL TREATMENT	80 minutes	270
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Our anti-aging facial restores healthy skin after sun-damage, shaving, pollution, and environmental exposure. Deep cleansing, exfoliation, and a customized mask with active ingredients rich in vitamins, antioxidants, and peptides eliminate blocked pores for a clearer complexion. A face, shoulder, neck and scalp massage will leave you feeling relaxed and recharged.

PURIFYING FACIAL TREATMENT	50 minutes	195
	80 minutes	270

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.

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\*All services are subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars



## Signature Treatments

The Awakening Moon	110 minutes	450
The Nourishing Moon	110 minutes	450
The Calming Moon	110 minutes	450
The Restoring Moon	110 minutes	450

## Mexican Folk Healing and Wellness Therapies

Indigenous Herbal Detox	50 minutes	195
	80 minutes	290
Baja Flavors	50 minutes	195
	80 minutes	290
Aloe Sun Healer	50 minutes	195
	80 minutes	285
Janzu Water Therapy	50 minutes	175
The Intention	80 minutes	290
Ancient Massage	50 minutes	195
	80 minutes	290
The Art of Sound Therapy	50 minutes	175
	80 minutes	260

## Facial Treatments

Rose Crystal Lymphatic Facial	50 minutes	195
	80 minutes	270
Ultra Lifting Marine Facial	50 minutes	190
	80 minutes	260
Men's Environment Repair Facial	50 minutes	195
	80 minutes	270

## Advanced Skin Care

The Cure	50 minutes	220
	80 minutes	320
3D Collagen Shock	50 minutes	250
	80 minutes	350
Inhibit Face Lift	50 minutes	290
	80 minutes	390

## Massages

New Moon Massage	50 minutes	220
	80 minutes	330
Waxing Moon Massage	50 minutes	220
	80 minutes	330
Full Moon Massage	50 minutes	220
	80 minutes	330
Waning Moon Massage	50 minutes	220
	80 minutes	330
Full Body	50 minutes	175
	80 minutes	260
Stress Relief	50 minutes	195
	80 minutes	290
Magic Stones	50 minutes	195
	80 minutes	290
Tension Zone (foot cleansing ritual not included in 25mins)	25 minutes	90
	50 minutes	175

## Nail Care & Reflexology

Stone Pedicure	80 minutes	145
Indigenous Detox Pedicure	80 minutes	145
Rose Crystal Pedicure	80 minutes	145
Reflexology	50 minutes	175
Manicure		50
French Manicure		55
Shellac Manicure		85
Pedicure		85
French Pedicure		90
Shellac Pedicure		130
Polish Change		40
Shellac Removal		25



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