

# ESENCIA

WELLNESS

SPA MENU

E

## **MENU OF SERVICES**

---

### **RELAXATION RITUALS**

MESSAGE MENU

### **BODY TREATMENTS**

TREATMENT MENU

### **FACIAL CEREMONIES**

FACIAL MENU

### **NOBU SIGNATURE TREATMENTS**

TREATMENT MENU

### **NOBU EXPERIENCES**

FOR TWO

---

## RELAXATION RITUALS

### **ESENCIA 50 MIN**

Renew your vital energy with a complete body massage. Enjoy a well-being feeling, improve your circulation, relax the muscles and stimulate the lymphatic system.

### **TRANQUILITY 80 MIN**

A full body massage that restores your vital energy, relieves tension and makes stress disappear while the active products leave your skin soft and nourished.

### **ORIENTAL ESSENCE 50/80 MIN**

A gentle massage that incorporates local aromatic balms. Its citric and herbal essences increase balance and relaxation. Choose the balm of your preference and experiment the vibration and relaxation you need.

### **STRESS RELIEF 50 MIN**

A massage that release accumulated tension in the back, neck and shoulders, in which the therapist applies pressure based on personal preference and needs.

### **DEEP SLEEP 80 MIN**

A massage that is directed towards the deep tissue muscles trough a wide range of technics, using slow movements and selective pressure. The therapist relieves muscular tension, improves flexibility and improves the range of motion.

### **VOLCANIC STONES 80 MIN**

This massage combines the properties of the warm and smooth healing stones with a reconstructive massage to relieve muscular pain, tension and accumulated fatigue. The healing properties of this treatment balance your mind, body and soul.

### **ESENCIA FOR TWO 50/80 MIN**

Sensorial experience that transports to a peaceful environment, shared with that special person.

---

## BODY TREATMENTS

### **OCEAN GLOW** 50 MIN

Spectacular exfoliation that nourishes and soothes skin while eliminating accumulated toxins. This treatment will leave your skin radiant and smooth to the touch.

### **REMODELING** 80 MIN

Health and beauty therapy that helps the body detoxification process. This treatment minimizes water retention and sublimates the shape of the body, fights against accumulated fat and reduces cellulitis on the skin. A complete and dynamic treatment that seeks the perfect balance between health and beauty.

### **REJUVENESCE** 100 MIN

Wrapping and massage beauty treatment, infused with sensuality, it wraps the skin in a wonderful softness. The traditional ingredients are mixed with the amazing perfume of Jazmin and white flowers.

### **CITRUS DRENCH** 110 MIN

Pamper your skin with an energetic citrus infusion thanks to this treatment that uses a highly concentrated vitamin C emulsion to protect your skin from dryness and premature aging. Your skin will be highly moisturized and will reveal an extraordinary firmness.

### **SUN RELIEF** 50 MIN

This essential ritual relieves the discomfort caused by excessive solar exposure, helping the skin to prevent immediate peeling. Enjoy the cooling relief with our exclusive sunburn body wrap.

---

## **FACIAL CEREMONIES**

### **DIAMOND - A JEWEL FOR THE SKIN 80 MIN**

Conserve the skin's youth and delay aging process. Visibly reduces fine lines and wrinkles and restores a youthful energy in every layer of the skin. Drastically reverses premature aging and at the same time it increases firmness and elasticity.

### **INHIBIT FACE LIFT 80 MIN**

Surgical alternative or complementary treatment that infuses the skin with all the benefits of a microinjection without the neurotoxins. This treatment offers a global rejuvenating effect on the skin: Inhibits, fills, tightens and reforms. Visibly lifts 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.

### **SENSITIVE BEAUTY 50 MIN**

Bring back the comfort of your skin with an exclusive combination of botanical ingredients intended to soothe sensitive skin. This facial treatment is ideal to recover sensitive, reactive and sore skin.

### **AGE DEFYING 50 MIN**

The botanical pure extracts, actives, cold pressed and natural cosmetics are combined in this revolutionary facial treatment to help moisture, soften, nourish, improve shade, texture of the skin and fight the appearance of fine lines and wrinkles.

### **DEEP HYDRATION 50 MIN**

Give your skin the maximum comfort with this moisturizing treatment that has a high concentration of vegetables and sea ingredients. A combination that works to repair, protect and prevent signs of premature aging.

### **FOR GENTLEMAN 50 MIN**

Facial treatment suitable for all types of skin, providing firmness, elasticity, detoxifying effect. Eliminates sensibility caused by aftershave. The vitamin C contained in this treatment gives the skin a fresh and smooth sensation.

### **DETOXIFYING 80 MIN**

A true antidote against the free radicals of modern life. This integral facial begins by a cleansing of the skin, incorporates steam and a process of full extraction to reveal inner beauty of the skin, leaving it renewed and surprisingly soft.

---

## **NOBU SIGNATURE TREATMENTS**

### **NAGOMI RITUAL 105 MIN**

Designed to increase relaxation, flexibility and flow of the energy, our ritual takes you to a journey that wakens your senses. We begin with a relaxing floral feet bath followed by an Asian fusion of massage, facial cleanse and body exfoliation. Herbal warm wraps calm the muscles, purify your body and relax your mind. Selected essential oils to cover your needs moisture and nourish your skin. This combination of technics increase relaxation, joint movement and helps energy flow.

### **NOBU ZEN 105 MIN**

Nobu Zen massage is designed based on your needs using technics from around the world. No two bodies are the same and there is no specific treatment suitable for everyone. Our therapists use a combination of several techniques of massages with your favorite aromatic oil combination to achieve a personalized treatment that will take care of your specific needs; feel how the tension and stress vanishes.

### **JAPANESE SILK 90 MIN**

Inspired in the traditional Japanese art of body care, this luxury and energizing ritual for the body stimulates circulation and energy flow. Your journey begins with a body exfoliation to prepare the skin for a full nourish body massage with the use of warm stones and concludes with a face mask and scalp massage. Find the balance, feel renewed and restored.

---

## **NOBU EXPERIENCES FOR TWO**

### **TRADITIONAL EXPERIENCE 130 MIN**

Hydrotherapy 30 min + Massage 50 min + Facial 50 min

Restores the vital cycle of your skin and reverse the time, this ritual is inspired in Mayan culture. Through innovating massage technics, regenerating products and the best standards, this ritual restores vital cycles and celebrates the present moment, reversing time in skin.

### **NATURAL EXPERIENCE 130 MIN**

Hydrotherapy 30 min + Scrub 20 min + Wrap 40 min + Facial 40 min

Enjoy the detoxifying effects of this treatment that transforms your skin with 100% natural ingredients. This experience begins with a detoxification body and facial treatment, followed by a restoring massage that will liberate you from stress and fatigue.

### **DIVINE EXPERIENCE 130 MIN**

Hydrotherapy 30 min + Scrub 20 min + Massage 80 min

An integral treatment that begins with a delicate exfoliation that renews the cells and leaves a velvety touch in the skin while the botanical relaxing and indulging extracts of the massage oil leave your mind, body and spirit in a state of full well-being.

E