

# A L E A<sup>®</sup>

WELLNESS EXPERIENCE



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*EXT. 179*

## FACIALS

### **SOS AFTER SUN** *Solar Relief (50 min.)*

Calms and refreshes sensitive or sunburnt skin.

### **NOURISHING** *Vital Renewal (80 min.)*

Restores the skin's essence. Includes facial yoga.

### **VITAMIN C** *Radiant Glow (50 min.)*

Restores brightness to your skin and prevents premature aging.

### **MEN'S FACIAL** *Male Vitality (50 min.)*

Eradicates toxins and refreshes male skin.

### **HYDRATING** *Natural Shine (50 min.)*

A powerful moisturizer for healthy and youthful skin.

### **ROYAL JELLY** *Supple Skin (80 min.)*

Combats harmful agents that can cause skin damage.

### **DEEP CLEANSING FACIAL** *Pure Skin (80 min.)*

Purifies and restores balance to the skin, leaving it soft and smooth.

## MASSAGES

### **BAMBOO** *Boosts Circulation (80 min.)*

The ancient bamboo technique eliminates toxins and improves circulation.

### **HOT STONES** *Deep Wellbeing (80 min.)*

The heat of the stones calms and detoxifies the body.

### **THAI** *Flexibility and Wellness (80 min.)*

Passive stretching for a relaxing experience.

### **SPA REFLEXOLOGY**

*Balanced Stimulation (50 min.)*

Pressure applied to points on the feet helps to balance and restore body energy.

### **SWEDISH** *Balance and Relaxation (50 & 80 min.)*

Soft to firm pressure to release tension.

### **AROMATHERAPY (SOFT PRESSURE)** *Fragrant Relaxation (50 & 80 min.)*

The benefits of a therapeutic massage and aromatherapy.

### **LYMPHATIC DRAINAGE**

*Balanced Circulation (50 & 80 min.)*

Improves lymphatic circulation and eradicates toxins. Treatment is personalized and can focus on different areas of the body.

**PRENATAL** *Maternity Wellness (50 min.)*

Reduces anxiety and decreases water retention.  
From 14 weeks of pregnancy.

**SPORTS** *Strength and Flexibility (50 & 80 min.)*

Firm pressure with stretching and percussions.

**DEEP TISSUE** *Intense Relief (50 & 80 min.)*

Deep pressure is applied to release built up tension.

**SAMUNPRAI** *Aromatic Healing (80 min.)*

Warm aromatic poultices with traditional Mexican healing herbs.

**LOMI-LOMI** *Hawaiian Renewal (50 & 80 min.)*

Rhythmic strokes to balance the body, mind and soul.

**HEAD AND FACIAL MASSAGE**

*Complete Relaxation (50 min.)*

Provides relief from headaches and relaxes the body.

## BODY WRAPS

**SEAWEED** *Glowing Firm Skin (50 min.)*

Stimulates the metabolism and tones the skin.

**ANTI-CELLULITE** *Soft and Toned Skin (80 min.)*

Improves the skin's appearance and combats cellulitis.  
Exclusive treatment at The Royal Sands.

**MEZCAL, LIMA AND CHAYA**

*Moisturizing and Firming (50 min.)*

Moisturizes and tones the skin for a radiant look.

**GOLD, JADE AND SILVER**

*Mineral Purification (50 min.)*

Helps to eliminate toxins for healthy skin.  
Exclusive treatment at The Royal Sands.

**SUN RELIEF** *Calmng and Cooling (50 min.)*

Soothes sunburned skin with chamomile and snail saliva.



**FISH SPA  
TREATMENT  
US\$41**





## ENHANCE YOUR EXPERIENCE

### 3 IN 1 FACIAL

*Facial Renewal (30 min.)*

Cleansing, exfoliation and facial massage.

### EXFOLIATIONS

*Restore your Skin (30 min.)*

Removes dead cells and improves your circulation.

### SWEDISH MASSAGE

*Balance and Relaxation (30 min.)*

Back, neck and shoulder massage.

### LYMPHATIC DRAINAGE

*Balanced Circulation (30 min.)*

Elevate your massage experience with this lymphatic treatment.

### TENSE FEET RELIEF

*Instant Relaxation (30 min.)*

Helps restore tired legs. Includes a refreshing exfoliation.

### FACE AND HEAD MASSAGE

*Relaxation and Wellbeing (30 min.)*

Alleviates headaches and relaxes the entire nervous system.

The treatments included in this section  
have a cost of US\$79.

These treatments may only be purchased to complement other 50 or 80-minute treatments that you select from the menu. They cannot be combined with Beauty Salon services. They are not available with Spa Credits.

## PRICES

50-minute treatments US\$161

80-minute treatments US\$237

Prices in dollars. Payments in pesos will be charged at the daily exchange rate. Cancellations with less than two hours notice given will be charged 20% of the price of the service reserved. All no shows are charged 50% of the service price. Services purchased with Spa Credits do not include the 16% service charge.

\*The Samunprai massage is not available with Spa Credits.

In the interests of safety, The Spa will refuse the right of entry and will not provide services to guests who have had too much to drink and show clear signs of alcohol intoxication. You must be 16 or older to use the hydrotherapy circuit.

The use of our products and services is the responsibility of the client. Please note that a liability waiver must be signed.

#### THE ROYAL SANDS

##### Spa and Salon Services

Sunday to Friday: 8 a.m. - 8 p.m.  
Saturdays: 9 a.m. - 5 p.m.

##### Hydrotherapy Circuit

Sunday to Friday: 8 a.m. - 9 p.m.  
Saturdays: 9 a.m. - 5 p.m.

##### Fitness Center

Every day: 7 a.m. - 9:30 p.m.

#### THE ROYAL HACIENDAS

##### Spa and Salon Services

Monday to Friday: 8 a.m. - 7 p.m.  
Weekends: 9 a.m. - 5 p.m.

##### Hydrotherapy Circuit

Monday to Friday: 8 a.m. - 8 p.m.  
Weekends: 9 a.m. - 5 p.m.

##### Fitness Center

Every day: 7 a.m. - 8 p.m.