

**MASSAGES**

**Aqua Massage:** 60 min | \$50.00

This sensorial massage uses gentle pressure and incorporates soothing strokes and relaxing wave like movements mimicking the natural rhythms of the ocean tides inducing a state of total relaxation. This balancing massage is energetically invigorating and physiologically relaxing all at the same time.

**After Yoga Massage:** 60 min | \$50.00

This physiological massage is delivered with medium to strong pressure and is customized for each individual. This timeless therapy will leave you feeling invigorated and restored; enhancing circulation and range of motion using long, soothing strokes along with relaxing massage techniques.

**Mombacho Massage:** 60 min | \$50.00

This massage is a combination of multiple techniques combined together beautifully to symbolize the story of the Mombacho Volcano. Rhythmic and energizing movements delivered with medium to strong pressure along with rocking and vibrational strokes are used to awaken the body's energies.

**Four Hand Massage:** 60 min | \$100.00

This sensual massage is delivered simultaneously by two therapists working together to create a harmonious dance between four hands.

**Reflexology Foot Massage:** 30 min | \$40.00

Based on the ancient method of reflex therapy this timeless treatment helps balance the body's energies through stimulating specific zones on the feet via pressure.

**Face, Neck & Scalp Massage:** 30 min | \$30.00

This customized massage incorporates anti-aging massage techniques along with stress reducing acupressure point stimulation.



**FACIAL TREATMENTS**

**Rejuvenating Facial:** 50 min | \$50.00

Anti-aging massage techniques combined with stress reducing acupressure point stimulation come together helping to enhance skin elasticity and assist in rejuvenation. Gentle cleansing, application of an invigorating anti-aging mask and finishing with a sebum balancing cream.

**Sol Recovery Facial:** 30 min | \$40.00

When you over indulged in the sun, recover with this gentle facial treatment aimed at reducing inflammation and redness caused by excess sun exposure. Gentle cleansing, an anti-inflammatory mask and an aloe based gel is applied to soothe the skin and reduce inflammation.

**BODY TREATMENTS**

**Lymphatic Drainage:** 50 min | \$50.00

(Performed in the wellness villa) Non-invasive mechanical Lymphatic drainage gently assists the movement of lymph towards the lymph nodes initiating detoxification, tissue regeneration, and increasing circulation.

**Aqua Envelopment:** 30 min | \$40.00

Energizing turquoise clay is applied and massaged over the entire body to oxygenate, detoxify, firm and tone the skin; providing an all over regenerating and soothing effect.

**Organic Cacao Exfoliation:** 30 min | \$40.00

Freshly ground cacao with organic honey and yogurt is used in this delectable treatment to effectively exfoliate the skin, leaving it smooth and lightly scented with Cacao. Cacao is flavonoid rich, assists in blood flow, honey provides natural antiseptic qualities and yogurt aids in soothing and moisturizing the skin.



**Papaya & Piña Body Polishing:** 30 min | \$40.00

A gentle yet effective way of exfoliating the skin using organically grown Papaya and Pineapple. The fresh enzymes in these tropical fruits provide gentle skin polishing which is perfect for those who may suffer from eczema or who have sensitive skin.

**SPECIALTY SERVICES**

**Pedicure Basico:** 60 min | \$45.00

Includes a soothing foot bath, cleansing of the feet, exfoliation, massage, cuticle and toenail care.

**Ear Candling:** 30 min | \$35.00

Used for thousands of years by the Egyptians, Greeks and Native Americans, this soothing and non-invasive service helps relieve pressure and gently cleanse the ear canal. Perfect for those who have been swimming, snorkeling or diving.

**PACKAGES**

**Amore:** 90 min | \$180 (Per Couple)

This package has been created for couples and includes the "Organic Cacao Exfoliation" followed by the "Mombacho Massage". Served with an organic fruit cocktail and exotic fruit platter.

**Aqua:** 90 min | \$90 (Per Person)

Includes the "Aqua Massage" followed by the "Sol Recovery Facial". A special fruit cocktail along with an exotic fruit platter is served with this package.

**Yoga:** 90 min | \$90 (Per person)

Includes the "After Yoga Massage" followed by the "Reflexology Foot Massage". A refreshing beverage called "Jamaica", made from the hibiscus flower, is served with this package.



## WELLNESS SERVICES

### WELLNESS RECOMMENDATIONS

**Hours of Operation:** Wellness Services are available from 8am-6pm everyday.

**Reservations:** We recommend booking your Wellness Services ahead of time in order to ensure that we have availability. You may pre-book your wellness services by calling ahead of time. At the time of booking a credit card will be required to reserve your service.

**Arrival:** If receiving a service in the "Wellness Villa" we recommend that you arrive approximately ten minutes early in order to fill out our client questionnaire which will help us customize the service/services and offer a more personalized treatment. You may also choose to come to the reception any time prior to your appointment to fill out the questionnaire in advance. If receiving a service in your private villa then please expect your therapist to arrive 10-15 minutes early in order to set up.

**Cancellation Policy:** If for some reason you need to cancel your service please do so 24 hours ahead of time in order to avoid being charged for the service in full.

**Age Requirement:** Wellness services are available to all AQUA Wellness Resort guests. Guests under the age of eighteen will require parental consent.

**Spa Attire:** We do not mandate any type of clothing restrictions to our guests, it is completely up to each and every individual to enjoy their own level of modesty. Draping procedures for massage will also be customized to each individuals comfort level and explained in detail in the client questionnaire.

**Additional Information:** Aspen Spa Management has developed the wellness services and trained the staff to perform them at the highest international technical level.

### WELLNESS SERVICES

The menu of wellness services at AQUA Wellness Resort have been created to enhance each guest's experience during their stay. Wellness services have been created using ancestral healing techniques and incorporate local ingredients adding a level of authenticity to each and every experience.

Many of the services may be experienced as couples and are available in your own private villa. Personal wellness consultations are made available for all guests and include a customized program of recommended treatments and services.

