



SPA  
GRAND RESIDENCES

English



# SPA

GRAND RESIDENCES

Seek sanctuary at the **Grand Residences Spa**, a haven of tranquility where you can pamper the body, mind and soul and restore balance. Indulge with the finest Spa treatments and enjoy massages given by our expert staff. Discover the varied services we offer and find your own path to complete relaxation.





## FACIALS

### For Men

Comfort & personality 50 min.

Restores energy and vitality to tired masculine skin, eradicates toxins and boosts defenses against pollution, stress and bad habits. Natural ingredients and light textures. Enriched with a high content of Vitamin C, oligo elements or essential minerals, olive and carbon. The results are amazing.

### Hydracure

Intensive hydration 50 min.

A refreshing and relaxing deep treatment full of the extraordinary properties of hyaluronic acid, an agent which restores the skin's water retention capacity, helping to repair and protect it. It provides relief for dry skin and alleviates the signs of aging, leaving your face looking youthful and smooth.

### **So Delicate** 50 min.

The perfect remedy for tired skin, this treatment restores energy and vitality, while eradicating toxins and boosting the skin's defenses against pollution, stress and the damage caused by bad habits and poor health.

### **Custom Cleanse** 50 min.

A groundbreaking, deep cleansing, customized facial that restores firmness, rehydrates and tightens your skin.

### **Timexpert Rides**

Beauty and Youth 80 min.

This exclusive treatment is inspired by the latest advances in aesthetic surgery and the skin's own regeneration mechanisms. Innovative skincare to smooth expression lines, protect the skin and help it recover from the ravages of time. Expression lines and wrinkles are eased and disappear after the first application. Relaxation for a radiant look.

### **Timexpert Lift**

Restore the perfect look 80 min.

A groundbreaking facial to restore firmness, prevent the formation of expression lines and tighten your skin gradually. Inspired by the latest innovations in aesthetic surgery. Your face will look radiant after the first session.





## BODY TREATMENTS

### Antioxidant

Vitamin C 50 min.

Indulge with an essence that will revitalize and relax your body, rolling back the signs of aging. This anti-aging body wrap restores luminosity to the skin, moisturizes it and acts as a powerful skin regeneration agent.

### After Sun

Refreshing and moisturizing Aloe Vera 50 min.

A refreshing body wrap full of natural ingredients to repair, nourish and moisturize the skin. Recommended for sensitive skins and after sunbathing. Enjoy a fragrant and relaxing experience that brings instant relief.

### Exfoliating Body

Rejuvenating and moisturizing 50 min.

A body exfoliation that will help eliminate dead skin cells. All the benefits of Vitamin C in a therapy that feels like a soft caress.



## MASSAGES

### **Hot Stone Massage** 50 and 80 min.

Discover how pampering your body can help restore emotional balance. Harnessing the powerful energy of chakra points, the heat emanating from the stones boosts circulation, calms, decongests and cleanses the body, giving you a profound feeling of wellbeing.

### **Intuitive Wellness Massage** 80 min.

Experience one of the greatest and unique healing treatments. This relaxing and therapeutic massage is a mix of different massage techniques such as acupressure, passive stretching and movements of the whole body. It improves flexibility, reduces tension and alleviates muscle fatigue

### **Prenatal Massage** 50 min.

This massage offers the same benefits as classic massages: relaxing tense muscles, alleviating pain and boosting the circulation. The only difference is that it is specifically designed to meet the needs of pregnant women. Recommended from week 14 of pregnancy onwards.

### **Swedish Massage** 50 and 80 min.

Enjoy this classic relaxing therapy and help your body find its natural balance with the world's most famous massage technique. Pressure ranges from soft to firm but without being deep. In addition to alleviating tension, this therapy boosts blood circulation, stimulates the lymphatic system and improves the quality of sleep.

### **Aromatherapy Massage** 50 and 80 min.

This gentle massage uses soft pressure and slow movements to take you to a state of total relaxation. The fragrant essences are absorbed through the capillary vessels to complete this experience.

### **Reflexology** 50 min.

Applying pressure to specific points on the feet benefits the whole body. Enjoy the pleasures of this relaxing massage from the tip of your toes to the top of your head. Your body's natural energy balance and harmony will be restored.

### **Thai Massage** 80 min.

Assisted Yoga

Discover one of the great healing traditions of southeast Asia. This massage is performed with the client remaining fully clothed and without the use of oil. The movements include acupressure, passive stretching and flexing movements for different parts of the body. It improves flexibility, alleviates tension and tired muscles.

### **Sports Massage** 50 and 80 min.

An excellent way to improve your sporting performance and give your body the care it needs. The therapist applies firm pressure, stretching movements and rhythmic taps. Keep your muscles in optimum condition and protect against injury while you enjoy some well-earned relaxation.

### **Deep Tissue Massage** 50 and 80 min.

This technique focuses on the internal layers of muscle tissue. Using slow movements and strong, sustained pressure, it releases built up tension in your body. It is particularly beneficial for customers with chronic stress and muscle pain caused by poor posture.

### **Lomi-Lomi Massage** 50 and 80 min.

An exotic and relaxing massage, Lomi-Lomi has its origins in ancient Hawaiian healing, a philosophy of treatment for the body and the mind. This traditional massage creates waves through the body that are both relaxing and invigorating. One of the most profound forms of massage, the aim of Lomi-Lomi practitioners is to achieve total harmony and bestow positive energy by working on all the muscles of the body.

## **SPA DAY PACKAGE**

### **Simply Fabulous** 180 min.

This treatment focuses on balancing energy and comprises a Vitamin C body wrap to leave your skin soft and looking radiant, followed by an intuitive massage to connect body and soul and relax tense muscles. A personalized deep cleansing facial will return firmness to your skin giving you a youthful, glowing look. Finally, we'll give your hands or feet a touch of pampering with a Spa manicure or pedicure.



## GRAND RESIDENCES ESSENTIALS

Grand Residences Essentials are unique 80-minute experiences that combine the benefits of a relaxing massage with a customized facial.

### D-STRESS

Oxygenate · Hydrate · Decongest

A luxurious oxygen full body therapy; a treatment that not only detoxifies and hydrates but also relaxes and gives you a great feeling of wellbeing.

### COMFORT

Calm · Strengthens · Recovers

This treatment soothes and softens rough irritated skin and reduces inflammation of your body, providing relief to the affected areas and hypersensitive skin.

### VITALITY

Reaffirms · Revitalizes · Shines

Nourish your skin with this treatment based on pure vitamin C. An infusion of antioxidant benefits in a sensory treatment for your entire body.

### FIRMNESS

Tense · Reaffirms · Rejuvenates

Based on a powerful cocktail of amino acids and other essential nutrients, this intensive anti-aging treatment will turn back time and restore a youthful glow to your skin.

## SPA DELIGHTS

Enhance any of your 50 or 80-minute experiences with our exclusive spa delights,

- ° Body polish 25 min.
- ° Refreshing mini facial 25 min.
- ° Back massage 25 min.
- ° Tense feet massage 25 min.
- ° Scalp massage 25 min.
- ° Facial Extractions 25 min.

## BEAUTY SALON

Be sure to visit the beauty salon in the Spa. The following services are available:

- ° Spa Manicure
- ° Spa Pedicure
- ° Haircuts
- ° Hair Styling



## SPA TIPS

Any cancellation with less than four hours notice given will be subject to a charge for 50% of the service that was reserved. All no shows will be charged 80% of the service price.

We recommend that you store your personal belongings and valuables in the safe in your room. The Spa cannot be held responsible for items left in the lockers.

For safety reasons, the Spa and Gym are for the exclusive use of guests over the age of 16. Sports apparel and training shoes must be worn. Trained staff are on hand at all times to help you with gym equipment.

We suggest that you arrive 15 minutes prior to your reservation; this will give you ample time to register, change and begin your Spa experience. We also recommend that you shower beforehand.

Please notify staff if you are suffering from an illness or injury, taking medication or if you are undergoing medical treatment so that they can decide whether the services you have chosen are appropriate.

In the interests of safety, the Spa reserves the right to refuse access or services to customers who are clearly under the effects of alcohol.

# PRICE LIST

## FACIALS

Just for Men 50 min.	\$191
Hydracure 50 min.	\$191
So Delicate 50 min.	\$191
Custom Cleanse 50 min.	\$191
Timexpert Rides 80 min.	\$249
Timexpert Lift 80 min.	\$249

## BODY TREATMENTS

Antioxidant 50 min.	\$171
Aftersun 50 min.	\$171
Exfoliating Body 50 min.	\$161

## MASSAGES

Hot Stones Massage 50 min.	\$191
Hot Stones Massage 80 min.	\$233
Intuitive Wellness Massage 80 min.	\$211
Prenatal Massage 50 min.	\$171
Swedish Massage 50 min.	\$169
Swedish Massage 80 min.	\$219

Aromatherapy Massage 50 min.	\$181
Aromatherapy Massage 80 min.	\$219
Reflexology 50 min.	\$171
Thai Massage 80 min.	\$249
Sports Massage 50 min.	\$183
Sports Massage 80 min.	\$233
Deep Tissue Massage 50 min.	\$183
Deep Tissue Massage 80 min.	\$233
Lomi Lomi Massage 50 min.	\$183
Lomi Lomi Massage 80 min.	\$233

## SPA DAY PACKAGE

Simply Fabulous 180 min.	\$469
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## GRAND RESIDENCES ESSENTIALS

D-Stress 80 min.	\$233
Vitality 80 min.	\$233
Comfort 80 min.	\$233
Firmness 80 min.	\$233

## SPA DELIGHTS

Body Polish 25 min.	\$71
Refreshing mini-facial 25 min.	\$81
Back Massage 25 min.	\$71
Tense Feet 25 min.	\$71
Scalp massage 25 min.	\$71
Facial Extractions 25 min.	\$71

## BEAUTY SALON

Spa Manicure	\$67
Spa Pedicure	\$87
Spa Manicure & gel	\$93
Spa Pedicure & gel	\$113
Children's Hair Cuts	\$47
Men's Hair Cuts	\$57
Women's Hair Cuts	\$73
Shampoo & Blow Dry	
• Short Hair	\$65
• Mid-length Hair	\$79
• Long Hair	\$109
Gel Polish Change	\$57
Polish Change	\$17
Gel Color Removal	\$21
Braiding (Half head)	\$71

Our prices are in dollars and include taxes. Payments in pesos will be charged at the daily exchange rate.

