



Author's Spa 

TREATMENTS MENU

Spa Experience | Seven Journeys



Grand Velas Riviera Maya presents the concept of the Signature Spa, defining a style and way of life. An authentic and very personal interpretation of luxury and wellbeing, where water, light, aromas, flavors and textures converge, creating an experience lived through seven sensory journeys, where unforgettable memories are born.

Our Signature Spa is full of personalized details enhanced by a touch of gourmet, paying homage to the ancient curative traditions of our beloved Mexico and the world, and our body artisans diffuse balance and harmony of the body, mind and soul.



GRAND VELAS HYDROTHERMAL JOURNEY



Prepare your body and relax your mind with this ritual, which will help activate your metabolism and leave you ready to receive the all of the benefits of your selected treatments. Experience a sensation of full body **revitalization** through this guided process.

The Grand Velas Riviera Maya Hydrothermal Journey is composed of seven different water experiences:

1. Sauna
2. Color Therapy Steam Room
3. Clay Room
4. Ice Room
5. Sensation Showers
6. Hot Tub and Cold Plunge
7. Sensations Pool with different areas:
 - a. Sensory Pebble Walkway
 - b. Cascades
 - c. Bubble beds
 - d. Neck massage jets
 - e. Bubble Geyser
 - f. Warm chlorine-free pool



7 JOURNEYS SPA
EXPERIENCE

JOURNEY THROUGH ANCIENT MEXICO A LEGACY OF WISDOM

Mexico is a country rich in healing practices. From the Mayan culture to the Aztecs, ancient civilizations of the region have left a great legacy; the knowledge of herbs, medicines and sacred plants has been passed down from generation to generation, and today forms an essential part of Mexican folklore and culture.

Sacred Obsidian Stone Massage 80 min

Obsidian was used as an offering to the gods and was considered an element of protection for the noblemen and soldiers of ancient Mexico. In this mystic massage, we use this same stone, which maintains an internal heat. The heat is absorbed directly by the muscular system, activating the circulation, eliminating toxins and relaxing the nervous system.

Coffee & Cocoa Experience 50 min

A coffee exfoliation followed by a relaxing circulatory massage with chocolate oil, which will leave your skin invigorated and full of vitality (*gourmet treatment*).

Xtabetum -Honey Exfoliation & Massage 50 min

A smooth body exfoliation, enveloping you in a caress of crystallized honey that melts on your skin. Followed by a honey massage which helps the skin recover its luminosity.

Mayan Jade Facial 50 / *80 min

A sophisticated cosmetic alternative to surgery and injections, this facial immediately inhibits the formation of lines and signs of aging. Its undeniable success is based on the innovative Inhibit product line, which contains targeted active ingredients to dramatically reduce expression lines and fill wrinkles. *80 min includes alginates mask.

Mayan Royal Massage 80 min

A head to toe massage that aids in the alignment of the posture and liberates the energetic channels. Includes creative choreography, alternating the pressure of round lemons with body stretches using shawls- an ancient custom of this pre-Hispanic culture.

MEDITERRANEAN VOYAGE A FEELING OF SAVOIR FAIRE

Explore the benefits of the essence of the Mediterranean, through a range of treatments inspired by the ancient traditions and knowledge of the cultures of the "Mare Nostrum". This journey results in the transformation and reawakening of your skin, mind and spirit.

Neuro Aroma Massage 50 / 80 min

A ritual of aromatic inhalations with essential Mediterranean oils, which will immediately carry you to a profound level of relaxation. Neuropeptides work on the central nervous system, providing a therapeutic and tension-releasing effect.

Sensory Vitamin C Facial 80 min

A deep rehydrating treatment based on a high concentrate of Vitamin C, which brings elasticity to your skin and promotes cellular regeneration. This facial includes four important phases: cleansing, deep Vitamin C treatment, citrus rehydration mask and rehydrating serum. Leaves your skin renewed, luminous and deeply moisturized (*gourmet treatment*).

Citrus Body Wrap 80 min

A renewing and rehydrating body treatment using Vitamin C concentrate. Allow your skin to receive the caress of a smooth exfoliant with citrus essence to purify and cleanse, readying you to absorb the nutrients of a delicious soufflé body mask composed of highly moisturizing ingredients. The treatment concludes with C+C body cream. You won't be able to stop touching your skin!

Warm Vesuvius Fango Massage 50 min

This treatment is dedicated to the reduction and detoxification of the body through the use of a creamy fango, or mud, enriched by the thermal waters of Monticello. This fabulous Italian thermal fango aids in drainage and decongestion of your entire being.

MEMORIES OF INDIA A RETURN TO THE SENSES

Engaging the senses- sight, sound, smell, taste and touch- is an essential part of awakening the natural vibration of the body. Not surprisingly, our emotional state is an integral part of our physical sense of wellbeing. Through a personalized combination of protocols with a system of treatments, you will feel the stimulation of the five senses of the human psyche.

Sundari Ayurvedic Facial 50 min

Enjoy the calming and purifying benefits, such as firming from gotu kola and neem (known in India as the “pharmacy tree”), provided by this facial. The pleasures of our ayurvedic treatment include a renewing exfoliation and rich mask, leaving your skin radiant and harmonious.

Hindú Abhyanga and Shirodhara Massage 80 min

This rhythmic and relaxing massage rejuvenates and cleanses the system of stagnant energy as it reestablishes the flow of “prana”. Your spa therapist will apply a warm flow of essential oil or green tea to your forehead, and give you a light scalp massage during the initial relaxation process.

Hindu Foot And Scalp Massage 50 min

A treatment focused on the Marma points of traditional foot reflexology, which stimulate internal organs and reflexive points of the head, neck, shoulders, face and feet. This reflexology massage is applied with hot stones, leaving a sensation of rest and internal wellbeing.

AROMATHERAPY PATHS THE ESSENCE OF BEING

During the creation of this mosaic of treatments, all of the necessities of the body and mind were considered. Each procedure is a true beauty ritual and also an essential path to wellness. Discover the world of aromatherapy, where beauty is synonymous with harmony and balance, and only the purest of natural ingredients are used.

Aromatherapy Massage 50 / 80 min

By using essential oils the sense of smell and touch are combined to relieve physical and emotional tension. Stress is reduced and the immune system is improved. This treatment directly benefits vascular and lymphatic circulation, and is ideal for calming the body, mind and spirit.

- Stimulating: essential oils of cypress, angelica, lavender and lemongrass produce a sensation of lightness and wellbeing.
- Relaxing: essential oils of sandalwood, lavender, patchouli and neroli produce a sensation of complete harmony.
- Toning: essential oils of rosewood, lemongrass and mint invigorate and awaken the body and spirit.
- Detoxifying: essential oils of patchouli, geranium, sandalwood and lemongrass aid in drainage and liberation of the body from toxins.

Aromatic Natural Seed Facial 50 / 80 min

A sensational enriching treatment designed to hydrate, oxygenate and revitalize your skin, while maintaining its health with the cosmetic benefits of aromatherapy. Cleansing and exfoliation, a fabulous hydrating mask with natural products and an exclusive welcome massage create an unforgettable spa experience. Each treatment is adapted to the specific needs of the individual. (Includes extraction or deep hydration for dull skin during treatments of 80 minutes).

Divine Lemon-Herb Massage 50 min

Experience the refreshing aroma of lemongrass working in synergy with revitalizing aromas. Applied with relaxing warm compress, this massage leaves your skin completely hydrated, silky-smooth and full of vitality.

MEN'S JOURNEY A FEELING OF FREEDOM

Explore a new dimension of pleasure and sensory awareness for the body and soul. These treatments are designed to provide men with a comfortable and secure space where they can experience physical and mental wellbeing.

Purifying Vanilla Facial 80 min

A deep cleansing treatment resulting in fresh skin, with the option of two facial masks. Ideal for eliminating impurities in oily skin types, as well as for those with more sensitive skin. Includes facial extraction.

Therapeutic Velas Maya Massage 50 / 80 min

This special technique integrates different massage techniques, ranging from relaxing to toning. In each session the massage is created according to the wishes and necessities of the guest, in order to provide the exacted treatment desired. Various types of manipulations are incorporated and can include hot or cold stones, aromatherapy and different massage oils. This technique aids in relief from pain and stress. Between **sports massage** technique or **deep tissue** massage.

Thai-Atsu 80 min.

Enjoy a combination of two cultures with health practices dating back thousands of years. Stretching from Thai massage (considered a dance of souls) and acupressure from Shiatsu, a Japanese technique that works with the meridians connected to each organ in the body, create the perfect synergy to relieve stress, unblock energy flow and provide complete relaxation. (the spa provides a garment to be worn during this therapy).

INNER JOURNEY A MOMENT OF PEACE

An inner journey signifies many things. It is about adventure and discovery, maturity, truth and authenticity. It is a journey of love, passion and union. It is a path to realization; a journey of knowledge and learning, of liberation and inner peace. Grand Velas brings you seven ways to achieve your own inner journey.

Reiki 80 min

Reiki is a Japanese hand positioning technique that helps reduce stress, relax the mind and body, and heal emotional scarring. Reiki is based on the concept of a vital energy force that flows through us and makes us alive. It is a simple and safe method of spiritual healing to improve the self, has been effective in aiding with almost all known illnesses, and always has a beneficial effect.

Flotation Ritual 80 min

The flotation pool is in a private suite, and encompasses water infused with rich mineral Epsom salts. The body naturally floats in the infused water, providing profound relaxation. Floating effortlessly in body-temperature water helps to combat mental stress, chronic fatigue, insomnia, and pain and tension in the body. After the flotation phase, this ritual includes a massage with touches of hot stones, and concludes with a cold tea as you rest afterwards. Please wear a bathing suit during this ritual.

Nik Te Ha Aquatic Massage 80 min

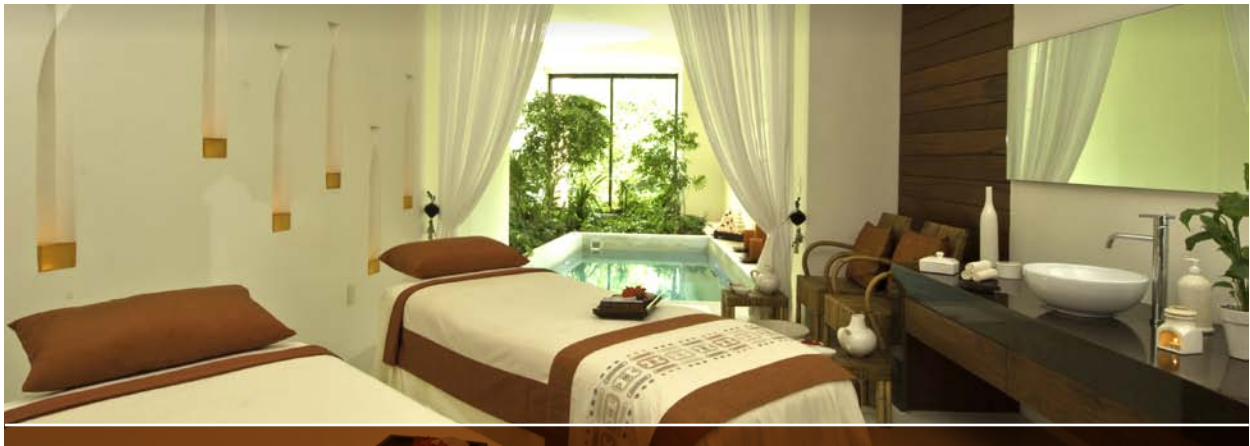
This unique underwater massage is guided by a spa therapist. When the body is submerged in water, the muscles relax, flexibility increases and the mind begins to let go. Recommended for chronic fatigue, insomnia, irritability, stress, migraines, mood swings and depression. Please wear a bathing suit during this treatment.

Mother-To-Be Ritual 50 min

With the gentle touch of our hands we create a path for innocent energy to emerge, strengthening the growth and development of a marvelous creation. An exceptional ritual to connect a mother with her child, eliminating anxiety and depression. The future mother will enjoy a completely relaxing massage to fill her with energy, and provide mental and emotional balance (recommended only for women between their 4th and 7th month of pregnancy).

ROMANTIC JOURNEY UNION OF TWO HEARTS

Enjoy together, and share a loving, relaxing moment in our special couples' suites. Create an unforgettable memory of love that will last a lifetime.



Meeting of Two Souls 80 min

Enjoy an aromatherapy massage with your **soul mate** in a beautiful suite with heated private pool. The effect of aromatherapy stimulates emotional and mental energy, helping to improve the couple's connection. After the massage, enjoy 30 minutes of relaxation and privacy in our special suite with your partner.

Therapeutic Neuro-Amor Ritual 80 / 110 min

Share an incredible moment in our couple's spa suite with jacuzzi. This ritual begins with a romantic massage with exceptional aromas, followed by a refreshing hydrating facial. 110 min Ritual, includes 30 minutes of relaxation in the jacuzzi with Mimosa and seasonal exotic fruits.

Rhythmic Romantic Massage 80 min

Experience unique massage choreography synchronized to the rhythm of spiritual music. An exclusive journey where two souls connect with the subtle vibrations of **music** through the body artisan's gentle touch.



GRAND VELAS
SIGNATURE TRATAMENTS

Diamond Ritual Face & Body 110 min.

A genuine multisensory experience of indulgent luxury. The union of sophisticated ingredients with anti-aging properties penetrates to the deepest layers, helping the skin achieve maximum self-regeneration. Provides lifting effects, maintains long-lasting hydration, and improves elasticity and cutaneous tone. A soothing, hydrating massage with essence of lavender enhances the treatment's anti-stress effects on the face and body, providing a sense of overall wellness.

Organic Spa Treatment Blend Bar:

We invite you to select a minimum of **two** options and create your own personalized combination of treatments. (2 options)

- **Tranquility Scalp Massage 25 min:**
Enjoy this relaxing head, face and neck massage that will bring you balance and vitality.
- **Walker Leg & Foot Massage 25 min:**
This technique is smooth and rhythmic, reducing tension and fatigue of the legs and feet.
- **Aroma Back Massage 25 min:**
A relaxing massage that focuses on unblocking tension in the back, neck and shoulders.
- **Refreshing Facial 25 min:**
Enjoy a relaxing mini facial that cleanses hydrates and protects your skin.
- **Body Exfoliation 25 min:**
Prepare and cleanse your skin by eliminating dead cells to leave your body feeling renewed.
- **Balnotherapy 25 min:**
A personalized bath with flower petals and relaxing aromas to delight your senses
- **Hand Treatment with Acupressure 25 min:**
Enjoy a warm glove of paraffin wax and a delicious hand massage
- **Feet Treatment with Acupressure 25 min:**
Enjoy a warm foot bootie of paraffin wax and a wonderful acupressure foot massage.



Grand Velas incorporates beauty lines that are environmentally conscious, with excellent products for the care of hair, hands and feet.

Grand Velas Manicure 45 min

Enjoy a luscious manicure complemented by a relaxing arm massage using different blends of essential oils. Concludes with a hydrating cream that will restore the skin on your hands.

Grand Velas French Manicure 55 min

Grand Velas Pedicure 55 min

This pedicure begins with an exfoliation, which is followed by a rich massage over a blend of clays. Will thoroughly smooth and relax your feet.

Grand Velas French Pedicure 60 min

Grand Velas Luxury Manicure Ritual 60 min

We begin the ritual with a smooth honey exfoliation followed by applying a warm candle wax with essential oils massage that will hydrate and nourish your hands.

Grand Velas Luxury Pedicure Ritual 75 min

This treatment uses the benefits of changes in temperature, by starting with a warm candle wax massage and continuing with a cold mask treatment, that will activate the circulation. It concludes with light foot reflexology to give you a final connection with the earth.

Velas Fish Therapy 50 min

A innovative therapy using authentic Garra Rufa toothless fish, which produce the enzyme dithranol. Removes dead skin and improves circulation. UV sterilized.



*A voyage filled with hope and happiness, with memories that will last a lifetime.
A feeling of union and love on one of the most important days of your life.*

Grand Velas Bridal Ritual 395 min

A complete ritual including consultation with a spa specialist, to create an incredible experience based on your needs and preferences.

Package includes:

- 80 min Bridal Hairstyle (preview and final).
- 50min Makeup Session (preview and final application).
- 100 min Grand Velas manicure and pedicure.

Makeup

Beautiful Bride – makeup

Beautiful Bride – makeup with preview included

Hair

Beautiful Bride – hairstyle

Beautiful Bride – hairstyle with preview included

Hair and Makeup

Beautiful Bride Ritual - hair and makeup

Beautiful Bride Ritual – hair and makeup with previews included

Hand and Feet

Grand Velas manicure with paraffin treatment

Grand Velas pedicure with paraffin treatment



Our beauty salon offers a wide variety of hair care, nail care and hair removal services.

NAIL CARE

Polish change
French polish change
Acrylic Nails – complete set
Refill complete set
Gel Nails – complete set
Removal per nail
Removal set

LADIES HAIR CARE

Shampoo and haircut
Shampoo and blow dry
Shampoo and trim
French braid
Updo
Casual Hairst
Curl (short hair)
Curl (medium-length hair)
Curl (long hair)
Half-head braids
Full-head braids (short hair)
Full-head braids (medium-length hair)
Full-head braids (long hair)
One braid

MEN'S HAIR CARE

Cut and style
Beard trim
Mustache trim
Shampoo and blow dry

MAKEUP

Makeup application
Eyelashes

WAXING

Full leg
Half leg
Bikini
Bikini and legs
Full arm
Half arm
Under arm
Face
Eyebrow or lip
Chin
Sideburn
Back or chest



Hours: the spa is open from 8:00am to 8:00pm, 7 days a week. Advance reservations are required and are subject to availability.

In-suite spa services are offered between 10:00am and 7:00pm, 7 days a week. Advance reservations are required and are subject to availability. No INSUITE services are available during high seasons.

Spa Reservations: for reservations please call extensions 8601, 8602, 8603, 8620 or send an email to sparm@grandvelas.com. We recommend that you make your reservations in advance to insure availability.

Spa Welcome: we ask that you arrive 80 minutes before your scheduled appointment if you would like to experience the Grand Velas Hydrothermal Journey, or at least 20 minutes before your appointment in order to have time to change and complete the required medical forms before your treatment.

Grand Velas Hydrothermal Journey: we highly recommend that you participate in the Grand Velas hydrothermal journey for at least one hour before your treatment. The hydrothermal journey is complementary with all treatments of 50 minutes or more. Guests of Grand Velas who would like to use the hydrotherapy areas but have not reserved a spa treatment may purchase a day pass for \$60 USD per guest. *The Hydrothermal Journey is NOT INCLUDED with Beauty Salon services or Caring Rituals.

A day pass to use the hydrotherapy areas may also be purchased for \$60 USD by non-guests of Grand Velas. The appointment must be made in advance with a credit card and is subject to availability. The admission pass is valid per day, per person.

Dressing rooms are separated into men's and women's areas for maximum comfort. Robes, towels and sandals are provided. We also offer light refreshments in our relaxation area after your treatments.

Late Arrivals: please understand that arriving late can shorten the time available for your treatment, or result in the inability to provide you with your scheduled treatment.

Spa Etiquette

- To preserve the tranquility of the spa we kindly ask that you turn off your cell phone.
- Please wear a bathing suit in the hydrothermal areas.
- The best way to enjoy your treatment completely is to arrive on time.
- 16 years is the minimum age for using the spa facilities and enjoying our spa experiences.
- Bringing food and drinks into the spa facilities is not permitted.
- Bringing alcoholic beverages into the spa facilities is not permitted. For your safety, we will refuse service and treatment to individuals under the influence of alcohol or drugs.
- Please leave jewelry and items of value in the safe deposit box in your suite. The spa is not responsible for items that are lost or forgotten within the spa facilities.

Health: upon arrival at the spa, you will be given a medical form to fill out. Please inform us of any medical condition, allergy, high blood pressure or asthma you may have, or if you are or may be pregnant. Certain treatments may not be recommended in some cases.

Gift Certificates: what better gift is there than a spa certificate? This certificate can be made out for any treatment or product from the boutique.

Gratuities: service charge has already been included in the price of each service. It is not necessary to leave a tip unless you would like to do so. Please refer to the reception desk for additional tips.

Payment options: we accept pesos and major credit cards at the SPA. If you would like to charge your spa treatment to your suite, please establish credit at the reception desk of your suite ambiance upon arrival.

Spa Experience: all of the spa treatments are therapeutic in nature. Our therapists are highly qualified and have ample experience in their fields. We offer disposable underclothes for your comfort during our spa experiences, as your privacy is of utmost importance to us. If you have any concerns regarding your therapist, gender, level of performance or expectations, please do not hesitate to notify the spa reception or contact one of our spa coordinators.

Cancellation Policy: cancellations and changes in scheduled service, time or date should be made 6 hours prior to your appointment. After this time, a charge of 50% of the total value of the service will be applied, and there are no refunds. You may reschedule your spa experience based on availability. If you do not arrive at your appointment, it will be cancelled without the right to a refund if it was paid in advance. If the service was not paid in advance, you will then be charged the full amount of the service. In order to reschedule the missed appointment in the event of illness, medical proof must be provided. Reservations for groups fall under different cancellation policies and are subject to their individual contracts.

Prices are in US dollars and include tax and service charge. Additional gratuities are not required.
Prices are subject to change without prior notice.

For reservations or more information please call extensions 8601, 8602, 8603 or 8620
or call the spa directly at (984) 877 4430. | sparm@grandvelas.com



SPA SERVICES

-Services available for couples. *In suite - Services available
in-suite from 10:00 a.m. to 7:00 p.m.

Prices are in USD dollars.

JOURNEY THROUGH ANCIENT MEXICO

Sacred Obsidian Stone Massage 80 min.	\$298
Coffee & Cocoa Experience 50 min	\$198
Xtabetum -Honey Exfoliation & Massage 50 min.	\$198
Mayan Jade Facial 50/ 80 min.	\$198 / 298
Mayan Royal Massage / 80 min.	\$198

MEDITERRANEAN VOYAGE

Neuro Aroma Massage 50/80 min.	\$198 / 298
Sensory Vitamin C Facial 80 min.	\$310
Citrus Body Wrap 80 min.	\$298
Warm Vesuvius Fango Massage 50 min.	\$198

MEMORIES OF INDIA

Sundari Ayurvedic Facial 50 min.	\$198
Hindú Abhyanga And Shirodhara Massage 80 min.	\$298
Hindu Foot And Scalp Massage 50 min.	\$198

AROMATHERAPY PATHS

Aromatherapy Massage 50/80 min.	\$198 / 298
Aromatic Natural Seed Facial 50 min/ 80 min	\$198 /298
Divine Lemon-Herb Massage 50 min	\$198

MEN'S JOURNEY

Purifying Vanilla Facial 80 min.	\$298
Therapeutic Velas Maya Massage 50 min./80 min	\$198 / 298
Thai-Atsu 80 min	\$198

INNER JOURNEY

Reiki 80 min	\$198
Flotation Ritual 80 min	\$198
Nik Te Ha Aquatic Massage 80 min.	\$198
Mother-To-Be Ritual 50 min.	\$198

ROMANTIC JOURNEY

Meeting Of Two Souls 80 min.	\$225 P/P
Therapeutic Neuro-Amor Ritual 80/110 min.	\$298/\$325 P/P
Rhythmic Romantic Massage 80 min	\$298 P/P

GRAND VELAS SIGNATURE TREATMENTS

Diamond Ritual Face & Body 110 min.	\$310
Organic Spa Treatment Blend Bar:	
• 2 Options	\$198
• 3 Options	\$298

CARING RITUALS

Grand Velas Manicure 45 min.	\$53
Grand Velas French Manicure 55 min.	\$53
Grand Velas Pedicure 55 min.	\$75
Grand Velas French Pedicure 60 min.	\$75
Grand Velas Luxury Manicure Ritual 60 min.	\$88
Grand Velas Luxury Pedicure Ritual 75 min.	\$118
Velas Fish Therapy 50 min.	\$105

GRAND VELAS BRIDAL RITUALS

Grand Velas Bridal Ritual 395 min.	\$398
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Makeup

Beautiful Bride – makeup	\$118
Beautiful Bride – makeup with preview included	\$198

Hair

Beautiful Bride – hairstyle	\$118
Beautiful Bride – hairstyle with preview included	\$198

Hair and Makeup

Beautiful Bride Ritual - hair and makeup	\$198
Beautiful Bride Ritual – hair and makeup with previews included	\$336

Hand and Feet

Grand Velas manicure with paraffin treatment	\$75
Grand Velas pedicure with paraffin treatment	\$105



BEAUTY SALON

NAIL CARE

Polish change	\$25
French polish change	\$30
Acrylic Nails – complete set	\$105
Refill complete set	\$75
Gel Nails – complete set	\$98
Removal per nail	\$5
Removal set	\$45

LADIES HAIR CARE

Shampoo and haircut	\$85
Shampoo and blow dry	\$77
Shampoo and trim	\$54
French Braid	\$45
Updo	\$95
Casual Hairstyle	\$85
Curl (short hair)	\$105
Curl (medium-length hair)	\$118
Curl (long hair)	\$128
Half-head braids	\$78
Full-head braids (short hair)	\$105
Full-head braids (medium-length hair)	\$128
Full-head braids (long hair)	\$158
One braid	\$6

MEN'S HAIR CARE

Cut and style	\$53
Beard trim	\$30
Mustache trim	\$30
Shampoo and blow dry	\$45

MAKEUP

Makeup application	\$118
Eyelashes	\$35

WAXING

Full leg	\$98
Half leg	\$58
Bikini	\$58
Bikini & leg	\$128
Full arm	\$49
Half arm	\$39
Under arm	\$38
Face	\$45
Eyebrown or Lip	\$25
Chin	\$28
Sideburns	\$28
Chest or Back	\$98



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