

SPA
Sensations **IBEROSTAR**

MENÚ | ENGLISH



WELCOME TO A WORLD OF SENSATIONS

Designed to enhance every aspect of your experience, Spa Sensations is tailored around relaxing treatments, the reconnection with yourself and those around you. More than services, Spa Sensations is a sensory experience.

Local Inspiration

Integrating the local community knowledge into the Spa Sensations treatments, this brings you an array of locally-inspired treatments, often best-kept secrets drawing upon age-old local traditions. Taking advantage of the healing benefits of indigenous plants and herbs, we have based our products around their healing properties, all aimed to **stimulate, restore, and nourish**.

We have united an avant-garde spirit with holistic wellness, rejuvenation, and beauty treatments that go beyond the ordinary. Rest your feet and let your worries melt as you surrender to the ministrations of expert spa therapists at any of our resorts.

Everything is Connected

From the food you eat to the products we utilize, wellness is integrated into your whole Spa Sensations experience. We aim to enhance every aspect of your experience so you feel immediate, real benefits however long your stay.





MOST WANTED

Luxurious experiences, loaded with all the power of aromatherapy to transport the mind, providing integral well-being.

Our exclusive treatments. Let the journey begin!

ROYAL CITRUS RITUAL /

90 MIN

Revitalizes · Nourishes · Protects

Flood the skin of the face and body with the intense firming hydration of vitamin C. This ritual includes a tangerine-based exfoliating wrap along with a softening and antioxidant facial. The protocol is completed with the application of a luxurious body lotion that will seduce your senses.

CANDLE MASSAGE /

50 MIN

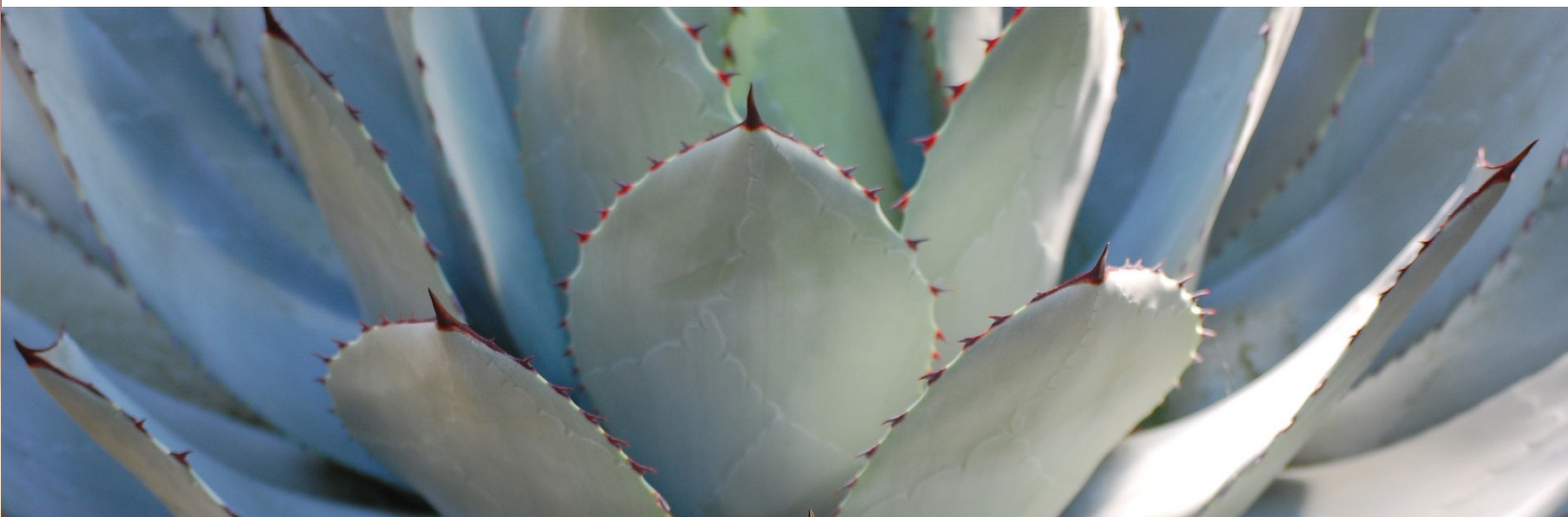
Live the experience of a relaxing massage with warm wax that will provide maximum relaxation and hydration to your skin.

SAMUNPRAI MASSAGE /

80 MIN

This treatment was the only one suitable for Thai warriors when they returned from the battle. It is a century-old heat-based technique applied with herbal compresses that penetrate deep into the muscles, followed by a full body massage.





LOCAL INSPIRATION

We honor and respect traditions and pride ourselves on the authenticity of our treatments and the power and history of our environment.

TRADITIONAL MAYAN ESCAPE MASSAGE / 50 / 80 MIN

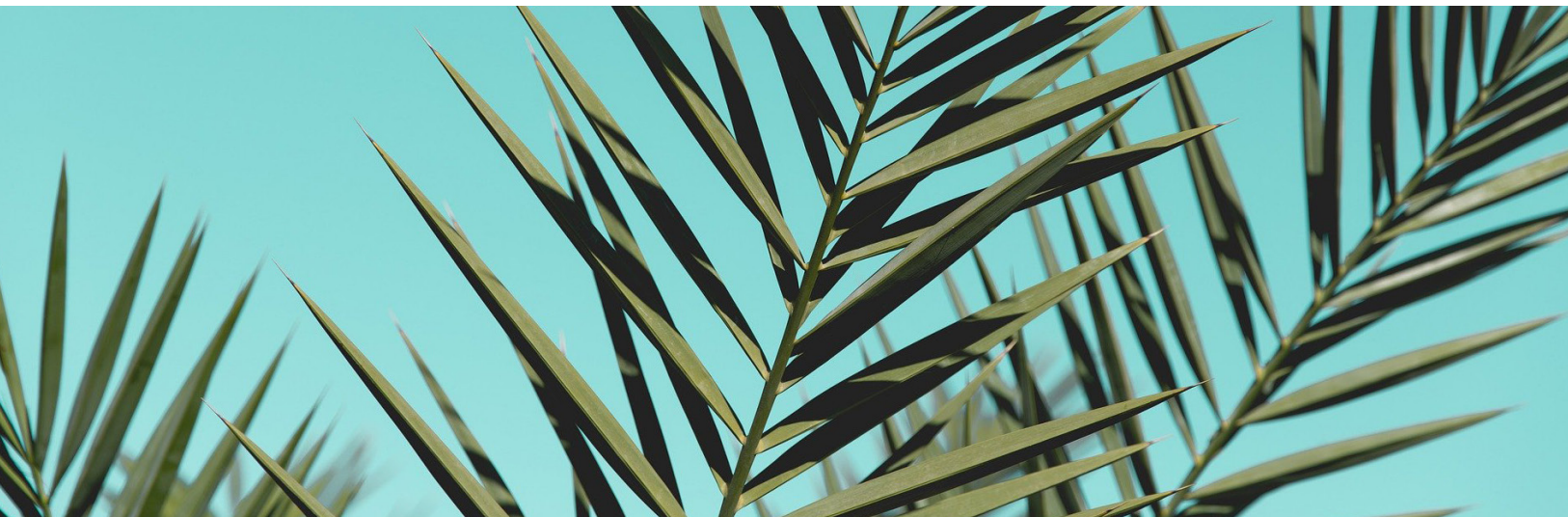
Listening to the ocarina, a musical instrument used by the Mayans, transports us to the ancient Mayan ancestors. A delicate canvas fabric called a rebozo is used to stretch the limbs. The chakras are lined with hot volcanic stones that help promote circulation and deep relaxation. An authentic Mayan experience.

BLUE AGAVE AND LEMONGRASS BODY SCRUB / 30 MIN

Blue Agave Body Scrub is a refreshing blend of blue agave, cocoa, and kaffir lime. It will polish your skin and leave a scent that will make you stand out.

GUAC STAR BODY MASK / 45 MIN

Avocado oil provides key fatty acids for the skin and along with the roots of Comfrey and green tea extract are a powerful antioxidant and anti-inflammatory remedy for our skin. This mask calms and hydrates our skin. Highly recommended for dry or dehydrated skin.



BODY TREATMENTS

Preferred choice of Caribbean aromas. Let nature hug you.

CITRUS SCRUB /

30 MIN

Exfoliates · Revitalizes · Reaffirms

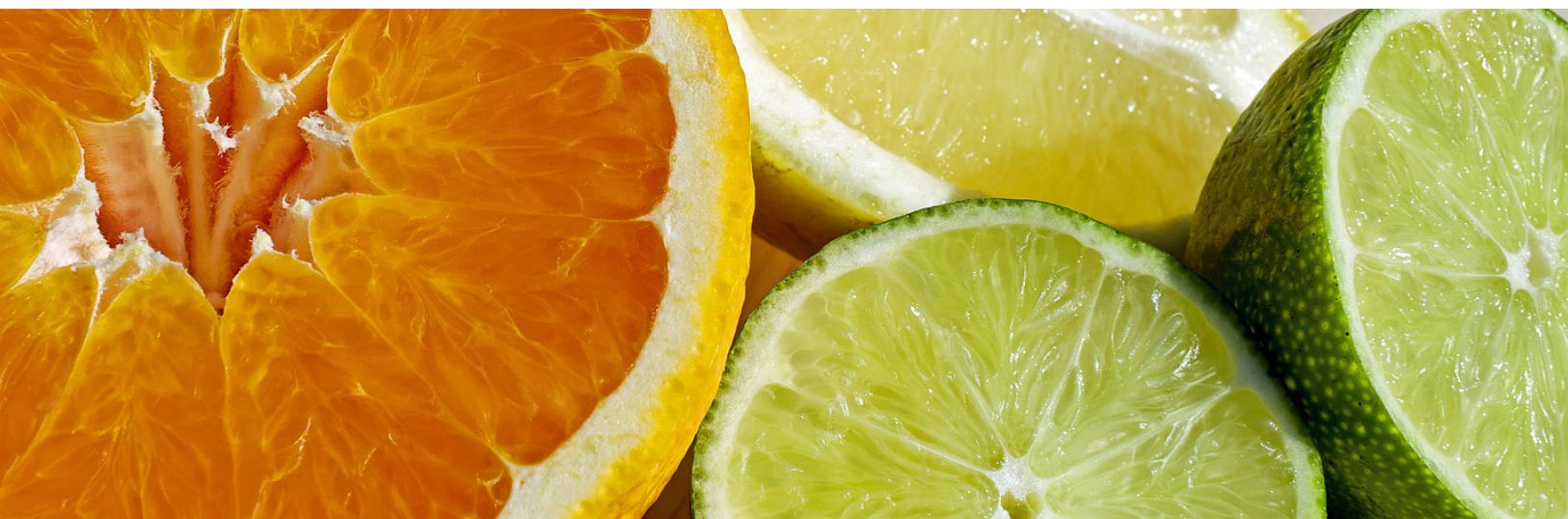
This sensory treatment dramatically smoothes the skin's surface thanks to highly effective exfoliating agents. Feel the citrus energy that eliminates dead cells to reveal radiant, protected skin like never before.

CITRUS BODY PERFECTION /

60 MIN

Purifies · Moisturizes · Energizes

Flood your skin with citrus energy with this emulsion-based treatment with a very high concentration of vitamin C that protects from dryness and premature aging. The intensely hydrated skin is revealed to be much smoother, more vitalized and brighter.



FACIALS

Your skin, like the landscape itself, has been shaped by time and the environment. Our experts will make you feel rejuvenated and renewed.

O2 RELAX /

60 MIN

Purifies · Clarifies · Balances

Wake up your skin with the revitalizing energy of pure oxygen to decongest and brighten dull complexions. A perfect treatment for frequent travelers and urbanites whose skin suffers daily from stress and environmental contamination. An infusion of freshness for the skin.

S.O.S. SENSITIVE SKIN /

60 MIN

Calm · Softens · Comforts

Restore comfort to your skin with an exclusive combination of botanical ingredients designed to soothe and strengthen sensitive skin. This facial treatment is the ideal response to pamper sensitive, reactive or rosacea problems skin, which needs a soft, restorative coat.

CITRUS VITA-ESSENCE /

60 MIN

Revitalizes · Stimulates · Rejuvenates

Infuse your skin with the antioxidant and revitalizing power of vitamin C. A nutrient-rich treatment that revives your senses while stimulating collagen production, improves firmness, illuminates and intensely moisturizes facial skin.



FACIALS

3D COLLAGEN SHOCK /

60 MIN

Sculpts · Reaffirms · Tense

This very complete beauty experience is an advanced remodeling and firming treatment that, thanks to the combination of three types of collagen, redraws the facial oval, improves the density and firmness of the skin and notably improves hydration. Thanks to its incredible lifting and redensifying effect, it sculpts the contours of the face and reveals much smoother and juicier skin.

DIAMOND ENERGY /

60 MIN

Energizes · Defines · Rejuvenates

An infusion of the most cutting-edge ingredients that floods the skin with energy to minimize the signs of aging. This treatment infuses the skin with energy to restore vitality to the complexion due to environmental stress or premature aging. Advanced Myofacial Massage with Gua Sha, along with other reshaping maneuvers, beautifies facial contours and reveals a visibly firmer, luminous and powerfully hydrated skin.

CARBOXI-EXPRESS /

30 MIN

Exfoliates · Renews · Regenerates

Ultra-fast peeling to regain the glow of your skin in record time. Thanks to a combination of 5 AHAs, this three-phase scrub offers unprecedented results in just 30 minutes!



MASSAGES

The old and the modern come together in perfect harmony. The power of touch!

DEEP TISSUE /

50 / 80 MIN

A slow, intentional deep-tissue massage targets specific areas of tension. Our therapeutic oils help reduce muscle pain and joint stiffness.

HOT STONES THERAPY /

50 / 80 MIN

The healing hands of your therapist combined with hot stones, immersed in oil of lavender will guide you to a deep state of relaxation. 80 minutes therapy includes reflexology on both hands and feet.

CLASSIC SWEDISH MASSAGE /

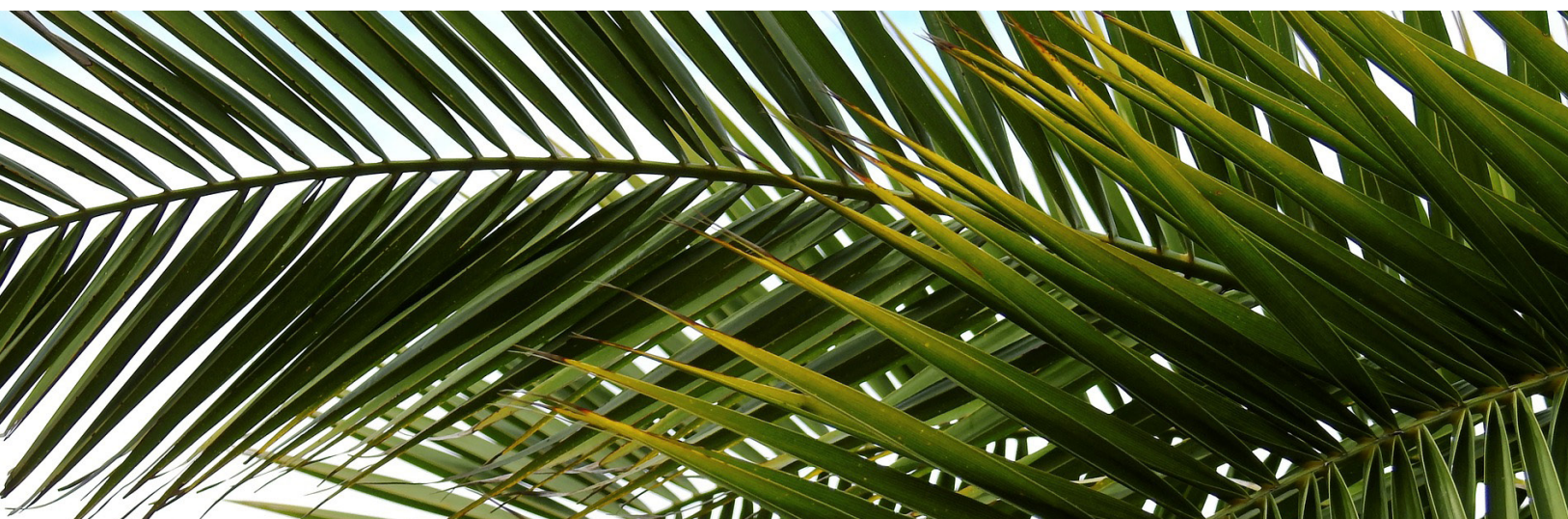
50 / 80 MIN

Classic massage with long and firm movements which will gently guide you to relaxation, releasing stress and improving circulation.

AYURVEDIC MASSAGE /

50 / 80 MIN

The Sanskrit word “ayurveda” is made up of: ayu, which means “life”, and veda, which means “knowledge”. Ayurvedic massage is one of the best kept secrets of ancient India, it consists of warm oil infused with herbs through non-traditional rhythmic movements, to achieve harmony and balance.



MASSAGES

REFLEXOLOGY /

40 MIN

Massage focused on specific points located on the bottom of the feet and hands. Stimulating good organ function, ideal for relaxing.

ATHLETIC SPORTS MASSAGE /

50 / 80 MIN

Regenerative massage that helps relieve tension in the muscles, improve circulation and detoxify the body. It incorporates stretching to increase the strength of the movement. Recommended before or after a sports activity or training.

SENSATIONS SIGNATURE /

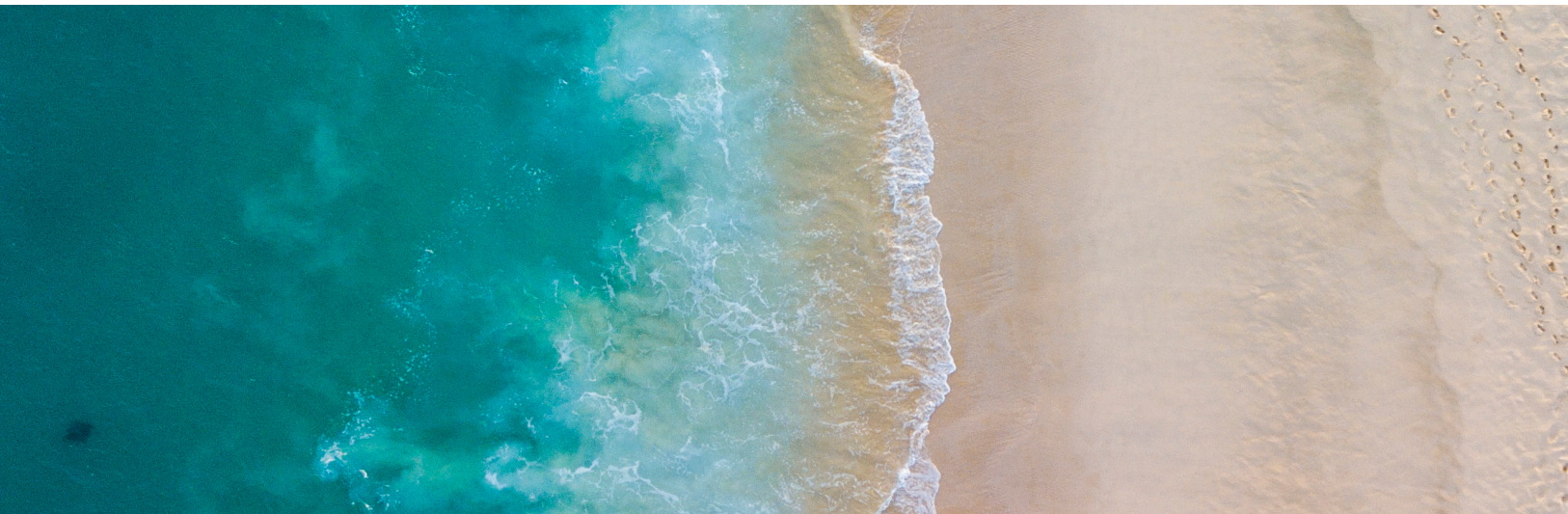
4 HANDS / 50 MIN

Performed by two therapists, this four-handed massage uses aromatherapy, Hawaiian Lomi Lomi, Shiatsu and reflexology techniques with hot compresses to target pressure points to leave you in a state of tranquil well-being.

AROMATIC MASSAGE /

50 / 80 MIN

Recommended after completing the hydrotherapy circuit for the body to experience all the benefits it offers. This exclusive treatment uses aromatic oils during the delicate and gentle massage, promoting a feeling of tranquility throughout the body.



MASSAGES

COUPLE MESSAGE / 50 / 80 MIN

This massage consists of a restoration that uses pressure to relieve muscle pain, relax and enjoy a moment of tranquility next to your partner in the same cabin.

SEA BREEZES / 50 / 80 MIN

This beach front treatment consists of a full body massage accompanied by the natural sound of the waves, in an authentic atmosphere of relaxation. A concept known as 'connection with nature' where deep moments of relaxation, fresh air and naturally derived vitamin D are achieved.



CANCER CARE TOUCH THERAPY

The Spa Sensations at Iberostar Hotels & Resorts in Mexico has created customized bespoke rituals for guests living with cancer or who have a history of living with cancer. These rituals have been created to address specific skin conditions while supporting the body’s immune system, improving the range of motion, enhancing the lymphatic system, encouraging better sleep, reducing pain, inflammation and releasing scar tissue.

BESPOKE TOUCH THERAPY MASSAGE /

60 MIN

Combining light to medium pressure and touch therapy rituals, this massage is perfect to help comfort and induce the body’s relaxation response. A natural flowing technique will relieve muscle tension and release stress.

BESPOKE TOUCH THERAPY FACIAL /

60 MIN

Enjoy a personalized facial treatment designed to hydrate and brighten the skin’s complexion. The facial treatment begins with deep cleansing, toning and exfoliating the skin to treat sensitivity as well as visibly reduce pore size. The treatment continues with a comfort cream mask that will nourish the skin and create a fresh glow, leaving a uniform skin complexion with luminosity . Combined with customized touch therapy rituals and a specialized facial massage, guests will feel remarkably refreshed.

PERIPHERAL NEUROPATHY AND HAND AND FOOT SYNDROME /

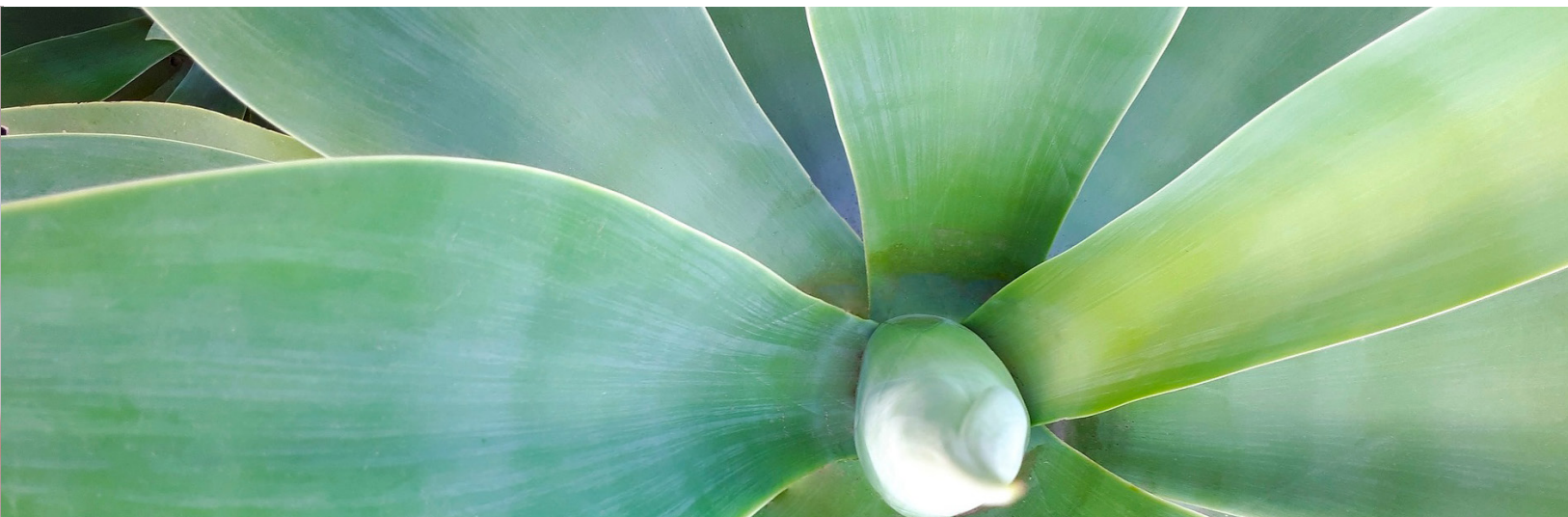
30 MIN

An ideal ritual for the hands and feet to reduce the effects of chemotherapy. This powerful Brazilian experience induces a deep state of balance and relaxation as it stimulates circulation around the nails.

LYMPHATIC SUPPORT /

30 MIN

We have created a lymphatic support ritual consisting of slow and deliberate movements. The technique used encourages lymphatic flow and is deeply relaxing while equally detoxifying.



SPA ETIQUETTE

RESERVATIONS AND CANCELLATIONS

Spa Sensations requires 24 hours notice for cancellations. You can reschedule your reservation at the Spa, no less than 4 hours before the initially reserved time or an additional cancellation fee of 50% of the original cost of the treatment will apply. If you are late we will reduce the time reserved for treatment. Please make sure you arrive at least 30 minutes before the scheduled time or 1 hour before if you want to enjoy the hydrotherapy circuit (remember to bring your bathing suit). The spa concierge will help you choose the best treatments and the most recommended sequence.

ARRIVAL

Spa Sensations offers an atmosphere of relaxation and tranquility to its clients. It is important to respect the privacy and serenity of the environment, limiting the use of mobile phones and maintaining a calm tone of voice. Please inform the concierge of any health conditions, allergies, injuries, high blood pressure, or physical disabilities that you consider relevant, prior to treatment. Spa Sensations is pleased to offer services to pregnant women who have passed their first trimester or before the last trimester, only. All of our therapists are professionally trained.

Spa Sensations offers the choice of a male or female therapist, depending on availability. Spa Sensations reserves the right to refuse spa treatments to guests who show signs of being under the influence of liquor.

DURING YOUR EXPERIENCE

Spa Sensations offers you a locker with a bathrobe and sandals to wear during your stay.

We recommend that you book all treatments in advance to guarantee availability. Spa Sensations does not allow smoking or consuming alcohol or food brought from outside. Freshly shaved or sun-exposed skin, before exfoliation or waxing, may become irritated. Avoid shaving or intense sun exposure before your spa treatment.

DEPARTURE

We have gift vouchers available. Please contact a spa representative for more information. All prices are in Mexican pesos and are subject to change without prior notice. Please note that tips are not included.

If you want to continue enjoying the Spa Sensations experience at home, all the products used in our treatments are available for sale in the reception area.

IBEROSTAR GRAND PARAISO

Opening hours: 8 am - 8 pm.

Ext. 8565