



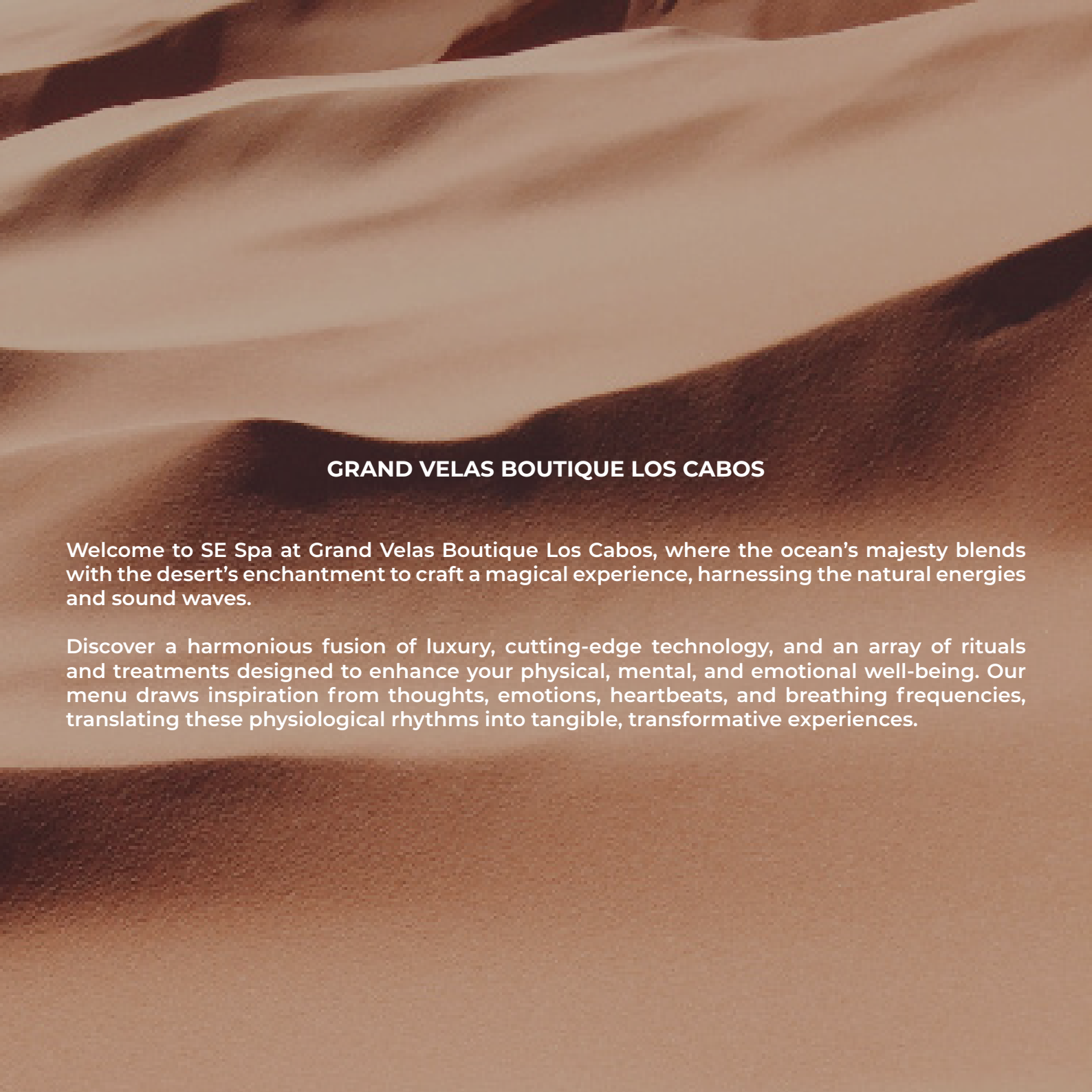
MENU



GRAND VELAS®  
BOUTIQUE HOTEL  
LOS CABOS



FOLLOWING THE PATH OF WELL-BEING



## **GRAND VELAS BOUTIQUE LOS CABOS**

Welcome to SE Spa at Grand Velas Boutique Los Cabos, where the ocean's majesty blends with the desert's enchantment to craft a magical experience, harnessing the natural energies and sound waves.

Discover a harmonious fusion of luxury, cutting-edge technology, and an array of rituals and treatments designed to enhance your physical, mental, and emotional well-being. Our menu draws inspiration from thoughts, emotions, heartbeats, and breathing frequencies, translating these physiological rhythms into tangible, transformative experiences.

## WELLNESS CEREMONY

The Wellness Ceremony at Grand Velas Boutique Los Cabos incorporates a variety of sensory experiences designed to restore balance, enhance metabolism, and envelop the body and soul in an atmosphere of introspection through different sensory encounters:

1. Sauna
2. Steam room
3. Ice room
4. Tunnel of emotions
5. Jacuzzi
6. Magnesium pool with various circuits:
  - a) Bubble seat
  - b) Gluteal jets
  - c) Leg jets
  - d) Calf jets
  - e) Reflexology bubble geyser
7. Sleep therapy, meditation, and detoxification (additional cost)



# MASSAGES

## **CAHELMET** *Signature*

80 min | \$410 USD

Ideal for new experiences enthusiasts, this massage relieves tension in every part of the body. It takes inspiration from Baja California Sur's rich flora and fauna, incorporating techniques based on the movements of the region's iconic wildlife, such as the rattlesnake, puma, golden eagle, manta rays, and whales. Additionally, it blends the sounds of the ocean and the desert with the scents of local flora, like white sage and shawii agave.

## **OCEAN SOUNDS** *Signature*

80 min | \$410 USD

A massage that fosters a deep sense of relaxation and enhances energy balance and mental clarity. The experience begins with a sound therapy session involving vibrating bowls placed along the spine to harmonize your heart rate while simultaneously unlocking any blockages. Following this, you'll receive a personalized massage targeting muscle tension reduction.

## **PERSONALIZED**

80 min | \$410 USD

Because we understand that each individual is unique, we personalize your experience by selecting various techniques according to your preferences and needs, such as lymphatic drainage, reflexology, stretching, and acupressure, to achieve a complete sense of well-being. This massage is performed with warm oil; you can request it as a four-hand massage.

## **DEEP TISSUE**

50 / 80 min | \$305 / \$425 USD

Experience the benefits of cannabis oil and a fusion of various personalized techniques that will lead to a deep and total release of tension, relieving stiff and sore muscles.

## **SPORT**

50 / 80 min | \$290 / \$410 USD

A deep tissue massage that employs specific movements to enhance muscle tone, mobility, and flexibility. Ideal for athletes or after extensive exercise sessions.



## WELLNESS THERAPIES

### ICE & FIRE FUSION

50 / 80 min | \$290 / \$410 USD

This ancient therapy combines the warmth of obsidian stones to relieve tired and tense areas of the body with the cold of marble stones to invigorate blood circulation and balance chakra energy.

### LYMPHATIC DRAINAGE

80 min | \$410 USD

A purification and toxin-release therapy that employs gentle and soothing manipulations to target the lymphatic system. This treatment is recommended for pre- or post-operative care, weight loss, and anti-cellulite regimens due to its beneficial metabolic effects.

### REFLEXOLOGY

50 min | \$290 USD

A therapy that involves warm herbal compresses and river stones that stimulate reflex points on the hands and feet, corresponding to nerve endings of various vital organs (heart, eyes, lungs, among others). Its activating action delivers therapeutic benefits.

### MATERNAL CARESS

50 / 80 min | \$290 / \$410 USD

An experience that fosters a profound connection with your baby. It alleviates tension in the hips and legs while enhancing skin elasticity. Additionally, it features a rejuvenating and refreshing facial treatment. It also includes a collagen treatment for the abdomen (the 50-minute option excludes the facial).





# FACIALS

## **ORGANIC ESSENTIAL**

75 min | \$305 USD

Harness the power of nature and its organic components for impeccable hydration and protection against signs of aging. Our facial treatment incorporates anti-aging techniques inspired by the Japanese Kobido massage, which enhances microcirculation and lymphatic drainage, resulting in firm, smooth, and hydrated skin.

## **VITAMIN C *Gourmet***

80 min | \$410 USD

Indulge your face with a 100% vitamin C energy boost. This antioxidant treatment repairs sun-damaged and polluted skin. The citrus essence helps fade spots and brighten the complexion while stimulating active collagen production to renew skin firmness and elasticity. It includes specialized equipment that enhances the active effects on your face.

## **SKINCARE FOR MEN**

80 min | \$410 USD

A specialized treatment for men aimed to detoxify the skin and strengthen it against pollution, stress, and free radicals. This treatment focuses on dryness, the emergence of wrinkles, and premature aging signs, leaving your face looking refreshed and smooth. A rejuvenating Shi-Zen Detox facial massage complements it.

## **THE CURE CLEANSING**

80 min | \$445 USD

Deep cleansing rooted in thermo-active enzymatic detoxification. This treatment features an extraction phase using a technique with glycolic acid. It's recommended for dehydrated skin damaged by external factors. The session concludes with a hydration veil and maximum protection, offering a satin-like touch and a fresher appearance to the face.

## **DIAMOND YOUTH INFUSION *Anti-aging***

80 min | \$445 USD

Embark on a multi-sensory journey with astonishing, rejuvenating results. This treatment blends effective actives with innovative techniques to deliver immediate and long-lasting skin tightening, facial contouring, and reduced expression lines. The experience improves skin texture, restores hydration, and revitalizes complexion.



# HARMONIZING RITUALS

## **MOONWALK** *Signature*

170 min | \$685 USD

### **Full Moon Massage** *Signature*

80 min

Experience a medium to firm pressure massage infused with aromatherapy. This neuro sedative massage guides you toward relaxation, harnessing the therapeutic effects of essential oils. It reduces anxiety and stress associated with lunar phases.

+

### **New Moon Facial**

60 min

This collagen treatment results in firmer skin and reduced expression lines. It works on the skin from the inside to achieve an instant lifting effect in areas such as the eyes, lips, and chin.

+

### **Renewed Feet**

30 min

Pamper your feet with this relaxing massage, which focuses on pressure points to relieve tired muscles from the instep to the toes.

# HARMONIZING RITUALS

## FLOWING WITH THE OCEAN

185 min | \$715 USD

### **Ocean Sounds** *Signature*

80 min

A massage that provides deep relaxation and balances energy and concentration. It begins with sound therapy, where vibrating bowls are placed on the spine to harmonize your heart rate, simultaneously releasing tension. It then continues with a personalized massage to reduce muscle contractions.

+

### **Cellular Hydration Facial**

75 min

This intensive hydration treatment results in soft, smooth, and flexible skin. It stimulates hyaluronic acid synthesis and strengthens the skin barrier. Experience lasting hydration throughout the day, as if it were a continuous shower for your face.

+

### **Well-being for Head and Shoulders**

30 min

Your therapist will skillfully relax the muscular tension in your neck and shoulders using techniques designed to enhance flexibility and improve blood circulation. This treatment not only aids in soothing headaches but also serves as an ideal complement to any treatment. You can receive this massage with or without the use of oil.

# HARMONIZING RITUALS

## OASIS IN THE DESERT (FOR MEN)

160 min | \$615 USD

### Time For Him

110 min

Exclusive massage and facial treatments for skincare, highly effective and multifunctional, designed for demanding male skin. All products are vegan, with clean formulas, and contain up to 90% natural ingredients. The entire product line features the powerful TAUREC complex.

+

### Reflexology

50 min

Experience a therapeutic session using warm herbal compresses and river stones that target reflex points on your hands and feet, connecting to nerve endings associated with various vital centers in the body, such as the heart, eyes, and lungs. This activating treatment offers profound therapeutic benefits. You can also request a four-handed session for an enhanced experience.

## ETERNAL ROMANCE

140 min | \$884 USD

### Lovers Encounter

80 min

A synchronized massage accompanied by the ancestral sounds of different elements will take you on a journey where your souls unite through vibration.

+

### Refreshing Facial

30 min

This treatment promotes facial freshness. It begins with a cleansing to remove dead cells and concludes with a 30-minute bubble therapy in the jacuzzi, accompanied by sparkling wine and gourmet treats.

# HARMONIZING RITUALS

## FOUR-HAND RITUAL FOR MOM

110 min | \$485 USD

### Maternal Caress

80 min

An experience that fosters a deep connection with your baby. It relieves tension in the hips and legs while increasing skin elasticity. At the same time, it pampers your face with a refreshing facial treatment. It also includes a collagen treatment for your belly.

+

### Renewed Feet

30 min

Give your legs the rest they deserve with this relaxing massage that releases tense muscles. It is followed by lymphatic drainage to prevent fluid retention.





# NAIL SPA

## HAND AND FOOT CARE

Well-being starts with the attention and care of our hands and feet.

### GRAND VELAS MANICURE

50 min | \$64USD

Revitalize, relax, and give your hands a beautiful, natural appearance with an intensive treatment to soften and hydrate them. It starts with an exfoliation to remove dead skin cells and continues with a manicure, applying a nourishing mask and cream.

### SUNSET MANICURE

80 min | \$100 USD

It begins with an exfoliation to remove dead cells, followed by a complete manicure and applying a nourishing mask. This treatment includes hand and foot reflexology, regular nail polish application, and a Sunset Mezcal tasting.

### GRAND VELAS PEDICURE

60 min | \$95 USD

A soothing experience that will revitalize and relax your feet. It starts with an exfoliation to remove dry skin, followed by a complete pedicure and a nourishing mask. It concludes with the application of moisturizing cream and regular nail polish.

### SUNRISE PEDICURE

90 min | \$110 USD

This treatment provides a distinctive experience by hydrating, reducing inflammation, and firming the skin with the natural properties of coffee, making it soothing for tired and swollen feet. It includes reflexology, a comprehensive pedicure featuring a coffee exfoliation, regular nail polish application, and a delightful Tequila Sunrise tasting.

### FOUR-HANDED MANICURE & PEDICURE

60 min | \$160 USD

If you want to enhance the beauty of your hands and feet but are short on time, two therapists will simultaneously provide a complete manicure and pedicure. This includes exfoliation, a mask, moisturizing cream, and regular nail polish.



## EXPERIENCES WITH APPROACH

These are designed to enhance any previously selected experience or for those wishing to complement the Wellness Ceremony. We use warm, hypoallergenic oil in all massages to relax the nerves and moisturize the skin.

### WELL-BEING FOR HEAD & SHOULDERS

30 min | \$133 USD

Your therapist will ease the muscular tension in your neck and shoulders using a technique that enhances flexibility and blood circulation. This also helps alleviate headaches, making it the perfect complement to any treatment. You can choose to have this massage with or without oil.

### BACK RELEASE

30 min | \$133 USD

Ideal for back discomfort resulting from spending long hours focused on the same task throughout the day. This massage helps to relax the tension and alleviate muscle pain.

### REFRESHING FACIAL

30 min | \$133 USD

This treatment promotes facial freshness. It is based on a cleansing process that removes dead skin cells and provides hydration.

### RENEWED FEET

30 min | \$133 USD

Pamper your feet with this relaxing massage, focusing on pressure points to release tension in tired muscles from the arch of your foot to your toes.

### HAND RELAXATION

30 min | \$133 USD

It reduces stress and tension in your arms and hands, preventing numb fingers and improving mobility.

## WELLNESS PROGRAMS

These programs can be combined and/or can be customized for daily enjoyment or throughout your entire stay.

• Yoga session	60 min
• Personalized training	60 min
• Wellness Ceremony	60 min
• Meditation session	60 min
• Sleep therapy	60 min
• Wellness Ceremony	60 min
• Detox	60 min
• Yoga session	60 min
• Personalized training	60 min
• Wellness Ceremony	60 min



# SPA ETIQUETTE

## HOURS

Every day from 9:00 a.m. to 6:00 p.m.

## RESERVATIONS

Please call extensions **3601** and **3602**, email [reservacionesspavb@velasresorts.com](mailto:reservacionesspavb@velasresorts.com), or contact our Concierge for assistance.

## ARRIVAL

We recommend arriving 60 minutes before your treatment to enjoy the Wellness Ceremony. Your swimsuit is required for your comfort.

## DRESS CODE

Robes, sandals, and disposable clothing are available during your experience. Wearing your swimsuit is necessary to enjoy the Wellness Ceremony.

## CANCELLATION POLICIES

We kindly request that any changes or cancellations to your reservation be made 8 hours in advance; otherwise, a 100% charge of the treatment's value will apply.

## OTHER POLICIES TO KEEP IN MIND

To fully enjoy your Spa experience, we request that you refrain from the following: Smoking within the premises, bringing in outside food, being under the influence of alcohol or drugs, and using your cell phone. The Spa experience is designed for adults only.



The prices are listed in USD; they include taxes and a 16% service charge.



GRAND VELAS · CASA VELAS · VELAS VALLARTA · MAR DEL CABO

[velasresorts.com](http://velasresorts.com)