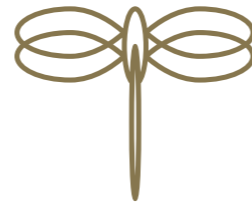




COMPLIMENTARY TREATMENTS FOR FAM TRIPS



The path of introspection  
and renewal of your being.

GRAND VELAS LOS CABOS

This path is symbolized by the dragonfly, a creature of the wind that represents change. With its iridescent wings, sensitive to the breeze, it opens our consciousness; guiding us where the wind blows to welcome the changes in our life. The dragonfly has meanings of prosperity, love, success, victory, strength and courage. The lifestyle of the dragonfly symbolizes the virtue of living life in the moment and to the fullest.



## **WATER CEREMONY**

An interlude of clarity and rebirth through water

Enhance each experience with the hydrotherapy ritual

Water is a source of life; it purifies, clarifies and revitalizes our being. It envelops us in warmth and freshness, and provides us with sensations ranging from caresses of drops to a powerful pressure massage. These are experiences that revitalize our body, mind and soul.

The Water Ceremony, or hydrotherapy, is a therapeutic process that treats the entire body with water at varying temperatures. It encompasses a hydrotherapy area with a co-ed section.

### **Water Ceremony**

The Grand Velas Los Cabos Water Ceremony is composed of various water experiences:

- 1.** Sauna
- 2.** Steam with chromotherapy
- 3.** Ice room
- 4.** Sensory shower
- 5.** Polar pool and jacuzzi
- 6.** Thermal lounges
- 7.** Sensation pool with various circuits:
  - Cascades
  - Bubble bed
  - Multisensory jets
  - Bubble geyser
  - Warm pool

## **RELAXATION AREA**

Before you begin your Spa treatment, our Spa valet will take you to a comfortable lounge chair for a few minutes of relaxation with a soft, warm seed pillow on your neck.

## **GOURMET DETAILS**

Enjoy various flavors of fruit-infused waters to refresh your palate during the Water Ceremony, as well as dried fruit and nuts.





## CEREMONIES OF WELLBEING MASSAGES

An immersion in wellbeing, with the restorative touch of healing hands.

### **BLUE AGAVE EXFOLIATION**

25 min

Eliminates dead cells, revitalizes, softens and prepares the skin to receive the benefits of a deep hydration using certified organic blue agave extract.

### **BLUE AGAVE CANDLE MASSAGE** Signature

50 min

Blue agave is the plant from which our tequila is made. Experience the warm sensation of organic wax, providing serenity of body and mind, and enjoy the excellent therapeutic, anti-inflammatory, restorative and moisturizing benefits of blue agave during a subtle, gentle-pressure massage. Select the aroma of your choice: Dream, Joy, Energy, Tension Relief or Agave.

### **PERSONALIZED THERAPEUTIC MASSAGE**

50 min

Personalize your massage by selecting different techniques, movements and areas of the body according to your needs and preferences, such as: lymphatic drainage, reflexology, stretching and acupressure, to achieve total wellbeing. Your body artisan will help to apply the appropriate techniques for your needs.

### **AROMATHERAPY MASSAGE**

50 min

Aromatherapy is the art of restoring wellbeing to the body and mind using essential oils, which are used to balance each energetic center. The essences are absorbed rapidly through the skin or respiratory system, acting upon various systems.

### **ORGANIC BLUE AGAVE FACIAL** Signature

50 min

Illuminates, revitalizes, smooths, calms, mattifies and hydrates the skin with certified organic blue agave extract, returning natural brightness. The benefits of nature and its 100% organic components provide perfect hydration and protection against the signs of aging and pollution.

### **OXYGENATING EXCEL FACIAL**

50 min

An exclusive formula with innovative high-technology actives that allow for the prolonged release of oxygen to the skin, using a solid hydrogel mask and a ritual that causes changes in temperature to tighten pores, fix imperfections and restore the natural functions of the epidermis.

### **AGAVE AFTER-SUN TREATMENT**

50 min

The sacred blue agave plant is known for its great life-regenerating power. With its fresh, smooth texture, this treatment is recommended for skin damaged by the sun; provides deep hydration, prolongs bronzing and helps avoid peeling.

## **WELCOME TO SE SPA**

### **HOURS**

The Spa is open from 8:00 a.m. to 8:00 p.m., 7 days a week. We recommend scheduling in advance, as appointments are subject to availability.

### **SPA RESERVATIONS**

For reservations, please call extensions 7401 or 7402, or send an email to [reservacionesspalc@velasresorts.com](mailto:reservacionesspalc@velasresorts.com).

### **WELCOME**

We ask that you kindly arrive 80 minutes before your appointment if you would like to enjoy the Water Ceremony, or at least 20 minutes early to allow you time to change and complete the medical forms.

### **WATER CEREMONY**

The hydrothermal ritual is complimentary with the purchase of massages, facials and body rituals; not included with Beauty Salon services. Price for use is \$70 USD per day. The hydrothermal area is co-ed, with separate dressing areas for your comfort.

### **LATE ARRIVALS**

Arriving late for your appointment will result in reduced time for your treatment, and may mean that it cannot be carried out as scheduled.

### ETIQUETA SPA

- To maintain the harmony of the Spa, we ask that you kindly turn off your phone.
- For your privacy and comfort, please wear a bathing suit for the hydrotherapy ritual.
- The best way to enjoy your experience to the fullest is to arrive on time.
- Minimum age for using the facilities is 16.
- Food, beverages and alcoholic beverages are not permitted in the facilities.
- For your safety, we reserve the right to deny admission to anyone under the influence of alcohol or drugs.
- Please leave your jewelry and valuables in the safe located in your suite. The Spa is not responsible for items that are lost or forgotten within the facilities.
- You will be provided with a medical form to complete. Please inform us of specific health conditions, pregnancy or conditions such as allergies, high blood pressure or asthma. Certain treatments are not recommended under these circumstances.
- Our therapists are qualified and have ample experience in their field. If your treatment requires, you will be provided with disposable garments. If you have any questions or concerns, please do not hesitate to speak to our experts in the SE Spa Reception.





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