



**MIRAFLORES PARK**  
A BELMOND HOTEL  
LIMA

ZEST SPA



## **SPA MENU**

## **WELCOME TO THE WONDERFUL WORLD OF BELMOND**

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on a beach or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh both your body and your soul.

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## 01 RELAX AND REVIVE AT ZEST SPA

We invite you to unwind in our serene spa, where you can enjoy a range of lavish, therapeutic treatments while gazing out over the Pacific Ocean.

Choose from a menu of nourishing therapies rich in natural ingredients from the ocean and the Amazon. Let our specialists design a complete treatment package for you.

All treatments are suitable for both men and women unless otherwise stated.

Opening times:

Monday - Saturday: 11am - 6pm

Access: 11th floor of Miraflores Park, A Belmond Hotel

Reservations: Extension 318

Email: [mph.guestrelations@belmond.com](mailto:mph.guestrelations@belmond.com)

Telephone: (51) 610 4000

## 02 MASSAGES

SWEDISH 60/90 MINUTES

Benefit from excellent all-round therapy with a traditional body massage. Your therapist's smoothing, relaxing strokes work effectively on your muscles and enhance blood circulation.

DEEP TISSUE 60/90 MINUTES

Ease tight muscles with an intensely invigorating massage that uses a blend of acupressure, firm strokes and techniques to target sensitive areas and induce relaxation.

LYMPHATIC DRAINAGE 60/90 MINUTES

Boost your health and vitality with a toning and detoxifying massage that gently encourages lymph flow and the natural draining of excess water.

REFLEXOLOGY 30 MINUTES

Treat your feet to this ancient Chinese healing technique, in which your therapist focuses on different areas of your soles to ease tension, improve circulation and target any areas of concern in the body.

BACK, SHOULDER AND NECK MASSAGE 30 MINUTES

ZEST FREESTYLE 60/90 MINUTES

Let your therapist mix and match fusion of different techniques to suit you in this personalized, uniquely relaxing experience.

## 03 SPA STYLE

We're delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

### APPOINTMENTS

We recommend you make reservations in advance, particularly if you wish to experience multiple treatments during your stay. For reservations, please contact us by dialing 318.

### CANCELLATIONS

If you wish to change or cancel your appointment, we kindly ask that you contact us at least 2 hours prior to the scheduled treatment. Failure to do so will incur a 50% charge for the service.

### ARRIVAL

We invite you to approach our Front Desk 20 minutes before your appointment. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

For your comfort we provide a robe, towels and slippers. We recommend that you leave valuables in your guestroom safe. Zest Spa does not assume liability for any valuables.

### WELLBEING

For your safety and comfort, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit, which may include injuries, illnesses or allergies.

### COMMUNICATION

Prior to the start of your treatment, kindly advise your therapist of the areas you would like to focus on and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is key to obtaining the full benefit of your spa experience.



## 04 PRICE LIST

### MASSAGES

SWEDISH	60 MIN	\$97   S/ 398
	90 MIN	\$146   S/ 599
DEEP TISSUE	60 MIN	\$109   S/ 447
	90 MIN	\$157   S/ 644
LYMPHATIC DRAINAGE	60 MIN	\$97   S/ 398
	90 MIN	\$146   S/ 599
REFLEXOLOGY	30 MIN	\$66   S/ 271
BACK, SHOULDER AND NECK MASSAGE	30 MIN	\$50   S/ 205
ZEST FREESTYLE	60 MIN	\$97   S/ 398
	90 MIN	\$146   S/ 599