



**CASA DE
SIERRA NEVADA**

SPA

SPA MENU

WELCOME TO THE LEGENDARY 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.

CONTENTS

- 01** RELAX AND REVIVE AT LAJA SPA
- 02** SIGNATURE INDULGENCES
- 03** MESSAGES
- 04** BODY RITUALS
- 05** FACIAL THERAPIES
- 06** FINISHING TOUCHES
- 07** ADD ON TREATMENTS
- 08** WELLNESS CLASSES
- 09** SPA STYLE
- 10** PRICE LIST

01 RELAX AND REVIVE AT LAJA SPA

We invite you to unwind in our healing sanctuary, which pays homage to the majestic Laja River that flows through the mountains of the north. A place of purification and rejuvenation, Laja Spa offers botanically rich therapies in the magnificent setting of a 16th-century manor.

Relax in our airy, colonial-style treatment rooms and enjoy rituals that focus on holistic wellbeing. Our skilled therapists use organic and natural products by Primavera, Phytomer, and Cantaluna – an artisanal local brand – to soothe your senses and nourish your body.

Indulge in:

Three treatment rooms

Beauty salon for hair and make-up, manicures and pedicures

Spa boutique

Fitness studio

Opening times: Daily, 10am-8pm

Access: At the back of Casa Principal, Hospicio #35

Reservations: Dial extension 180

02 SIGNATURE INDULGENCES

LAJA RITUAL

FACIAL, MASSAGE, MANICURE, PEDICURE 200 MINUTES

Treat yourself to top-to-toe pampering with our series of indulgent treatments. Begin with a gorgeously scented aromatherapy facial, tailored to your skin type to provide optimum benefit to your skin. Continue with our Laja Exclusive Massage to soothe and relax your entire body and melt cares away, and finish with an expert manicure and pedicure so that every part of you is in perfect shape.

HOLISTIC RITUAL

MASSAGE, REFLEXOLOGY, FACIAL 160 MINUTES

Benefit from a trio of holistic therapies, beginning with a relaxing hot stone massage which combines soothing strokes with heated stones to relieve tension and soothe muscles. Continue with reflexology, a tailored treatment that focuses on zones of your feet to restore energy flow throughout the body. Finish with a sublime anti-aging facial that deeply hydrates the skin while combating signs of aging and sculpting your contours. Walk out feeling youthful and reenergized.

LAJA EXCLUSIVE

MASSAGE 50/80 MINUTES

Let stress float away with our signature massage, in which we use an exclusive technique to release accumulated tension and relax the mind. As we work your entire muscular system from head to toe, expect to feel your body soothed, your nervous system balanced and your spirit calmed.

PURIFYING RITUAL

EXFOLIATION, MASSAGE, FACIAL 140 MINUTES

Combine three amazing treatments in one heavenly ritual. Begin with a Laja Body Scrub, using a special cleansing gel of walnut shell and volcanic powder to reveal smooth, luminous skin. Continue with a massage using handmade poultices filled with herbal goodness - rosemary, lavender, basil, eucalyptus, clove, thyme, cumin, chamomile and cinnamon, mixed with fragrant flowers. Finally, enjoy a rejuvenating facial drain massage, which eliminates excess fluids and toxins to slim and tone the face, enhance circulation and strengthen the muscles. Say goodbye to tiredness, fine lines and dark circles and hello to a radiant new visage.

02 SIGNATURE INDULGENCES

RITUAL MEXICANO

FOOT RITUAL, CLEANSING, MASSAGE 120 MINUTES

Rituals, for the ancient Mexicans, meant a connection with nature and the universe. Laja Spa brings this new ritual to embark on a holistic journey to feel purified, protected, and harmonized:

FOOT BATH

Foot immersion is used to remove the fever that occurs in diseases such as flu. The bath with salt water is also useful to eliminate swelling of the feet and relieve fatigue, among other purposes.

CLEANSING WITH COPAL

Its smoke is an offering to the deities, and to alleviate different physical and spiritual problems. Known as the white god, copal has been used to purify, protect, and bless. The properties of copal give protection and harmony, it takes away any bad vibration and/or transforms it into a positive vibration.

MASSAGE

Massages were practiced in pre-Hispanic Mexico to relieve hip pain, rib pain and other physical ailments. It is also closely related to spiritual adjustment.

THE CALDEADO

A therapeutic procedure of ancient Mexico, it consists of applying hot remedies to the body. Many Mexicans use this practice with medicinal plants. Caldear is used to soothe aches and pains and to reduce muscle inflammation.

ROMANTIC RELAXATION

MASSAGE, FACIAL 80 MINUTES

Surprise your special someone with this unique couples treatment. The power of rose quartz helps to align the body's energies. The mineral properties of the stone are said to create a receptive, sedative and relaxing effect on the body- perfect for letting go of life's tensions. Soak in the vibrations of the rose quartz and find peace and tranquility with your sweetheart at Laja Spa.

02 SIGNATURE INDULGENCES

AGAVE MOONS

EXFOLIATION, MASSAGE

90 MINUTES

The Moon marks cycles of life, beginning, center, end and rebirth, like life itself. Being a feminine frequency it is absolutely related to well-being and deep and intense emotion. Treat yourself to a heavenly body exfoliation followed by a relaxing massage with aromatherapy, based on the phases of this mystical and shining astral satellite:

NEW MOON

AROMATHERAPY: JASMINE, ROSES, LAVENDER

It is a time of beginnings; it is a new, fresh energy that leads us to decide new challenges.

CRESCENT MOON

AROMATHERAPY: ORANGE, POMEGRANATE, NUTMEG

As the moon grows, it increases its strength and power, it is a seductive energy, it is a great impulse, momentum is the characteristic of this phase, it emanates power and sensuality.

FULL MOON

AROMATHERAPY: GINGER, VIOLET, CARDAMOM

The full moon symbolizes the climax of a situation, it is energy in expansion. It is the moment when intentions and emotions detonate. The full moon attracts the tides, alters the senses and connects us with the magical world.

WANING MOON

AROMATHERAPY: BENZOIN, CINNAMON, COPAL

The waning of the Moon gives us the opportunity to let go, free ourselves from pending, expectations and problems, cleans and clears the environment to start again in the next new moon.

SUN MOON

COMPLEMENT FOR MEN

AROMATHERAPY: GRAPEFRUIT, VERBENA AND LIME

Balancing energies is determinant. Just as we connect with the Moon, we must connect with the frequency of the Sun, that masculine force that allows us to realize our dreams.

COTTON CANDY - FOR OUR YOUNGER GUESTS

MESSAGE, WRAP

50 MINUTES

Let your little one enjoy their first spa experience with this special treatment. Gentle massage techniques are used to soothe muscles and help them relax.

03 **MASSAGES**

DEEP TISSUE MASSAGE 50/80 MINUTES
Target specific areas of tension with this massage focusing on the deep layers of muscle and tissue. By applying firm pressure, we concentrate on areas of discomfort to alleviate stress. Ideal for those who experience stiffness in the neck, shoulders and back. Expect to feel immediate relief and comfort.

AROMATHERAPY MASSAGE 50/80 MINUTES
Breathe deeply and enjoy this olfactory experience combining relaxing massage techniques with scents that help relax body and mind. We invite you to select the aromatherapy oil of your choice, which will work to balance your emotions and create a deep feeling of wellbeing.

LOMI LOMI HAWAIIAN MASSAGE 50/80 MINUTES
Part of traditional Hawaiian medicine, this massage helps restore circulation and energy and improve your physical and mental state. Enjoy soft, fluid, rhythmic movements with gentle muscle stretching for a totally relaxing, almost hypnotic experience.

HOT STONE MASSAGE 80 MINUTES
Prepare to loosen up as stones, excellent carriers of energy and heat, are warmed before being placed on your body. Used in combination with our therapist's healing hands, they release tension and ease muscle tightness to give you a new vitality and strength.

REFLEXOLOGY 30/50 MINUTES
Regain your energy balance with this ancient Chinese healing technique. By massaging reflex points on the soles of your feet, your therapist can focus particular areas of concern throughout your body while stimulating your circulation.

04 **BODY RITUALS**

LAJA BODY SCRUB 30 MINUTES
Reveal softer, more luminous, deeply hydrated skin with this cleansing gel specially created for Laja Spa. Natural walnut shell, volcanic rock powder and virgin coconut oil are among the ingredients that combine to work wonders on your body.

05 FACIAL THERAPIES

Our facials are designed to meet the particular needs of men and women. Each treatment includes a deep cleansing and hydration and finishes with a specific massage suiting the facial.

LAJA AROMATHERAPY FACIAL 80 MINUTES

Deliver a new radiance to your skin while stimulating your senses with this exquisite facial that's chock-full of natural and botanical goodness. Our luxurious treatment concludes with a gentle revitalizing facial massage to enhance skin tone.

HYDRATING FACIAL 80 MINUTES

Treat your complexion to a facial rich in organic extracts that will hydrate, restore, soften and nourish your skin. The potent properties in this delicious treatment boost the production of natural collagen, which we lock in further with a balancing face massage.

YOUTH REVEALING FACIAL 80 MINUTES

See a radiant new you emerge with this moisturizing, rejuvenating facial. It firms, tones and sculpts the skin while softening fine lines. A relaxing back massage completes the therapeutic and relaxing experience.

OXYGENATING FACIAL FOR MEN 80 MINUTES

Designed specifically for men's complexions, this treatment includes a deep cleansing, detoxification and hydration to balance the skin tone, leaving it smooth, rested and refreshed.

06 FINISHING TOUCHES

NAILCARE

HANDS AND FEET

Express manicure

Express pedicure

San Miguel Spa Manicure - regular polish

50 MINUTES

San Miguel Spa Manicure - gel polish

90 MINUTES

San Miguel Spa Pedicure - regular polish

60 MINUTES

Polish removal

Gel application

Gel removal

SPECIAL OCCASION STYLING

Available on request

Preparing for an elegant celebration or your big day? Let us know and we'll make an appointment for you with our associate team of stylists and make-up artists. Ask about our special bundle packs for brides and bridesmaids. It's your time to shine!

WAXING SERVICES

We offer soft and gentle hair removal from head to toe.

07 **ADD ON TREATMENTS**

Improve your experience to maximize the benefits of the treatment you are about to enjoy with the following options

MASSAGE FOR TIRED LEGS

After a day of exploring, treat your legs to this reviving massage, which boosts circulation, aids toxin elimination and enhances overall wellbeing.

EYE CONTOUR TREATMENT

Relieve facial tension and eye fatigue while reducing dark circles and wrinkles.

08 WELLNESS CLASSES

OPEN CLASS
PRANAYAMA
Tuesdays, Thursdays and Saturdays
Minimum 3 participants needed

60 MINUTES

PRIVATE CLASSES
Yoga, meditation or Chi Kung

75 MINUTES

09 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

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival. Your credit card number will be requested when you book. Appointments for minors (children under 17 years of age) must be made by a parent or guardian, who must also check them in. Minors booked for closed-door spa treatments must have a guardian in the room for the duration of the service.

RESERVATIONS

Extension: 180

Telephone number: +52 415 150 2020

Email: lajasp.csn@belmond.com

CANCELLATIONS

We ask that you make any cancellation or change to treatments at least four hours before your appointment. If you cancel less than four hours in advance, you'll be charged 50% of the fee. If you cancel without notice, you'll be charged 100%.

ARRIVAL

We invite you to arrive at least 15 minutes before your appointment to allow adequate time to change. For your comfort we provide a robe, towel, slippers and other amenities. 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.

WELLBEING

For your comfort and safety, we ask you to mention any conditions you may have, such as injuries, illnesses or allergies when booking your appointment as certain treatments may not be advisable. In addition, before your treatment begins, please let your therapist or aesthetician know of any medical concerns.

PRECAUTIONS

We recommend eating and drinking in moderation and avoiding alcoholic beverages prior to your spa treatment. If you need to shave (particularly beardless men receiving a facial), please do so at least two hours before your appointment. Please don't shave your legs prior to a body scrub treatment. Sunburn may limit enjoyment of your spa treatments; please be vigilant and use sun protection.

09 **SPA STYLE**

JEWELRY AND VALUABLES

Most therapies flow more easily without the interference of jewelry. We recommend moving neck and wrist ornaments. Please leave all valuables in your room safe. Lockers are also provided at the spa.

GRATUITIES

Our prices do not include gratuities. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.

GIFT CARDS

Our gift certificates make perfect presents for spa lovers. Choose an individual treatment, a special package or a voucher for a specific denomination.

10 PRICE LIST

Prices are in MXN inclusive of 16% tax and 10% service charge.

SIGNATURE INDULGENCES

LAJA RITUAL	(200 MIN)	5,800
HOLISTIC RITUAL	(160 MIN)	5,450
EXCLUSIVE LAJA MASSAGE	(50 MIN)	1,850
EXCLUSIVE LAJA MASSAGE	(80 MIN)	2,250
PURIFYING RITUAL	(140 MIN)	4,650
MEXICAN RITUAL	(120 MIN)	4,700
ROMANTIC RELAXATION	(80 MIN)	5,050
AGAVE MOONS	(90 MIN)	3,300
COTTON CANDY (FOR KIDS)	(50 MIN)	1,850

MASSAGES

DEEP TISSUE	(50 MIN)	2,050
DEEP TISSUE	(80 MIN)	2,550
AROMATHERAPY	(50 MIN)	1,850
AROMATHERAPY	(80 MIN)	2,250
HAWAIIAN LOMI LOMI	(60 MIN)	2,050
HAWAIIAN LOMI LOMI	(80 MIN)	2,550
HOT STONES	(80 MIN)	2,350
REFLEXOLOGY	(30 MIN)	1,250
REFLEXOLOGY	(60 MIN)	1,550

BODY RITUALS

LAJA BODY SCRUB	(30 MIN)	1,250
-----------------	----------	-------

FACIAL THERAPIES

LAJA AROMATHERAPY	(80 MIN)	2,700
HYDRATING	(80 MIN)	2,350
YOUTH REVEALING	(50 MIN)	2,550
FOR MEN -OXYGENATING FACIAL	(80 MIN)	2,350

FINAL TOUCHES

EXPRESS MANICURE		700
EXPRESS PEDICURE		800
MANICURE SAN MIGUEL SPA - REGULAR POLISH	(50 MIN)	1,000
PEDICURE SAN MIGUEL SPA - REGULAR POLISH	(60 MIN)	1,050
POLISH CHANGE		400
GEL APPLICATION		800
GEL REMOVAL		350
SPECIAL OCCASION STYLING	Consult price at the spa reception	
WAXING SERVICES	Consult price at the spa reception	

ADD ON TREATMENTS

MASSAGE FOR TIRED LEGS	(30 MIN)	1,000
EYE CONTOUR TREATMENT	(30 MIN)	1,000
BACK, NECK AND SHOULDERS MASSAGE	(30 MIN)	1,250

WELLNESS CLASSES

PRANAYAMA, YOGA, MEDITATION, CHI KUNG	Consult price at the spa reception	
---------------------------------------	------------------------------------	--

INCOMPARABLE GENUINE TRAVEL

BELMOND.COM