



**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.

# CONTENTS

- 01** RELAX AND REVIVE AT ZEST SPA
- 02** SIGNATURE INDULGENCES
- 03** MASSAGES
- 04** FACIAL THERAPIES
- 05** HOLISTIC FITNESS
- 06** SPA STYLE
- 07** PRICE LIST

## 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 223

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

Telephone: (51) 610 4000

## 02 SIGNATURE INDULGENCES

BATH BUTLER WITH STRAWBERRIES AND CHAMPAGNE (IN ROOM)

In your suite: after an energetic or long day, relax and let your cares drift away in a warm bath prepared with aromatic salts and rose petals and glowing with candlelight. Then indulge in chilled champagne, strawberries and chocolate.

ZEST FREE STYLE MASSAGE

60/90 MINUTES

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

## 03 MASSAGES

### SWEDISH MASSAGE

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.

### HOT STONE

60/90 MINUTES

Relax and balance your body with this deeply soothing and healing experience. Smooth, heated basalt stones are alternated with your therapist's healing hands to make tensions melt away, leaving you in blissful comfort.

### LYMPHATIC DRAINAGE

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.

## 04 **FACIAL THERAPIES**

### SO DELICATE

45 MINUTES

Offering immediate relief and comfort for those with sensitive skin, this expert combination of phytoactive extracts nourishes, brightens and repairs faded complexions. The treatment also protects skin from the sun's rays and imparts an instant feeling of wellbeing.

### REHYDRATING

60 MINUTES

Give your face a boost of hydration and revitalization with this facial. With a deep cleansing, we help your skin feel free of impurities and completely restored.

### EXPRESS FACIAL

30 MINUTES

If you have limited time to indulge, this facial delivers a radiant, rejuvenated complexion in just half an hour. Ideal for a special occasion or before make-up.



## 05 **HOLISTIC FITNESS**

### YOGA

Stretch out and breathe deeply as you focus on fitness of body and mind. A series of asanas (positions) is designed to enhance strength, flexibility, balance and alignment.

## 06 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.

## 07 PRICE LIST

### SIGNATURE INDULGENCES

BATH BUTLER ROMANTIC \$100 | S/ 375

ZEST FREE STYLE MASSAGE 60 MIN \$120 | S/ 450  
90 MIN \$160 | S/ 600

### MASSAGES

SWEDISH MASSAGE 60 MIN \$90 | S/ 338  
90 MIN \$145 | S/ 544

DEEP TISSUE MASSAGE 60 MIN \$90 | S/338  
90 MIN \$145 | S/ 544

HOT STONE MESSAGES 60 MIN \$100 | S/ 375  
90 MIN \$150 | S/ 563

LYMPHATIC DRAINAGE MASSAGE 90 MIN \$145 | S/ 544

REFLEXOLOGY 30 MIN \$70 | S/ 263

MASAJE EXPRESO 30 MIN \$70 | S/ 263

### FACIAL

SO DELICATE 45 MIN \$90 | S/ 338

REHYDRATING 60 MIN \$100 | S/ 375

EXPRESS FACIAL 30 MIN \$60 | S/ 225

### HOLISTIC FITNESS

YOGA \$95 | S/ 356

