# Spa Menu

Close your eyes, relax, and let yourself be carried away by nature...We'll take care of the rest.



Nature Reserve.



ARENALOBSERVATORYLODGE.COM



# **Back Massage**

**30 MIN** 

Restores flexibility to your back, neck, and shoulders. Relieves muscle tension and relaxes the spinal column.

# **Relaxing Massage**

40 MIN 60 MIN

**90 MIN** 

Relaxing muscle massage activating the lymphatic system and increasing blood circulation.

# **Deep Tissue Massage**

60 MIN 90 MIN

Revitalize overused muscles. This massage helps reintroduce nutrients and oxygen to stressed muscles, perfect for relieving pain or tension.

# Thai Massage

**60 MIN** 

Invented by a Buddhist monk over 2500 years ago, this traditional massage combines stretching techniques, massages, and yoga.

#### **Aromatherapy Massage**

60 MIN 90 MIN

The use of essential oils derived from flowers and plants to reach total relaxation.

#### **Hot Stones Massage**

**60 MIN** 

This therapeutic massage helps balance the nervous and circulatory systems.

# Reflexology

**30 MIN** 

This treatment uses pressure points on the feet to relieve various symptoms and ailments associated with stress and anxiety.

# **Chocolate Massage**

**60 MIN** 

Disappear into a world of relaxation and pleasure as your body is immersed in one of our most sumptous massage.

#### **Mud Vulcanic Massage**

**60 MIN** 

Utilizes moderate pressure, activating the lymphatic system and increasing blood circulation.

# **Tired Legs Massage**

**40 MIN** 

Relax your legs muscles, filling them with oxygen after a long day of travel or physical activity.



# Discover, Explore & Relax

1H 50 MIN

Our special package offers you a mud wrap, a relaxing massage, and volcanic clay facial.

# **Relaxing Forest**

2HRS

This special package offers you a Tropical Fruit Fusion Exfoliation, a Relaxing Massage, and a Multivitamin Facial.

# **Harmony with Nature**

2HRS

This special package offers you a coffee body scrub, a deep tissue massage, and a volcanic facial clay treatment.

#### **Sounds of Forest**

2HRS

A special package that includes a chocolate wrap, a relaxing massage, and revitalizing facial.

#### **Honeymooners**

2HRS

A luxury treatment for two. It includes a chocolate wrap, a relaxing massage, and a chocolate facial



# **Body Wraps**

**40 MIN** 

Help to heal skin problems, tone and facilitate the absorption of minerals and vitamins.

- » VOLCANIC MUD WRAP
- » CHOCOLATE BODY WRAP



Facial 40 MIN

Deep cleansing facial, vital for the health of the epidermis, based on the removal of impurities and dead skin cells, thus restoring energy and health to the face.

- » DEEP VOLCANIC FACIAL
- » REVITALIZING FACIAL
- » MULTIVITAMIN FACIAL



# **Body Scrubs**

40 MIN

Deep cleaning, done gently, is the way to five new life to the skin, prevent aging, activate circulation and naturally detoxify the skin, finished with a moisturizer.

- » COFFEE HARMONY SCRUB
- » TROPICAL FRUIT FUSION SCRUB

Scan for more information

