



CONRAD®

PUNTA DE MITA



## OUR INSPIRATION

### VISION QUEST

The ancient Huichol culture is admired for its magnificence and mysticism and is still practiced today. According to the cultural traditions, spiritual pursuits and visionary practices are central to the experience of living, and the Huichol shamanic worldview is acquired through a relationship with the powers of nature and a spiritual state.

An understanding of health and well-being is based on 'finding yourself' through a vision quest and premised on the belief that you are not here by accident but with a purpose to find and follow your heart's path. We believe that a balance is the key to achieve a feeling of inner tranquility and renewal.

At Conrad Spa, we support your personal vision quest; our treatments are inspired by the ancient Huichol vision of the world and rituals. We invite you to discover your inspiration through meaningful therapies and ceremonies that evoke internal reflection and balance, assisting your transition into a more spiritual state, more in tune to your heart's path.

# OUR EXPERIENCES

## HUICHOL INSPIRATION

Our collection of uniquely state-of-the-art experiences that are inspired by ancient local traditions and plants, featuring local herbs, essential oils and extracts, the healing touch of our expert therapists will guide you to another dimension of inner-peace and soulful transformation.

## FACIAL EXPERIENCES

The facial experiences are tailored to efficiently meet your specific needs. With a thoughtful combination of natural products and advanced techniques, you will be quickly returned to your naturally renewed self.

## DISCOVERY THERAPIES - BODY

Let us take you on an individualized journey of healing, rejuvenation and relaxation. Through targeted, invigorating scrubs and warming wraps, essential therapies work quickly to bring your entire body back to a balanced and beautiful state of well-being.



## MASSAGES EXPERIENCES

Indulge us with the opportunity to show you how extraordinary you can feel. These massage therapies are tailored to meet your every need. Relaxation, rejuvenation and total restoration are achieved through a mix of massage, aromatherapy, stretching that leave you feeling, well, perfect.

## TRANSFORMATIVE JOURNEYS

Join us on a profound journey of healing and rejuvenation through our combination of rituals and therapies inspired by ancient traditions, ideal combinations of treatments to please yourself the way you deserve it! Massages, Facials, Body Experiences and more. Whether you stay the whole day or half an hour, the healing touches our expertise treatment providers will guide you to find inspiration at every turn.

## ADDITIONAL MINI TREATMENTS

Pamper every inch of you with the mini treatments; hands, feet, hair all get the attention you deserve. Suit your needs ensuring complete relaxation and/or rejuvenation. They may be enjoyed paired with other treatments of 60 minutes or more.



## HUICHOL INSPIRATION

### TEMAZCAL EXPERIENCE

120 min

Indigenous cultures have long used the Temazcal as a curative ceremony to purify the body and heal the spirit through heat, herbal steam, chanting and meditative moments. The domed stone structure represents mother earth - sustaining and giving life. Those who enter come into a sacred space of natural and spiritual elements that promote a journey of self-discovery. Available for couples and small groups.

### XÍETECACARÍYA SWEET HONEY FACIAL

60 min

A moisturizing facial therapy that combines nourishing honey and hydrating cucumber to repair and bring deep benefit to the skin. Natural enzymes regenerate skin cells leaving it luminous and refreshed.

### MARA'AKAME BODY TREATMENT

120 min

Your therapy begins with a healing energy cleanse of local herbs and copal smoke to clear body, mind and spirit. Copal clay is applied to detoxify the body, followed by a massage to activate circulation and energy flow. The treatment ends with herbal poultices and a blend of Huichol- inspired oils to bring back balance and clarity.

## **YACA-ALOE SKIN QUENCHER**

120 min

Local aloe and yaca repair and hydrate sun-exposed body and face skin, leaving it luminous and renewed. Experience the deep cell regeneration of these natural fruit enzymes as you relax in a healing yaca-aloe glazed cocoon, while receiving a gentle scalp massage and organic facial to hydrate and pamper your skin.

## **PE'EETĪPI (DEEP REST) SIGNATURE MASSAGE**

60 min

A calming massage therapy that focuses on all the areas affected by travel. Local essential oils are used to help regulate sleep, relieve tension headaches and restore depleted energy through light pressure massage of the legs, neck, back and shoulders.

## **HĪTĪARICA (AWAKENING) MASSAGE**

90 min

A balancing therapy using ancient techniques to relieve stress & fatigue while restoring balance. Cleansing herbs and smoke clear energy blocks, while your therapist's healing touch and the application of warm stones release tension and relax the body.



## FACIAL EXPERIENCES

### HYDRATING FACIAL

60 min

This luxurious facial features our powerful Triple C Repair Serum (with carrots, cranberries and chardonnay grapeseed oil to stimulate collagen production and cell turnover) and our Coco-berry Moisture Masque (a luscious combination of chocolate, honey, aloe and blueberry to boost elasticity and deeply hydrate the skin). Finished with an infusion of our Cape Jasmine Youth Serum to firm and lift the skin while reducing wrinkles.



### CALMING FACIAL

60 min

Our Zen Garden Calming Facial was specifically designed for extremely sensitive or allergy-prone skin. Our Herbal Cleansing Milk and Neroli Chamomile Facial Elixir feature an organic combination to help reduce redness while targeting fine lines, skin damage and inflammation. Finished with an infusion of our Marrubium Calming Serum, our key to fighting redness and rosacea.

### PLANT POWERED FACIAL

90 min

This facial is amazing for not only the way it smells but also the way it makes your skin feel. It has 44 plant ingredients embedded throughout and features a cold stone eye treatment. We consider this our greatest hits facial because we took some of the best products of all and built them into one amazing facial.

### PURIFYING FACIAL WITH EXTRACTIONS

90 min

This Raw Earth Purifying Facial focuses on deep cleansing and skin purification. The Deep Cleansing Scrub and Purifying Tonic will help eliminate redness and blemishes, while an infusion of Lilac Clearing Serum will help tone and clear the skin naturally. Includes a Hungarian apothecary mud mask for deep detoxification.

## DISCOVERY THERAPIES

### WILD MINT FOOT TREATMENT

90 min

Tension, stress & fatigue will melt away in this Organic Foot Ritual, your feet will be deeply exfoliated and nourished with healing oils and aromas followed by a wonderful foot massage featuring warm basalt stones. This restorative treatment will reduce foot pain, increase circulation, and refresh the skin.

### ANTIOXIDANT BODY WRAP

90 min

This antioxidant-rich, moisturizing full body wrap features a handmade, organic body balm that infuses the skin with vitamins and antioxidants, soothes dry skin and deeply relaxes the soul. While you retreat in this warm cocoon, choose from a relaxing scalp or foot massage.

### APOTHECARY MUD WRAP

90 min

Our ancient apothecary mud will tone and firm the skin while pulling impurities from deep within the pores, leaving your body feeling soft, clean and refreshed. During this unique body wrap, you may choose from a scalp or foot massage for complete relaxation.

### AROMATHERAPY BODY SCRUB

60 min

If you want your skin to look and feel smooth, silky and naturally radiant, you must experience this one-of-a-kind, three-step full body treatment. Includes a dry brush exfoliation, an organic body scrub, and an organic oil application using light massage strokes.



## M A S S A G E S   E X P E R I E N C E S

### DEEP TISSUE MASSAGE

60 / 90 min

This deep tissue massage experience is aimed to relieving sore muscles and improve recovery, helping to relieve the tension and stress of daily life, combining deep work with mobilizations and trigger points therapy. Performed by highly-skilled therapists to help to reduce tension and stress carried in the body.

### MELTING RELAXING MASSAGE

60 / 90 min

Tailored to your specific needs or preference, this popular full-body Swedish style massage offers a gentle intensity and is designed to increase circulation, enhance lymphatic drainage and promote relaxation. Using long, smooth strokes to relax muscles and stimulate the lymphatic/circulatory systems.

### MOM-TO-BE MASSAGE

60 min

Reward yourself with a relaxing therapy to ease the stresses and strains of pregnancy. Includes specific attention to legs and back, with a rejuvenating head and facial massage to ease tension.

### MUSCLE RELIEF FULL BACK MASSAGE

60 min

Bask in relaxation as your back, neck and shoulders are scrubbed with a mixture of organic arnica and St. John's Wort. Then a muscle-relaxing balm is applied to the entire back, as the back is covered in a heated herbal therapy pack. Finished with a deep tissue back, neck and shoulder massage. Recommended for stress and back pain.

### HOT STONE MASSAGE

60 min

This ancient geothermal technique is a combination of traditional therapeutic massage techniques and the application of hot stones at different temperatures, in order to release tension, eliminate toxins and improve circulation.







## TRANSFORMATIVE JOURNEYS

### HUICHOL CONNEXION

(Experience for two)

Experience the best combination of our most significant and representative local experiences:

#### Temazcal

**Mara'akame**  
Body Treatment

**Xítecacariya**  
Sweet Honey Facial

### APOTHECARY EXPERIENCE

The best organic experience through the most exquisite selection of treatments, from us to your soul:

**Muscle Relief**  
Full Back Massage

**Aromatherapy**  
Body Scrub

**Hydrating**  
Facial

### JOURNEY FOR TWO

Because the only way to enjoy better is with company, we select some treatments for you to join us and unwind your mind:

**Calming**  
Facial

**Yaca-Aloe**  
Skin Quencher

**Melting**  
Relaxing Massage

\*\* All our Spa packages include access to the Spa facilities throughout your stay

## ADDITIONAL MINI TREATMENTS

### LAVENDER FOOT RITUAL

In this special version of our Organic Foot Ritual, your feet will be deeply exfoliated and nourished with lavender, blueberries, and healing organic oils. Warm herbal therapy and a foot massage will deeply relax your soul.

### VINTAGE LAVENDER HAND RITUAL

Revitalize your hands with this hydrating hand treatment, featuring warm lavender compresses, sugar exfoliation, heated herbal therapy and hand massage.

### SKIN RESCUE FACIAL

Experience a soothing infusion of healing herbs with our Skin Rescue Facial. Featuring medicinal herbs that effectively target damaged skin and offer soothing, healing properties. Enhanced with a treatment of our hand-infused St. John's Wort Oil for complete after sun care.

\*\* These mini treatments could be enjoyed in pairs with other treatments of 60 minutes or more.





# BEAUTY SALON TREATMENTS

The art of creating tailored experiences.

## HAND TREATMENT

60 min

Experience the benefits of our manicure and take it to the treatment level, in this experience we carefully mix up scrubs, creams, and lotions. Get the opportunity to choose between your favorite scents. You have complete control of your experience, making your treatment much more relaxing.

## FEET TREATMENT

60 min

Using salts, mud, scrubs, and mineral creams blended with signature scents, we create this personalized experience, which is not only a beauty treatment for your feet, but also an energizing lift for the skin. Our deluxe treatment includes a foot soak in salts and minerals, an exfoliation, and a foot massage with hydrating lotions to potentiate skin hydration.

**Gel or Shellac Removal**

**Gel or Shellac Application**

## HAIR TREATMENTS

Live the ultimate experience of relaxation with our hair salon treatments, our talented hairdressers will offer you a mini washout treatment for every look.

**Hair Cut**

**Bridal Hair Style**

**Make Up**

**Hair Style**

**Full Hair Treatment**

**Bridal Make Up**

## ETIQUETTE

Our therapies last at least an hour because, as with everything worthwhile, there are no short cuts to an outstanding experience. We are passionate about taking all the time you need to bring you the best experience.

### SPA HOURS OF OPERATION

Therapy services from 10:00am to 8:00pm

### SPA ENVIRONMENT / AGE REQUIREMENTS

Our facilities are an adult sanctuary. Guests must be 16 years of age or older. For the safety of our teenage guests, therapies for guests aged from three to 15 years old are at the discretion of management, and after a parent or guardian completes a health history and consent form. There must be a parent or guardian present during the course of services, and minors must wear appropriate attire at all times. Without exception, the staff cannot supervise minors. Please note that children under 16 years are not allowed to enter to the hydrotherapy areas, including saunas, pools or relaxation areas.

We recommend you to arrive 30 minutes before your first scheduled appointment. This gives you time to familiarize yourself with the facilities and relax before your treatments.

Please note, all therapies end on time, regardless of start time.

## HEALTH MATTERS

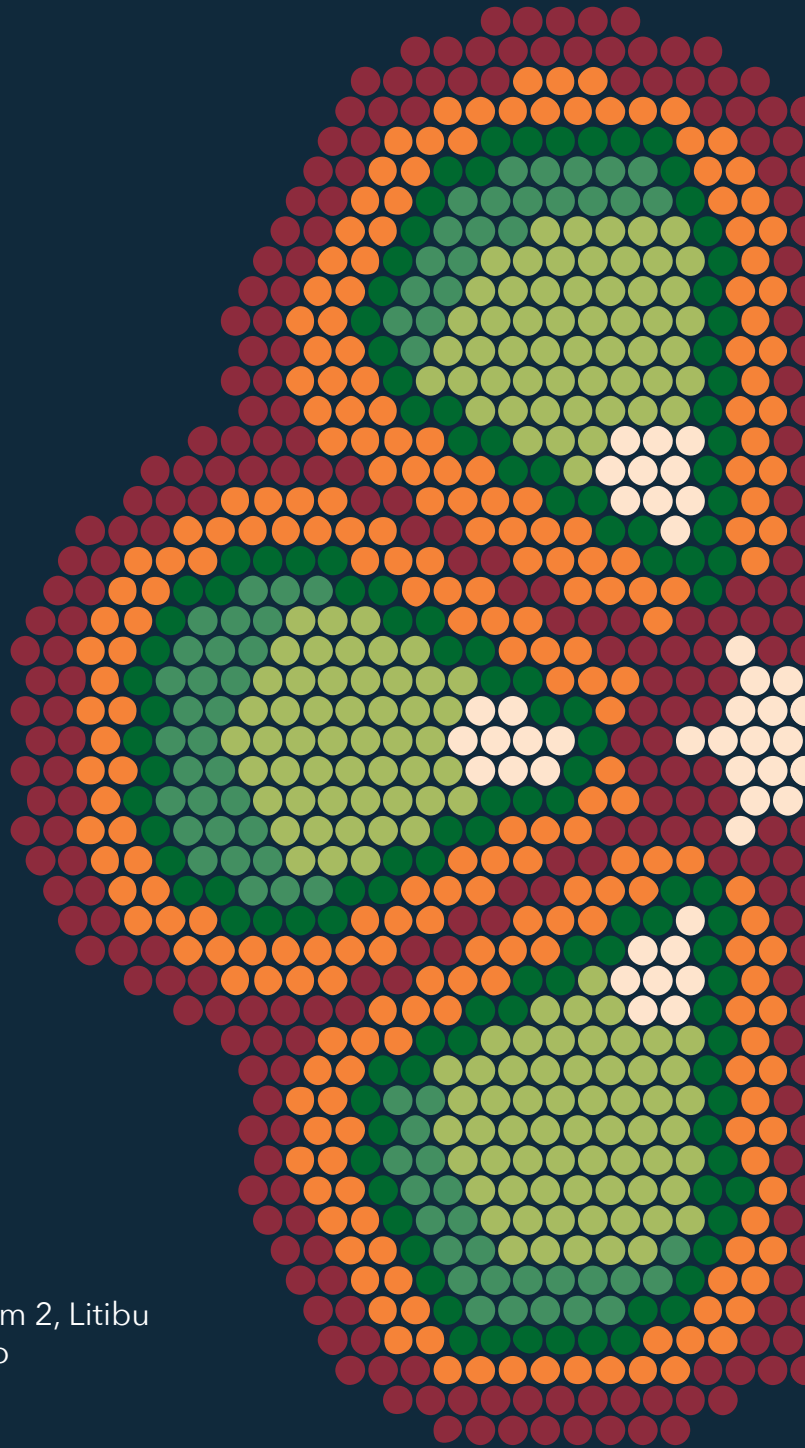
Please inform us of any health conditions at the time of booking (e.g., high blood pressure, a heart condition, allergies, pregnancy). Consumption of alcohol before, during, or directly after spa treatments is not recommended. You will also be asked to complete a medical history form upon arrival, so we can better customize your experience to your needs.

## THE ATTIRE

You will receive a robe and sandals to wear between therapies and a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments may be worn during treatments. Swimsuits are required in some areas.



A PLACE WHERE THE PATH BECOMES THE JOURNEY,  
WHAT DO YOU SEE WHEN YOU CLOSE YOUR EYES?



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