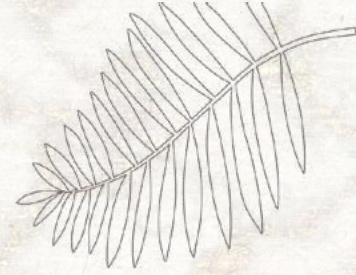




# *Lotus Wellness*



## OUR INTENTION



Keep close to nature's heart, and break clear away, once in a while, and climb a mountain or spend a week in the jungle. Wash your spirit clean.

We are body, mind and spirit, and we are inseparably part of earth. Our holistic wellness approach revolves around an appreciation, respect and awe of nature. At Playa Cativo, you can discover the potential that lives within you and uncover the healing power of the Earth. Whether you're a seasoned naturalist or just beginning your natural wellness path, we have designed a series of treatments and activities that offer the perfect opportunity to reharmonize with nature, in the hands and care of professionals.



## MASSAGES AND THERAPIES

### Lotus Signature

An integral therapy that combines different massage techniques, all coexisting in movement and harmony. It works on the soft tissue of the body, helps eliminate toxins and has a toning and relaxing effects in muscles and joints. Melt your tension and stress away!

**Investment per session: 75 minutes - \$120 /  
90 minutes - \$150**

### Aroma Wild Experience

This technique combines the benefits of touch with the power of therapeutic essential oils, to create an overall wellness experience. Applied on to your spine and feet, essential oils work on energy lines and reflexology points to promote homeostasis and balance the body. This perfect combination of essential oils, assists on stress management, immune support, inflammation response and emotional health.

**Investment per session: 60 minutes - \$120**





## **Thai Massage**

(Osteo Thai) is a medicinal therapy that works directly with the physical body and indirectly with the energetic fields of the body. Combining acu-pressure exercises, mobilization of articulations, and yoga stretches; working integrally by stimulating the energetic lines and energy points. The breath is a key element here in order to gain vital holistic balance and experience the benefits of the movement, all throughout the practice. Please bring comfortable, stretchy clothes.

### **Investment per session:**

**75 minutes - \$120 / 90 minutes - \$150**



## **BODY & SKIN CARE**

### **Facial**

Get a luminous facial skin with this treatment. Enjoy a detox face mask and a delicious exfoliation to renew, nourish and hydrate your skin.

**Investment per session:**

**60 minutes - \$120**



## **Body Scrub**

This treatment gives you a deep cleanse and an infusion of nutrients leaving you with a smoother, softer feeling fresh skin. It concludes with a moisturizing relaxing massage.

**Investment per session:**

**75 minutes - \$120**

## **Body Wrap**

Detox and rejuvenate your skin with the organic chocolate with special aloe that will complete give you a soft touch body.

**Investment per session:**

**75 minutes - \$120**

- **All sessions conclude with a moisturizing aromatherapy relaxing massage.**
- **Enjoy these three therapies combined (90 minutes total). \$175**





## MINDFUL MOVEMENT

Enjoy a private session tailored to your level and intention, each session, ancestral knowledge will be passed on to you that will give you practical tools to expand your consciousness and lifestyle. The perfect way to reconnect with yourself and nature.

**Yoga:** Gentle movement focused on postural alignment. Become comfortable within each pose and the variations that most suit your body, mind, and spirit. The session is personalized to suit your needs.

**Flow:** Sequence of asanas or yoga postures and Pranayama (breathing techniques) to develop stamina and flexibility. A certain level of physical resistance and mental disposition is required.

**Restore:** A passive style of Yoga, asanas are held for longer periods of time. No experience required.

**Investment per Session:**

**60 minutes – \$100 (up to 2 people).**



## IMPORTANT

### **RESERVATIONS:**

Reservations are recommended. In order to obtain your desired appointment, we recommend scheduling your appointment as far in advance as possible.

### **WELLNESS ACTIVITIES:**

Consult with your therapist or guest services for the activities of the week.

### **SPA RECEPTION:**

When approaching Lotus Wellness, we request that you to maintain a low voice, sessions might be in progress. If our therapists are not available kindly contact Guest Services for assistance.

We invite you to bring your swimsuit to enjoy a relaxing moment in our Jungle plunge pool, after your treatment.

We kindly remind you that we discourage the use of disposable plastic; hence we do not provide disposable underwear.





All experiences are subject to change without notice due to weather conditions, tide levels and other factors that may interfere in our guest's safety and joy.

\*If you are pregnant, have an immune deficiency disorder, going through medical treatment or recently ill; we recommend consulting with your physician or our therapists before having spa treatments.

### **CANCELLATIONS:**

We understand that schedules change. Because your spa time is reserved especially for you, we kindly ask that you give us some cancellation notice, so someone else could enjoy that time. Should you need to cancel or reschedule, please notify us at least 24 hours in advance. Any cancellations or rescheduling with less than 24 hours of notice or no-show appointments are subject to a cancellation fee amounting to 100% of the cost of the scheduled service.

8% Added Value Taxes will apply as of July, 2022, and an additional 5% as of July 2023. Based on the provisions of the Public Finances Strengthening Law 2019, No. 9635.

Covid19 Protocols and Preparedness: [Click HERE](#)

Valid for 2022 - 2023

