



Agua Spa treatments were designed to make human spirituality an inherent part of nature, allowing us to connect with something much greater, something immensely natural and, above all, divine. We want to share with you the wonders of our Agua Spa experiences:

## TREATMENTS

### **AFRODITA**

60 MIN.

Extraordinarily relaxing. This treatment uses the creative feminine principles, combined with the power of aromatic flowers, to form a symbol of love which is an offering to the gods. A warm oil infused with exotic flowers is applied over your entire body, taking you into a deep state of relaxation.

### **TZOLKIN**

60 MIN.

For delicate or sunburned skin. Women in the African desert used shea butter to protect their skin. This rich, organic butter is applied generously with a gentle massage, relieving any pain and guaranteeing renewed suppleness of the skin.

### **TLALOC**

60 MIN.

This is a decontracting massage, it de-stresses the muscles and fibers using an essence. It allows the body's natural energy to flow freely, resulting in an emotionally and stimulating treatment.

### **COUPLES**

Prices and duration subject to the treatments selected

Recommended for couples. A sensual massage complemented by aromatherapy, candles and music. This is the ideal treatment to share with a loved one.

### **SWEDISH**

90 MIN.

This ancient technique is the most instinctive one. The effects are very beneficial, influencing the vasomotor and neuromuscular reflexes at the skin level and the connective muscular tissue of the central system. This therapeutic Swedish massage aims to relieve pain, decrease muscle contraction and encourages relaxation.



Our bodies need a lot of pampering but we must remember to take care of our mind and spirit as well. These healing rituals are inspired by the knowledge passed on to us by the pre-hispanic “abuelos” (grandparents). They help by balancing the mind, body and soul. These treatments are designed to reach a higher state of well-being.

## HEALING

### **HOT STONES**

90 MIN.

The stone energy reminds us of our connection to Mother Earth. This ancient massage technique utilizes the benefits of thermotherapy. The hot stones are usually made of basalt - a black volcanic rock that is rich in iron - because they absorb and retain heat well. River rocks are normally used, as they are flat and even, having been smoothed over time by the river's current. The penetrating heat from the stones relaxes muscles, allowing trigger points to dissolve and fade with minimum effort. This therapy soothes stiff muscles, improves blood and lymphatic circulation, stimulates the flow of vital energies and eliminates toxins from the body. This healing goes beyond the physical experience of a typical massage and enters deeper dimensions of health and well-being.

### **EXFOLIATION & MASSAGE**

90 MIN.

A gentle and purifying skin treatment that aids relaxation using an exfoliating anti-aging body mousse, rich in natural extracts such as pineapple and papaya.

### **AROMASTONE**

60 MIN.

Maximum relaxation for those who live with high levels of stress. You will recover physical energy, but most of all, it will calm your mind. Osteopathic techniques are combined with aromatherapy and a specialized massage using semi-precious stones. The aromastone treatment is a ticket to deep relaxation and a sense of balance that will give you the vital strength and energy you need to move forward.

### **CRYSTAL THERAPY**

60 MIN.

This is an alternative medicine technique in which crystals are used to heal pain and protect the body against disease. The crystals act as conduits for healing, allowing the positive energy to flow into the body as the negative energy flows out. The stones are placed on your body aligned with the chakra points.



Experience all the colors, aromas, and textures of Mother Nature! These beautifying rituals offer health and renovation for your body's greatest organ: your skin.

- Aromatic steam • Exfoliation • Body wrap • Massage
- Hot or cold refreshment

## **BODY WRAP**

### **NOURISHING**

120 MIN.

Recommended for all skin types but especially for dry skin. This unique treatment uses rich shea butter, infused with essential oils such as mandarin, lavender, and myrrh. Karité (or better known as shea butter) is a tree that is native to the African Savannah. Its fruit is harvested, dried and then cold-pressed to obtain this mystical butter that has revitalizing effects.

### **INSTANT RELIEF WITH ALOE VERA & LILY WRAP**

120 MIN.

Recommended for all skin types but especially for sunburned skin. Relieve your sun-damaged or sun-sensitive skin with this cooling wrap. It uses water lily, green tea, and chamomile, which relieve the discomfort caused by prolonged sun exposure. This treatment alleviates your skin's burning and stinging sensations and, as it heals, it calms, and lowers your skin temperature.

### **MOOR MUD**

120 MIN.

Recommended for all skin types. A warm, aromatic mud, rich in natural vitamins, minerals, and enzymes is generously applied to your body. Sore muscles and any ailments are relieved as your body's circulation is stimulated - stress disappears. It is scientifically proven, holistic and healing dating back to ancient civilizations. Ideal for those prone to chronic pain, rheumatism/arthritis, and muscle fatigue.

### **BODY COCO**

120 MIN.

Coconut is moisturizing and has a high percentage of water and minerals that aid dehydration. It is also remineralizing and helps regulate muscle tone and improve heart functions. It is an antioxidant and regulates blood pressure. All of this can be found in the coconut milk and pulp.



When we were organizing the space of AGUA SPA, we decided to include a handmade stone tub. Like our ancient ancestors, we know the importance of hydrotherapy and its healing powers. With these combined hydro-aroma treatments, you will reap the full benefits of our select organic herbs. These rituals may be enjoyed with a partner, or if you prefer keep the tub all to yourself.

These treatments include:

- Massage
- Aroma steam
- Bathtub
- Hot or cold refreshment

## WATER THERAPY

### RELAXING RITUAL

90 MIN.

Lavender Essence  
Chamomile Essence  
Myrrh Essence  
Bougainvillea Flowers

### REFRESHING RITUAL

90 MIN.

Pine Essence  
Grapefruit Essence  
Rosemary Essence  
Bougainvillea Flowers

### SENSUAL RITUAL

90 MIN.

Ylang-Ylang Essence  
Jasmine Essence  
Milk  
Bougainvillea Flowers

### COUPLE RITUAL

90 MIN.

You can choose from any of the above to enjoy with your partner



We have a wide range of professional products that we use in our facial treatments designed and thought in nature, helping each of our customers to focus on their main skin care goals. We abide by an ecological philosophy, using clean and natural products, made in a sustainable way in order to create a real change in the skin and produce visible results.

## **FACIALS**

### **STRAWBERRY HYDRABOOST, 60 MIN.**

Deep cleansing facial, for all skin types with an antioxidant strawberry mask. Counteracting environmental aggressors and hormonal variances, this treatment offsets the effects of a demanding, stressful schedule. Vitamin - enriched, this facial treatment begins with a gentle yet thorough cleansing. An exfoliating scrub is then applied to remove excessive dead cell accumulation and soften hardened follicular debris. The skin rejoices as this deep cleansing process is followed by the application of a pleasurable antioxidant strawberry mask, with wonderful cooling, desensitizing, and replenishing benefits.

### **SENSITIVE SKIN FACIAL, 60 MIN.**

Sensitive skin facial for all skin types, especially sensitive and with acne. Sensitive skin requires special care, specialized ingredients, and subtle techniques. This gentle treatment mildly cleanses and exfoliates, while decongesting, diffusing redness, and calming irritation. A nourishing and cooling cream mask is then applied, followed by a sensitive skincare cream designed to leave the skin feeling fresh, cool, and pacified.

### **LUMINOUS SKIN & SMOOTHED WRINKLES COLLAGEN POLYPEPTIDES WITH MYOXY-CAVIAR, 60 MIN.**

Collagen boost facial with Myoxy Caviar for all skin types but especially for dehydrated, tendency to dryness and mature skin. This cutting-edge treatment is the ideal solution for any skin showing signs of aging. A potent ampoule is applied and massaged. It works to significantly decrease skin deterioration and reduce the appearance of fine lines. It features a highly concentrated formula of collagen, polypeptides, caviar extract and hibiscus esculentus extract for instant benefits.

### **LUMINOUS & FIRM SKIN ELASTIN POLYPEPTIDES WITH SORGHUM, 60 MIN.**

Elastane and Sorghum facial to rejuvenate skin, recommended for all skin types but especially for dehydration and loss of elasticity cases. A powerful treatment blend that visibly firms and rejuvenates the skin with a high concentration of sorghum (rich in vitamins B2 and C) with elastane polypeptides. This powerful treatment effectively helps prevent premature skin slackening and delivers hydrating and tightening benefits for a firmer and more youthful appearance.



## **PACKAGES**

### **HONEYMOON**

2.5 HRS.

This package is perfect for couples that are celebrating their love. We will treat you like gods!

This package includes:

- Relaxing 60 minutes massages for 2 people.
- Bathtub filled with milk, bougainvillea flowers and aromatherapy.
- Facial treatment for 2 people.

## **PRIVATE YOGA CLASSES**

60 MIN.

You will get personalized instructions based on your health, body type and lifestyle. Private yoga classes can help you perfect the fundamentals you already know and also expand your practice. The class is designed for up to 5 people and prices will vary depending on the number of participants.



## **RECOMMENDATIONS**

Agua Spa is open from 10 am to 8 pm

We recommend making your spa appointment at least 12 hours in advance at the hotel front desk.

Please, arrive at the hotel front desk at least 10 minutes before your scheduled appointment to avoid reduced treatment times.

The duration of the treatment comprehends the entire experience, starting from the arrival at the spa until the change of clothes.

For your comfort, we suggest you come to the spa in your bathing suit and bring a set of fresh clothes to change after your treatment.

A 24-hour previous notice is required to cancel any service and help us reschedule your appointment, subject to space and availability. Any cancellation with less than 4 hours notice will incur a 50% cancellation fee. Full charges will be applied in case of a no show.

Smoking and alcohol consumption within the spa area is prohibited. We recommend that you do not consume heavy meals or alcohol at least 2 hours before your appointment.

Guests who have high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctor before signing up for any spa services. Kindly inform your spa therapist of any existing medical conditions

A box for valuables can be provided in the treatment pavilions, but we recommend that you do not bring anything valuable. Casa las Tortugas do not take responsibility for the loss of money or valuables of any kind brought into the spa premises.