

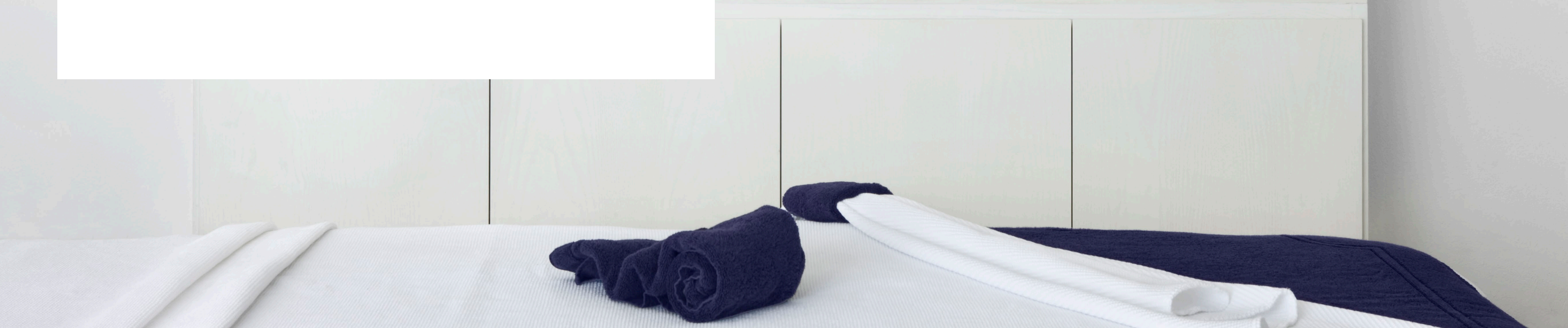
*The  
Beloved  
Spa*

## THE BELOVED SPA TREATMENT MENU

Love surrounds you making the world feels light years away.

The Beloved Spa, a sanctuary dedicated to heal mind, body, and spirit. We believe that love is the most magnetic power in the universe in combination with the elements of fire, water, earth and wind we have created unique journeys to transform the BEING and connect with this universal vibration. The herbs, plants, essential oils, skilled healing hands and knowledge of ancient wisdom are present to guide self awareness back to natural order and body to maintain balance.

That is the approach of The Beloved Spa, a lovefulness destination that will give you the one happiness in this life: to love and be loved.





## AGUA VIVA

All ancient cultures knew the importance of water as an element of life... of healing.

This healing journey has given a new sense to the words agua viva: the place where life begins and within each breath there is dance between water and wind. Every heartbeat connects the spirit with the body.

During this guided circuit you will connect with yourself by awakening your senses directly with the water in aqua exercises, massages with jets and cascades, which contrast with the iced pool and make the perfect balance to the hammam and arab style steam baths.

Renew and embrace the heat of the dry saunas, refreshing ice room, biothermic and sensations showers surrounded by the most healing herbs and plants to clean and purify your body, reminding your body to vibrate as nature does.







## **OUR MENU**

has been crafted by your motivations and inspirations, BE Loved the one and only energy, BE Holistic... uniting body, mind and soul, BE Healed for stress relieving, BE Wellness for body renewal, BE Beauty for natural skin care, choose your own world at your Beloved Spa.

# Be LOVED

## **LOVE CELEBRATION FOR TWO 120 min**

The most loving ritual in a warm atmosphere full of sensations, aromas and flavors that will make you feel love at its best with the most caring lomi lomi massage, an exfoliation with argan grains, private steam with rassoul and herbs clay. A romantic salt bath for a grand finale... Sparkling wine and sweet delight.

## **LOVE IN PARADISE 100 min**

A spa suite, candles, aromas and petals create the perfect atmosphere. Let a warm rose oil infused blend of massage strokes, take you away in a bliss of calm of romance and relaxation, warm pouches to warm body and soul, and a milk mousse bath for two while scalp massage is applied. Sparkling wine and covered strawberries to say "I love you".

## **SOOTHING SOULS RITUAL 100 min**

There is a special bond between soul mates which manifests it naturally day after day. Unwind and indulge your soul with a soothing peppermint mint infused massage to heal any trace of fatigue with slow rhythm passes, followed by a sublime nourishing facial for both, that will balance and hydrate your skin with softness leaving your body in soul renewed.

## **LAVENDER BLISS COUPLES RITUAL 100 min**

Since love grows within you, so beauty does. Take a pause, calm and rest in a lavender and roses, cocoon, a fine body scrub for a smooth skin, followed by a warm body wrap with essential oils, thermal water and pear stem cells for a renewed skin, ending with a sublime massage.

## **THE BELOVED ONES MASSAGE 75 min**

Self love is the seed of who you are, the Beloved massage with healing and nourishing techniques, blended with herbal oils for your deeper purpose, warm herbal pouches to take your mind to your quiet place coming out totally renewed.





# Be **HOLISTIC**

## **HERBAL REMEDY RITUAL 100 min**

A retreat for your body and skin, equilibrium through the wisdom of plants, awaken your body with an herbal scrub and follow with a unique massage to open muscle fibers with warm basil and mint oils, hot stones and quartzes. Reminding your body to vibrate as nature does.

## **MAYAN RITUAL 100 min**

Rescued from ancient rituals and mayan medicine, created to awaken intuition and self healing, starting with black mud, juniper and rosemary body poultice to detox, reduce cronic muscle tension and cure pain, while scalp massage and sound vibrations quiet your thoughts, followed by a sage, ginger and lavender infused massage, awakening consciousness, connecting earth and sky, body and mind.

### **APOTHECARY THERAPY 75 min**

The plants have enough spirit to transform body, mind and emotions. A personal consultation will guide you to choose your herbs. Essential oils are applied on the sides of the column, followed by a recovery massage with slow and long stroke for amazing results.

### **SACRED EARTH MASSAGE 75 min**

A grounding profound massage, to connect you with the wisdom of earth, cleaning your body and mind of tensions, through the goodness of warm basil and rosemary oil, recharging gem quartzes and hot stones , combined with flowing and sedative massage passes to recreate your space within.

### **THE BELOVED SIGNATURE MASSAGE 50 min or 75 min**

Choose the botanical oil from our Alchemy Ritual and experience a synergy of massage techniques such as stretching, pressure points, relaxing and distressing to transport you to a place of rest and wellness.

# Be HEALED

### **THERAPEUTIC DESTRESS RITUAL 100 min**

Just perfect for a tired and tense body, initiating with a circulatory balm for your back, pressure points with warm pillows, full body muscular and scalp massage, peppermint refreshing mask for your feet and moisturizing serum for a distressing facial massage.

### **THE CURE RITUAL 100 MIN**

The image in the mirror is a picture of your soul, with this inspiration, and through the richness of vegetal remedies, we have cured a body, face and soul therapy, a mindfulness approach of real inner beauty, starting with a soft organic loofah scrub, infused with spirulina, borage and coconut foams, to drench with goodness your skin, while a pure and organic facial with sweet olive gommage, cotton, curcuma, gotu kola extracts, and a volcano obsidian detox and calming mask, with sincronized auric facial massage.

### **SUBLIME RITUAL 100 min**

The mind, body, and spirit, whether you acknowledge it or not, must be well balanced at all times. A royal treat for your body, choose from synergies of essential oils for your healing massage to calm mind and body, followed by an hydrating facial to drench your skin with moisture because nothing in the world is more flexible and yielding than water.

### **MUSCLE SOOTHER MASSAGE**

**50 min or 75 min**

This deep massage will relieve you of any muscle tension or tightness using a blend of rosemary oil known for their healing and soothing effects with the warmth of an herbal pillow in the back and our distressing balm, your therapist will target your areas of specific concern leaving you free of any aches.

### **PURE CALM MASSAGE**

**50 min or 75 min**

Drift away on the bliss of this relaxing light to medium pressure body massage. Sweet aloe vera and comforting therapist hands will sweep away the stresses of everyday life with flowing, slow rhythm movements to create a feeling of calm.

### **HEAVENLY LAVENDER MASSAGE 75 min**

Open your heart into the essence of roses and lavender in this infused massage designed to calm, to provide rest, to take a break. Wave it your mind to heaven and delight your body with this blissful renewal.

### **WARM CITRUS MASSAGE 75 min**

A body cocoon of lime and mandarin, pear stem cells, thermal water and karite oils that envelops your body while slow deep tissue massage techniques in combination with the sedative and therapeutic effects of hot stones, a complete therapy for body and mind.

### **RIVER HOT STONES MASSAGE 75 min**

Stones collected from river beds containing the energy of earth and water. Warm stones are incorporated into this peppermint oil massage to bring about balance and healing of the body. Heated stones of various sizes are gently run across the body in a soothing rhythmic flow to melt away stress while relieving tense muscles and sore joints.



### **REFLEXOMASSAGE 50 min**

A holistic healing technique applying pressure and massage to feet, hands and scalp. It works on the major organs of the body, which are mapped out on the feet, helping to alleviate a back pain, headaches and digestive problems, feel totally relieved and revitalized.

### **FUTURE MOTHER MASSAGE 75 min**

The upmost special care and attention is given to a future mother's comfort by using special pillows to create the perfect environment during her massage. Aloe balms will nourish her skin, improve circulation and diminish back and hip pain.



Be

## WELLNESS

### **CITRUS ANTI-AGING RITUAL 100 min**

This antioxidant facial and body treatment envelops you in revitalizing citric sensations, providing the skin with spectacular rejuvenating, antioxidant and firming results. The first step is a lime and mandarin exfoliation, followed by a body soufflé mask and finalized with a complete facial treatment with pure vitamin C.

### **LIME AND MANDARIN COCOON 100 min**

An ideal energizing body treatment for skin that has been damaged by the sun and pollution. This body wrap brings back elasticity to the skin along with an intense, deep hydration. Natural ingredients, such as champagne pear steam cells, fruity mandarin and tangy citrus lime extracts protect the body's skin against dryness and premature aging, combined with a back, neck and shoulders massage.

### **ROSE AND LAVENDER BODY TREATMENT 50 min**

Flowers represent the love and kindness of the earth, to convey messages without words. This warm soothing skin veil will embrace your body providing rest, peace and wellbeing to regenerate your energy from the inside out.

### **ALOE AND NONI SKIN COOLER 50 min**

From ancient time, herbs have been use to heal our body. With this cooling, refreshing treatment soothe and rehydrate over-exposed skin, enjoy the healing properties of organic noni and aloe, for hydrating and regenerating effects. Your body will be wrapped and you will experience a mini facial that will calm and hydrate your skin.



Be

# BEAUTIFUL

## **TIME EXPERT FACIAL 75 min**

The best in facial treatments, visually fills in expression lines and smoothes wrinkles and firms the skin, with its unique 3D Fluid , it will rejuvenate your facial expression in just one session, ultimate relaxation with a scalp and hand massage that will be applied during the session, a jewel for your skin.

## **BEAUTIFULNESS FACIAL 75 MIN**

Pure, organic and loving, stimulating emotions, aroma, sound and touch, soft olive cleanser, sweet grains gommage, cotton, curcuma, gotu kola extracts, with its protective and regenerating powers, volcano obsidian detox and calming mask, with sincronized auric facial massage.

## **VITA C FACIAL 75 min**

Do something good for your skin give it a boost of energy with 100% pure Vitamin C. This antioxidant treatment relieves sun-damaged skin and helps fight the signs of premature aging. A reparative serum, containing a high concentration of Vitamin C, is formulated to improve appearance and stimulate collagen production to renew skin's firmness.

## **PURITY CLEANSING FACIAL 75 min**

Your skin will be purified, and deeply cleaned from using botanical calming products , a scalp massage will be given to further enhance the deep relaxation and feeling of all over freshness.

## **LUMINOUS HYDRATING FACIAL 50 min**

A gift of hydration, starting in a soft Lilac and Melissa cleanser and rose water, peach bone grains scrub for new softness and a hydra plus extract for a glowing, nourished and hydrated skin.

### **SPORT FACIAL FOR MEN 50 min**

This facial is specifically designed for men to achieve a more revitalized, younger look, hydrating and soothing the shaved and irritated skin. A Hy-oil balancing cleanser, enzyme vitamin C exfoliant for a smooth skin, and a charge of hyaluronic acid for a perfect hydration.

### **SOOTHING CHAMOMILE FACIAL 50 min**

Cleanse and repair, with calming botanical actives like cane extract, sunflower, chamomile, lucuma & blue herb extracts that will deeply recover any irritation on your skin, ideal for sensitive skin, sunburns, allergies, rosacea, it will soothe and freshen your face.

# Enhance your **TREATMENTS**

### **HYDRATING FACIAL MASK**

(for massages or body treatments)

### **COLLAGEN EYE PADS**

(for facials, massages or body treatments)

### **HOT STONES FOR BACK MASSAGE**

(only in massages)

### **ALOE FOR BURNED SKIN**

(for any treatment)

### **ANTI-STRESS BACK BALM**

(for massages)

### **DETOX HAIR MASK**

(for massages, facials, body treatments)





# Be **PERFECT**

## **THE BELOVED MANICURE 50 min**

A total treat for your hands, a green tea hand bath, manicure, reflexology hot stone hand massage for your total delight.

## **SPA MANICURE 50 min**

Provide a wake-up call to hands with our Spa Manicure with green tea bath and scrub, with karite moisturizing balm massage and paraffin mask.

## **THE BELOVED PEDICURE 75 min**

Start with a clarity feet bath, peppermint exfoliation to smooth your skin and reflexology massage for your feet will be incorporated to your pedicure, ending a deep scalp massage to relax your mind.

### **SPA PEDICURE 50 min**

Refreshing ingredients as green tea bath and scrub for your feet, pedicure, foot massage with karite hydrating balm and a peppermint mask for a lighter sensations.

### **LUXURY COUPLES PEDICURE 50 min**

Enjoy together a complete feet treatment, starting with a marine bath and exfoliation for your feet, petals, feet massage, warm silk paraffin, sweet delights and a glass of champagne will pamper your pedicure. Enjoy Champagne y strawberries with chocolate.

### **WAXING**

(price based on specific area)

### **MAKE-UP**

Look your best for that special day let our professionals work on a beautiful makeup according to your preferences.

### **ORGANIC RENEWAL HAIR RITUAL 50 MIN**

Organic elixirs that will embrace your hair, in a detoxifying herbal shampoo to clean scalp and hair also reviving your hair pores, and a shot of alchemy essential oils extracts, chosen for you hair condition, that will rehydrate, protect and nourish your hair before or after sun exposure, chlorine and salt, in a sighing scalp massage, a personalized hair mask. Followed by a shoulders, neck, hands and feet massage with jojoba oils for a soothing and silky result in your skin.

### **HAIRSTYLE**

Hairstyles vary according to the style you choose and the length of your hair. Hairstyling does not include shampoo.

### **HAIR CUT**

### **HAIR STRAIGHTENING**

Come with your hair already dry, and we will perfectly straighten your hair, with anti-frizz products.



Be

# HANDSOME

## **MEN'S HAIRCUT 25 min**

## **DELUXE MEN HAIRCUT 50 min**

Includes specialized products for men's hair, with vitamins and natural oils, scalp and neck massage and hair blowdry.

## **EXECUTIVE SHAVE 50 min**

Includes, specialized products for men's beard, with natural oils, vitamins, hydrating actives, Redensyl for beard growth, facial scrub, hydrating facial mist and calming balm.

\*This treatments is done with a special trimmer, no pure blades are used, this is for your safety.

## **MUSTACHE AND BEARD OUTLINE**

Includes outline trimming and beard oil

## **NECK, NOSE AND SIDEBURN TRIM**

Includes outline trimming and calming balm

## **REFLEXO PEDICURE**

Scrub, pedicure, reflexology, peppermint mask

## **MEN'S HAND GROOMING**

Scrub, manicure, nail buffing, hand massage

## **BACK WAXING**

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**TO BEST INDULGE IN THE BELOVED SPA,  
PLEASE TAKE A MOMENT TO READ THIS...**

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**Etiquette:** To ensure all guest can enjoy the peaceful sanctuary at Beloved Spa, we respectfully request all visitors keep noise to a minimum. Cellular phones and electronic devices are discouraged.

**Reservations:** To secure your preferred date and time of treatment we recommend to schedule your complementary hydrotherapy and treatment session during the first 48 hours upon arrival.

**Check in for spa treatment:** Please check in at the spa at least 15 minutes before your appointment, to avoid reduced treatment times.

**Check in for hydrotherapy:** Check in 10 minutes after your appointment, will cause the cancellation of your session, which we can gladly reschedule according to availability.

**Dress code:** To enjoy agua viva session bathing suit is mandatory. For body treatments, facials and massages bathrobes are provided. The use of underwear is optional.

**Spa treatment hours:** The Beloved Spa reservation hours are from 8am to 8pm. Spa treatments are from 9am to 7pm. Agua viva session is from 9am to 5pm.

**Special consideration:** Guest who have high blood pressure, heart conditions, are pregnant or have another 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. We recommend eating and drinking in moderation and avoid alcoholic beverages prior to your spa service. \*Rights of admission reserved\*

**Valuables:** Please leave all valuables in your room's safety deposit box. The Management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

**Cancellation policy:** A 24 - hour cancellation notice is required to help us to reschedule your appointment, subject to space availability. Any cancellation with less than 12 hours notice, or "now-show" will incur a 50% cancellation fee from the regular pricelist.

**Smoking and alcohol:** Smoking and consumption of alcohol within the spa are prohibited.

**Payment:** All prices are quotes in USD and are subject to change without prior notice. Charge to the room is suggested; otherwise we accept all major credit cards.

**Gift Certificates:** Gift Certificates for our spa treatments are available. For more details, please contact our wellness concierge.



**Disclaimer:** The spa treatments, services and/or facilities received or utilized at The Beloved Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guest may have. Guest will fully indemnify and hold harmless Beloved Playa Mujeres its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.

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## **FREQUENTLY ASKED QUESTIONS**

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### **WHO WILL HELP ME DECIDE HOW TO CHOOSE MY TREATMENTS?**

One of our wellness concierge will help you plan the perfect spa experience, including the best sequence for your treatments.

### **WHAT IF I HAVE SPECIAL HEALTH CONDITIONS?**

Please notify a spa professional before scheduling your appointments. If necessary you can request a mini check-up with the doctor.

### **MAY I REQUEST A MALE OR FEMALE THERAPIST?**

Yes, of course, although we cannot guarantee the availability of a particular therapist or gender. All of our therapists are trained to drape towels discreetly to respect and protect your privacy at all times.

### **WHAT DO I WEAR DURING MY TREATMENT?**

If you have an agua viva session do not forget to bring your bathing suit. For facials wear what is comfortable for you. Our staff provide you with undergarments for the body treatments.

### **WHAT IF I'M LATE FOR MY APPOINTMENT?**

Arriving late may limit the time for your treatment. Depending on the length of your service a late arrival may be classified as a 'no-show.'

### **HOW EARLY DO I NEED TO CHECK IN FOR MY SCHEDULED APPOINTMENT?**

Early is always better. At the Beauty Parlor, we recommend check-in 5 minutes prior to your service. For Spa treatments, you need to check-in 10 minutes before, at the reception. This will allow you enough time to check-in, get your locker assignment, change comfortably into your robe, and relax for 5 minutes before your spa treatment begins. If you are interesting in doing your includes Aqua Viva before your treatment, please, booking in advance with our spa concierge.

### **WHAT PRECAUTIONS DO I NEED TO KNOW?**

We recommend eating and drinking in moderation and avoid alcoholic beverages prior to your spa service, exercise classes, whirlpools, and heat treatments. Do not shave your legs prior to a body scrub treatment. A severe sunburn may prevent you from enjoying a spa treatment. Be conscious and use good sun protection.

### **WHAT ABOUT GRATUITIES?**

Gratuities are not included with spa treatments, they may be charged to the room, or in cash.



### **The Beloved Spa**

Open every day from 9:00 a.m. to 7:00 p.m.  
Reservations at Ext. 4411 • +52 (998) 872 8730  
spa@belovedhotels.com • www.belovedhotels.com