



BELMOND  
**CASA DE SIERRA NEVADA**  
SAN MIGUEL DE ALLENDE

SPA

## **SPA MENU**

## **WELCOME TO THE WONDERFUL WORLD OF BELMOND**

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga on a beach or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh both your body and your soul.

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## **01 RELAX AND REVIVE AT LAJA SPA**

We invite you to unwind in our healing sanctuary, which pays homage to the majestic Laja River that flows through the mountains of the north. A place of purification and rejuvenation, Laja Spa offers botanically rich therapies in the magnificent setting of a 16th-century manor.

Relax in our airy, colonial-style treatment rooms and enjoy rituals that focus on holistic wellbeing. Our skilled therapists use organic and natural products by Primavera, Phytomer, and Cantaluna – an artisanal local brand – to soothe your senses and nourish your body.

Indulge in:

Three treatment rooms

Beauty salon for hair and make-up, manicures and pedicures

Spa boutique

Fitness studio

Opening times: 10am-8pm

Access: At the back of Casa Principal, Hospicio #35

Reservations: Dial extension 180

## 02 SIGNATURE INDULGENCES

### LAJA EXCLUSIVE MASSAGE

50/80 MINUTES

Let stress float away with our signature massage, in which we use an exclusive technique to release accumulated tension and relax the mind. As we work your entire muscular system from head to toe, expect to feel your body soothed, your nervous system balanced and your spirit calmed.

### PURIFYING RITUAL

140 MINUTES

Combine three amazing treatments in one heavenly ritual. Begin with a Laja Body Scrub, using a special cleansing gel of walnut shell and volcanic powder to reveal smooth, luminous skin. Continue with a massage using handmade poultices filled with herbal goodness - rosemary, lavender, basil, eucalyptus, clove, thyme, cumin, chamomile and cinnamon, mixed with fragrant flowers. Finally, enjoy a rejuvenating facial drain massage, which eliminates excess fluids and toxins to slim and tone the face, enhance circulation and strengthen the muscles. Say goodbye to tiredness, fine lines and dark circles and hello to a radiant new visage.

### HOLISTIC RITUAL

160 MINUTES

Benefit from a trio of holistic therapies, beginning with a relaxing hot stone massage which combines soothing strokes with heated stones to relieve tension and soothe muscles. Continue with reflexology, a tailored treatment that focuses on zones of your feet to restore energy flow throughout the body. Finish with a sublime anti-aging facial that deeply hydrates the skin while combating signs of aging and sculpting your contours. Walk out feeling youthful and reenergized.

### LAJA RITUAL

200 MINUTES

Treat yourself to top-to-toe pampering with our series of indulgent treatments. Begin with a gorgeously scented aromatherapy facial, tailored to your skin type to provide optimum benefit to your skin. Continue with our Laja Exclusive Massage to soothe and relax your entire body and melt cares away, and finish with an expert manicure and pedicure so that every part of you is in perfect shape.

## 03 MESSAGES

### DEEP TISSUE MASSAGE

50/80 MINUTES

Target specific areas of tension with this massage focusing on the deep layers of muscle and tissue. By applying firm pressure, we concentrate on areas of discomfort to alleviate stress. Ideal for those who experience stiffness in the neck, shoulders and back. Expect to feel immediate relief and comfort.

### AROMATHERAPY MASSAGE

50/80 MINUTES

Breathe deeply and enjoy this olfactory experience combining relaxing massage techniques with scents that help relax body and mind. We invite you to select the aromatherapy oil of your choice, which will work to balance your emotions and create a deep feeling of wellbeing.

### LOMI LOMI HAWAIIAN MASSAGE

50/80 MINUTES

Part of traditional Hawaiian medicine, this massage helps restore circulation and energy and improve your physical and mental state. Enjoy soft, fluid, rhythmic movements with gentle muscle stretching for a totally relaxing, almost hypnotic experience.

### HOT STONE MASSAGE

80 MINUTES

Prepare to loosen up as stones, excellent carriers of energy and heat, are warmed before being placed on your body. Used in combination with our therapist's healing hands, they release tension and ease muscle tightness to give you a new vitality and strength.

### REFLEXOLOGY

30/50 MINUTES

Regain your energy balance with this ancient Chinese healing technique. By massaging reflex points on the soles of your feet, your therapist can focus particular areas of concern throughout your body while stimulating your circulation.

## 04 **BODY RITUALS**

### LAJA BODY SCRUB

30 MINUTES

Reveal softer, more luminous, deeply hydrated skin with this cleansing gel specially created for Laja Spa. Natural walnut shell, volcanic rock powder and virgin coconut oil are among the ingredients that combine to work wonders on your body.



## 05 FACIAL THERAPIES

Our facials are designed to meet the particular needs of men and women. Each treatment includes a deep cleansing and hydration and finishes with a specific massage suiting the facial.

### LAJA AROMATHERAPY FACIAL

80 MINUTES

Deliver a new radiance to your skin while stimulating your senses with this exquisite facial that's chock-full of natural and botanical goodness. Our luxurious treatment concludes with a gentle revitalizing facial massage to enhance skin tone.

### HYDRATING FACIAL

80 MINUTES

Treat your complexion to a facial rich in organic extracts that will hydrate, restore, soften and nourish your skin. The potent properties in this delicious treatment boost the production of natural collagen, which we lock in further with a balancing face massage.

### YOUTH REVEALING FACIAL

80 MINUTES

See a radiant new you emerge with this moisturizing, rejuvenating facial. It firms, tones and sculpts the skin while softening fine lines. A relaxing back massage completes the therapeutic and relaxing experience.

### OXYGENATING FACIAL FOR MEN

80 MINUTES

Designed specifically for men's complexions, this treatment includes a deep cleansing, detoxification and hydration to balance the skin tone, leaving it smooth, rested and refreshed.

## 06 FINISHING TOUCHES

### HANDS AND FEET

Express Manicure

Express Pedicure

San Miguel Spa Manicure - regular polish

50 MINUTES

San Miguel Spa Manicure - gel polish

90 MINUTES

San Miguel Spa Pedicure - regular polish

60 MINUTES

Polish removal

Gel application

Gel removal

### SPECIAL OCCASION STYLING

(Available on request)

Preparing for an elegant celebration or your big day? Let us know and we'll make an appointment for you with our associate team of stylists and make-up artists. Ask about our special bundle packs for brides and bridesmaids. It's your time to shine!

### WAXING SERVICES

We offer soft and gentle hair removal from head to toe.

## 07 **ADD-ON TREATMENTS**

Improve your experience to maximize the benefits of the treatment you are about to enjoy with the following options

MASSAGE FOR TIRED LEGS - After a day of exploring, treat your legs to this reviving massage, which boosts circulation, aids toxin elimination and enhances overall wellbeing.

EYE CONTOUR TREATMENT - Relieve facial tension and eye fatigue while reducing dark circles and wrinkles.

## **08 YOGA CLASSES**

OPEN CLASS (PRANAYAMA)

Tuesdays, Thursdays and Saturdays

(Minimum 3 participants needed)

60 MINUTES

PRIVATE YOGA, MEDITATION OR CHI KUNG CLASSES

75 MINUTES

## 09 SPA STYLE

We're delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

### APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival. Your credit card number will be requested when you book. Appointments for minors (children under 17 years of age) must be made by a parent or guardian, who must also check them in. Minors booked for closed-door spa treatments must have a guardian in the room for the duration of the service.

For reservations, please contact:

Extension: 180

Telephone number: +52 415 150 2020

Email: [lajaspa.csn@belmond.com](mailto:lajaspa.csn@belmond.com)

### CANCELLATIONS

We ask that you make any cancellation or change to treatments at least four hours before your appointment. If you cancel less than four hours in advance, you'll be charged 50% of the fee. If you cancel without notice, you'll be charged 100%.

### ARRIVAL

We invite you to arrive at least 15 minutes before your appointment to allow adequate time to change. For your comfort we provide a robe, towel, slippers and other amenities. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

### WELLBEING

For your comfort and safety, we ask you to mention any conditions you may have, such as injuries, illnesses or allergies when booking your appointment as certain treatments may not be advisable. In addition, before your treatment begins, please let your therapist or aesthetician know of any medical concerns.

### PRECAUTIONS

We recommend eating and drinking in moderation and avoiding alcoholic beverages prior to your spa treatment. If you need to shave (particularly beardless men receiving a facial), please do so at least two hours before your appointment. Please don't shave your legs prior to a body scrub treatment. Sunburn may limit enjoyment of your spa treatments; please be vigilant and use sun protection.

### JEWELRY AND VALUABLES

Most therapies flow more easily without the interference of jewelry. We recommend moving neck and wrist ornaments. Please leave all valuables in your room safe. Lockers are also provided at the spa.

## GRATUITIES

Our prices do not include gratuities. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.

