



BELMOND
MIRAFLORES PARK
LIMA

ZEST 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 ZEST SPA**

We invite you to unwind in our serene spa, where you can enjoy a range of lavish, therapeutic treatments while gazing out over the Pacific Ocean.

Choose from a menu of nourishing therapies rich in natural ingredients from the ocean and the Amazon. Let our specialists design a complete treatment package for you to enjoy either with your partner, in a designated couple's room, or individually. Afterwards, extend the experience with a dip in our spectacular infinity pool.

Enjoy therapies in two individual treatment rooms and one couple's treatment room, as well as hairdressing facilities and a dry sauna.

All treatments are suitable for both men and women unless otherwise stated.

Opening times:

Monday - Saturday: 9am - 9pm

Sundays and holidays: 10am - 7pm

Access: 11th floor of Belmond Miraflores Park Hotel

Reservations: Extension 223

Email: zestspa.mph@belmond.com

Telephone: (51) 610-4001

02 SIGNATURE INDULGENCES

BATH BUTLER WITH STRAWBERRIES AND CHAMPAGNE (IN ROOM)

In your suite: after an energetic or long day, relax and let your cares drift away in a warm bath prepared with aromatic salts and rose petals and glowing with candlelight. Afterwards, indulge in chilled champagne, strawberries and chocolate.

ZEST FREESTYLE MASSAGE

60/90 MINUTES

Let your therapist mix and match a fusion of different techniques to suit you in this personalized, uniquely relaxing experience.

ZEST PARAFFIN MANICURE & PEDICURE

90 MINUTES

Treat your hands and feet to this ultra-enriching therapy. Warm paraffin wax is used to soften, moisturize and nourish the skin while the soothing heat releases any tension and balances the body's energy. After nails are filed and cuticles tidied, the polish of your choice is expertly applied.

03 MASSAGES

SWEDISH 60/90 MINUTES
Benefit from excellent all-round therapy with a traditional body massage. Your therapist's smoothing, relaxing strokes work effectively on your muscles and enhance blood circulation.

DEEP TISSUE 60/90 MINUTES
Ease tight muscles with an intensely invigorating massage that uses a blend of acupressure, firm strokes and techniques to target sensitive areas and induce relaxation.

HOT STONE 60/90 MINUTES
Relax and balance your body with this deeply soothing and healing experience. Smooth, heated basalt stones are alternated with your therapist's healing hands to make tensions melt away, leaving you in blissful comfort.

SHIATZU 60/90 MINUTES
This Oriental style of massage uses acupressure and gentle stretches to balance and stimulate the natural flow of "ki", the life force.

LYMPHATIC DRAINAGE 60/90 MINUTES
Boost your health and vitality with a toning and detoxifying massage that gently encourages lymph flow and the natural draining of excess water.

REFLEXOLOGY 30 MINUTES
Treat your feet to this ancient Chinese healing technique, in which your therapist focuses on different areas of your soles to ease tension, improve circulation and target any areas of concern in the body.

BACK, SHOULDER AND NECK MASSAGE 30 MINUTES
Enjoy an express Swedish or deep-tissue massage focused on the areas where your body accumulates the most tension.

04 **BODY RITUALS**

CHOCOLATE SCRUB AND CHOCOLATE WRAP 60 MINUTES

Indulge in the ultimate chocolate lovers' dream. We begin with an intense cocoa exfoliation, with a sweet, mood-enhancing fragrance, which leaves the skin smooth, even and free of impurities. Continue with a mouthwatering, harmlessly addictive, rich, creamy body wrap that not only moisturizes but tones and sculpts the silhouette. Its aroma, color and texture melt into the skin, leaving you deliciously content.

COCONUT SCRUB AND PEARL WRAP 60 MINUTES

Treat your skin to a delectable ritual, beginning with a nourishing, revitalizing coconut scrub. Its deep-cleansing formula is gentle on sensitive and dry skin. Afterwards, enjoy a body wrap with white pearls that envelops the skin in a shimmering veil, while the fine texture caresses the skin, improving hydration, elasticity and firmness.

SPA MARINE SCRUB & GOLD WRAP 60 MINUTES

First, an invigorating massage, with scents of the ocean, smoothes skin to leave it feeling deeply hydrated and supple. Then a glamorous wrap, rich in "golden algae" - renowned for its intense anti-aging properties - is applied, enveloping you in a luminous veil. A stimulating and unique spa experience.

05 FACIAL THERAPIES

FACIAL LIFT

60 MINUTES

Give your face a rejuvenating boost with this lifting, remodeling and toning facial. Contours are redefined, lines and wrinkles softened and visibly reduced and the skin's firmness and density restored.

SO DELICATE

60 MINUTES

Offering immediate relief and comfort for those with sensitive skin, this expert combination of phytoactive extracts nourishes, brightens and repairs faded complexions. The treatment also protects skin from the sun's rays and imparts an instant feeling of wellbeing.

FACIAL CLEANSE AND MASK

70 MINUTES

Let us personalize a deep-cleansing ritual for your skin type - normal, sensitive or oily.

EXPRESS FACIAL

30 MINUTES

If you have limited time to indulge, this facial delivers a radiant, rejuvenated complexion in just half an hour. Ideal for a special occasion or before make-up application.

FACIAL FOR HIM

60 MINUTES

Invigorate and detoxify your skin while helping combat signs of aging. In an energizing ritual designed specially for men's complexions we combine natural ingredients with shiatzu techniques to restore volume and smooth away wrinkles.

06 FINISHING TOUCHES

FOR HER

- Manicure
- Pedicure
- Gel Manicure & Pedicure
- Blow-dry for short hair
- Blow-dry for long hair
- Haircut for short hair
- Haircut for long hair
- Hairstyle
- Hair conditioner
- Make-up

FOR HIM

- Haircut
- Beard trim
- Manicure
- Pedicure

WAXING

- Eyebrows
- Underarms
- Brazilian
- Bikini
- Full leg
- Half leg
- Full arm
- Upper lip

07 LONGER EXPERIENCES

Why not extend your spa experience with one of our customized packages? Enjoy the treatments sequentially or pause for a light snack by the pool.

REFRESH PACKAGE 120 MINUTES
Combine a reviving Swedish massage with a So Delicate facial.

COUPLE'S RETREAT 120 MINUTES
Unwind in our couple's treatment room while enjoying a body scrub, wrap and massage.

MOTHER AND DAUGHTER PACKAGE 160 MINUTES
Share quality time together over a soothing massage, facial and manicure.

SPA DAY 300 MINUTES
Treat yourself to an entire day of spa heaven, comprising scrub, wrap, massage, facial, head and scalp treatment, manicure and pedicure.

ALFRESCO INDULGENCES

Enjoy one of the following therapies beside the infinity pool as you soak up the magnificent ocean views.

BACK, SHOULDER AND NECK MASSAGE 30 MINUTES

REFLEXOLOGY TREATMENT 30 MINUTES

08 **HOLISTIC FITNESS**

Join one of our morning classes for an invigorating start to the day. Group and personal sessions are available for all levels. Call extension 223 to reserve your place.

YOGA

60 MINUTES

Stretch out and breathe deeply as you focus on fitness of body and mind. A series of asanas (positions) is designed to enhance strength, flexibility, balance and alignment.

JOGGING AND YOGA

60 MINUTES

Join our personal trainer, a bilingual yoga instructor and highly qualified fitness professional, to benefit from one-on-one support and motivation during this challenging and rewarding circuit.

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

We recommend you make reservations in advance, particularly if you wish to experience multiple treatments during your stay. For reservations, please contact us by dialing 223.

CANCELLATIONS

If you wish to change or cancel your appointment, we kindly ask that you contact us at least 2 hours prior to the scheduled treatment. Failure to do so will incur a 50% charge for the service.

ARRIVAL

We invite you to arrive 20 minutes before your appointment to enjoy our dry sauna. 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.

For your comfort we provide a robe, towels and slippers. While there are lockers at the spa, we recommend that you leave valuables in your guestroom safe. Zest Spa does not assume liability for any valuables.

WELLBEING

For your safety and comfort, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit, which may include injuries, illnesses or allergies.

COMMUNICATION

Prior to the start of your treatment, kindly advise your therapist of the areas you would like to focus on and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is key to obtaining the full benefit of your spa experience.

09 **SPA STYLE**

CHILDREN

We warmly welcome children from the age of 12 to enjoy our spa treatments. For any enquiries, please call extension 223.

GRATUITIES

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

GIFT CARDS

Our gift certificates make perfect presents for spa lovers. Choose an individual treatment, a special package or a voucher for a specific denomination.

