



Cala de Mar
EL CAPRICHIO SPA




VIRTUOSO
PREFERRED


Four Diamond
Seward

LEGEND
Preferred
HOTELS & RESORTS

AMERICAN EXPRESS®
FINE HOTELS & RESORTS
MEMBER



Cala de Mar

EL CAPRICHOS SPA

Light aromatics of citrus linger in the air, mixed with notes of tropical native flower, fruits and plants to create your a true oasis of peace and tranquility at El Capricho Spa.

This private and heavenly place is an intimate as it is luxurious, offering treatments in a private open-air setting or private rooms. The spa menu features a variety of bespoke spa treatment based on traditions and rituals of the local culture.

Each spa treatment has been designed to create a sense of balance between mind and body.

CITLAXÓCHITL - Flower of heaven

Each treatment room is named after a local flower – such as the Citlaxochitl (poinsettia) – in the nahuatl dialect. The flowers are a living symbol of local culture and brings to life the ritual of the flower foot bath as the start of the experience. We preserve and celebrate our culture and traditional rituals this way, as well as provide a unique experience that celebrates color, culture and community.



REGIONAL TREATMENTS

Lemon Balm and Lemongrass Wrap

50min / 80min

Ancient local tradition to relieve toxins and ailments from the body. This treatment combines the therapeutic qualities of two botanicals—toronjil, a lemon-scented red flower central to Aztec healing traditions and lemongrass, in a soothing wrap that improves skin condition and metabolic functions as it detoxifies. This treatment helps to achieve a smooth and luminous skin with genuine aromas from the Cala de Mar orchard.

Mint and Rosemary Detox Wrap

150min

Designed to eliminate toxins and regenerate new skin cells, leaving you with baby soft skin. This treatment begins with an body exfoliation using mineral-rich Zihuatanejo sea salts that prepare the body for a guided hydrotherapy session that culminates with a head and face massage. After a refreshing shower, a body mask is applied in the cabin and ending with a deep tissue and lymphatic drainage massage.

Cacao and Coffee Wrap

50min / 80min

Use the power of caffeine to keep you youthful. This aromatic experience is an experience of the senses as well as the skin. Cacao and coffee have potent antioxidants that help protect skin from sun damage and help increase blood flow, leaving you with soft and relaxed.

Nopal and Aloe Repairing Wrap

50min / 80min

The restorative properties of nopal and the regenerating characteristics of aloe are the best medicine to repair the skin from sun damage. This treatment its designed to sooth, nourish, and hydrate the skin.

Herbal Exfoliation

30min

This skin exfoliation treatment uses seasonal herbs brought directly from our orchard in Cala de Mar. The exfoliation removes dead cells and revitalizes the skin, restoring its natural radiance.

MASSAGES

Serenity Massage

50min / 80min

Through gentle to moderate pressure, this full-body massage reduces stress, calms the nervous system and relaxes the muscles.

Aromatherapy Massage

50min / 80min

The nurturing power of touch and aromatic oils is the perfect combination to treat skin and tension. Oils of natural aromatic plants activate the senses and engages the body to relax by incorporating healing and restorative scents.

Therapeutic Massage

50min / 80min

This restorative massage uses various techniques such as acupressure, deep tissue, reflexology, and limb stretching to achieve a profound therapeutic effect. Concentrating on specific areas of tension, this treatment helps to relax tight joints, reduces stress, improves circulation and increases mobility. This massage is ideal for releasing muscle tension and mental fatigue.

Reflexology

50min

Reflexology is an ancient technique that promotes energy balance and general well-being. The therapy is based on a principle that by applying pressure to certain points, they are able to remove energy blockages and promote overall healthy in the body. The reflex points on the feet correspond to different organs of the body, so stimulating these points promotes a healthy functioning of the organs.

Obsidian Stone Massage

80min

A massage using Obsidian stones have ethereal properties to aid in healing beyond the surface. These stones favor the elimination of toxins, improves blood and lymphatic circulation, purifies the body, provides relief, and serenity to your general well-being. A must-try for those looking for relaxation in all realms.



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Amuzgo Herbal Massage

80min

Discover the ancient healing remedies from the Amuzgo region in Guerrero where you incorporate herbal and dried flower bundles that are activated by heat and moisture to heal sore muscles and eliminate toxins. Targeting the lymphatic system and combining light-pressure massage helps draw out toxins and releasing muscle tension.

Yoloxochitl Couple's Massage

50min / 80min

Enjoy a relaxing massage for two in the spa's exclusive cabana for two. This treatment is dedicated to balancing body, mind and soul. You can choose an indoor cabin or an outdoor cabin accompanied by the sound of the waves of the sea.

Bamboo Therapy

50min

With a bamboo massage, the massage therapist will use hollow bamboo canes as a massage tool to give a deep, firm massage. This treatments helps fight cellulite and refine the silhouette, as well as promotes lymphatic drainage.

Capricho Therapy

80min

An experience for the body and spirit. This treatment begins with a sea salt exfoliation, using local sourced salts, followed by a massage using various techniques to relax the muscles and nervous system. This massage promotes blood circulation, and is ideal for releasing muscle tension, mental fatigue and stress.

Prenatal Massage

50min

There's nothing like a soothing prenatal massage to rub away the pains and strains of pregnancy. Using a relaxing massage technique appropriate to take care of mother and baby, combined with natural products from Cala de Mar's own line, this massage for mommy-to-be will help with aches and pains and give you a good night's sleep, improve aches and pains, improve circulation, reduce nervous tensions and help relieve anxiety. Remember to speak with your OBGYN first to decide if prenatal massage is right for you and talk to your massage therapist about adding elements to cater to your specific needs.

Personalized Massage



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FACIALS

Purifying Facial/ Oily Complexion

50min

Ideal for oily and congested skin, this treatment is specifically targeted for problem skin and the occasional flare up. The treatment infuses nutrients and antioxidants deep into the layers of the skin, promoting cell regeneration resulting in a more youthful appearance, through products that include cherry, lemon and a variety of berries. This treatment will help regulate and balance your complexion, leaving you with a healthy, bright and fresh skin.

Deep Cleansing Facial / Combination Complexion

80min

The treatment is designed for all skin types to help refresh, normalize and fade hyper pigmentation. This multistep skin treatment can include exfoliation, face masks, cleansing, a facial massage, steam, and variety of creams, including ones with Vitamin C, lime, grapefruit and pear, to help brighten the skin and SPF, for UV protection.

Anti-aging Facial

80min

An anti-aging facial is based on ingredients that help penetrate the deepest layers of the skin. This exclusive formula helps prevent wrinkles, dehydration and premature signs of aging. Specifically formulated to produce age defying results and restore the youthful look and vitality to your skin, this facial will help leave the skin soft and fresh. The massage also includes a small massage on the feet and hands.

Men's Facial

50min

For men, we customize the facial to help soften rough and sensitive skin. Special attention is paid to cleaning pores, irritations caused by razors and dehydrated skin, helping to heal the overlooked regions of the face.

Ask at the front desk of Capricho Spa about the treatments that you can take home with you.

SPA RITUALS

Indulgent Ritual

2hr 10min

A fantastic dual experience that begins with an 80-minute hot stone massage, followed by a refreshing facial.

Aztec Ritual

1hr 40min

This is our signature treatment, that honors a local practice of wellness. This ritual includes a Lemongrass and Toronjil Body Wrap with a 50 minute therapeutic massage to give you a grounding and relaxing experience.

Harmony Ritual

2hr 40min

Harmony Ritual offers a traditional Amuzgo herbal massage complemented with an anti-aging facial that helps to experience calm, recollection and fullness.

Love Ritual

1hr 40min

For a more indulgent experience, the Love Ritual combines a couple's massage with his-and-her facials- the Citlaxochitl Aromatherapy Facial for her, which includes a cleansing and exfoliation followed by an aromatherapy warm stone facial massage and hydrating mask, and a Texochitl Facial for him, designed to soothe rough, sensitive skin damaged by razor blade irritations and dehydration.



HANDS AND FEET

XÓCHITL PEDICURE

60min

Experience a professional pedicure that will revitalizes the whole body and relaxes the spirit. This treatment is carried out in luxurious massage chairs. It begins with an exfoliation and continues with a traditional pedicure, the application of a mask that leaves the feet light and hydrated and a massage with aromatic oils. It is finished with a polish color of your choice.

XÓCHITL MANICURE

60min

Indulge the hands and the soul with a manicure treatment that will revitalize and relax your hands, leaving them soft, hydrated and happy. This treatment begins with an exfoliation to remove dead skin cells, following with a manicure and the application of a nourishing mask that leaves your hands beautiful and hydrated. It is finished with polish color of your choice.



BEAUTY SALON

Our salon offers you a wide selection of services for hair, skin and nail care that are tailored for you.

NAIL CARE

Express classic manicure **40min**

Basic foot cleaning and exfoliation using salts from the region.

Massage and your choice of nail polish color to finish.

Express classic manicure **35min**

Basic foot cleaning and exfoliation using salts from the region.

Massage and your choice of nail polish color to finish.

Add ons:

Relaxing foot massage

Hot stone foot massage

Polish change

HAIR CARE FOR LADIES

Washing and drying

Haircut and hairstyle (depends on length)

Makeup

Hairstyle

Hairstyle test

HAIR CARE FOR MEN

Gentleman's cut

Beard topping

DEPILATION

Eyebrow

Mustache

Face

Arms

Armpit

Bikini área

Brazilian depilation

Half leg

Full leg

Back rear



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HYDRORITUAL

Treatment through water circuits at different temperatures.

This experience begins with a ritual floral footbath and a water ritual that include the use of the Jacuzzi, sauna, steam and sensation shower. This contrast therapy relaxes mind and body within the comfortable facilities of El Capricho Spa, guided by a professional to help improve circulation, relieve pain, heal damaged tissues, reduce inflammation, and reduce stress. Natural beverages and hot herbal teas are offered as spa-goers await their treatments.

Experience the hydroritual to promote physical well-being and alleviate discomfort.

**** Ask about our multiple access packages.**

1 ACCESS

2 ACCESS

3 ACCESS

4 ACCESS

5 ACCESS

6 ACCESS

You can add for an additional cost:

- Glass of champagne or sparkling wine
- Juice of the day
- Smoothie of the day
- Healthy lunch (Ask the Chef for the options of the day)



OTHER SERVICES

MEDITATION

Meditation helps to focus and calm the mind by offering clarity and awareness about the different aspects of life. It is an effective way to reduce stress, improve concentration, develop good habits and feelings such as a positive attitude, self-discipline, and healthy sleep patterns.

PRIVATE YOGA SESSIONS

Yoga is a mind-body practice with historical origins in ancient Hindu philosophy. It combines physical postures, breathing techniques, meditation and relaxation.

CACAO CEREMONY

Carried out with all respect for ancestral wisdom, the cacao ceremony invites you to open the heart to the loving medicine of the cacao plant: the drink of the gods. Conducted in a sacred healing circle that includes songs and intuitive vibrations that invites a deep meditation between space and time. This is a journey to reveal the divine from the inside out.

SOUND THERAPY

It combines techniques such as Reiki, musical instruments and healing sounds that invite you to live a unique and personalized experience to harmonize and provide peace.

TEMAZCAL

A temazcal is a traditional Mexican steam bath. Besides promoting physical well being and healing, it is also a ritual and spiritual practice in which traditional healing methods are used to encourage reflection and introspection. While the body rids itself of toxins through sweating, the spirit is renewed through ritual. The temazcal is thought to represent the womb and people coming out of the bath are, in a symbolic sense, re-born.



SPA GUIDE

Who will assist me in choosing treatments?

Our professionals at the Capricho Spa will assist you in the correct selection and sequence of your treatments.

What if I have a health impairment?

It is important that you mention it when you register at the Capricho Spa reception and fill out our medical questionnaire.

The use of the steam or sauna is not recommended if you suffer from hypertension, asthma, suffer from claustrophobia, are pregnant, have cardiovascular problems or have high blood pressure.

Should I wear underwear?

Dress in what you are comfortable with. The Spa will provide disposable underwear for body treatments if necessary.

What if I am late for my appointment?

By arriving late you limit the time of your treatment by receiving the remaining time of your spa experience. We invite you to notify the Spa of any delays in order to obtain a new schedule 3 hours in advance. A delay can become a No Show or absence that will generate a charge if the Spa was not notified.

What is the cancellation policy?

Any cancellation must be made 3 hours before your appointment. After this period there will be no refund and it will be taken as "No Show". The change of appointment will be subject to availability.

How long in advance should I register to receive my treatments?

You are welcome to arrive 1 hour before your appointment, this period is to provide you with a locker, gown and sandals so you can change calmly and use the hydrotherapy area. If you do not want to fully enjoy our hydrotherapy facilities, it is recommended that you register 15 minutes before your appointment.

Can I smoke, talk on the phone or walk barefoot?

The Spa is a tobacco-free place. We do not provide experiences under the influence of alcohol or drugs. We invite you to use our comfortable sandals during your stay at the Spa, avoiding walking barefoot. The use of cell phones is limited to the spa reception. Thank you in advance for following these policies to help ensure a calm and pleasant experience.

How are tips handled?

A 15% bonus is already included in your check. In case you do not agree with this, please notify the Spa staff and this charge will be removed from your account.

Additional bonuses are up to you.

Note: Prices include taxes



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