

CASA LA VIDA

LA PUNTA ESTATES | PUNTA MITA, MEXICO

Spa Menu

RELAXING MASSAGE:

60 MIN

\$85 USD + 16% tax

For a relaxing massage based on pure essential oils chosen according to your mood and to improve circulation by reducing the tension in the muscles and to release stress

AROMATHERAPY MASSAGE:

60 MIN

\$85 USD + 16% tax

This is an incredibly relaxing massage is due to the combination of aromas to reach all your senses together with a variety of techniques, revitalizing energy, and offering a sense of wellbeing

DEEP TISSUE MASSAGE:

60 MIN

\$85 USD + 16% tax

Therapy which works on the muscular system at a deep level, using different techniques to help relax and release chronic muscle tension, providing vitality and relaxation

BACK MASSAGE:

30 MIN

\$45 USD + 16% tax

Massage dedicated to relax muscle tension in the neck, shoulders and back, where most people experience concentrations of stress and tension. With this deep tissue massage and relaxation you will achieve maximum benefit by reducing rigidity and excessive fatigue.

FOUR HAND MASSAGE:

45 MIN

\$125 USD + 16% tax

The Four Hands Massage stimulates the body symmetrically and simultaneously, which results in a greater benefit as the patient's mind is more easily able to go into an almost meditative and deeply relaxing state.

LYMPHATIC DRAINAGE MASSAGE:

80 MIN

\$105 USD + 16% tax

This is an incredibly relaxing massage is due to the combination of aromas to reach all your senses together with a variety of techniques, revitalizing energy, and offering a sense of well-being.



REFLEXOLOGY MASSAGE: 30 & 50 MIN \$60/\$90 USD + 16% tax

Therapy utilizing pressure point reflexes of the feet and hands that correspond to the nerve endings in specific organs of the body where appropriate stimulation of these points help many health problems naturally.

HOT STONE MASSAGE: 30 MIN \$100 USD + 16% tax

Massage therapy offers benefits relaxing tight muscles caused by tension. The heat of the stones in conjunction with a stimulating massage provides relief from chronic pain and at the same time offering a sense of spiritual and mystical experience through a ritual of energy balance on chakras and vital centers.

SHIATSU MASSAGE: 80 MIN \$110 USD + 16% tax

Japanese oriental therapy where digital pressure is applied to stimulate the meridians through specific points on the body to revitalize and help set the body's energy and balance while improving joint flexibility based stretching techniques.

THAI MASSAGE: 80 MIN \$110 USD + 16% tax

Deep body therapy that helps restore our vital energy and balance our physical, mental and emotional wellbeing. The techniques used are pressure and stretching along the body's energy lines. Passive stretching flexibility recuperates us to recover and reach a very deep relaxation.

WATSU: 50 MIN \$75 USD + 16% tax

Deeply relaxing aquatic therapy, a technique that makes us return to the origins of our birth. They are combined with gentle stretching movements and pressure points. Watsu is uses the lightness of the body in the water to decompress the vertebrae to move joints and stretch the muscles of an alternative to not possible out of the water. These rhythmic movements are performed in harmony with breathing to encourage natural regeneration of body and mind.

PRENATAL MASSAGE: 60 MIN \$90 USD + 16% tax

It is a recommended therapy for pregnant moms, which can only be given after the fourth month. This therapy will help improve blood circulation, softens the skin and muscles, reduces and relaxes the back and leg pain and improves the immune and respiratory system. This massage also increases wellbeing in the mother and leads to improved self-esteem and acceptance for countless body changes that occur during and pregnancy.



FACIAL: 60 MIN \$90 USD + 16% tax

Treatment for combination or sensitive skin. Applying a facial scrub, cleanse and tone your skin, moisturizing and refreshing mask and sealing with a nourishing cream.

BODY EXFOLIATION 50 MIN \$90 USD + 16% tax

Leave your body soft, fresh and active, eliminate rough and dehydrated skin, with special attention to feet knees and elbows. After exfoliation and a shower you apply a moisturizing body cream that will leave your skin radiant.

BODY WRAP: 50 MIN \$90 USD + 16% tax

Mud wrap, rich in nutritive properties, stimulates circulation and helps to improve joint problems and provides total relaxation.

MANICURE: 50 MIN \$40 USD + 16% tax

Give your hands a beautiful, natural appearance, starting with an exfoliation to remove dry skin, cuticle care and applying a hand cream, using enamels "Opi" of their choice.

PEDICURE: 50 MIN \$50 USD + 16% tax

Treat your tired feet with a comforting professional pedicure, starting with an exfoliant to remove dead cells, a relaxing massage, ending with a full pedicure. Enamels used by "Opi".

