

# One

SPA BY FINEST RESORTS

## SPA MENU



finest

PLAYA MUJERES, MEXICO



SPA EXTENSION: 3481

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ONE SPA HONORS THE UNIVERSALITY THAT BINDS ALL DIVERSITY. IN KEEPING WITH OUR MESSAGE OF "ONE LOVE, ONE WORLD, ONE ENERGY", WE RESCUED AND CRAFTED, WITH LOVE, REVERENCE AND DEVOTION FOR LIFE AND ALL BEINGS, OUR ONE SIGNATURE RITUALS, FACIALS, BODY TREATMENTS AND MESSAGES.

ONE Spa opens you up to nurturing therapies from the far corners of the world. Healing plants, powerful stones, purifying waters and the expertise of healing hands channel the body's energy for balance and wellness. Our menu of spa treatments borrows on three different wellness approaches:

Eastern ancient therapies that are expressions of the deepest of nature itself and our connection with the one energy, journeys from Ayurveda, Shiatsu, Reflexology and ancient Thai.

Pre-hispanic traditional healing, believing in the "tonalli" luminous breath of life, with cleansing indigenous rituals to absorb imbalances and the use of medicinal plants to recover health and spirit.

European rescued wisdom of essential oils with their holistic healing properties in body, mind and emotion, combined with diverse physiotherapy techniques.



## ONE RITUALS

### **One Aqua 50 min**

Water cleanses, purifies, transforms and heals all things and the soul. Flowing water is the flowing of One love, One energy in One's world. The One Aqua ritual is a tribute to the source of SPA healing, salute per aqua, from ancient Bath Houses. This is a journey of aqua stations, utilizing water in all its glories through pressure, temperature, therapeutic muds, jets, thermal showers, microcirculation beds, Turkish bath and dry sauna. We drench and transform your body by eliminating toxins, improving your skin tone, promoting circulation and infusing in it the curative kindness of herbal teas and macerations. One Aqua is a must One Spa Signature Ritual. We suggest that you include it as a first step to all your treatments.

### **The Veda Ritual 100 min**

Harmonize within and with Nature in ritual therapies based in the timeless tradition of the Ayur-Veda, to help renew physical and mental peace. Combining cedar, orange, lavender, sage and ylang ylang oils, herbal warm pindas and rhythmic abhyanga to balance, strengthen and purify.

### **Tonalli Ritual 100 min**

In the Aztec wisdom tonalli is the "luminous essence", from the belief that the breath of life is the essence that brings One love, One energy, One light to all living things. Tonalli awakens the purifying light in your body through an aura herbal cleansing and successive infusions with warm herbal body wraps with juniper, eucalyptus, rosemary, so your body absorbs nature's light and life, followed by the use of the anti-inflammatory powers of obsidian stones to work gently on your muscles and rebalance its energetic flow, and therapeutic massages to energize your overall feeling.

### **Natura-peutic Ritual 100 min**

Black mud and massage sooth and prepare the body to enjoy a stronger connection with “One’s love, One’s energy” within for the benefit of One’s world. The best of European massage techniques for total release of tensions from the body, providing cranial rest and liberating the mind, with the powerful effects of essential oils prescribed by your trained therapist according to your physical and emotional needs, infusing your blood stream with the goodness of healing plants.

### **The Awaken Ritual 100 min**

A journey that starts in a meditative connection with yourself and the present moment, followed by a sublime and foamy body polish with organic luffas, charged with spirulite to awaken your skin, a sensorial and sedative massage with organic oils and an aromacology cocktail to nourish your body and soul, ending with a rejuvenating vegan cellular plasma facial with a vulcano lift mask for a luminous, rejuvenated you.

### **Mezcalli Ritual 100 min**

Mezcal is a prehispanic beverage used in sacred rituals, with the benefits of helping digestion, promotes good sleep, activates circulation, alleviates muscular pain and inflammation. With steamed and warm herbal poultice with lemongrass, eucalyptus and chamomille, combined with a mezcal rub and deep tissue muscular techniques, restore your vital energy and recover from fatigue.

### **Two Souls Ritual (for couples) 100 min**

In a soothing cocoon of Mandarin, Lavender, Chamomile infused massage of sedative and serene movements to go into your inner self, followed by a nourishing organic aloe, argan facial, a jojoba and cedar scalp massage, bringing calm, balance, peace and connection for two loving souls.

### **In Loving Gratitude Ritual (for couples) 100 min**

Restoring the free flow of One love, to renew the vitality and exaltation of your long lasting love. “In Loving Gratitude” prepares body, heart and mind to experience the flow of mutual love and gratitude in your relationship. Ritual ingredients include special honey, rose water, amaranto, wheat and rice seeds as well as sesame oil, and the heart nurturing Geranium and Fragonia Oils, in the most sublime lavender and vetiver massage.

### **One Balance Couples Ritual 100 min**

Indulge in this balance between One energy and One harmony. Starting with a refreshing mint covering for your feet, combining with shiatsu and reflexology techniques, followed by a warm Eucaliptus, frankincense, pachuli, bergamort, pine and geranium oil body massage to extend muscle fibers and scalp massage.

### **Finest Couples Ritual 100 min**

Indulge in the One Love with this romantic experience for couples. Enjoy your spa suite with flowers setting and candle lights, continue with an essential oil infused bath while enjoying a profound scalp massage and finishing with a full body peaceful massage infused with Mandarin, Cardamom, lavender, vetiver and chamomile.

## ONE FACIALS

### **Des Huiles Essentielles Facial 75 min**

Center your One energy with a grounding herbal footbath. Skin is infused with nourishing botanicals such as orange flowers, rose, white tea, while relaxing décolleté and shoulders. Infused essences still the mind, while rhythmical strokes stimulate the lymph for internal detoxification. Infused with medicinal plants and dilutions of frankincense and narcissus completes this revitalizing holistic ritual.

### **Life Infusion Facial 75 min**

Recover the energy to connect with the universe, obtaining the One beauty with this exclusive method, blended with botanical extracts and using a duo of Calcium and glucose for the transformation and reawakening of your skin, mind and spirit.

### **Obsidian Organic Facial 50 min**

#### **Obsidian Organic Facial 75 min Deep Cleansing**

Organic, pure and sensorial, a sublime cleansing foam, vegan gommage and an oxygen shot, followed by a lymphatic facial drainage with Ixtli obsidian or jade mineral, a volcano lift detox mask and rich nourishing balms that bring calm, luminosity and equilibrium to your skin.

### **BIOfiller Facial 75 min**

This amazing facial therapy Works with ultra low molecular Hyaluronic acid and Ionized Minerals that facilitate transportation of active ingredients and helps to restore the skin structure and boost cells regeneration, increase hydration and detoxifying ability, enhance skin immunity, fills expression lines, as well as normalize mineral balance within the skin and accelerate renovation process.

## ONE MESSAGES & BODY

### **The Peaceful Massage 50 min/75 min**

The One peaceful place, to bring calm and tranquility, with the powerful effects of mandarin, lavender and prescribed essential oils and warm herbal pillows in a cranial massage and treating all points in the body where anxiety and stress is held, head, jaws, ears, chest, neck, back. The One total balance.

### **Thai Vitality Massage 50 min/75 min**

Inspired in Thai massage integrating the One energy and physiotherapy with grapefruit, clove, rosemary, mint, orange and laurel balms to unleash fatigue, stiffness in all joints and muscles, refresh your mind and body with a feeling of total lightness.

### **Ying-Yang Body Massage 75 min**

Balanced duality, One energy, One harmony to improve health overall, dissolving imbalances and charges in organs and systems, combining shiatsu and reflexology, followed by a warm eucalyptus, frankincense, patchouli, bergamot and pine infused massage to extend muscle fibres.

### **Sacred Earth Massage 75 min**

The most equilibrating profound massage to calm body and mind from tensions and thoughts, through the wisdom of warm rosemary, juniper, ginger, sage and lavender oils, hot stones, plants and the best massage techniques for total renewal.





### **Stresscure Massage** 75 min

The best therapy designed to alleviate muscles and eliminate contractures, it starts with the powerful effect of hot herbal pouches to heal pain and induce profound relaxation while therapeutic hands are accompanied with the powerful effect of clove, rosemary, mint and orange essential oils.

### **Precious Mom to be** 75 min

The absolute meaning of One love, One energy. Cherish this special time with a treatment designed for the special needs of you and your baby. Close your eyes and breathe in soft, beautiful aromas as you are enveloped in expert loving touch. Nourishing oils of blackthorn, moor lavender and damask rose ensure the most pure and natural care for you and your little one.

### **Xihuatl Herbolaria Treatment** 75 min

Submerge in our indigenous herbs wisdom, to gift your body and soul with the vital elements to recover all our cell's health and balance vibrations. Using a crafted rosemary, heliotrope, mauve scrub to cleanse and stimulate your skin, followed by an eucalyptus and melissa bath to open breathing airways, to end in a cocoon of aloe, chamomile and hops wrap to infuse your skin with the goodness of mother earth, connecting you back to the pulse of One.

### Aloe Metxiotl Healing Treatment 75 min

With the One love of Aloe healing plant and the richness of green seaweed, the skin becomes repaired and healed from burns, in a fresh and subtle wrap for body and face, to rehydrate, mineralize and calm the skin in a cherishing cocoon, making you feel comforted and alleviated.





## ONE KIDS

### For family and kids

Create meaningful experiences and fantasy for the little ones at ONE SPA, in our Beauty Salon exclusively for KIDS and our Treatment room for their soothing and caring massages and facials. We invite you to tour the spa with us.

#### **Sharing with Mom or Dad 50 min**

A moor lavender, calming and soothing balm, sharing this special time in a love connection in slow and caring massage. Including mom or dad and one child.

#### **Mommy and Me Time 50 min**

Spend time together with your daughter and she'll remember this moment for a long time. Botanical Pedicure for Mommy and I love fruits Pedi and Mani for the little princess.

#### **Finest Fairies 75 min**

A time for connection and indulgence, start in our holding hands ritual and enjoy a subtle and relaxing rose oil massage, followed by a flower essentials mini facial for Mommy and daughter or beautiful sisters.

#### **Queen and Princess 75 min**

Royalty ritual for both, starting in a lavender oil back massage for 25 min and continue with a Botanical Pedicure for the Queen and I love fruits Pedi and Mani for the princess.

## For the little one:

#### **Pretty Me 50 min**

Jungle mini facial and colorful pedicure.

#### **Super Spa Star 50 min**

Happy essential mini massage and Jungle mini facial.

#### **Caribbean Princess 75 min**

A jolly time for her, smell and play with fruits scrubs and masks, blue berry, strawberry and coconut, for a sweet and hydrating caress for those little hands and feet. For a final touch colorful polish for playful fingers, and two glittering braids.

#### **Jungle mini Facial 25 min**

Let them play and learn how to take care of their skin, with a gentle flower scrub a coconut mask and cucumbers in her eyes, have fun and nourish their skin in aloe balms with refreshing touches. Can be done as little groups of 2 to 4 kids.

#### **I Love Fruits Pedicure 25 min**

Mmm! Smell, play and choose with our fruits scrubs and masks, blue berry, strawberry and coconut, for a sweet and hydrating caress for those little feet. For a final touch colorful polish for playful fingers.

#### **I Love Fruits Manicure 25 min**

Their pure and loving hands deserve a sweet treat, smell, and choose with our fruits scrubs and masks, blueberry, strawberry and coconut to cherish those creative and happy hands, ending with colorful or glittering polish.

### **Princess Hairstyle 25 min**

With color ribbons and gems for your little princess.

### **Happy Essential mini massage 25 min**

Your child prepares his own massage balm with happy essential oils such as orange, lime and more, and the therapist will apply the balm on their back, head, arms and legs with rocking movements to cherish your little one, keep them happy and cheerful.

### **Make me sleep mini massage 25 min/50 min**

A soft movement massage to calm and comfort them with lavender and Melissa balms and soft tones create a shsh.. lullaby for them. Mom can learn with.

### **Braids, half crown or full crown.**

## **ONE BEAUTY**

### **Hair Detox & Nutrition Ritual 50 min**

A subtle and resting massage in shoulders, neck and scalp with echinacea, clove and sandalwood oils with protective properties, followed by a scalp scrub and shampoo to awaken clogged pores, detox and nourish roots with artichoke and jojoba, to end with roucou serum from Amazonia that protects your from UV rays, fights against free radicals and leaves a silky, hydrated and shiny hair.

### **Reviving Hair Exfoliation 25 min**

Revive and refresh your hair and head with our botanical shampoo scrub, followed by a milk protein balm to hydrate and smooth your hair.

### **Anti-aging manicure 50 min**

A spa treatment for your creative hands, starting with a papaya and coffee scrub to renew and awaken skin, followed by releasing hand massage and an anti-aging rich mask to recover youth and luminosity.

### **One Manicure 50 min**

With a botanical scrub to renew skin and activate circulation, followed by a gem stone reflexology hand massage with refreshing geranium, myrrh and rosemary serum, a total rebirth for your hands.

### **Botanical Reflexo Pedicure 50 min**

Mint, rosemary and eucalyptus home crafted scrub, followed by a deep mint mask massage for tired feet, integrating reflexology to bring wellness overall and make your feet feel rested and light.

### **Basaltic Stone Pedicure 50 min**

Combining hot and cold stones to improve circulation, initiating with a mint and mineral scrub, followed by a stone massage and a blue

seaweed, ginger, juniper mask to alleviate fatigue, firm skin and drain swollen feet.

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Shampoo and Blow Dry

Hair Style Long, Medium or Short

Make up

Airbrush Makeup

Hair cuts

## SPA FOR HIM

### Men's Haircut 25 min

#### Deluxe Men Haircut 50 min

Includes, Esquire products, with vitamins and Redensyl, scalp and neck massage, blowdry.

#### Executive Shave 50 min

Includes, Esquire products, with vitamins, Redensyl and Beard Oil treatment, neck massage, facial scrub and hydrating mist, calming balm.

#### Mustache and beard outline 20 min

Includes outline trimming and beard oil

#### Neck, Nose & Sideburn trim 20 min

Includes outline trimming and calming balm.

#### Back waxing or Chest waxing 25 min

#### Men's hand Grooming 50 min



## HOW TO SPA

### **How do I decide which treatment is right for me?**

One of our spa professionals will help you plan the perfect spa experience and the optimum sequence of your treatments, based on your objectives.

### **What if I have special health conditions?**

Please notify a spa professional before scheduling your appointment and they will suggest a plan that's right for you.

### **May I request a male or female therapist?**

Yes. Although we cannot guarantee the availability of a particular therapist, we will make every effort to accommodate your wishes. All of our therapists are trained to respect and protect your privacy at all times.

### **What do I wear during my treatment?**

Wear whatever is most comfortable for you. Our staff may provide you with disposable undergarments for the body treatments.

### **What about my jewelry and valuables?**

Please leave all valuables in your room's safety deposit box or the secured lockers in the changing rooms. One Spa is not responsible for lost or forgotten valuables.

### **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 should I check in for my scheduled appointment?**

We recommend check-in at least 10 minutes prior to your spa appointment. This will allow you enough time to register, get your

locker assignment, change into your robe and relax for a few minutes before your spa treatment begins.

If you have booked One Aqua experience, please arrive 60 minutes prior to your first treatment if you want to enjoy our luxurious hydrotherapy facilities with whirlpools, cold plunge, sauna, steam room and more.

### **What precautions do I need to know?**

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

### **Are gratuities included?**

Gratuities are not included with One Spa treatments. They may be charged to your room or given to your therapist in cash.

### **How is payment for spa services handled?**

One Spa can charge spa services to your room account. Guests may also pay with a credit card.

### **What is your cancellation policy?**

Cancellations must be made at least 24 hours prior to your scheduled appointment or a 50% charge will be applied.

### **What if I forget to show up for my appointment?**

Please don't forget! No-shows will be charged 50%.

**NOTE:** Promotions or discounts in One Spa cannot be applied to any other promotion given by the Travel Agency or Hotel Reservations.

# one

SPA BY FINEST RESORTS

OPENING HOURS 9 A.M. TO 7 P.M.  
RESERVE AT EXT. 3481 / 3483  
[ONESPA@FINESTRESORTS.COM](mailto:ONESPA@FINESTRESORTS.COM)