



SPA MENU



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 invites you to embark on a transformative journey, where nurturing therapies from around the globe converge to restore balance and well-being. Immerse yourself in the healing embrace of potent botanicals, powerful stones, and purifying waters, guided by the expert hands of our therapists who channel the body's innate energy. Our curated menu draws upon three distinct wellness philosophies:

**Ancient Eastern Therapies:** Experience the profound connection between nature and energy through time-honored practices. Embark on journeys inspired by Ayurveda, Shiatsu, Reflexology, and traditional Thai healing, each designed to harmonize your body and spirit.

**Pre-Hispanic Indigenous Rituals:** Discover the wisdom of ancient traditions that recognize 'tonalli,' the luminous breath of life. Our cleansing indigenous rituals work to absorb imbalances, while power medicinal plants restore health and vitality to both body and spirit.

**European Holistic Therapies:** Rediscover the rescued wisdom of essential oils, renowned for their holistic healing properties that nurture body, mind, and emotions. These are artfully combined with diverse physiotherapy techniques to achieve optimal well-being.





## ONE SPA FOR COUPLES

### **FINEST COUPLES RITUAL** 100 min \$640 USD per couple

Celebrate your love with an exquisite romantic journey. Step into your private spa suite, adorned with delicate flowers and soft candlelight, creating an intimate ambiance. Immerse yourselves in a warm, essential oil-infused bath, while a deeply relaxing scalp massage melts away tension. Conclude this blissful experience with a full-body peaceful massage, infused with the harmonious blend of Mandarin, Cardamom, Lavender, Vetiver, and Chamomile, leaving you in a state of profound tranquility. Enjoy a glass of sparkling wine to celebrate love.

### **ONE SIGNATURE COUPLES MASSAGE** 100 min \$640 USD per couple

Embark on a bespoke journey of relaxation and renewal, crafted exclusively for you and your partner. This signature massage artfully blends the soothing strokes of Swedish techniques, the precise pressure of Shiatsu, the liberating stretches and the rhythmic flow of Lomi Lomi, and the sedative effects of hot stones for your back. Experience a symphony of sensations as tension melts away, flexibility is enhanced, and your body and mind are brought into perfect harmony. This deeply personalized therapy is ideal for couples seeking an unparalleled experience of shared well-being. Enjoy a glass of sparkling wine to celebrate love.

**VITAL BALANCE COUPLES EXPERIENCE** 100 min \$640 USD per couple

Experience the unity of energy and harmony with this therapeutic couples' ritual. Your journey begins with a revitalizing mint foot treatment, integrating shiatsu and reflexology to awaken your senses. A warm, aromatic massage with Eucalyptus, Frankincense, Patchouli, Bergamot, Pine, and Geranium oils follows, expertly designed to lengthen muscle fibers and promote deep relaxation. Complete your experience with a tranquil scalp massage, fostering a profound sense of connection and well-being. Enjoy a glass of sparkling wine to celebrate love.

**TWO SOULS RITUAL** 100 min \$640 USD per couple

Embark on a journey of inner peace and profound connection with this soothing ritual. Enveloped in the calming aromas of Mandarin, Lavender, and Chamomile, experience a serene massage for all the back part of your body, that gently guides you to your inner self. This tranquil experience is followed by a nourishing organic and hydrating facial, and a jojoba and cedar scalp massage, cultivating a sense of calm, balance, and deep connection for two loving souls. Enjoy a glass of sparkling wine to celebrate love.

**IN LOVE COUPLES RITUAL** 100 min \$640 USD per couple

Create sacred moments of connection and romance with this tranquil ritual. Experience with a personalized massage designed to release tension and restore harmony with the uplifting scents of Sweet Orange, Ylang Ylang, and Grapefruit envelop your senses as you connect with your inner self through the ancient Shirodhara therapy, awakening your third eye and balancing mind and spirit. Emerge feeling light, refreshed, and cherished. Enjoy a glass of sparkling wine to celebrate love.

**DEEP & HOT STONE COUPLES MASSAGE** 75 min \$500 USD per couple

This deeply therapeutic massage combines expert deep tissue techniques with the restorative power of bergamot, orange and lemon known for its relaxing properties, to release stiff muscles and ease tension. The sedative and therapeutic warmth of hot stones further enhances relaxation, providing a comprehensive therapy for both body and mind. Emerge feeling revitalized and deeply restored.

**THE PEACEFUL COUPLES MASSAGE** 75 min \$480 USD per couple

Enter a haven of peace and tranquility, where the calming aromas of Mandarin, Lavender, and expertly blended essential oils create a serene atmosphere. Warm herbal pillows enhance a soothing cranial massage, while targeted techniques release tension from key areas—head, jaw, ears, chest, neck, and back. Experience a profound sense of balance and inner calm.

**THAI VITALITY COUPLES MASSAGE** 75 min \$480 USD per couple

Experience a dynamic fusion of Thai massage and invigorating physiotherapy. This revitalizing treatment combines the energetic principles of Thai massage with targeted techniques to release fatigue and stiffness in joints and muscles. Aromatic balms of Grapefruit, Clove, Rosemary, Mint, Orange, and Laurel refresh both mind and body, leaving you with a profound sense of lightness and renewed vitality.

**SEA BREEZE COUPLES MASSAGE** 75 min \$500 USD per couple

Immerse yourselves in an oceanfront serenade, where the gentle rhythm of the waves becomes the soundtrack to your shared relaxation. This unique couples massage, enhanced by the soft caress of the sea breeze, is a symphony of romance. Experience a profound sense of tranquility and connection as the ocean's natural beauty envelops you.

# ONE RITUALS

**BEYOND WELLNESS RITUAL** 100 min \$320 USD

This transformative ritual awakens your inner light through an aura cleansing with sacred herbs, followed by warm herbal envelopment infused with Juniper, Eucalyptus, and Rosemary, allowing your body to absorb nature’s revitalizing energy. The most amazing full body therapeutic massage combined with basaltic river stones, known for their anti-inflammatory powers, gently rebalance your muscles and energetic flow, while therapeutic massages rejuvenate your entire being.

**INTENSIVE RELAXATION RITUAL** 100 min \$320 USD

Connect deeply with your inner self and the natural world in this profound therapeutic ritual. Black mud and specialized massage techniques work synergistically to prepare your body for profound inner connection. Therapeutic tailored massage, combined with cranial rest, releases accumulated tension and quiets the mind. Your therapist will prescribe a personalized blend of essential oils, chosen to address your specific needs, allowing the healing properties of plants to permeate your being.

**THE ORGANIC REJUVENATION RITUAL** 100 min \$320 USD

Experience a profound journey of cellular rejuvenation and awakening. This ritual begins with a meditative grounding, leading to a gentle yet invigorating body polish with organic luffas and spirulina. A deeply sedative massage with organic oils and an aromacology cocktail harmonizes your senses. The experience culminates in a transformative vegan cellular plasma facial, enhanced by a regenerating stem cell mask, leaving you with a radiant, renewed complexion.

**MEZCAL HEALING RITUAL** 100 min \$320 USD

Experience the ancient healing power of Mezcal, a pre-Hispanic elixir used in sacred rituals. This transformative therapy harnesses Mezcal’s digestive, sleep-enhancing, circulatory, and muscle-soothing properties. Warm herbal poultices infused with Lemongrass, Eucalyptus, and Chamomile, combined with a Mezcal rub and deep tissue muscular techniques, deeply restore your vital energy and alleviate fatigue. Emerge feeling revitalized and balanced.

**ONE AQUA HYDROTHERAPY JOURNEY** 60 min \$110 USD

Immerse yourself in the purifying embrace of water, the lifeblood of healing and transformation. This ritual, inspired by ancient bathhouse traditions (Salute per Aqua), guides you through a curated sequence of aqua stations. Feel the revitalizing effects of varied pressures, temperatures, therapeutic muds, targeted jets, thermal showers, microcirculation beds, Turkish bath, and dry sauna. We cleanse and revitalize your body, releasing toxins, improving skin radiance, stimulating circulation, and infusing it with the restorative properties of herbal teas and macerations. ONE AQUA is a signature experience, designed to prepare your body and soul for deeper spa therapies.

We suggest that you include it as a first step to all your treatments.

# ONE MESSAGES

PEACEFUL MESSAGE 50 min \$170 USD  
PEACEFUL MESSAGE 75 min \$240 USD

Find sanctuary in a haven of calm and tranquility. This therapeutic massage blends the soothing aromas of Mandarin, Lavender, and expertly chosen essential oils with the comforting warmth of herbal pillows. A targeted cranial massage and specialized techniques release tension from key areas—head, jaw, ears, chest, neck, and back—promoting a profound sense of balance and inner peace.

The 50 minutes version is dedicated to all the back part of the body and the 75 minutes version is a full body massage.

THAI VITALITY MESSAGE 50 min \$170 USD  
THAI VITALITY MESSAGE 75 min \$240 USD

Experience a dynamic fusion of Thai massage techniques and invigorating physiotherapy. This therapeutic treatment releases fatigue and stiffness in joints and muscles through targeted techniques and aromatic balms of Grapefruit, Clove, Rosemary, Mint, Orange, and Laurel. Emerge feeling refreshed, revitalized, and with a profound sense of lightness.

The 50 minutes version is dedicated to all the back part of the body and the 75 minutes version is a full body massage.

STRESSCURE MESSAGE 75 min \$240 USD

Experience profound relief and rejuvenation, this massage harnesses the ancient healing power of an energizing oil blend, with potent pain-reducing and anti-inflammatory properties, ideal for soothing stiff muscles and calming anxiety. We begin with the deeply therapeutic application of warm herbal pouches, combined with expert deep kneading techniques to alleviate soreness and eliminate contractures. A soothing seven-herb balm is applied to the back, followed by a tranquil scalp massage to calm the mind. Emerge from this transformative therapy feeling renewed and revitalized.

WHISPERS OF EARTH GROUNDING MESSAGE 75 min \$240 USD

A transformative massage designed to release physical and mental tension, restoring your natural vibrational frequency. Experience the therapeutic benefits of warm wild orange oil, combined with the grounding warmth of hot stones and the energetic alignment of gemstones. Expert stretching and massage techniques work to release muscle tension, promoting deep relaxation and restoring equilibrium. Rediscover your inner balance and connection to the earth.

SWEDISH RELAXING MESSAGE 75 min \$240 USD

Considered the perfect balance of therapy and relaxation, gentle yet effective results providing gentle pressure and friction that soothe sore muscles and loosen tight joints. eases tension, wipes out stress and promotes deep relaxation.



**PRECIOUS MOM TO BE** 75 min \$240 USD

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 black thorn, moor lavender and damask rose ensure the most pure and natural care for you and your little one.

**ALOE HEALING TREATMENT** 50 min \$180 USD

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 FACIALS

**ORGANIC OBSIDIAN FACIAL**    50 min    \$185 USD  
**DEEP CLEANSING ORGANIC FACIAL**    75 min    \$250 USD

Indulge in a deeply purifying and sensorial experience. This organic facial begins with a sublime cleansing foam, vegan gommage, and oxygen infusion. Lymphatic facial drainage with Ixtli obsidian tool which helps detoxify and sculpt the face, followed by organic broccoli extract and potassium mask with soothing , repairing and calming effects. Rich nourishing balms complete the treatment, leaving your skin luminous, balanced, deeply rejuvenated and calmed.

**BIO-FILLER 3D FACIAL**    75 min    \$250 USD

Experience the transformative power of advanced skincare, an innovative Japanese inspired therapy utilizing ultra-low molecular Hyaluronic Acid and Ionized Minerals to deeply penetrate the skin, with kobido rejuvenating technique restoring its structure and boosting cellular regeneration. Enhance hydration, detoxify, and strengthen skin immunity while visibly diminishing expression lines. This treatment also normalizes mineral balance and accelerates the skin’s natural renewal process, revealing a youthful, radiant complexion.

**HYDRA-LURONIC ESSENCE FACIAL**    75 min    \$250 USD

Begin a journey of holistic renewal with a grounding herbal footbath, centering your energy. This luxurious facial infuses your skin and spirit with nourishing essential oil synergies, including Chamomile, Lavender, Cypress, Sage, and Rosemary. Breathe deeply as these healing botanicals restore hydration and balance with vegan hyaluronic acid, allowing your skin to naturally retain moisture. Experience a conscious facial lifting massage, while aromatherapy harmonizes your emotions, leaving you feeling utterly refreshed and renewed.



## 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.

\$320 USD for adult and child under 12 years

#### **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.

\$200 USD for Mommy and child under 12 years

#### **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.

\$400 USD for adult and child under 12 years

## FOR THE LITTLE ONE

**JUNGLE MINI FACIAL** 25 min \$60 USD

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 \$60 USD

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 \$60 USD

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 \$60 USD

With color ribbons and gems for your little princess.

**FULL CROWN BRAIDS (8 BRAIDS)** \$90 USD

**MAKE ME SLEEP MASSAGE** 25 min \$90 USD

**MAKE ME SLEEP MASSAGE** 50 min \$160 USD

A soft movement massafe to calm and comfort them with lavender balms and soft tones creat a shsh... lullaby for them. Mom can learn with the therapist how to apply massage to the litlle one.

## ONE BEAUTY

**HAIR DETOX & NUTRITION RITUAL** 50 min \$100 USD

Customized for your scalp and hair needs, with organic and vegan essential oils, this is an amazing treat, starting with a detoxifying lotion to oxygenate and purify, followed by an infusion of avocado and grape seed oils followed by prescribed essential oils blends for hydration, volume, energize or nourish combined with Champi ancient head massage to end with a fennel shampoo and an arnica, chamomile mask.

**ANTI-AGING MANICURE** 50 min \$80 USD

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 \$75 USD

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 \$75 USD

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 \$75 USD

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.

SHAMPOO AND BLOW DRY	\$95 USD
HAIR STYLE LONG	\$180 USD
HAIR STYLE MEDIUM	\$150 USD
MAKE UP	\$130 USD
AIRBRUSH MAKEUP	\$150 USD
HAIR CUTS	\$110 USD

## WAXING

LIP OR EYEBROW WAXING	\$28 USD
LEGS WAXING	\$65 USD
HALF LEG WAXING	\$45 USD
ARMS WAXING	\$45 USD
BIKINI WAXING	\$55 USD

## ONE SPA FOR HIM

MEN'S HAIRCUT 25 min	\$55 USD
DELUXE MEN HAIRCUT 50 min	\$80 USD
Includes, Esquire products, with vitamins and Redensyl, scalp and neck massage, blowdry.	
EXECUTIVE SHAVE 50 min	\$80 USD
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	\$28 USD
Includes outline trimming and beard oil	
NECK, NOSE & SIDEBURN TRIM 20 min	\$28 USD
Includes outline trimming and calming balm.	
BACK WAXING OR CHEST WAXING 25 min	\$55 USD
MEN'S HAND GROOMING 50 min	\$75 USD
BOTANICAL REFLEXO PEDICURE 50 min	\$75 USD





## ONE SPA FAQ

### **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 the ONE Aqua Hydrotherapy Journey, 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 credit card or cash.

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

ONE Spa treatments may be paid with credit card.

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

Cancellations must be made at least 24 hours prior to your scheduled appointment or 50% price list value of the spa service will be applied.

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

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.



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