

# One

SPA BY FINEST RESORTS



SPA MENU





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 MASSAGES.

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.

### **Des Fleurs Ritual 100 min**

Celebrating the gift of creation in every woman Des fleurs ritual is the most beautiful cocoon of care and nourishment designed for the feminine skin, muscles and bright soul, thus renewing the One feminine love. Utilizing herbal scrubs, infused rose and geranium balm massage and a warm facial of orange flowers, roses, white tea and narcissus.

### **Pukalani Love Ritual (for couples) 100 min**

Bless your union with this heart touching ritual that nourishes body, mind and soul in softly pulsating rhythms with gentleness and appreciation. Enjoy the love that brings light to your life and life to everything. Creating a beautiful energy with the One Lomi Lomi massage for couples. Including aura and hands purification, tea ritual, rose petals and essential oils of Mandarin, Cardamom, lavender, vetiver, chamomile & bergamot.

### **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 80 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 80 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.

### **Jade Facial 50 min/80 min (Deep Cleansing)**

Jade was considered a precious gem in mayan ages, it has rejuvenating effects, it calms nerve system and mind, enhancing circulation and oxygen levels, while a black clay mask purifies and mineralizes your skin, and an organic aloe soothing balm finishes this regenerative and soothing gift for your face.

## ONE MESSAGES & BODY

### **The Peaceful Massage** 50 min/80 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** 80 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** 80 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** 80 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.



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 80 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 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 hair 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.

Shampoo and Blow Dry

Hair Style Long, Medium or Short

Make up

Airbrush Makeup

Hair cuts



## PRICE LIST

### TREATMENT

### PRICE USD

#### ONE AQUA

ONE AQUA SESSION	75
ONE AQUA 4 SESSIONS	270

Note: If you have booked a treatment, and add a One Aqua Session, it will only have a price of \$35 USD.

#### ONE RITUALS

THE VEDA RITUAL 100 MIN	240
TONALLI RITUAL 100 MIN	240
NATIJRAPEUTIC RITUAL 100 MIN	240
DES FLEURS RITUAL 100 MIN	240
PUKALANI LOVE RITUAL 100 MIN*	480
IN LOVING GRATITUDE RITUAL 100 MIN*	480
ONE BALANCE COUPLES RITUAL 100 MIN*	480
FINEST COUPLES RITUAL 100 MIN*	480

\*Price per couple

#### ONE MESSAGES & BODY

THE PEACEFUL MESSAGE 80 MIN	180
THE PEACEFUL MESSAGE 50 MIN	130
THAI VITALITY MESSAGE 80 MIN	180
THAI VITALITY MESSAGE 50 MIN	130
YING YANG MESSAGE 80 MIN	180
STRESS CURE MESSAGE 80 MIN	180
SACRED EARTH MESSAGE 80 MIN	180
MEZCALLI MESSAGE 80 MIN	180
PRECIOUS MOM TO BE 80 MIN	180
ALOE METXIOTL HEALING TREATMENT 80 MIN	180
XIHUATL HERBOLARIA TREATMENT 80 MIN	180

#### ONE FACIALS

DES HUILES ESSENTIELLES FACIAL 80 MIN	180
LIFE INFUSION FACIAL 80 MIN	180
JADE & ALOE FACIAL 50 MIN	130
JADE & ALOE FACIAL 80 MIN	180

#### ONE KIDS AND FAMILY

SHARING WITH MOM OR DAD 50 MIN*	260
MOMMY AND ME 50 MIN*	165
FINEST FAIRIES 50 MIN*	360
QUEEN AND PRINCESS 80 MIN*	315
CARIBBEAN PRINCESS 80 MIN	120
JUNGLE MINI FACIAL 25 MIN	50
I LOVE FRUITS PEDICURE 25 MIN	50
I LOVE FRUITS MANICURE 25 MIN	50
FANTASY FACES 25 MIN	75

PRINCESS HAIRSTYLE 50 MIN	50
HAPPY ESSENTIAL MINI MESSAGE 25 MIN	75
MAKE ME SLEEP MINI MESSAGE 25 MIN	75
MAKE ME SLEEP MINI MESSAGE 50 MIN	130
PRETTY ME 50 MIN	95
SUPER SPA STAR 50 MIN	95

\*Price for two, child and mom

#### ONE BARBER

MEN'S HAIRCUT 25 MIN	50
DELUXE MEN HAIRCUT 50 MIN	70
EXECUTIVE SHAVE 50 MIN	70
MUSTACHE AND BEARD OUTLINE 20 MIN	25
NECK, NOSE & SIDEBURN TRIM 20 MIN	25
REFLEXO PEDICURE 50 MIN	65
MEN'S HAND GROOMING 50 MIN	65
BACK WAXING OR CHEST WAXING	50

#### ONE HAIR SERVICES

HAIR DETOX & NUTRITION RITUAL 50 MIN	90
REVIVING HAIR EXFOLIATION 25 MIN	60
SHAMPOO AND BLOW DRY	65
HAIR STYLE LONG*	90
HAIR STYLE MEDIUM*	80
HAIR STYLE SHORT*	70
LADIES HAIR CUT	75

\*Hairstyles do not include shampoo and blow dry.

If hair has extensions must be added.

#### ONE SALON

EXPRESS MANICURE 25 MIN	50
ANTI-AGING MANICURE 50 MIN	65
ONE MANICURE 50 MIN	65
GEL NAILS REMOVAL	25
BOTANICAL REFLEXO PEDICURE 50 MIN	65
BASALTIC STONE PEDICURE 50 MIN	65
MAKE UP	70
AIRBRUSH MAKE UP	95
LIP OR EYEBROW WAXING	25
LEGS/HALF LEG WAXING	60/40
ARMS WAXING	40
BIKINI WAXING	50

OPENING HOURS 9 A.M. TO 7 P.M.

RESERVE AT EXT. 3481/3483

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