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Sàbila  spa

Villa del Palmar
At The Islands of Loreto



LA SABILA

La Sabila also known as Aloe Vera has many uses; very attractive plant for decoration as well as known for its soothing effects. Sabila has incredible properties that help many common skin problems; Such as hives, itching, burns, including those caused by the sun.

The gelatinous substance contained in the Aloe Vera is a powerful moisturizer, promotes skin softness and overall moisturizes. This gel is effective in treating stains on the face and body. If used daily it helps to prevent stretch marks; Taken internally helps to improve digestion, mouth ulcers, and liver problems, aid in constipation, fevers and urinary tract problems. La Sabila is native to Africa, grows in tropical and subtropical areas of Mexico. In Mexico, it is very common to put aloe in the driveway on the left side for good luck and if it begins to wither Aloe is given a red ribbon on one of its leaves to protect it.

For more information, please call Sabila SPA ext. 4551 or 4552 or please call to concierge

- Room charge and all major credit cards are accepted as a form of payment.
- We request the courtesy of six (6) hours prior to your spa service if you need to reschedule or cancel appointment. Otherwise 50% of the treatment charge will apply.
- The hotel will not be responsible for any lost or stolen objects during your visit to the spa. We strongly recommend that you do not bring valuables with you to the facility.
- All prices include 16% federal law tax.
- Gold card members will enjoy a 15 discount on individual spa services, please present your gold card upon arrival at the Spa.
- Gold card is not offered with any other promotions.
- Gift certificates are available for all services.
- Fitness facilities are reserved for those 16 years of age and older.



LITTLE TEASERS



Back Massage (25 min.) Enjoy this back neck and shoulder massage using classic Swedish techniques.

Desert Foot Relaxer (25 min.) A real treat for your feet; Treatment begins with an exfoliation, followed by a relaxing massage for a complete release of tension. Pair it with any massage for the ultimate in stress relief.

Head Neck Face Delight (25min.) Pamper your face neck and head... let you go into full bliss.

Foot Reflexology (25min.) Reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet. This controlled pressure alleviates the source of the discomfort. It promotes good health and aids in illness prevention as it relieves symptoms of stress, injury, and illness.

SEA OF CORTÉS DELIGHTS

Classic Swedish massage (50 or 80min.) The classic massage is designed to relax contracted muscles, increase circulation reduce stress.

Deep Tissue (50 or 80min.) A deeper, firmer treatment that incorporates Swedish, acupressure and deep tissue techniques to promote the release of toxins or recurring muscular tension.

Aromatherapy Senses (50 or 80min.) Indulge your senses into this delightful treatment utilizing 6 blends of natural essential oils; allow your stress to melt away.

Mommy to Be (50min.) Pampering our future mothers with a full body massage; a well deserved relaxing treatment taking into account all the contra indications. (Not recommended if you have not reached your 13 week of pregnancy).

Chocolate Delight Massage (50min or 80min.) Enjoy this decadent full body massage; a natural aphrodisiac... let your body feel its full pleasure.



SEA OF CORTÉS DELIGHTS



The Athlete in you (50min.) Perfect for the athlete in you, this massage includes deep tissue technique, stretches, as well various manipulations to increase flexibility and decrease muscle soreness.

Wine Therapy (50 min. or 80min.) Who said wine was for drinking! Try our luscious anti oxidant full body massages includes Swedish technique for full body relaxation.

Hot Candle Ritual (80min.) Sabila Spa created a unique fusion between warm oil massage and Aromatherapy session, you will experience one of the best balancing treatments we can offer.

BALANCING TREATMENTS

Balance Stone Treatment (50 or 80mins.) You owe yourself this exquisite treatment; pamper yourself into a full body balance hot stone massage, incorporates classic Swedish techniques; Melt away your tension enjoy this healing experience.

Lomi Lomi (50min.) A traditional holistic Hawaiian massage; a treatment for body and mind; Performed almost exclusively with forearms. This traditional massage creates shock waves through the body that are both relaxing and invigorating. One of the most profound forms of massage, the aim of Lomi-Lomi practitioners is to achieve total harmony by working on all the muscles of the body.

Head Feet Acupressure (50min.) Ancient healing techniques restore balance to the body by applying pressure to the feet head for well being and balance.

Lymphatic Drainage Massage (50min.) A light massage with smooth even rhythmical strokes focusing primary on the lymph nodes. Aids in reducing blockage of the lymphatic system, reducing edema , and overall promote a healthier body.



SABILA SPA SIGNATURE TREATMENTS

Combo Massage (80min.) Sabila spa has created it's very own 80 minute specialty massage blended with 5 different and unique techniques for maximum relaxation.

Stress Relief Massage (80min.) Our stress relief massage begins with hot aromatic compresses allowing your body to enjoy full relaxation; continue with a full body rhythmical massage for a fullcalming effect.

Sabila Spa Signature Golf Massage (80min.) This deep massage was created to decrease contracted muscles. While doing trigger point therapy with actual golf balls. Improve your range of motion and better your golf swing! Recommended 48 hours prior to tee time or post game for maximum results.

Fisherman's Special (50min.) After reeling in your catch of the day, sooth your sore muscles with Sabila spa Signature fisherman's massage, a touch of aroma and hot packs will leave you feeling fresh and renewed!



SPECIALTY FACIALS

Cucumber Mini Facial (25min.) Our cucumber mini facial is designed to give an instant glow to any skin type; includes light exfoliation followed by a facial massage, with a touch of fresh cucumber for your tiered eyes.

Eye Wrinkle Treatment (25min.) Designed to diminish fine lines wrinkles around the eyes, using 100 collagen leaving your skin rejuvenated and looking younger. Recommended for mature skin.

Mar Of Cortes Deep Cleanser (50min.) Enjoy our sea of Cortez deep pore cleansing facial; Begins with full steam for pure cleansing purposes followed by light exfoliation with our specialized mask and sea of Cortez special facial massage, perfect for all skin types.



SPECIALTY FACIALS

De stress Facial Eye Treatment (50min.) Sabila Spa created this perfect combination; a full facial with special consideration for your eyes. This treatment is aimed to replenish your skin as well as decreased, inflammation, dark circle and tiredness around the eyes. Includes your 10 day take home treatment!

Anti aging with Vitamin. C (80min.) A lift off treatment mask with immediate results combining a high potency concentration of Vitamin C with dried seaweed, It reduces fine lines, strengthens your skins elasticity; counteracts photo aging and restores a youthful appearance. Your skin will feel firm extremely smooth with a luminous glow. Enjoy the benefits of reduced fine lines, antioxidant protection; leaving the skin absolutely radiant.

After Sun Rehydrating Facial (50min.) This incredible treatment has all the right ingredients for after sun exposure. Perfect for sensitive skin, it's the ideal treatment for post sun exposure."

Just for a Him (50min.) Just for him facial begins with a deep poor cleansing followed by a facial exfoliation ending with the prefect facial massage; utilizing "just for him" products, an introduction to a great skincare regime.



FULL BODY TREATMENTS

Sabila Body Scrub (25min.) Try our delicious all natural sea salt with a dash of Aloe Vera; allow your skin to be born again!

Chocolate Mint Body Scrub (25min.) Perfect blend of white chocolate granules mixed with an exotic mint serum that makes the perfect combination of full body pleasure.

After Sun Soothing Chamomile Treatment (25min.) Perfect for over sun exposed skin a rich blend of green tea with an added touch of chamomile to assist in decreasing inflammation redness and leaving the skin filled with nutrients.

Tropical Body Blend Treatment (80min.) This full body treatment begins with a light exfoliation rich in minerals; an added touch of yogurt, mango and touch of papaya giving you the perfect anti aging tropical blend.

Aromatic Sea of Cortez Mud Wrap (50min.) Aromatic Sea of Cortez mud wrap has been especially designed to aid in circulation problems, alleviate arthritis pain, relieve tensed muscles and decrease stress; Perfect treatment for any needs.



SABILA SALON TOUCHES

Spa Manicure (50min.) Enjoy our full spa manicure service, leaving your hands silky smooth.

Spa Pedicure (50min.) Designed for your feet to feel maximum pleasure; Sabila spa specialty.

Polish change (25min.) **"French" polish change** (35min.)

Shampoo and blow dry (Price ranges depending on hair length and style).

Men's hair cut

Lady's hair cut

WASHING

Full Leg
Back

Half Leg
Bikini

Lip & Chin
Underarm
Eyebrows



FAMILY SPA

Focused exclusively for kids youth! They can enjoy the benefits from the soothing massages, facial and beauty salon services in our luxurious Spa. Encourage interaction and perception of your children with spa therapies in the peaceful atmosphere of our spa resort at the Islands of Loreto.

Little Touch Massage (25min.) Perfect for first timers your kids can enjoy a little touch of heaven; choose from assorted scented oils.

Magic Touch Massage (45min.) Designed for more experience youth spa goers, this full body massage includes light Swedish techniques and lomi lomi for full relaxation; assorted scented oils to choose from.

Mani Kids (25min.) **Pedi Kids** (25min.) **Mini Facial** (25min.)

Services available only for kids of 12 years old and under.

They will be escorted directly to their massage cabin for spa services. An adult must be present upon checking in for spa treatments and sign.



THE EXPERIENCE BEGINS HERE JUST FOR TWO!

His & Hers Specialty (100 min. Enjoy time well spent together; this incredible treatment designed especially for two; you never felt so close to one another.

Paradise Relaxation (150 min.) Your journey begins with a candle lit aromatic cabin for two, enjoying a full body tropical exfoliation with our special blend of mango and papaya, allowing all your senses to be fulfilled with our extraordinary citrus Jacuzzi, leaving you fully animated and your skin soft and smooth; followed by your full body relaxing massage with an added touch of our refreshing mini facial to complete your relaxation journey, a fresh seasonal fruit platter with assorted chocolates and a bottle of sparkling wine will be waiting for you in the comfort of your own suite.

Special Senses (105 min.) his head-to-toe experience will leave you feeling relaxed and rejuvenated. This couple's delight begins with a hand and feet reflexology, accompanied with our aromatherapy senses, utilizing 6 blends of natural essential oils. Enjoy a bottle of sparkling wine, seasonal fruit brochettes and assorted chocolates to be delivered to your suite. A true delight you don't want to miss.

Plan Conditions: No other promotions are offered with spa packages Spa Packages are non transferable No refunds for services not taken within plan No changes of plan Gold card discount will not be accepted with package. Price includes 16% federal taxes, service charge not included.





Sàbila  spa

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