



Club Cascadas de Baja

C A S C A D A S S P A & S A L O N

Salon Services

Hair

- Men's or Ladie's Haircut (\$20.00)
- Shampoo & Blow Dry (\$35.00)
- Dry or Damaged Hair Treatment (\$20.00)

Hand Treatments

- Polish Change (French) (\$12.00)
- Polish Change (Classic) (\$10.00)
- Classic - Deep Manicure (\$28.00)
- French - Deep Manicure (\$33.00)
- Spa - Deep Manicure (\$38.00)

Foot Treatments

- Classic - Deep Pedicure (\$38.00)
- Foot Soak Massage with Volcanic Mud (\$29.99)
- Express - Pedicure (\$28.00)
- Classic Manicure & Pedicure (\$60.00)

Waxing Services

- Chin, Lip, Eyebrows (\$12.00)
- Underarm (\$15.00)
- Bikini Area (\$35.00)
- Half Leg (\$35.00)
- Full Leg (\$45.00)

Facials

- Mini Facial, 25 minutes (\$29.99)
- Full Facial, 50 minutes (\$60.00)

Sunburn Treatment

- 40 min (\$40.00)

Sun Allergy Reaction Treatment

- 40 min (\$40.00)

*Prices are subject to change without notice.

Body Wraps

Xocolatl Body Wrap

A detoxifying body treatment with a chocolate base that works specifically to firm the skin. Accelerates the elimination of cellulite, and helps relax and remineralize your skin with a pleasant sensation. Includes body exfoliation, mask, mini facial, Hydrotherapy, concentrated elixir oils and balsams to seal your skin.
80 min (\$85.00)

Sangria Wine Body Wrap

This treatment of fruit and wine helps eliminate dead skin cells, improves circulation, and leaves the skin clean, soft and revitalized. Remineralize your skin with a pleasant sensation. Includes body exfoliation, mask, mini facial, Hydrotherapy, concentrated elixir oils and balsams to seal your skin.
80 min (\$85.00)

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Massages

Swedish Massage

A full body massage, using a sequence of very soft movements. This traditional method of massage soothes stiff muscles, increases circulation and relieves tension.

50 min (\$90.00)

80 min (\$130.00)

Sports Massage

This massage is ideal for sports lovers. It increases flexibility and is designed to prevent and heal muscular pain.

50 min (\$90.00)

80 min (\$130.00)

Aromatherapy

This relaxing and anti-stress treatment is a combination of aromatic, natural and essential oils selected from flowers, herbs, woods and spices. It is applied on specific areas for detoxification and stress relief.

50 min (\$100.00)

80 min (\$140.00)

Neck, Back & Shoulder Massage

This massage focuses on those areas of the body where we accumulate tension, while it improves blood circulation by using relaxing strokes and movements.

25 min (\$50.00)

50 min (\$90.00)

Deep Tissue Massage

A deep massage technique designed to release tension and knots, especially in neck and shoulders, to achieve relief from chronic muscle tension.

50 min (\$100.00)

80 min (\$140.00)

Reflexology

This ancient technique uses pressure on strategic points of the feet and hands, which corresponds to the body's principal organs and glands. Relax and revitalize yourself.

25 min (\$44.00)

50 min (\$71.00)

In-Room Massage

Enjoy the benefits of an 80 minute massage in the comfort of your villa by paying an additional \$20.00 to the listed price of any selected massage. No promotion or coupons may be redeemed for this service.

Piedras Calientes (hot stones)

This hot stones therapy utilizes the applications of smooth, heated basalt stones placed on key tension areas of the body. The combination of deep penetrating heat with the pressure of strokes allows the muscles to warm and let go.

80 min (\$122.00)

Sciatic Nerve Massage

Massage has been proven to help release the discomfort of sciatic nerve pain, especially if it is caused by muscular compression. Our relaxing, deep tissue massage will help alleviate any pain you may be suffering from sciatica or the lower back region.

50 min (\$70.00)

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