

# Spa Menu



**Club Cascadas de Baja**

Open Monday to Sunday from 9:00 am to 5:00 pm  
For reservations, visit the Spa or call us at (624) 143 1882 ext. 151

Please check in at the spa for your appointment with at least 10 minutes prior to your treatment time.  
All prices are in US dollars and do not include gratuities.

To change or cancel your appointment please give us a 4-hour notice to avoid being charged for your service in full. Any late arrivals for spa appointments may result in an incomplete service.

# Massage Services

## 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 minutes.....\$104.00    80 minutes.....\$150.00

## SPORTS MASSAGE

A targeted approach for treating minor and chronic injuries. Techniques are designed to realign and loosen muscle fibers in individuals who experience sports-related tension.

50 minutes.....\$104.00    80 minutes.....\$150.00

## DEEP TISSUE MASSAGE

A Deep massage technique designed to release tension and knots, especially in the neck and shoulder area to achieve relief from chronic muscle tension.

50 minutes.....\$116.00    80 minutes.....\$162.00

## REFLEXOLOGY

This ancient technique applies pressure to strategic points of both feet and hands, which aids in the recovery of the body's major organs and glands. Relax and revitalize yourself.

25 minutes.....\$51.00    50 minutes.....\$82.00

## NECK, BACK & SHOULDER MASSAGE

Focused on those areas of the body that tend to accumulate tension; by stimulating blood circulation through the application of relaxing strokes and movements.

25 minutes.....\$58.00    50 minutes.....\$104.00

## PIEDRAS CALIENTES (HOT STONES)

Hot Stone therapy utilizes the application of smooth heated basalt stones placed on key tension areas of the body. The combination of penetrating heat with the pressure of strokes allows for the muscles to warm up and relax.

80 minutes.....\$162.00

## AROMATHERAPY

Relaxing and anti-stress treatment derives from a combination of aromatic, natural, and essential oils selected from flowers, herbs, wood and spices. It is applied to specific areas for detoxification and stress relief.

50 minutes.....\$116.00    80 minutes.....\$142.00

## IN-ROOM MASSAGE

Enjoy the benefits of an 80-minute massage in the comfort of your villa for an additional \$23.00 to the listed price of any selected massage. No promotion or coupons may be redeemed for in-room services.

# Salon Services

## NAIL TREATMENTS

Nail Polish Change – Classic	\$12.00
Nail Polish Change – French	\$14.00
Classic Manicure	\$32.00
Express Manicure	\$22.00
French Manicure	\$38.00

## FOOT TREATMENTS

Express Pedicure	\$29.00
Classic Pedicure	\$44.00
Classic Manicure & Pedicure	\$70.00
Foot Soak Massage with Volcanic Mud	\$35.00

## WAXING SERVICES

Chin, Lip, Eyebrows	\$14.00
Underarm	\$17.00
Bikini	\$41.00
Half leg	\$41.00
Full leg	\$52.00

## FACIALS

Mini-Facial, 25 minutes	\$35.00
Full-Facial, 50 minutes	\$70.00

