



*Services*

# Massages

## RELAXING ESSENCE MASSAGE

*60 min | \$660 mxn    90 min | \$935 mxn*

Gentle pressure. Ideal for releasing stress, relaxing the mind, and relieving muscle tension. Promotes deep rest and well-being.

## FULL BODY RESTORATIVE MASSAGE

*60 min | \$825 mxn    90 min | \$1,210 mxn*

Medium pressure massage combining acupressure, stretching, and myofascial release techniques. Relieves muscle tension, improves mobility, and reduces muscle stress, including a heated pillow for deep relaxation.

## DEEP REVITALIZING MASSAGE

*60 min | \$935 mxn    90 min | \$1,320 mxn*

Intense pressure focused on the deep layers of muscle tissue. Ideal for people with high tension, stiffness, or chronic injuries. Promotes post-exercise recovery, oxygenation, and the release of stubborn muscle knots.

## LUXURY MASSAGE

*80 min | \$1,320 mxn*

A gentle to medium pressure massage that combines reflexology and craniosacral therapy to release tension and balance body and mind. Accompanied by our signature oil, it provides a profound sense of calm and well-being.

## MEXICAN SPIRIT

*60 min | \$825 mxn    90 min | \$1,210 mxn*

Gentle to medium pressure. Combines tequila oil and relaxing techniques that stimulate circulation and revitalize the skin. Includes a shot of reposado tequila.

## WINE RITUAL

*60 min | \$825 mxn    90 min | \$1,210 mxn*

Sensory massage with red wine oil rich in antioxidant polyphenols. Nourishes, tones, and revitalizes the skin, improving circulation and promoting overall well-being. Includes a glass of red wine.

# Therapies

## CHIROPRACTIC THERAPY

*60 min | \$935 mxn 90 min | \$1,485 mxn*

It helps improve your posture, increases flexibility, reduces stress, alleviates headaches, stimulates natural recovery, relieves joint pain, among other benefits. (By appointment only)

## FOOT REFLEXOLOGY

*30 min | \$495 mxn 60 min | \$715 mxn*

Foot reflex point stimulation therapy is applied to different organs and systems of the body, helping to balance internal functions, improve circulation, and promote deep rest and overall well-being.

## NECK AND BACK

*30 min | \$495 mxn 60 min | \$715 mxn*

Medium-pressure massage that releases muscle tension and reduces stress in the neck, back, and arms. It uses kneading and controlled friction to improve mobility, relieve stress, and provide immediate relaxation.

## LYMPHATIC DETOX

*60 min | \$825 mxn*

Manual therapy consists of gentle, rhythmic movements that stimulate the lymphatic system, helping to eliminate toxins and retained fluids. It improves circulation, reduces inflammation, and provides a feeling of lightness and overall well-being.

## PRENATAL

*60 min | \$660 mxn*

Specialized massage for pregnant women that uses safe and gentle techniques to relieve lower back tension, improve circulation and reduce fluid retention, offering physical comfort, rest and emotional balance during pregnancy.

## TIRED LEGS MASSAGE

*30 min | \$449 mxn*

A massage designed to relieve pain in the feet and legs, improve circulation, and provide deep relaxation. Ideal for relaxing the body, releasing fatigue, and restoring well-being.

# Facials

## **FACIAL MOISTURIZER**

*Approximate duration 40 min | \$660 MXN*

A facial treatment that restores the skin's natural balance, improving hydration, radiance, and texture. Specific active ingredients are applied based on a personalized assessment, promoting healthy skin.

Includes: Personalized ampoule, plastic mask, and craniofacial massage.

## **DEEP CLEANSING FACIAL**

*Approximate duration 60 min | \$825 MXN*

Ideal for removing impurities, blackheads, dead cells and excess oil, leaving skin clean, fresh and luminous, promoting the absorption of moisturizing or nourishing products.

Includes: Concentrated ampoule, personalized mask and craniofacial massage.

## **NOURISHING ANTI-AGING FACIAL**

*Approximate duration 60 min | \$1,210 MXN*

This facial protocol aims to reduce the signs of aging and restore firmness, radiance, and vitality to the skin. It is designed for mature skin or skin with the first signs of aging, helping to revitalize the face and stimulate the natural production of collagen and elastin.

Includes: Concentrated ampoule, lifting mask, firming equipment and craniofacial massage.

## **HYDRAFACIAL**

*Approximate duration 60 min | \$1,025 MXN*

Facial treatment that combines hydrafacial technology with manual facial cleansing, allowing for a deep and effective cleansing. The protocol is customized according to the needs of the skin, helping to improve hydration, texture and luminosity from the first session.

Includes: Concentrated ampoule, equipment and craniofacial massage.

## HOLLYWOOD PEEL

*Approximate duration 60 min | \$1,347 mxn*

Facial treatment that uses carbon laser to deeply cleanse the skin, improve texture, refine pores and provide luminosity.

It adapts to the needs of each skin, helping to even out the tone and achieve a revitalizing and luminous effect from the first session.

Includes: Concentrated ampoule, equipment and craniofacial massage.

## FACIAL PREMIUM

*Approximate duration 70 min | \$1,347 mxn*

A personalized facial using premium products that incorporates galvanic technology. Products are applied according to the skin's needs, and hand exfoliation is included for a complete experience of renewal, deep hydration, and multi-sensory relaxation.

Includes: Concentrated ampoule, plastic mask, firming equipment and craniofacial and cervical massage.

## FACIAL LUXURY

*Approximate duration 80 min | \$1,847 mxn*

A state-of-the-art facial treatment, personalized to your skin's needs. It combines advanced aesthetic techniques such as microneedling, IPL laser, ultrasound, hydrafacial, application of a gold or champagne mask, and vials adapted to your skin to redefine contours and improve firmness. Results are visible from the first session.

Includes: Concentrated ampoule, gold or champagne mask, firming equipment and craniofacial and cervical massage.



# Hands & Feet

## BASIC MANICURE

*Regular | \$287 mxn    With gel | \$387 mxn*

A beauty treatment that focuses on the care and beautification of your hands. It includes nail shaping and filing, cuticle care, gentle exfoliation, moisturizing, and application of traditional nail polish. Ideal for maintaining clean, soft, and impeccably beautiful hands.

## PEDICURE SPA

*Regular | \$387 mxn    With gel | \$457 mxn*

Complete foot care and wellness treatment. Includes nail filing and shaping, cuticle care, deep exfoliation, callus removal, moisturizing mask, and relaxing massage. Provides softness, freshness, and a feeling of total relaxation for feet and legs.

## COMPLEMENTS

Gel polish | \$219 MXN

Regular nail polish | \$99 MXN

Gel removal | \$219 MXN

Hydrating face mask | \$99 MXN



# Hair Removal

Hot wax hair removal is ideal for sensitive skin, eliminating hair from the root and leaving skin smooth and irritation-free. Intense pulsed light (IPL) treatment, on the other hand, progressively reduces hair growth, lightens the skin, improves its texture, and offers long-lasting results with regular sessions, being safe for all areas.

| Area                   | Cera            | Laser IPL   |
|------------------------|-----------------|-------------|
| Bozo .....             | \$143 MXN ..... | \$275 mxn   |
| Eyebrow cleaning ..... | \$242 mxn ..... | \$275 mxn   |
| Sideburns .....        | \$121 MXN ..... | \$286 mxn   |
| Full face .....        | \$451 mxn ..... | \$605 mxn   |
| Full legs .....        | \$594 MXN ..... | \$1,320 mxn |
| Half legs .....        | \$352 mxn ..... | \$660 mxn   |
| Armpits .....          | \$242 mxn ..... | \$310 mxn   |
| Abdomen .....          | \$539 MXN ..... | \$949 mxn   |
| Full arms .....        | \$418 MXN ..... | \$1,320 mxn |
| Half arms .....        | \$242 mxn ..... | \$715 mxn   |
| Male chest .....       | \$627 MXN ..... | \$1,320 mxn |
| Mid-back (male) .....  | \$440 mxn ..... | \$440 mxn   |
| Male back .....        | \$627 MXN ..... | \$1,320 mxn |
| Bikini Takeover .....  | \$297 MXN ..... | \$418 mxn   |
| Women's bikini .....   | \$418 MXN ..... | \$620 mxn   |
| Men's bikini .....     | \$539 MXN ..... | \$730 mxn   |
| Buttocks .....         | \$352 mxn ..... | \$418 mxn   |
| Interglúteos .....     | \$187 MXN ..... | \$286 mxn   |

# Packages

## LOVE AND HARMONY RITUAL

*90 min | \$2,647 mxn*

Ideal for couples looking to reconnect and share a moment of total relaxation and well-being. Enjoy a 60-minute relaxing massage and a 30-minute hydrating facial.

## BALANCE THERAPEUTIC DUO

*90 min | \$3,169 mxn*

Ideal for couples who want to release muscle tension and regain physical and mental energy. Enjoy a 60-minute therapeutic massage, a 30-minute hydrating facial, and two glasses of wine.

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## RELAX INDIVIDUAL

*90 min | \$1,257 mxn*

Ideal for those seeking deep relaxation and a peaceful moment. Includes a 60-minute relaxing massage, a 30-minute basic hydrating facial, and a glass of wine.

## DETOX RESET - INDIVIDUAL

*180 min | \$2,199 mxn*

This package is ideal for a complete detox. It includes a 60-minute deep tissue massage to release tension, a deep cleansing facial to revitalize your skin, and both a manicure and a basic pedicure to pamper your hands and feet.



# Body Treatment

## FIRMING TREATMENT

*50 min | \$660 mxn*

Targeted session with your choice of equipment, perfect for toning and firming a specific area. Includes a firming ampoule.

## POST-OPERATIVE MASSAGE

*60 min | \$935 mxn*

Post-operative therapy that integrates manual lymphatic drainage and ultrasound to reduce inflammation, improve circulation and promote aesthetic results.

## BODY EXFOLIATION

*55 min | \$660 mxn*

Treatment that removes dead skin cells through a gentle massage with natural exfoliants, improving oxygenation and stimulating cell regeneration.

## DEEP BACK CLEANSING

*Approximate duration 60 min | \$825 mxn*

Ideal for removing impurities, blackheads, dead cells and excess oil, leaving skin clean, fresh and luminous, promoting the absorption of moisturizing or nourishing products.

## BODY DEPIGMENTATION

*1 area | \$300 mxn    2 areas | \$550 mxn*

A targeted session designed to reduce blemishes, lighten the area, and provide a more even skin tone. Choose the

## TATTOO REMOVE WITH LASER

*eyebrown | \$550 mxn*

Permanently remove tattoos using IPL laser.

## MICROPUNTURA

*1 area | \$800 mxn*

Body microneedling focused on improving texture, stimulating collagen and visibly renewing the skin, reduces acne scars, stretch marks, and diminishes blemishes.

# Membership

Get 6 monthly services, choose from:

- Relaxing massage 60 min
- Basic facial moisturizer
- 3 waxing sessions on small areas or 1 large area
- Body exfoliation

In addition to other benefits:

- Save 35% on spa services
- 10% discount on all menu items
- Priority on the agenda



For only:

**\$3,299**

Per month

Menu price

**\$4,199mxn**

# Social networks



 **Essencia Spa**



 **essenciaspa.pv**

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Ask about our loyalty card and get discounts on your next visits



**ESSENCIA SPA**  
BY ARACELI