

Spa

HEALTH & WELLNESS



Massage

MAYACAMA SIGNATURE THERAPEUTIC MASSAGE

30 | 60 | 90 | 110 min

A uniquely healing and soothing experience. Whether you enjoy traditional relaxation massage, deep tissue bodywork, or a combination, our experienced therapists will tailor their individual techniques to your needs and preferences. Relieve tension, clear your mind, and allow yourself to slip into a state of peaceful rejuvenation. (For those who prefer deep tissue full body massage, we highly recommend scheduling a 90 or 110 minute session)

MOM-TO-BE MASSAGE 30 | 60 | 90 min

This nurturing massage is designed to decrease stress while focusing on areas commonly bothersome to expecting Mothers. Care is taken to ensure you are comfortable during the treatment while our knowledgeable therapists adapt the massage to your individual needs. A perfect opportunity to allow yourself to drift away into blissful relief. (Consult your physician to ensure Pre-Natal Massage is appropriate for you. Not recommended during your first trimester. Balance or Stress Relief Wellness Aromatherapy Blends only)

MASSAGE FOR TWO 60 | 90 | 110 min

Whether you are a couple looking for a peaceful moment together or friends wanting to have a spa day, you have the option of requesting our Dual Suite. Simply ask about availability, and we will gladly accommodate you when possible.

Extravagant Enhancements

MINI FACE BOOST 15 min

A simple pick-me-up for your face utilizing steamy hot towels and our amazing skincare products.

MAYACAMA FOOT RITUAL 15 min

Refresh tired, dry feet! Exfoliating scrub, hot towels, and a special foot balm will have you walking on air.

HAIR AND SCALP RESCUE 15 min

Jojoba, Argan, Rosemary, Pink Grapefruit, and Chamomile will revitalize and nourish your scalp while providing a beautiful luster to your hair.

SEA MUD DETOX*

Simply lie back onto our self-heating Deep Sea mud to relieve tension, eliminate toxins, and absorb an ideal supply of all trace elements. A must after wine tasting! **Included in appt. duration, no additional time.*

Wellness Aromatherapy Blends

COMPLIMENTARY WITH ANY
MASSAGE

Stress Relief - Unwind.

Relieve every day stress and tension while restoring mental peace with this custom blend of essential botanicals.

Detox - Renew.

Gently encourage detoxification and lymphatic drainage with botanicals of juniper, grapefruit and burdock.

Muscle Soother - Relieve.

Release tension and ease muscle soreness and inflammation with specific botanicals blended to improve function and decrease pain.

Balance - Harmonize.

Restore balance and well-being to your body, mind and spirit with essential oils that promote inner peace.

Energy - Revitalize.

Renew depleted energy and feel refreshed and revitalized with botanicals of rosemary, lemongrass and basil.



PRIVATE SPA EVENTS

Create a special menu and reserve the Spa for your private event! This is a great way to thank your employees or clients, have a relaxing time with friends, or celebrate with your bridal party. We'll be happy to work with you to make it an amazing experience!

**Advance planning, minimum requirement, and a 14 day cancellation notice apply.*

Sports Massage Therapy

Tough day on the golf course, tennis court, pool, or gym? Improve your game by taking care of your body! Our highly skilled and qualified massage therapists are trained in all aspects of Sports Massage.

PRE & POST-EVENT 30 min

Quick sport focused treatment performed shortly before or after your event while wearing comfortable clothing. Performance enhancing, invigorating and effective! Inquire with Spa Reception for availability.

INJURY REHAB THERAPY 30 | 60 min

Therapeutic massage focused on the area(s) of a current or previous injury which can help decrease the amount of time it takes to recover from a sports injury while improving functional outcome.

SPORTS CONDITIONING 60 | 90 | 110 min

Full body tuning with individualized massage techniques and assisted stretching to help improve your game. Most professional athletes incorporate sports massage therapy into their training routines to assist with mobility, endurance, and strength.

PERSONAL TRAINING 30 | 50 min

Mayacama has a team of certified personal trainers ready to assist you in attaining your health and fitness goals! Whether you're looking to shed a few pounds, build strength, or maximize your performance, our certified trainers will tailor a workout just for you. Inquire with the Spa Reception to assist in scheduling or provide you with a list of our approved on-site trainers.



Facials

BRIGHT & TIGHT 60 | 90 min

Shine so bright with pure Vitamin C to even skin tone, support healthy collagen synthesis, and obtain antioxidant protection. A host of B Vitamins and natural protein will replenish the skin while smoothing out fine lines and wrinkles. Skin will appear more smooth, bright, and firm after just one treatment.

HYDRATION SENSATION 60 | 90 min

Combat jet-setter dry skin with an infusion of hydrating plant extracts, nourishing lipids and age defying antioxidants. This hydrating treatment boosts and locks in moisture for a dewy more youthful complexion.

INSTANT FIRM & LIFT 60 min

A treatment focused exclusively on filling wrinkles and reversing the signs of age, inspired by cosmetic procedures for immediate remarkable results. The most premium ingredients available and specific manual techniques provide an instant impact, making this a must before any big event!

GENTLEMAN'S REJUVENATION 60 | 90 min

Specifically tailored for men utilizing the power of vitamins, plant extracts, and minerals to deliver the ultimate in skin rejuvenation. Leaves skin with a youthful texture, feeling completely refreshed and hydrated.

QUICK-FIX 30 min

A quick replenishing facial is a great way to experience our amazing products while giving your skin a reboot. This shortened facial treatment is for those with limited time, if you need extractions or a detailed skin analysis, please schedule a 60 or 90-minute facial.

EYE TREATMENT 15 min add-on to any Facial

Key ingredients coupled with specific manual techniques target puffiness and dark circles to revitalize your eyes!

BROW, CHIN & LIP WAXING 15 to 30 min

Other waxing services depending on availability, inquire with Spa.

Body Remedies

HIMALAYAN HOT STONE RENEWAL 60|90|110 min

This ancient art of healing is an exceptional experience that will induce a profound sense of grounding and relaxation. Radiant heat from smooth, hand-carved organic Himalayan Salt Stones will gently penetrate deep into your muscle tissue to increase circulation, relieve tension, and nourish depleted cells. We include your preferred aromatherapy blend for an extra dimension of healing!

MIND & BODY BALANCE RESTORATION 110 min

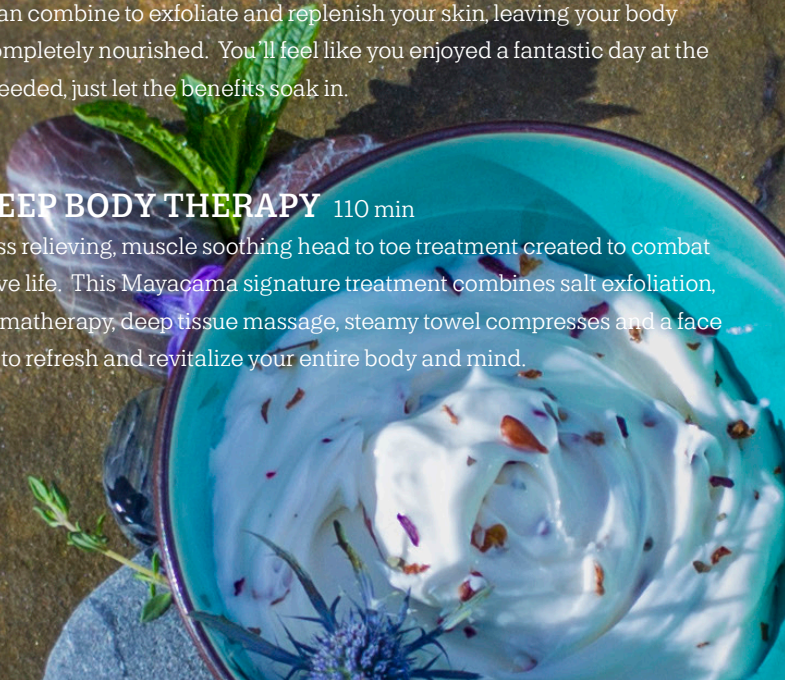
Designed specifically to offset an overworked life, this comforting blend will help restore balance and well-being to body and mind. We begin with a custom blend salt scrub to exfoliate the body, followed by a private in-suite shower, full body massage using our Balance Massage Oil, and finished with a calming face treatment. Incorporates the key essential oils of Lavender, Ylang Ylang, Ginger Root, Eucalyptus, and Geranium which are known to calm and soothe the nerves and ease emotional and physical fatigue. Voila!

OLIGOMER SEA MINERALIZING SCRUB 60|90 min

Slip away to the Sonoma Coast with this replenishing holistic treatment. Minerals and elements of the Ocean combine to exfoliate and replenish your skin, leaving your body silky-smooth and completely nourished. You'll feel like you enjoyed a fantastic day at the beach! No shower needed, just let the benefits soak in.

TRUE GRIT DEEP BODY THERAPY 110 min

An invigorating, stress relieving, muscle soothing head to toe treatment created to combat the effects of an active life. This Mayacama signature treatment combines salt exfoliation, muscle soothing aromatherapy, deep tissue massage, steamy towel compresses and a face hydrating treatment to refresh and revitalize your entire body and mind.



PRICE LIST



Massage Therapy

Mayacama Signature Therapeutic Massage

30min \$80 | 60min \$145 | 90min \$195 | 110min \$250

Prenatal Massage, Reflexology, Energy Work

30min \$80 | 60min \$145 | 90min \$195

Massage for Two

60min \$290 | 90min \$390 | 110min \$500

Sports Therapy

Pre and Post Event Massage 30min \$80

Rehabilitative 30min \$80 | 60min \$145

Conditioning 60min \$145 | 90min \$195 | 110min \$250

Personal Training 30min \$45 | 50min \$90

Body Remedies

Himalayan Hot Stone Renewal 60min \$170 | 90min \$220 | 110min \$260

Oligomer Sea Mineralizing Scrub 60min \$155 | 90min \$205

Mind and Body Balance Restoration 110min \$285

True Grit Deep Body Therapy 110min \$285

Face Treatments

Bright & Tight Facial 60min \$145 | 90min \$195

Hydration Sensation Facial 60min \$145 | 90min \$195

Gentleman's Rejuvenation Facial 60min \$145 | 90min \$195

Instant Firm and Lift Facial 60min \$175

Quick-Fix Facial 30min \$80

Eye Treatment *facial add-on 15min \$25

Brow, Chin, and Lip Waxing 15-30min: Just one (\$25), two (\$35), or all three (\$50)

Add an Extravagant Enhancement to Any Treatment!

Mini Face Boost 15min \$35

Mayacama Foot Ritual 15min \$30

Hair and Scalp Rescue 15min \$25

Sea Mud Detox *included in regular treatment time \$20

+Additional 20% Service Charge on all treatments. *Prices subject to change

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SPA RECOMMENDATIONS AND POLICIES

- Please schedule appointments in advance to ensure availability.
- Arrive 15 minutes early for a relaxed check, or earlier if you'd like to enjoy our steam room.
- Upon arrival, a robe, sandals, and Spa locker will be provided for your convenience.
- Please communicate openly with your treatment provider to ensure an optimal experience.
- All of our providers are licensed and highly skilled professionals, enabling a custom experience.
- Please TURN OFF all cell phones and keep conversations to a whisper while visiting the Spa.
- If you arrive late, you will miss out on some of your valuable treatment time.
- CANCELLATIONS made within 24 hours of your appointment, including not arriving, will require the full service charge to your member or room account. Groups of FOUR or more: a 7 day cancelation is required to avoid full charge to your member or room account for all services reserved.
- SERVICE CHARGE: In appreciation of our dedicated therapists, an automatic service fee of 20% will be added to each Spa treatment.

