



*Welcome to the*

# WELLNESS EXPERIENCE

AT MAYACAMA



*We invite you to lavish in comfort and be soothed by a variety of treatments that will rejuvenate your mind, body and spirit.*



## How to maximize your Mayacama Spa experience

- We highly recommend making appointments in advance to ensure your requested day and time.
- Arrive 30 minutes early to allow time to relax and enjoy the steam room.
- Upon arrival, a robe, sandals and a locker will be provided for your convenience.
- Most body treatments are enjoyed without clothing; however, please wear what is comfortable for you.
- All of our therapists are trained professionals and you will be properly draped throughout your treatment.
- Since communication is key, feel free to ask any questions or make special requests to ensure your own comfort level. During your treatment, let your therapist know if you feel any discomfort.
- Breathe deeply and let the tension slip away. Remember, this time is yours to enjoy!

## Spa Policy

- In consideration of other guests, please turn off all cell phones before entering the Spa.
- Arriving late to appointments will deprive you of valuable treatment time.
- Cancellations made less than 24 hours in advance and “no shows” will be charged the full treatment rate. For groups, we require a minimum 14-day cancellation policy.

## SPA Packages

All spa packages are specifically customized for your individual or group needs. Contact the spa to set up your personalized day of pampering.

Our services have been developed specifically with Mayacama Spa guests in mind. Through this personal service our therapist will customize your treatment to give your body exactly what it needs to feel balanced and re-energized.

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Hours of operation change during  
Peak and Off-Peak season



# Massage Therapy

## **Mayacama Signature Massage**

Indulgent and uniquely relaxing, our signature full-body massage stimulates circulation and soothes tight and tired muscles. Our gifted therapists adapt their individual techniques to your needs and preferences. Tension dissolves, leaving only comfort and a total state of bliss.

25, 50, 80 & 100-minutes

## **Deep Tissue / Deep Sports**

Experience the therapeutic effects from increased circulation to enhanced muscle function and elasticity. This concentrated and slow massage incorporates deep pressure for someone with tight muscles and chronic tension.

50, 80 & 100-minutes

## **Reflexology**

Treat your feet with whole body benefit. Therapists work the reflex points on your feet and hands to relieve pain, strengthen the immune system, reduce stress and bring the flow of energy back into balance.

25, 50 & 80-minutes with Massage

## **Pre-Natal Massage**

An especially relaxing massage to nurture both mother and child. This soothing massage aids in relaxation and benefits circulation. Our knowledgeable therapists ease the effects of the additional stress put on your body at a time when it is most needed.

*Note: Recommended only for guests during their 2nd and 3rd trimesters.*

50-minutes

## **Mayacama Hot Stone**

This ancient art of healing uses elements of Mother Nature to bring relief to tense muscles, sore joints, stressed emotions and a weary spirit. The radiant heat of the smooth heated basalt stones penetrates muscle tissue, increases blood flow, accelerates healing and induces a deep state of relaxation for an exceptional experience.

80 & 100 minutes

## **Massage for Two**

Our couple's suite allows you to receive massage side by side. Indulge in an experience that will create memories you'll both treasure. Share the relaxing, therapeutic benefits of the massage experience with someone special.

50, 80 & 100 minutes

## **Personal Best**

Looking for bodywork not listed on the menu? Our talented therapists offer a variety of additional modalities including Aromatherapy, Lomi Lomi, Shiatsu and Thai to name a few.

*Note: Choices based on therapist availability.*

80 & 100 minutes

## **Outdoor Massage**

Available upon request (add \$10 to any selected treatment)

Cabana massages by the swimming pool available during summer months



## Facials

### **Mayacama Signature Facial**

Following a personalized skin-care analysis, our professional esthetician will customize this facial to best suit your individual skin-care needs. This facial cleanses, nourishes and firms skin to give a healthy and vibrant appearance.

50 & 80-minutes

### **Vitamin C / Illuminating Facial**

Discover a special treat with this indulgent facial. Your skin will receive an immediate boost resulting in visibly diminished fine lines — skin will appear rested, less stressed, luminous, firmer and more hydrated. Also helps fade hyperpigmentation.

*Note: A highly recommended facial on the day of a big event.*

50 & 80-minutes

### **Gentlemen's Facial**

Specifically tailored to the unique skin concerns of men. Designed to rejuvenate and cleanse, our products will help balance oil production and provide relief from razor burn while replenishing necessary nutrients. This therapeutic and relaxing facial leaves your skin toned and revived.

50 & 80-minutes

### **Facial for the Back**

Dedicated to the beauty and purification of the back, this treatment draws out impurities and thoroughly cleanses, exfoliates and soothes your back and shoulder area. Includes a relaxing back massage to promote body harmony.

50-minutes

### **Pick-Me-Up Facial**

When time is of the essence, this treatment gives your skin a visible glow with cleansing, toning, exfoliating and moisturizing. This facial introduces clients to a daily skin care regimen. For all ages and skin types.

25-minutes

### **Wine Country Organic Facial**

This Organic Facial is 100% natural, paraben-free and synthetic fragrance free. Your skin will show signs of improved tone, texture and clarity, as well as to actively fight free-radical damage and combat the appearance of wrinkles and fine lines associated with aging.

50-minutes

### **Total Elegance Age Minimizing Facial**

This facial provides anti-wrinkle, firming, hydrating and plumping effects. Your complexion becomes smooth and regains its suppleness leaving you with a glow of radiance and feeling visibly younger.

50-minutes

### **Detoxifying Facial**

Takes the “Total Elegance Age Minimizing Facial” to the next level to heighten your mental state of well-being, warm detoxifying Seaweed Mud is applied along your spine giving you the experience of champagne bubbles exploding on your back throughout the treatments. An amazing facial and detoxifying experience you do not want to miss. Enjoy!

80-minutes

### **The Ultimate in Facial Peels**

The acids in these peels remove dead skin cells from the surface without irritating the skin and no necessary down time. These treatments utilize physician strength solutions designed to minimize the appearance of surface lines and imperfections, smooth out rough skin texture, aid in clearing acne and help fade hyperpigmentation; enhancing an overall radiance of your skin.

*Note: Results are best with a series of three or six.*

*Please stop the use of all retinols one week prior to peel treatment.*

50 & 80-minutes



## Body Scrubs / Exfoliation

### Mayacama Sea Salts Scrub

Your choices are endless... choose from our many essential oils to be mixed with your salt or have no scent at all. This invigorating body treatment exfoliates and nourishes, promoting circulation and overall smoother softer skin. Followed by a hydrating body butter massage.

*Note: Refrain from shaving the day of this treatment.*

50, 80 & 100-minutes

### Grape Seed Antioxidant Crush

A true aromatic experience of crushed grape seeds mixed with grape seed oil from the wine country. This unique milling process allows the natural oils from inside the seeds to fully hydrate your skin. This one-of-a-kind sensation will leave you feeling smooth and polished. Followed by a hydrating body butter massage.

50, 80 & 100-minutes

### Rosehip, Lavender & Grape Seed Salts

This wonderful scrub is also rich in natural antioxidants. Fill your senses with the musky aroma of the wine country. Followed by a hydrating body butter massage.

*Note: Refrain from shaving the day of this treatment.*

50, 80 & 100-minutes

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## Add-on to any treatment

Extend your time of luxury...

**Restorative Nap**, 25 minutes

**Eye Treatment**, 15 minutes

**Waxing**, see price list for all options

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## Wraps

### Passion Fruit Cabernet Antioxidant Mud

A detoxifying yet hydrating cabernet grape seed mud loaded with vitamin C and the benefits of passion fruit extract. Your senses will be aroused with this intoxicating scent. Followed by a massage using passion fruit cabernet oil. Yummy. . .

50, 80 & 100-minutes

### Mineral Grape Seed & Clay Mud

A perfect blend of red wine grape seeds and French clay with a splash of lavender. You will feel the release of impurities and toxins while grape seeds hydrate and moisturize. Followed by a luxurious grape seed oil massage.

50, 80 & 100-minutes

### Detoxifying Seaweed Mud

Rich minerals are applied to entire body to exfoliate, mineralize and detoxify. This treatment encourages the elimination of toxins and stimulates the body's metabolism. Our self heating seaweed mud gives you the sensation of champagne bubbles exploding on your body. Ahh... Followed by a hydrating body butter massage.

*Note: Not for anyone who is allergic to iodine.*

*Refrain from shaving the day of this treatment.*

50, 80 & 100-minutes

### Lavender or Unscented Body Butter

Indulge in the luxury of body butter. Either of these products are "heaven-on-earth" for your skin. An extravagant formula that infuses your skin with ultimate hydration.

50, 80 & 100-minutes

# MAYACAMA



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