

# Awaken Your Senses

### Massage

#### SIGNATURE MASSAGE HEAVENLY SPA

Enjoy our traditional relaxing massage with long and gentle movements that will help reduce stress and accumulated tension, allowing to stimulate circulation to have better oxygenation on your body. The combination of the subtle aroma of our characteristic white tea will allow you to live a heavenly experience.

50 MINUTES | 80 MINUTES

#### **AROMATHERAPY MASSAGE**

Indulge yourself and promote in your body a state of total relaxation through a gentle massage that combines essential oils and aims to improve our psychological and physical wellbeing.

**80 MINUTES** 

#### **DEEP TISSUE**

Ideal for releasing stress and muscle tension accumulated in the body. This massage helps soothe simple and deep contractures accumulated through firm manipulations, trigger points and stretching. Improves circulation, realigns muscles and tissues.

50 MINUTES | 80 MINUTES

#### REFLEXOLOGY

Find balance and relieve tension with this oriental technique based on specific acupressure points focused on hands and feet through which the internal organs can be stimulated.

30 MINUTES | 50 MINUTES

#### HOT STONE MASSAGE

Achieve an energy balance to improve your wellbeing. This incredible therapy focuses on healing the body through the application of hot stones and a medium pressure massage, helping to balance the energy, and inducing it to a deep state of relaxation.

**80 MINUTES** 

#### **NBS MASSAGE**

Medium to firm, invigorating pressure massage focused on the neck, shoulders and back. Specifically designed for muscles that accumulate stress and tension.

**30 MINUTES** 

#### **BE WELL - THERAPEUTIC**

Experience this revitalizing massage with medium to deep pressure that your body will love, including a combination of different techniques such as hot stones, reflexology, shiatsu, lomi lomi and stretches that will help relieve muscle tension.

**80 MINUTES** 

### **Couple Experiences**

#### **MOON LIGHT ROMANCE**

Live a Heavenly moment in the company of that special person and let yourself be carried away with the sound of the sea in this relaxing couple's massage accompanied by a special amenity.

**50 MINUTES** 

#### **ROMANTIC SCAPE**

An experience designed to have a time as a couple, enjoy a white tea body treatment, to complete this romantic escape with our traditional Heavenly massage which will envelop you in an atmosphere of absolute relaxation.

100 MINUTES

### Facial

#### **REFRESH FACIAL**

A basic cleansing that in 25min will result in a smooth, hydrated, and radiant skin. Let the calendula extract and the chamomile tea work to give you a feeling of freshness and wellbeing.

#### **30 MINUTES**

#### **HEAVENLY FACIAL**

Enjoy a facial that will give you a break and bring hydration to your skin by taking advantage of the extracts of white tea, lavender, and hyaluronic acid. Ideal for stressed skin looking for a relaxing experience, this facial will help you counteract the damage caused by stress and fatigue of everyday life.

#### **50 MINUTES**

#### **DEEP CLEANSING FACIAL**

Facial focused on eliminating blackheads and pimples through a subtle facial and the application of steam that will favor the opening of the pores. Facial recommended to provide a better balance in the brightness of the face and provide a refreshing sensation.

**80 MINUTES** 

## Hydrotherapy

Indulge yourself in this guided experience and renew your senses through the benefits of water. This treatment will begin with the use of the sauna, Swiss shower, and eucalyptus-infused steam, followed by a moment of rest and meditation in our jacuzzi and relaxation area.

**60 MINUTES** 

#### **OXYGEN SIGNATURE**

This oxygenating and anti-aging facial using botanical extracts combined with a facial massage will make your skin have a healthy glow giving a smoother and younger appearance.

60 MINUTES

#### AGE CORRECTIVE FACIAL

This repairing facial will give you a renovation experience thanks to the combination of natural ingredients. The mask and concentrated serum of vitamin E, collagen and elastin will leave your skin with a luminous tone and will benefit to reduce expression lines.

**80 MINUTES** 

### **Body Treatments**

#### **BODY EXFOLIATION**

Recommended for dehydrated skin, this treatment will give a renewed and smooth effect, thanks to the wonderful effects of our selection of natural products.

**30 MINUTES** 

#### **SLEEP WELL**

Inspired by one of our Westin pillars, this is a unique Heavenly Spa experience. Treatment designed to take advantage of the benefits of lavender essential oil that will soothe the nervous system to improve relaxation and promote deeper sleep.

**50 MINUTES** 

#### **HEAVENLY BODY TREATMENT**

A treatment that will help you renew each of your senses, the benefits of roses will make your skin and face look healthy and hydrated, making you feel totally relax.

**80 MINUTES** 

### Rituals

#### **MAYAN RITUAL**

Allow your senses to live an ancestral experience starting with a relaxing massage that will provide relief and rest, followed by a facial that will provide calm and hydration to your skin ending with an exfoliation of our white tea which will help you oxygenate the body and eliminate dead cells. Leaving you in a state of relaxation and providing an incredible sense of wellbeing

120 MINUTES

#### AFTERSUN TREATMENT

Soothing wrap with a refreshing gel that will provide immediate relief to sun-damaged skin, regulating skin temperature, calming discomfort, and aiding skin regeneration.

**50 MINUTES** 

#### **NOURISHING BODY WRAP**

Body treatment that takes advantage of the benefits of honey, and chamomile to provide an experience that will leave your skin with a smooth and renewed appearance.

**50 MINUTES** 

#### SORE NO MORE

This experience will lead you to a state of total wellbeing. With the help of a massage of aromatic compresses and a body treatment that will give you a feeling of rest and deep relief.

90 MINUTES

#### PERFECT BALANCE

Live the experience of the perfect balance, with a massage of movements soft that helps reduce stress and promotes relaxation of mind and body, concluding this ritual with basic facial cleansing that will result in smooth, hydrated, and radiant skin.

**80 MINUTES** 

### Hands and Feet

#### **BASIC MANICURE**

Our basic manicure is a relaxing experience designed to rejuvenate hands and nails, with gentle exfoliation, nail filing and application of O.P.I. polish.

#### **30 MINUTES**

#### **DELUXE SPA MANICURE**

Transform your hands by soaking to soften skin as nails and cuticles are tidied. Dry skin is removed and circulation stimulated with a decadent hand and arm exfoliation. Nourish and hydrate with an indulgent massage before a warming mask is applied to lock in nutrients, finish with an OPI polish of your choice.

#### 60 MINUTES

#### SPA MANICURE AND PEDICURE

Treat both hands and feet with this express indulgence. Soak, before nails and cuticles are transformed and dry skin is removed with a stimulating exfoliation. Nourish and hydrate with a relaxing massage before application of an OPI polish of your choice.

**60 MINUTES** 

#### **BASIC PEDICURE**

Our basic pedicure is a relaxing experience designed to rejuvenate feet through a sole and heel exfoliation, nail filing and application of O.P.I. polish.

**30 MINUTES** 

#### **DELUXE SPA PEDICURE**

Relax as a warming foot soak softens before nails and cuticles are tidied and feet are buffed. Stimulate circulation through exfoliation and remove dry skin from the feet and lower legs. Drift as a massage leaves you feeling lighter before a warming application of mask is applied leaving your skin soft and supple. Finish with an OPI polish of your choice.

**60 MINUTES** 

#### ADD ONS

- O.P.I. Gel® Color 30 MINUTES
- Gel polish Removal 30 MINUTES

### Spa Etiquette

#### RESERVATIONS

Reservations on day of service and walk-in appointments are always welcome. We encourage our guests to book appointments in advance to ensure preferred treatment or therapist availability. All reservations must be secured with a credit card, room number or gift voucher number. To make a reservation, please call 4280 or dial service express from your room phone and ask for the Heavenly Spa.

#### **PRE-ARRIVAL**

We encourage you to arrive 45-60 minutes before your appointment to complete a consultation form and relax into our hydrotherapy area.

#### SPA ENVIRONMENT

We respectfully ask that mobile phones are turned off for the duration of your visit and that noise is limited to encourage a tranquil environment. Smoking is not permitted. All personal belongings should be locked in your hotel room safe as the Heavenly Spa by Westin does not take responsibility for misplaced or lost items.

Treatments and services provided at Heavenly spa by Westin are holistic. Any inappropriate behavior during the treatment will cause termination of this and charge of the service.

The use of lockers, spa treatments and fitness facilities, Westin Workout<sup>™</sup> is restricted to people under the influence of alcohol.

#### AGE REQUIREMENTS

Guests of the Heavenly Spa must be at least 18 years of age for the use of the locker rooms, fitness facilities, Westin Workout<sup>™</sup> and spa treatments.

#### COMMUNICATION

Please inform reception at time of reservation of any health concerns including allergies, high blood pressure or if you are pregnant as some treatments may not be appropriate for you at this time.

Prior to the start of your service, tell your therapist the areas you would like to focus on and any areas to be avoided. During your service let the therapist know if you feel any discomfort. Communication is the key to getting the full benefit from your Heavenly Spa by Westin experience.

#### **CANCELLATION POLICY**

We require 4 hours' notice for changes, rescheduling or cancellations 24 hours' notice for group bookings. Fifty percent price of your service(s) will be charged for all late cancellations, rescheduling or no shows. Please keep in mind that arriving late for a spa service may require us to shorten the length of the treatment with full charges applied, to not inconvenience other guests.

# OUR FACILITIES

#### FACILITIES

- · Full spa services with five treatment rooms
- · Two couple treatment rooms
- Two outdoor treatment rooms (beach palapa)
- · Private hydrobath
- Steam room
- Sauna

- Swiss shower
- Relaxation area
- Westin Workout™ fully equipped fitness center
- Tow tennis courts
- Personal Training Services
- · Group fitness sessions activities

### CONTACT US

#### LOCATION

### THE WESTIN RESOT & SPA CANCUN HEAVENLY SPA®

#### OPEN FROM 9:00 TO 21:00 Hrs.

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