

Salon SERVICES

Live the ultimate experience of relaxation with our hair salon treatments. Our talented hairdressers will offer you a mini hair treatment for every look.

LOLA'S MANICURE/ PEDICURE

50 min

Using Lola's Aromatherapy signature products, this personalized experience includes a nourishing treatment for your hands and feet as well as an energizing lift for the skin. Our deluxe treatment features a soak, exfoliation, and a gentle massage with a body souffle to support skin hydration.

Gentlemen's Haircut & Style

Ladies' Haircut & Style

Bridal Hair

Bridal Makeup

Bridal Hair Trial

Bridal Makeup Trial

Special Occasion Updo

Special Occasion Makeup

Spa ETIQUETTE

SPA HOURS OF OPERATION

Spa Services from 9:00 am to 7:00 pm

Spa facilities from 8:00 am to 7:00 pm

Fitness Centre 24 hours

Our spa environment is one of relaxation and tranquility. Please respect all guests' right to privacy and serenity. To preserve the tranquil environment, mobile phones and smoking are not permitted at the spa.

ARRIVAL

Please arrive at least 30 minutes prior to your appointment time to fully enjoy the spa facilities, including sauna, cold plunge, and our outdoor pool with accompanying amenities. The use of a swimsuit is mandatory. Please understand that late arrivals may result in a reduction of treatment time.

CANCELLATION

Should you need to cancel or reschedule your appointment, kindly provide a 24-hour notice to avoid incurring the full-service fee.

AGE REQUIREMENT

The spa is an adult-oriented atmosphere; therefore, guests must be 16 years of age or older to experience spa treatments and enjoy the spa facilities. Guests under the age of 16 can enjoy our spa treatments when accompanied by a parent or guardian. They do not have access to the spa facilities on their own.

HEALTH CONDITIONS

Prior to your treatment selection, please be sure to inform us of any health conditions you may have such as allergies, injuries, or pregnancy, as these may affect your treatment selection.

Taxes included, service charge will be added to the final bill.

Ext 1072 or Email spapuntademita@conradhotels.com

CONRAD®
PUNTA DE MITA

CONRADPUNTADEMITA.COM

Wellness M E N U

*Designed to embrace the
beauty and tranquility
of nature, Conrad Spa
is the very essence of
our natural healing
surroundings—the earth,
sky, water, and fire.*

CONRAD® SPA
PUNTA DE MITA

Meet me at the Spa

Meet me at the Spa

The Local COLLECTION

TEMAZCAL EXPERIENCE

The Temazcal dome represents the earth, sustaining and giving life. When one enters the clay dome, it is said you are entering the source of all life, Mother Earth, and the experience is a symbol of re-birth. Our shaman will guide guests on a relaxing meditative and emotional experience to help relieve stress and anxiety. This can be a transformative experience. **90 min**

MARA'AKAME COPAL PURIFICATION EXPERIENCE

Begin a journey of discovery and balance with a healing energy cleanse of burning copal incense and sahumero herbs. An invigorating exfoliation to activate the body's circulation and prepare the skin for nutrient rich copal clay has an increased detoxifying effect. The final ritual is a body massage combining detoxing technique with warmed stones. **110 min**

MUVIERI

For the Wixaritari people (sometimes referred to as Huichol) the **muvieri** represents the connection of heavens, earth and the **elements** and is used in their ceremonies to cleanse energies and elevate their prayers to the gods. This body treatment combines the native herbal traditions as a body wrap with a gentle massage and a hydrating face treatment to bring clarity to **mind** and calm all senses. **110 min**

YAKA-HIBISCUS ANTIOXIDANT BODY TREATMENT

Enjoy nature's gift with this body treatment. Local yaka and hibiscus flowers rich in beta-carotene, vitamins A and C, and antioxidants help to fight free radicals that damage the skin while softening and nourishing the skin, leaving an even complexion and fresh natural glow. Includes a scalp treatment to enhance relaxation. **80 min**

CHILATE

Chilate is a traditional drink along Mainland Mexico's Pacific Coast. The main ingredient, cacao beans, were valued more than gold in ancient Mexico and reserved for royalty. Enjoy the Cocoa Massage for its rich micronutrient polyphenols and powerful antioxidant flavanols which help reduce inflammation. The scent of chocolate evokes calmness and reduces stress, allowing the mind to drift with happy thoughts. **50 min**

The Conrad COLLECTION

DEEP TISSUE MASSAGE

50 / 80 min

This deep tissue massage experience is aimed to soothe sore muscles and improve recovery, helping to relieve the tension and stress of daily life by combining deep work with mobilizations and trigger points. These treatments are performed by experts and certified therapists with extensive knowledge in treatments and personal care.

MELTING RELAXING MASSAGE

50 / 80 min

Tailored to your specific needs or preference, this popular full-body Swedish-style massage offers a gentle intensity and is designed to increase circulation, enhance lymphatic drainage and promote relaxation. Long, smooth strokes relax muscles and stimulate the lymphatic/ circulatory systems.

MOM-TO-BE MASSAGE

50 / 80 min

Reward yourself with a thoroughly relaxing and carefully applied massage. Stresses, strains, heavy legs and aching backs are soothed with this rose scented treatment. Includes relaxing and rejuvenating craniosacral and facial massage for full-body relaxation.

FIVE ELEMENTS WARM STONE MASSAGE

80 min

This ancient therapy incorporates traditional massage techniques with volcanic hot stones placed at energy points to release tension, eliminate toxins and improve circulation to balance the inner Qui.

COUPLE'S HARMONY

80 min

Enjoying life and relaxation together with this completely tailor-made experience, starts with a back scrub followed by a full body massage to sooth the senses and relax the muscles enjoying side by side this wellness experience. A private area will be waiting for you after your massage to toast for happiness and life.

DERMYOUNG ULTIMATE ANTI-AGING FACIAL

80 min

Created by skin biologists and dermatologists at Harvard Medical School, this luxurious yet results-driven facial delivers instant skin rejuvenation bringing fatigued, over-stressed skin back to life. Skin becomes re-energized with peptides, vitamins, antioxidants and minerals to firm, lift and revitalize the skin, while DermYoung's proprietary blend of natural extracts boosts skin's innate repair system and reduces the signs of aging. This facial helps to relieve many common skin problems, including dehydration, fine lines, wrinkles, sagging, hyperpigmentation, redness, sensitivity and inflammation.

DETOX FACIAL

50 min

This detoxifying treatment is designed to remove the dirt and impurities from the face, caused by external agents such as pollution, solar radiation, and blemishes. This treatment reduces the blackheads and impurities and eliminates the dead cells, calming the irritation and balancing the PH. Leaving a sensation of deep cleansing and hydration on the skin.

HYDRATING HONEY FACIAL

50 min

There is nothing more important than hydrating your skin. A combination of professional products and natural ingredients, this treatment will gently restore hydration to skin with the cell renewal power of honey. Recommended for sensitive, sun exposed skin.

LOLA'S LAVISH AROMATHERAPY COCOON

80 min

Lovingly Hand Blended with Pure Essential Oils, Lola's couture products are effective yet gentle, inspired by aromatherapy & artfully created using only the very finest essential oils & natural materials. Impassioned by nature, powered by the earth, ethically sourcing sustainable natural miracles to offer holistic deep healing & radiance. Be cocooned in our safe haven, surrounded by pure aromas wonders to focus the mind and ignite your calm.

ALOE & LAVANDER SOOTHING TREATMENT

50 min

Aloe and lavender combine their benefits to repair and hydrate sun exposed body and face, leaving skin luminous and renewed. Experience deep skin restoration as you relax in a healing glazed cocoon, while receiving a gentle scalp massage and organic aloe face application to hydrate and pamper your skin.

Wellness BAR

Curated enhancements to optimize your treatment. This may be applied to any 50-minute treatment.

REVIVING FOOT MASSAGE

30 min

After exfoliating your feet, enjoy a nourishing and relaxing massage with aloe cream that will leave you feeling lighter.

MUSCLE RELIEF BACK THERAPY

30 min

Bask in relaxation with a targeted deep tissue back, neck and shoulder massage. Recommended for stress and back pain.

GLOW-UP FACE TREATMENT

30 min

This curated treatment will delicately cleanse, exfoliate, and hydrate your skin, restoring its natural beauty and shielding it from the elements.