



CONRAD SPA

TREATMENT MENU
PUNTA DE MITA

Beginning and ending every treatment within our menu, we take you through a five-breaths meditative process. Using pressured touch and synchronized breathing, we encourage your total focus on the space you inhabit in our spa, ensuring total treatment optimization.

Breathing is closely connected to the parasympathetic system in the body, which does the opposite job of the sympathetic system, which prompts the fight-or-flight response. The parasympathetic system is sometimes called the "rest-and-digest" system because it calms and slows your body into relaxation.

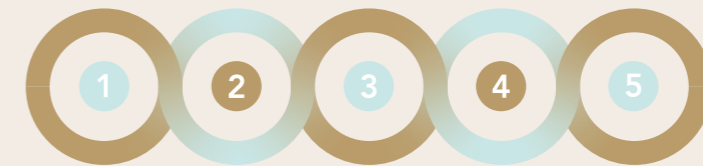
The number five is special; we have five fingers on each hand, five toes on each foot, five senses, and in turn five sensory organs. Across cultures, the number five also holds a special place, with many associating it with freedom and curiosity.

AND BREATHE...

Take five deep breaths

Take a moment to mindfully inhale and exhale five times to encourage a gentle reset.

Welcome to the moment.



Conrad Spa offers limitless possibilities and the ultimate experience for the modern spa connoisseur.

We invite you to reconnect with yourself and your well-being, immerse yourself in the discovery of our location, and feel refreshed and revived by the Conrad Spa experience.

WELCOME TO
CONRAD[®] SPA

THE DESTINATION

Immerse yourself in a world of ancient wisdom and sacred ceremonies that honor the deep connection between body, mind, and spirit. Our exclusive treatments pay tribute to the Wixárika (Huichol) culture, a vibrant indigenous people whose spiritual practices remain a source of power and transcendence.

Rooted in profound reverence for the majestic Pacific Ocean, the Wixárika believe in the healing power of sacred rituals and the energetic balance of the universe.

TATEWARI EXPERIENCE

Embark on a spiritual journey inspired by the ancient god Tatewari. This transformative treatment begins with a soothing sound therapy session using Tibetan singing bowls to harmonize your energy centers, inducing deep relaxation. Next, a warm stone massage will help to release tension while promoting circulation. A unique foot treatment with a nopal mask completes the experience, rejuvenating your feet. This holistic ritual honors ancient traditions and leaves you feeling balanced and deeply relaxed.

80 minutes

HARAMARA EXPERIENCE

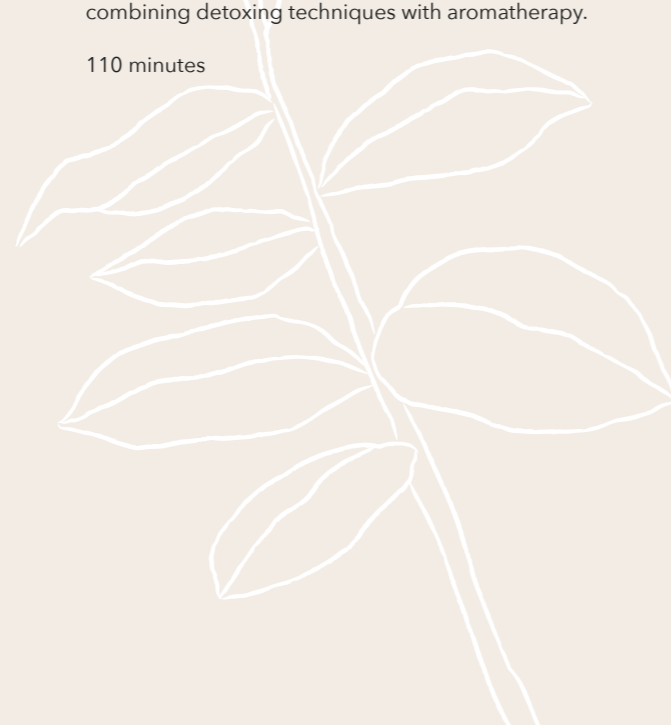
Inspired by the Wixárika people's deep connection to nature, this healing ritual offers a truly holistic experience. The journey begins with a cleansing ceremony using copal incense and sahumero herbs to purify your energy. Next, indulge in a four-hands massage, where two therapists work in harmony to release tension and promote deep relaxation. The treatment finishes with a healing foot and scalp massage, using warm herbal compresses to soothe and rejuvenate.

80 minutes

MARAKAME EXPERIENCE

The marakames are the spiritual leaders, healers, and ceremonial guides in Wixárika culture. 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 prepares the skin for nutrient-rich copal clay, with an increased detoxifying effect. The final ritual is a body massage combining detoxing techniques with aromatherapy.

110 minutes



SPIRITUAL CEREMONIES

Indulge in our transformative spiritual ceremonies, inspired by ancient rituals and modern wellness practices. These unique experiences combine ancient wisdom with contemporary techniques to nourish your mind, body, and soul - offering a profound journey of self-discovery and rejuvenation.

CACAO CEREMONY

Discover the ancient ritual of the cacao ceremony, a journey of connection and renewal. Using ceremonial-grade cacao, this immersive experience opens the heart, deepens self-awareness, and fosters emotional healing. Guided by a shaman, the experience begins by greeting the four cardinal points, accompanied by the resonating sound of the conch shell. This is followed by meditation and intention setting to promote inner peace and clarity, offering a unique blend of relaxation and spiritual awakening.

80 minutes

KUPURI CEREMONY OF INSTROSPECTION AND RECONNECTION

Immerse yourself in a spiritual ceremony inspired by ancient traditions. This transformative ritual incorporates a plant known for its powerful healing properties, used to purify both body and mind. Guided by ancestral wisdom, the ceremony begins with energy cleansing through sacred smoke, followed by meditation to restore balance and harmony. This ritual clears blockages, alleviates stress, and opens pathways to personal healing, allowing you to reconnect with your inner self and the natural world.

150 minutes

COUPLES CEREMONY

An intimate celebration of love, this ceremony is designed to foster emotional vulnerability, shared mindfulness, and a deeper connection. The experience begins with hydrotherapy followed by a cacao ceremony where you will share gratitude and intentions for your relationship. Finally, it concludes with a harmonious sound therapy session, surrounding you with vibrations that strengthen your bond and balance your energy. Ideal for anniversaries, milestone celebrations, or simply reconnecting with your partner on a spiritual level.

150 minutes

TEMAZCAL EXPERIENCE

Indigenous cultures have long used the Temazcal as a curative ceremony to purify the body and heal the spirit through heat, herbal steam, chanting and meditative moments. The domed stone structure represents Mother Earth, sustaining and giving life. Those who enter come into a sacred space of natural and spiritual elements that promote a journey of self-discovery. Available for couples and small groups.

120 minutes



MASSAGE

A great massage makes everything better. Our selection of massages have been designed to offer a balance of physical and emotional benefits that only a great massage can absolutely deliver.

CONRAD CUSTOM MASSAGE

Unwind with this fully bespoke signature massage experience developed by each of our spa team. The embodiment of the Conrad philosophy, the treatment is inspired by the freedom to fully tailor each massage alongside highly specific massage techniques to create a treatment as unique as you.

50 / 80 minutes

MOTHERHOOD CARESS MASSAGE

Created to help foster a profound connection with your baby, this gentle massage alleviates tension in the hips and legs, while enhancing skin elasticity with a collagen treatment for the abdomen. This experience also includes a refreshing facial treatment.

50 / 80 minutes

DEEP TISSUE MASSAGE

Unwind and rejuvenate with our deep tissue massage. This invigorating treatment combines deep tissue techniques with targeted shiatsu therapy to release tension, relieve muscle soreness, and promote relaxation.

50 / 80 minutes

AROMATHERAPY MASSAGE

Aromatherapy is the art of restoring the well-being of the body and mind through essential oils, which are used to balance each energy center. The essences are quickly absorbed through the skin or respiratory system, acting on various parts of the body as a gentle pressure treatment.

50 / 80 minutes

ANCESTRAL HOT STONE MASSAGE

This ancient therapy combines traditional therapeutic massage techniques with the application of warming obsidian stones to relieve tired and tense areas of the body, eliminate toxins, and improve overall circulation.

80 minutes



FACE

At this spa, we believe in skin health. We focus on techniques that deliver more than surface improvements, and a glow that is more than skin deep.

PRO-AGE EXPERT TREATMENT

Revitalize your skin and unlock a youthful, radiant complexion with this intensive anti-aging therapy. This ultra-regenerating treatment incorporates a draining massage technique using obsidian Gua-Shas, meticulously crafted to address wrinkles, fine lines, age spots, dullness, and loss of firmness.

Products By Codage

80 minutes

HYDRATING FACIAL

Hydration is key to radiant skin. This treatment blends professional products with organic ingredients to restore moisture and boost cell renewal. Ideal for sensitive or sun-exposed skin it soothes nourishes and leaves your complexion glowing.

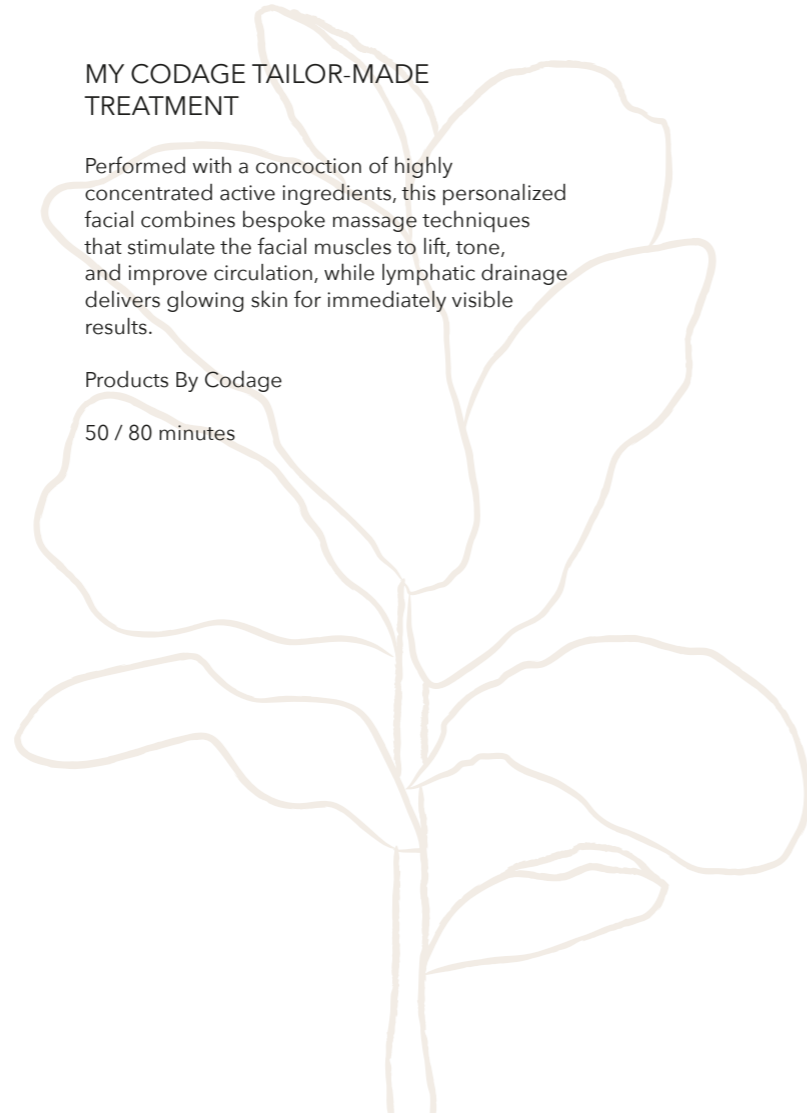
50 minutes

MY CODAGE TAILOR-MADE TREATMENT

Performed with a concoction of highly concentrated active ingredients, this personalized facial combines bespoke massage techniques that stimulate the facial muscles to lift, tone, and improve circulation, while lymphatic drainage delivers glowing skin for immediately visible results.

Products By Codage

50 / 80 minutes



BODY

Indulge in treatments that nourish your body and mind. Our focus on well-being ensures you leave the spa feeling refreshed and revitalized from head to toe.

HIKURI BODY EXFOLIATION

Embark on a sensory journey that celebrates the ancient wisdom of the Wixárika culture. This revitalizing body exfoliation combines sacred plants and traditional ingredients used by the Wixárika people for centuries. Experience the healing properties of finely ground cacao, copal resin, and rosemary - all carefully blended to nourish your skin.

50 minutes

KAKÁWA BODY RITUAL

The Wixárikas have a strong spiritual connection with the foods they consider essential for their life and rituals, such as cacao. Adopting a fusion of scents and flavors, begin your experience with a full body exfoliation, cocoon, and hydrating cream, followed by a stimulating facial for the ultimate energizing effect.

80 minutes

MEETING OF TWO SOULS

Reconnect and relax with our luxurious couples' ritual, designed to bring you and your partner into perfect harmony. Begin with a cleansing ceremony to set the tone, followed by an invigorating body scrub, a soothing hot stone massage, and a hydrating facial. Complete your experience unwinding together in a serene private gazebo.

190 minutes

DELUXE DAY SPA EXPERIENCE

Immerse yourself in a day of ultimate self-care and renewal. Begin with a calming cleansing ritual to prepare your mind and body. Next, enjoy a rejuvenating full-body exfoliation, followed by a nourishing mask and luxurious moisturizer to leave your skin glowing. Conclude your journey with a soothing pedicure, leaving you completely refreshed and pampered.

210 minutes



THE WELLBEING EDIT

Explore our handpicked selection of essential add-ons to your spa experience. The following enhancements are designed to complement other treatments already booked.

LUXURY MASK

Enhance your treatment with the luxurious experience of a Knesko mask, designed to provide deep hydration, cellular regeneration, and radiant skin.

CANDLE MASSAGE

Elevate your experience with our relaxing candle massage. The warm wax of the candle melts into a soothing elixir used to deeply nourish your skin.

PERSONALIZED 30-MINUTE SPA ENHANCEMENTS

Tailored to meet your needs, choose from the following rejuvenating options: Back Massage, Tired Leg Massage, Foot Massage, Scalp Massage and / or Refreshing Facial.

30 minutes

PREMIUM OIL

Take your treatment to new levels of indulgence and awaken the senses with our premium oils, each chosen for their deeply nourishing properties.

MANICURE AND PEDICURE

CONRAD MANICURE

Revive tired hands with our intensive manicure. This treatment includes exfoliation, a hydrating mask, and a nourishing massage, leaving your hands soft and smooth.

60 minutes

MARGARITA PEDICURE

Indulge in our calming cocoa pedicure. This treatment includes a rejuvenating foot massage, exfoliation, and nail care. Enjoy a margarita while you relax.

90 minutes

CONRAD PEDICURE

Pamper your feet with our soothing pedicure. This treatment includes exfoliation, nail care, a hydrating mask, and a moisturizing massage, leaving your feet refreshed.

60 minutes

FOUR HANDS MANICURE & PEDICURE

Treat yourself to a luxurious manicure and pedicure. Two therapists will work simultaneously to exfoliate, hydrate, and polish your nails, leaving them soft and refreshed.

60 minutes

WELLBEING IS THE FOCUS



SPA TERMS AND CONDITIONS

Spa Etiquette

Our spa offers a serene environment designed for relaxation and tranquility. Please respect the privacy and serenity of all guests. To maintain this peaceful atmosphere, mobile phones, and smoking are strictly prohibited.

Arrival

We recommend arriving at least 60 minutes before your appointment to enjoy our exclusive thermal spa facilities, including a sauna, cold plunge, and dynamic outdoor pool. Swimwear is required in these areas. Late arrivals may result in reduced treatment time to accommodate other guests.

Cancellation Policy

Cancellations or rescheduling requests must be made at least 12 hours in advance to avoid being charged the full-service fee.

Age Policy

Our spa is designed for adults, with a minimum age requirement of 16 for treatments and facility use. Guests under 16 may receive treatment when accompanied by a parent or guardian but are not permitted to use the spa facilities.

Health Considerations

Please inform us of any health conditions, including allergies, injuries, or pregnancy, before selecting a treatment to ensure the best possible experience.



CONRAD® SPA



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