

## EI TARGUA SPA



*Respect for the uniqueness of each individual is the foundation of our spa experience.*

*Our highly trained experienced therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalized, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of everyone.*

**SPA TREATMENTS ARE AVAILABLE FROM:  
11:00 AM TO 8:00 PM**

**Please book your session well in advance.**

**Please contact us to make your reservation or send us an email:  
[info@fincarosa blanca.com](mailto:info@fincarosa blanca.com)**

## **Preferred Massage and Body Work Services**

***We offer a variety of massage techniques to provide the right therapy for your needs and desires.***

### ***Traditional Swedish Massage***

30min \$75, 50Min \$100 or 80min \$150

*The Swedish massage is an ideal treatment to release muscle and tissue tension. Our therapists combine their unique skills to personalize each treatment.*

### ***Hot Stones Massage***

50Min \$100 or 80Min \$150

*Experience the healing powers of the stones, traditionally recognized as a powerful tool to combine with massage techniques to balance your body.*

### ***Deep Tissue Massage***

50Min \$100 or 80 in \$150

*Great slow and deep muscle manipulation combined with special holistic Kinesiology work. The session incorporates gentle stretches, consistent contractions, which will effectively detoxify your tissues.*

### ***Lymphatic Drainage Massage***

50Min \$100

*This gentle massage helps to drain toxins from your body and enhances the immune system. The massage incorporates very light pressure, as well as long, gentle, rhythmic strokes and soft pumping movements in the direction of the lymph nodes*

### ***Indian Head Massage & Foot Reflexology***

60Min \$100

*A simple yet very effective therapy that provides relief from aches, pains and tension and brings relaxation to the neck, shoulders, head and face. As it stimulates your nerve function, reflexology generates a deep tranquil relaxation that helps the body balance itself and allow healing energy to flow. This treatment can be effective to relief ailments such as (but not limited to) back pain, migraines, arthritis, insomnia and digestive problems.*

## **Body Treatments**

### ***Coffee & Chocolate Scrub***

60min \$100

*Body scrubs exfoliate your skin, removing dead skin cells and promoting growth of new ones. The process of scrubbing also stimulates circulation and movement of lymph, helping to fight cellulite and improving skin tone.*

*Made with premium organic coffee from our farm, this aromatic and delicious handmade body scrub contain antioxidants that detoxifies, exfoliates, rejuvenates and revitalizes creating a delicious experience, leaving your skin glowing with health and radiance. 100% Naturally*

### ***Aloe & Lavender Sugar scrub***

60min \$100

*Aloe Vera it is revered as a sort of miracle plant due to it is many health and beauty benefits. Aloe Vera is mega moisturizing because it contains about 95.5 percent water, but it is absorbed into the skin about four times faster than water does. It's also packed with lots of healing vitamins, minerals, amino acids, enzymes and natural antiseptics. Combined with brown sugar and lavender this gentle body exfoliation will illuminate your skin.*

**Volcanic Mud Wrap**

60min \$110

**Body wraps** draws toxins from the body and helps tone skin by removing excess fluid from the body. The treatment entails wrapping your torso, arms and legs using organic ingredients. This treatment promotes sweating and enables extra fluid trapped in the small spaces between tissues to be expelled. Body wraps activate the lymphatic system thereby promoting detoxification and boosts metabolism.

**Mud wraps** are known for increasing circulation and removing toxins from the skin, thereby tightening and firming skin texture. Muscle relaxation and pain relief are additional benefits that have been associated with the mud body wrap.

**Aloe Vera & Tea Tree Body Wrap**

60min \$100

Aloe Vera particularly beneficial for dry or mature skin or people suffering from eczema, psoriasis, sun or climate damaged skin. Tea tree, also known as melaleuca, is well-known for its powerful antiseptic properties and ability to treat wounds. This pure and natural essential oil and Aloe Vera are the perfect way to soothe the mind, ease tired muscles and let your skin feeling soft and replenished.

**Facials**

**Hydrating Facial**

60min \$100

Hydration is the foundation of healthy skin, regardless of skin type. To prevent premature aging and to keep your skin radiant and glowing, hydration is the key.

**Luxury Mini facial-**

60min \$75

For a really quick relax and rejuvenate. This facial includes cleansing, toning, exfoliation, mask and a moisture application leaving your skin feeling clean and fresh.

**Pura Vida Coffee Detox**

90min \$175

This treatment has been created to help detoxify your body and mind. First you will receive our relaxing Swedish massage and then you will be pampered and soothed in a whole-body mask of organic coffee, vanilla and chocolate scrub. Finish your marvelous experience with our luxury mini facial. To complete this delicious treatment, finish your spa session in our restaurant El Tigre Vestido delighting with our "Rosa Blanca Cappuccino Martini".

## **Upon Request**

**\*Private Yoga Sessions**

**\*Gift Certificates**

*The Spa team can assist you in choosing spa services and treatments, including the proper sequence. Please book your appointment as early as possible to ensure treatments and times are available.*

### **Payment Policy**

*Full payment is required 4 hrs. prior to reservation date by credit card (VISA, MC or, Amex)*

### **Cancellation Policy or No Show**

*We cannot make refunds or offer credit for missed reservations; including personal health problems or reasons making it impossible for the guest to arrive on time or at all. However, if the Inn has to cancel the spa session for any reason, a full refund will be provided by the bank on your credit card. We do not provide cash refunds.*

*Appointments can be rescheduled with a minimum of 4 hours' notice, based on staff availability.*

*\*Bear in mind that arriving late will simply reduce the time of your treatment.*

*\*Depending on the length of your treatment, a very late arrival may constitute a no-show, and the full price of the service will be charged to your account or credit card.*

*\*In case of not canceling or modifying the reservation according to the cancellation policy, you will be charged the full amount of the reserved treatments.*

*Please advise us of any health conditions, allergies, or injuries that could affect your service when making your spa reservation. Certain treatments are not recommended if you have recently eaten and no treatment will be given to any guest under the influence of alcohol or drugs. Shaving prior to exfoliation or spa service when sunburned should be avoided. At time of booking, please advise if you have high blood pressure, allergies or physical disabilities.*