



WELCOME TO A WORLD OF SENSATIONS

Designed to enhance every aspect of your experience, Spa Sensations is tailored around relaxing treatments, the reconnection with yourself and those around you. More than services, Spa Sensations is a sensory experience.

Local Inspiration

Integrating the local community knowledge into the Spa Sensations treatments, this brings you an array of locally-inspired treatments, often best-kept secrets drawing upon age old local traditions. Taking advantage of the healing benefits of indigenous plants and herbs, we have based our products around their healing properties, all aimed to **stimulate, restore, and nourish**.

We have united an avant-garde spirit with holistic wellness, rejuvenation, and beauty treatments that go beyond the ordinary. Rest your feet and let your worries melt as you surrender to the ministrations of expert spa therapists at any of our resorts.

Everything is Connected

From the food you eat to the products we utilize, wellness is integrated into your whole Spa Sensations experience. We aim to enhance every aspect of your experience so you feel immediate, real benefits however long your stay.





MOST WANTED

Luxurious experiences, loaded with all the power of aromatherapy, to transport the mind, providing integral well-being.

These are our exclusive treatments. Let the journey begin!

TAILORED BABOR RITUAL /

90 MIN

Select an aroma and personalize your spa experience. Choose from a relaxing lavender and mint scented experience, an energizing lemon and tangerine scent experience, or a balancing cashmere and wood scented experience. Includes a body scrub with mask and a full body massage.

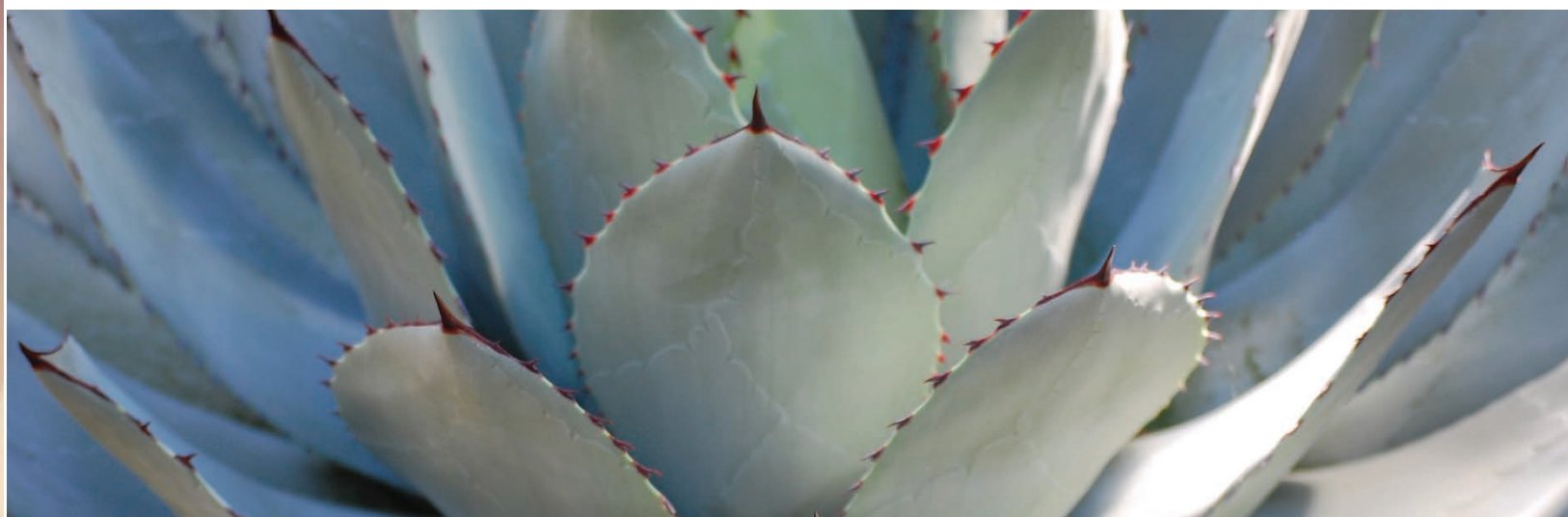
Relaxing. Treatment to pamper the body with extracts of champagne pear stem cells and Aachen thermal water. With a calming aromatic composition based on woody notes combined with a delicate touch of lavender. It nourishes, relaxes and calms the skin. Finish with a relaxing massage.

Energizing. Invigorating anti-aging treatment with champagne pear stem files, limes and a refreshing touch of citrus and green tea. It will leave your skin fresh and radiant. Finish with a therapeutic massage.

Balancing. Regulatory body treatment series with extracts of champagne pear stem cells and Aachen thermal water. The precious argan oil with an enveloping aromatic composition based on bergamot, cedar wood and vanilla, cares for the skin leaving it soft and velvety. It is a perfect balance in mind and body. Finish with an Ayurvedic massage.

Recharge. Intended for those who like to take care of the figure, with extracts based on artichoke and levano, it helps to firm the skin while providing nutrition and deep hydration to the skin. Finish with a lymphatic drainage massage or a firming massage.





LOCAL INSPIRATION

We honor and respect traditions and pride ourselves on the authenticity of our treatments and the power and history of our environment.

TRADITIONAL MAYAN ESCAPE MASSAGE / 50 MIN

Listening to the ocarina, a musical instrument used by the Mayans, transports us to the ancient Mayan ancestors. A delicate canvas fabric called a rebozo is used to stretch the limbs. The chakras are lined with hot volcanic stones that help promote circulation and deep relaxation. An authentic Mayan experience.

BLUE AGAVE BODY SCRUB / 30 MIN

Blue Agave Body Scrub is a refreshing blend of blue agave, cocoa, and kaffir lime. It will polish your skin and leave a scent that will make you stand out.

GUAC STAR BODY MASK / 45 MIN

Avocado oil provides key fatty acids for the skin and along with the roots of Comfrey and green tea extract are a powerful antioxidant and anti-inflammatory remedy for our skin. This mask calms and hydrates our skin. Highly recommended for dry, dehydrated, sunburned or sensitive skin.



BODY TREATMENTS

Preferred choice of Caribbean aromas. Let nature hug you.

TAMARINDO BODY SCRUB /

30 MIN

Our homemade tamarind and brown sugar scrub reveals fresh new skin, leaving the body hydrated and smooth.

COCONUT-MANGO SORBET BODY SCRUB /

30 MIN

Creamy coconut and juicy mango come together to remove dry skin. Soothe and smooth with a moisturizing combination of shea butter, mango extract and coconut oil, enriched with natural sugar. Summer never looked or smelled so good!

LEMONGRASS MIMOSA BODY SCRUB /

30 MIN

Moisturizes and brightens dull skin, walnut shells exfoliate while mimosa and bamboo extracts create long-lasting softness.

PITAYA-NOPAL BODY SCRUB AND MASK /

50 MIN

Dragon fruit, also known as Pitaya, is one of the best fruits on the planet. It is rich in minerals such as iron, calcium and is also full of vitamins C and B1, which make it an excellent topical treatment to hydrate and calm reddened or sunburned skin. Prickly pear is also a powerful antioxidant that helps reduce inflammation in the body.

SOOTHING ALOE BODY MASK /

45 MIN

Refreshing aloe gel mask for the body and face, soothes and rehydrates skin exposed to the sun. Finish with a nourishing rose hip and an aloe lotion to replenish and retain moisture.



FACIALS

Your skin, like the landscape itself, has been shaped by time and the environment. Our experts will make you feel rejuvenated and renewed.

EXPRESS FACIAL /

25 MIN

Essential facial hydration for all skin types, ideal to complement any treatment.

S.O.S. SENSITIVE SKIN /

50 MIN

Repair facial based on delicate dairy derivatives, ideal for soothing even the most sensitive skin due to sun exposure or normal skin conditions.

HRS® LIFTING /

80 MIN

Formulated with 5 high-performance active substances that widely combat the signs of aging: It effectively reduces all types of wrinkles and visibly counteracts the loss of collagen and elasticity, achieving a firming effect.

MANKIND OF FACIAL /

50 MIN

A barber experience based on BABOR's TAUREC active complex, specially developed for men's skin and made with Siberian ginseng, taurine and hops. Increases the performance and resistance of men's skin: accelerated skin regeneration against shaving micro-cuts, greater resistance of skin cells to stress and powerful skin hydration with a persistent effect.

A16 DETOXIFYING /

80 MIN

Treatment with high-tech products (REFINE CELLULAR Ultimate A16 Detox Treatment) to treat skin with symptoms of aging caused by external factors. It favors the regeneration of the skin and strengthens the defenses against oxidative damages, UV radiation and pollution, leaving the skin luminous, renewed and purified.



FACIALS

VITAMIN C /

50 MIN

Powerful treatment based on a high concentration of vitamin C. Ideal for any demanding skin with signs of age, wrinkles or loss of elasticity, tired or dull complexion. Reduces wrinkles and protects against oxidative damages, leaving a uniform complexion with luminosity, freshness, smoothness and firmness.

COLLAGEN BOTOX FACIAL /

50 MIN

Treatment of the latest non-invasive technology, based on high concentrations of cosmetic products such as marine collagen, hyaluronic acid and BTX. Leaves skin with padding and volume effect. Ideal for skins that need to enhance beauty and appearance immediately without a scalpel.

ALGAE PEEL OFF PURIFICANTE /

50 MIN

Facial treatment with all the power of seaweeds in a luxurious plastic mask perfect for covering eyes and lips. With a revitalizing, refreshing, firming and anti-inflammatory effect, ideal to eliminate fatigue in combination skin.

EYE TREATMENT /

25 MIN

It deflates the bags under the eyes and eliminates signs of tiredness. Ideal as a complement to any facial.



MASSAGES

The old and the modern come together in perfect harmony. The power of touch!

DEEP TISSUE /

50 / 80 MIN

A slow, intentional deep-tissue massage targets specific areas of tension. Our therapeutic oils help reduce muscle pain and joint stiffness.

HOT STONES THERAPY /

50 / 75 MIN

The healing hands of your therapist combined with hot stones, immersed in oil of lavender will guide you to a deep state of relaxation. Includes a reflexology massage on hands and feet.

CLASSIC SWEDISH MASSAGE /

50 / 80 MIN

Classic massage with long and firm movements which will gently guide you to relaxation, releasing stress and improving circulation.

AYURVEDIC MASSAGE /

50 MIN

The Sanskrit word “ayurveda” is made up of: ayu, which means “life”, and veda, which means “knowledge”. Ayurvedic massage is one of the best kept secrets of ancient India, it consists of warm oil infused with herbs through non-traditional rhythmic movements, to achieve harmony and balance.

REFLEXOLOGY /

40 MIN

Massage focused on specific points located on the bottom of the feet and hands. Stimulating good organ function, ideal for relaxing.



MASSAGES

ATHLETIC SPORTS MASSAGE /

50 / 80 MIN

Regenerative massage that helps relieve tension in the muscles, improve circulation and detoxify the body. It incorporates stretching to increase the strength of the movement. Recommended before or after a sports activity or training.

SENSATIONS SIGNATURE /

4 HANDS / 50 MIN

Performed by two therapists, this four-handed massage uses aromatherapy, Hawaiian Lomi Lomi, Shiatsu and reflexology techniques with hot compresses to target pressure points to leave you in a state of tranquil well-being.

AROMATIC MASSAGE /

50 / 80 MIN

Recommended after completing the hydrotherapy circuit for the body to experience all the benefits it offers. This exclusive treatment uses aromatic oils during the delicate and gentle massage, promoting a feeling of tranquility throughout the body.

COUPLE MASSAGE /

50 / 80 MIN

This massage consists of a restoration that uses pressure to relieve muscle pain, relax and enjoy a moment of tranquility next to your partner in the same cabin.

SEA BREEZES /

50 / 80 MIN

This beach front treatment consists of a full body massage accompanied by the natural sound of the waves, in an authentic atmosphere of relaxation. A concept known as 'connection with nature' where deep moments of relaxation, fresh air and naturally derived vitamin D are achieved.



KIDS SENSATIONS

Wellbeing starts young around here.

NEW AGE FACIAL / 25 MIN
Moisturizing facial for the little ones. We use natural and hypoallergenic products.

VANILLA AND STRAWBERRY BODY WRAP / 40 MIN
Mix of honey, oat extracts, seabed clays, vanilla and strawberry. A mask with emollient, moisturizing and relaxing properties thanks to its content of nutritional ingredients.

TEENS MASSAGE / 50 MIN
Relaxing massage with vegetable oil with vanilla and strawberry oily extract. Provides moisture and hydration to the skin.

*These treatments are recommended for adolescents of 10 years or over and they must be accompanied by their parents in the treatment cabin.



SPA ETIQUETTE

RESERVATIONS AND CANCELLATIONS

Spa Sensations requires 24 hours notice for cancellations. You can reschedule your reservation at the Spa, no less than 4 hours before the initially reserved time or an additional cancellation fee of 50% of the original cost of the treatment will apply. If you are late we will reduce the time reserved for treatment. Please make sure you arrive at least 15 minutes before the scheduled time or 1 hour before if you want to enjoy the hydrotherapy circuit (remember to bring your bathing suit). The spa concierge will help you choose the best treatments and the most recommended sequence.

ARRIVAL

Spa Sensations offers an atmosphere of relaxation and tranquility to its clients. It is important to respect the privacy and serenity of the environment, limiting the use of mobile phones and maintaining a calm tone of voice. Please inform the concierge of any health conditions, allergies, injuries, high blood pressure, or physical disabilities that you consider relevant, prior to treatment. Spa Sensations is pleased to offer services to pregnant women who have passed their first trimester or before the last trimester, only. All of our therapists are professionally trained. Spa Sensations offers the choice of a male or female therapist, depending on availability. Spa Sensations reserves the right to refuse spa treatments to guests who show signs of being under the influence of liquor.

DURING YOUR EXPERIENCE

Spa Sensations offers you a locker with a bathrobe and sandals to wear during your stay. We recommend that you book all treatments in advance to guarantee availability. Spa Sensations does not allow smoking or consuming alcohol or food brought from outside. Freshly shaved or sun-exposed skin, before exfoliation or waxing, may become irritated. Avoid shaving or intense sun exposure before your spa treatment.

DEPARTURE

We have gift vouchers available. Please contact a spa representative for more information. All prices are in Mexican pesos and are subject to change without prior notice. Please note that tips are not included. If you want to continue enjoying the Spa Sensations experience at home, all the products used in our treatments are available for sale in the reception area.

IBEROSTAR PLAYA PARAÍSO RESORT

Attention hours: 8 am - 8 pm.
Ext. 8700