

# ESENCIA

DAY SPA MENU



## **MENU OF SERVICES**

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### **UNICO 20°87° INCLUSIONS**

20% SERVICE FEE

### **UNICO 20°87°**

SIGNATURE TREATMENTS

### **RELAXATION RITUALS**

MASSAGE MENU

### **FACIAL CEREMONIES**

FACIALS MENU

### **BODY TREATMENTS**

WRAPS MENU

### **WELLNESS MENU**

### **ESENCIA SUITES**

FOR TWO

## UNICO 20°87° INCLUSIONS

At UNICO 20°87° we've redefined the all-inclusive experience by offering the unexpected. From select spa and beauty salon treatments to excursions and golf, your stay includes all the amenities of a luxury boutique hotel, combined the comfort and convenience of an all-inclusive.



*Indicates UNICO 20°87° Inclusion Services. Select treatments are available to all guests for a 20% service fee.*

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### **BODY EXFOLIATION 30 MIN**

This treatment leaves your skin smoother and softer by removing dead cells. We recommend this before sun exposure to maintain an even and perfect tan.



### **AGE DEFYING FACIAL 60 MIN**

This powerful facial helps to minimize expression lines and wrinkles, preventing signs of aging and improving the skin's luminosity with a potent infusion of vitamins A, C and E, plus antioxidants.



### **DEEP HYDRATION FACIAL 60 MIN**

Treat your skin to maximum comfort with this hydration treatment that's loaded with vegetables and ingredients from the sea, a combination that works to repair, protect, and prevent signs of premature aging.



### **THE ESENCIA SIGNATURE 50 MIN**

In this treatment, two therapists work together in synchronicity to target tension at either ends of the body, resulting in a sense of deep inner balance and overall well-being.



### **COUPLE RELAXING MASSAGE 50 MIN**

Sensorial experience that transports to a peaceful environment, shared with that special person.

✘ **RELAXING MASSAGE 50 MIN**

Restore your vital energy with this full body massage. Experience a sense of well being, improve circulation, relax muscles and stimulate your lymphatic system.

✘ **SUN RELIEF WRAP 60 MIN**

This essential after-sun ritual soothes and relieves discomfort caused by over-exposure, repairing skin to help prevent early peeling. Enjoy cooling relief with our exclusive sunburn body wrap.

✘ **THE SHAMAN WRAP 90 MIN**

A relaxing exfoliation treatment that employs fine cacao granules, hazelnut oil, and a cocoa wrap to stimulate rejuvenation and activate circulation. The combination of cacao and honey enhances elasticity and provides a sense of well-being. Your skin will have a more youthful and luminous look.

✘ **VOLCANIC STONES MASSAGE 90 MIN**

Combining the healing properties of heated, smooth stones with reconstructive massage to alleviate muscle pain, tension and accumulated fatigue. The healing properties of this treatment will balance your mind, body and soul.

✘ **AGAVE FOR ONE 130 MIN**

Inspired by Mexican tradition, this treatment focuses on the use of blue agave as a moisturizing agent, showering the skin with vital antioxidants and anti-aging goodness. A ritual that delivers extreme relaxation through massage, skin luminosity through exfoliation, and moisturization with a corporal wrap. All the while, enjoy a facial that lightens up and moisturizes your skin.

✘ **FROST YOURSELF 130 MIN**

*30 MIN BODY EXFOLIATION + 60 MIN MASSAGE + 40 MIN HYDROTHERAPY*

Give in to the exquisite fragrance of Damask rose in this revitalizing and nourishing skin treatment. A micro-granule exfoliating emulsion notably softens the texture of your skin, unveiling its extraordinary smoothness and radiance.

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## UNICO 20°87° SIGNATURE TREATMENTS



### **THE ESENCIA SIGNATURE 50 MIN**

In this treatment, two therapists work together in synchronicity to target tension at either ends of the body, resulting in a sense of deep inner balance and overall well-being.

### **REFLEXOLOGY MASSAGE 60 MIN**

Reflexology is an ancient technique that focuses on the feet and hands, which contain pressure points that interconnect our entire bodies. Stimulation of these points restores holistic energy flow and creates harmony within the physical self to treat extreme fatigue and stress levels.

### **CANDLE MASSAGE 90 MIN**

A neuro-sedative massage that targets tension and eases your thoughts; the calming effects of massage provide full-body relaxation, while the oils permeate and nourish the skin. The candles are infused with balms to improve skin elasticity and reduce stress.



### **VOLCANIC STONES MASSAGE 90 MIN**

Combining the healing properties of heated, smooth stones with reconstructive massage to alleviate muscle pain, tension and accumulated fatigue. The healing properties of this treatment will balance your mind, body and soul.

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## RELAXATION RITUALS

### **AROMATIC INFUSIÓN 60/90 MIN**

A gentle massage incorporating regional aromatic balms, made with citrus and herbal essences, to encourage relaxation and balance. Select the balm of your choice and experience the revitalization and relaxation that you need.

### **COUPLES MASSAGE 60/90 MIN**

An intimate spa experience designed to be shared with that special someone.

### **PRENATAL 60 MIN**

A gentle and relaxing massage for pregnant guests in their second and third trimesters; designed to specifically target pregnancy-related aches and pains. This treatment aims to relieve stress through the power of a warm touch.



### **RELAXING MASSAGE 50 MIN**

Restore your vital energy with this full body massage that aims to improve circulation. This treatment will relax your muscles and stimulate your lymphatic system.



### **COUPLE RELAXING MASSAGE 50 MIN**

Sensorial experience that transports to a peaceful environment, shared with that special person.

### **STRESS RELIEF 60 MIN**

A massage that focuses on accumulated back, neck and shoulder tension, in which the physiotherapist applies pressure based on your personal preferences and needs.

### **UNICO 20°87° MASSAGE 60/90 MIN**

Let tension and stress melt away with this restorative full body massage. This treatment improves circulation, relaxes the muscles, and stimulates the lymphatic system.

### **DEEP TISSUE 90 MIN**

A massage that targets deep-tissue muscles through a wide range of techniques. By using slow movements and targeted pressure, the physiotherapist relieves muscle tension, improves flexibility, and enhances range of movement.

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## FACIAL CEREMONIES



### **AGE DEFYING FACIAL 60 MIN**

This powerful facial helps to minimize expression lines and wrinkles, preventing signs of aging and improving the skin's luminosity with a potent infusion of vitamins A, C and E, plus antioxidants.



### **DEEP HYDRATION FACIAL 60 MIN**

Treat your skin to maximum comfort with this hydration treatment that's loaded with vegetables and ingredients from the sea, a combination that works to repair, protect, and prevent signs of premature aging.

### **DETOXIFYING FACIAL 60 MIN**

Combining deep cleansing, detoxification and intense hydration, this incredible treatment will leave your skin looking softer, smoother and younger. Incorporating kombucha, green clay, seaweed extract, green tea, vitamin C and E, it effectively removes dead skin cells and leaves your skin glowing.

### **FACIAL FOR MEN 60 MIN**

A refreshing treatment designed especially for men, in which natural activators restore balance and hydration to your skin, resulting in less visible signs of aging.

### **SENSITIVE SKIN FACIAL 60 MIN**

Bring your skin back to life with our exclusive combination of botanics, a recipe that's been specially engineered to calm irritable cutis. This facial treatment is ideal for sensitive skin that's prone to itchiness and redness.

### **FACIAL INHIBIT 90 MIN**

An alternative to cosmetic micro-injections, this treatment volumizes the skin and fills in the wrinkles. Anma, an ancient Japanese facial massage, completes this treatment, alleviating muscular tensions and minimizing the appearance of expression lines.

### **PURIFYING FACIAL 90 MIN**

A true antidote against the damaging effects of modern life, this comprehensive facial begins by cleansing the skin. It then incorporates steam, an innovative enzyme detox, and a thorough extraction process to reveal your skin's inner beauty, leaving it renewed and amazingly soft.

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## BODY TREATMENTS



### **BODY EXFOLIATION 30 MIN**

This treatment leaves the skin smoother and softer by removing dead cells. We recommend this before sun exposure to maintain an even and perfect tan.



### **SUN RELIEF WRAP 60 MIN**

This essential after-sun ritual soothes and relieves discomfort caused by over-exposure, repairing skin to help prevent early peeling. Enjoy cooling relief with our exclusive sunburn body wrap.

### **MARINE SALT 60 MIN**

Sensational exfoliation that nourishes and softens, this treatment will leave your skin smooth to the touch and absolutely luminous.

### **REMODELING TREATMENT 90 MIN**

Beauty and health therapy that boosts the body's detoxification process. This treatment minimizes water retention and sublimates the body shape, fighting off stagnant fat and reduces cellulite in the skin — a complete and dynamic treatment that seeks the perfect balance between health and beauty.



### **THE SHAMAN WRAP 90 MIN**

A relaxing exfoliation treatment that employs fine cacao granules, hazelnut oil, and a cocoa wrap to stimulate the skin's rejuvenation and activate circulation. The combination of cacao and honey enhances elasticity and provides a sense of well-being. Your skin will have a more youthful and luminous look.

### **SILK IT 100 MIN**

A silk corporeal wrap that is accompanied by an exfoliation ritual and luxurious massage.

### **REJUVENATING TREATMENT 110 MIN**

A marvelous combination of a relaxing massage & a full-body wrap made of green clay to regenerate, oxygenate and deeply balance your skin. Ideal for mature skin because of its softening effect; reaffirms and reduces signs of aging.



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## WELLNESS MENU

### **100% NATURAL** 130 MIN

Enjoy a top-of-the-line in facial and body rejuvenation as you get pampered with natural products. This experience starts with a corporeal detox treatment, followed by a restorative facial and body massage that will free you of stress and tension.



### **AGAVE FOR ONE** 130 MIN

Inspired by Mexican tradition, this treatment focuses on the use of blue agave as a moisturizing agent, showering the skin with vital antioxidants and anti-aging goodness. A ritual that delivers extreme relaxation through massage, skin luminosity through exfoliation, and moisturization with a corporal wrap. All the while, enjoy a facial that lightens up and moisturizes your skin.

### **THE DRY ROSE** 130 MIN

This holistic ritual begins by enveloping you in an exquisite Rose of Damascus fragrance that leaves the skin resplendent. Next, enjoy a facial treatment intended to preserve youth and delay signs of aging. Prevents wrinkles and expression lines, provides a more youthful complexion, and increases firmness and elasticity.

### **OXYGEN RITUAL** 130 MIN

Oxygenate your skin with an intensely moisturizing and detoxifying ritual for face and body. This treatment restores inner balance, awakens your senses, and revitalizes your energy with pure oxygen, to decongest, brighten and lighten a dull complexion.

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## ESENCIA SUITES FOR TWO

A space designed to receive a beautiful experience of relaxation, luxury amenities and treatments create the ideal environment to share a special moment as a couple.

### **FIRE & STONE MASSAGE 130 MIN**

*90 MIN MASSAGE + 40 MIN HYDROTHERAPY*

A combination of both the *Volcanic Stone Massage* and *Candle Massage*, this treatment will leave you and your companion with an unforgettable spa experience.



### **FROST YOURSELF 130 MIN**

*30 MIN BODY EXFOLIATION + 60 MIN MASSAGE + 40 MIN HYDROTHERAPY*

Give in to the exquisite fragrance of Damask rose in this revitalizing and nourishing skin treatment. A micro-granule exfoliating emulsion notably softens the texture of your skin, unveiling its extraordinary smoothness and radiance.

### **100% NATURAL FOR TWO 150 MIN**

*60 MIN MASSAGE + 50 MIN FACIAL + 40 MIN HYDROTHERAPY*

Enjoy the detoxifying effects of this custom organic massage and transform your skin with 100% natural ingredients. This treatment employs a synergistic blend of enzymatic and physical exfoliants to gently remove dead skin. We'll employ extracts of water lily, aloe vera and green tea to improve hydration and soothe redness associated with sensitive skin. Skin is left calm, nourishing and radiant.

### **THE SHAMAN 160 MIN**

*60 MIN CHOCOLATE WRAP + 60 MIN MASSAGE + 40 MIN HYDROTHERAPY*

Sensory and anti-stress massage in a romantic atmosphere; features an exfoliation treatment using walnut shells. This experience invites warmth and awakens the senses.

### **AGAVE FOR TWO 170 MIN**

*130 MIN RITUAL + 40 MIN OF HYDROTHERAPY*

Agave for Two is a massage that activates pressure points and releases energy, employing a body wrap and facial treatment in which the main ingredient is Blue Agave. This ingredient is known to repair, restore, and reduce the appearance of expression lines.