

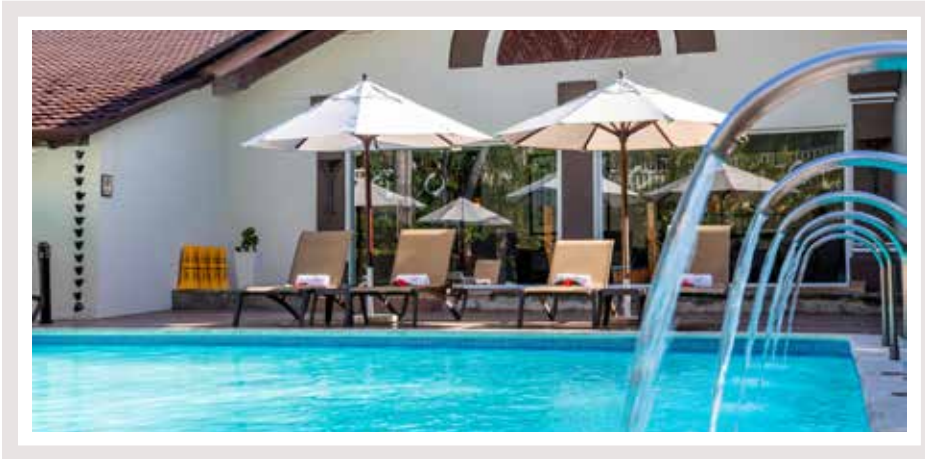


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RELAX YOURSELF.



lifestylespa.app



CONTENTS

Therapeutic Massages	04	Makeup Services	20
Yin Yang Rituals	07	Hand and Feet Treatments	20
Facial Treatments	08	Waxing Services	21
Aesthetic Noninvasive Treatments	11	Special Packages	22
Body Treatments	16	Yin Yang Spa Facilities	23
Hair Care Services	19		

THERAPEUTIC MASSAGES

RELAXING MASSAGE

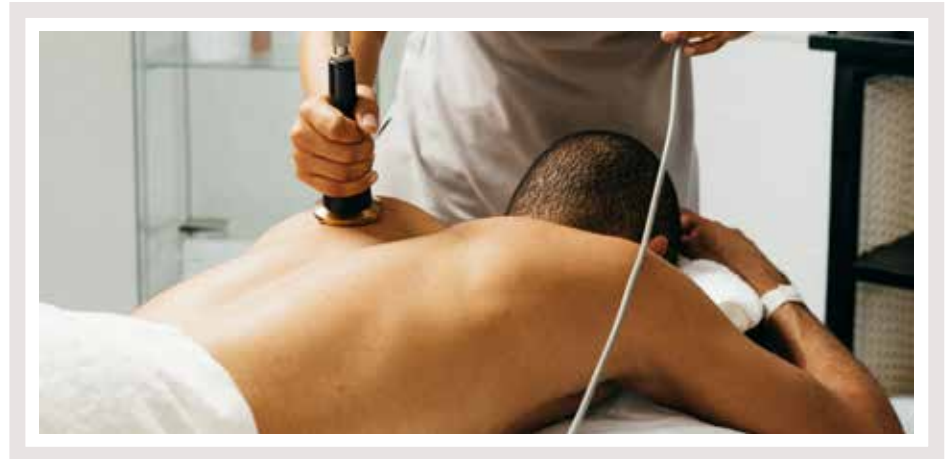
25-55 min. \$US 60/100 | **For Owners \$US 42/70**

Relaxation brings a state of consciousness that allows the perception of the highest levels of calm, peace, happiness and joy that a human being can attain. Through gentle relaxation massage on specific points, the stabilization of cardiac and respiratory functions is obtained, deeper relaxation, greater resistance to disease increased energy and vitality, improved blood circulation and predominantly positive thoughts, among other things.

DEEP TISSUE MASSAGE

25-55 min \$US 70/120 | **For Owners \$US 49/84**

This massage works deep into the muscles, tendons and ligaments, improving chronic pain, muscular tension and contractures. Ideal for those with an active lifestyle.



DECONTRACTING MASSAGE

25- 55 min. \$US 70/120 | **For Owners \$US 49/84**

Focused on specific areas of painful spasms or muscle contractures, with the aim of relaxing, eliminating contractures, removing muscular knots, reducing arterial pressure and oxygenating muscles. This massage is particularly designed for the back, which, is often sore as a result of bad posture or emotional or psychological stress.

DETOX MASSAGE

25- 55 min. \$US 70/120 | **For Owners \$US 49/84**

Let our glass cups purify your organism using the alternating compression and depression technique, stimulating cellular detoxification and oxygenation. The acceleration of organic liquids will stimulate your metabolism by increasing elimination of toxins and activates purification processes.

PREMIUM DETOX MASSAGE

80 min. \$US 160 | **For Owners \$US 112**

Bioenergetic treatment focused on three objectives: detoxify, stimulate and regenerate. The bioenergetic localized drainage is done through glass bells, with a work of release on the combined energy meridians bio aromas (blends of essential oils), redirecting the body to its energy balance with consequent tissue toning. It is a treatment that promotes the renewal, activation, stimulation and regeneration of body cells.

CRANIOCERVICAL MASSAGE

30 min. \$US 60 | **For Owners \$US 42**

Manual treatment aimed at freeing tension accumulated throughout the head, neck and upper back, as well as the energy blockages promoting relaxation and producing simultaneous reactions in the rest of the body, which allows us to balance our nervous system.

LYMPHATIC DRAINAGE MASSAGE

25- 55 min. \$US 70/120 | **For Owners \$US 49/84**

This massage works on the lymphatic system, with very positive effects on the body as it activates circulation and helps to eliminate toxins and reduce fluid retention. The optimal functioning of the lymphatic system is crucial for an efficient immune system.



CIRCULATORY MASSAGE

25min-55 min. \$US 60/100 | **For Owners \$US 42/70**

Massage performed on the legs, with movements towards the heart, which provides fluidity to the blood circuit and alleviates tired leg syndrome.

REFLEXOLOGY

25 min. \$US 60 | **For Owners \$US 42**

Based on an ancient technique, reflexology treats parts of the body through specific points on the feet. It relieves chronic pain and considerably improves the body's general state of wellbeing.



AROMATHERAPY

25-55 min. \$US 70/115 | **For Owners \$US 49/81**

Allow your senses to be awakened with aromatic essential oils during this massage. Leave stress behind and ensure your physical well-being.

COMBINATION MASSAGE

55-70 min. \$US 120/145 | **For Owners \$US 84/102**

Utilizing the best combination of personalized massage techniques, we will customize your massage to achieve the best service for you.



YIN YANG RITUALS

HOT VOLCANIC STONE MASSAGE

55– 75 min. \$US 120/150 | **For Owners \$US 84/105**

Hot stone massage is a type of relaxing massage therapy that uses smooth, heated stones to apply on specific points on the body while massaging. With the heat and weight of the stones, it enhances the better experience of relaxation to the muscles, allowing the therapists to apply deeper pressure to those areas without causing discomfort. The treatment helps to reduce stress, promote calmness, and increase relaxation.

BALANCING TREATMENT

110 min. \$US 260

Enjoy a totally relaxing holistic therapy that will help you regain the perfect balance between body and mind. A combination of techniques drenched with the most enriching smells. The treatment begins with aromatherapy massage and ends with a facial treatment featuring a high mineral content.

AMAZON DREAMS

110 min. \$US 220

Holistic treatment that reaches a perfect harmony between body and mind. This consists of a bath in essential oils and a volcanic earth or seaweed body masque. The final touch is a relaxing massage.



FACIAL TREATMENTS



EXPRESS FACIAL

50 min. \$US 100 | **For Owners \$US 80**

This facial is customizable, featuring the very best ingredients to leave your skin with a healthy glow. This facial will leave you and your skin feeling refreshed and relaxed. For skin that needs a little pick-me-up, this express facial will relax, soothe and regenerate the skin.

AFTER SUN FACIAL S.O.S

60 min \$US 130 | **For Owners \$US 104**

A facial specially designed to calm sun-exposed skin. This treatment concentrates on refreshing the skin, hydrating and revitalizing to cure and protect the delicate facial area.

FACIAL CLEANSING

60 min. \$US 130 | **For Owners \$US 104**

The objective of this treatment is to profoundly cleanse the dead cells, pimples and all sorts of impurities from the face. This consists of a cleansing and exfoliation procedure, followed by a massage and a facial masque. The entire process will allow your skin to breathe, keeping it healthy and radiant.

SKIN SOLUTION

60 min. \$US 150 | **For Owners \$US 120**

A solution for every individual skin condition. This gentle skin treatment will cleanse, hydrate, and maintain youthful skin. Solution for: dehydration, acne, aging, dry skin, texture, sunburn, damaged skin barrier.

SKIN PERFORMANCE

60 min. \$US 150 | **For Owners \$US 120**

This innovative and power-packed treatment will protect your cell's DNA with Alpine stem cells and OsmoTec, a molecular catalyst that delivers active ingredients to the skin for ultimate age prevention results.

SKIN PERFORMANCE EXTRA

90 min. \$US 180 | **For Owners \$US 144**

Synergistically formulated with advanced age prevention ingredients, enhanced pure fluids designed for your skin needs and applied with massage techniques that will stimulate skin regeneration and prevent the signs of aging.

ADDITIONAL BENEFITS

- Evens Skin Tone
- Reduces Fine Lines and Wrinkles
- Smoothes skin texture
- Deep cleans and exfoliates the skin without trauma or inflammation
- Improves Skin radiance
- Gentle on sensitive skins
- Increases hydration
- Transports essential nutrients to skin cells
- Nourishes the skin at a cellular level
- Accelerates cell activity for increased collagen production



AGELESS FACIAL

70 min. \$US 180

For Owners \$US 144

Infuse peptides and vitamin-rich anti-oxidants to hydrate dry skin, while diminishing the signs of aging, fine lines and wrinkles. Our special mask with enzymes and peptides penetrate the deepest layers of the skin, stimulating collagen production, reducing fine lines, improving elasticity and leaving the skin visibly firmer. Rejuvenate your skin to a younger, more radiant and youthful glow. Completed with our skin cancer foundation approved dry mineral sunscreen for your perfect match and natural flawless finish.

Enjoy a hot stone neck and shoulder massage and a deeply hydrating hand treatment high in anti-oxidants, vitamins a, b, c, e, omega 3, 6, 7 and 9.

HYDRADERM

80 min. \$US 200 | **For Owners \$US 160**

Our most advanced technology with diamond tone microdermabrasion rejuvenates the skin. A result-driven treatment that resurfaces the skin to create a smooth, fresh, more youthful glow! Deeply penetrating serums help correct and improve the appearance of fine lines and wrinkles, decrease appearance of scarring, minimizes pores, helps even complexion and reduce hyperpigmentation (also known as age spots). Enjoy a vitamin rich facial massage and shoulder massage for the ultimate relaxation. Our ultimate treatment adds the Décolletage and hot stone neck and shoulder massage. Completed with our skin cancer foundation approved dry mineral sunscreen for your perfect match and natural flawless finish.

Enjoy a hot stone neck and shoulder massage and a a deeply hydrating hand treatment high in anti-oxidants, vitamins a, b, c, e, omega 3, 6, 7 and 9.

GENTLEMAN'S RESTORATION FACIAL

60 min. \$US 150 | **For Owners \$US 120**

Every day your skin is fighting a losing battle against stress, sun damage, razor burn and environmental pollution. Despite your efforts to stay fit and eat healthy, the aging process on your face is accelerating. To combat this unnecessary damage and conduct a thorough analysis of your skin before beginning their restorative work. Your customized facial includes a deep cleansing, gentle pore extractions where needed, custom mask and a relaxing face, neck and scalp massage to nourish the skin, stimulate circulation and ease any remaining tension.

Best for men who want visible results, healthier skin, and who want to feel their very best.



AESTHETIC NONINVASIVE TREATMENTS

CAVITATION

50 min. \$US 150 | **For Owners \$US 120**

Yin Yang SPA Offers the Ultimate in Aesthetics:
Liposuction Without Surgery

Yin Yang SPA includes Cavitation on its treatment menu, offering the latest technology in noninvasive aesthetic medicine and the best alternative for those who want to eliminate localized fat without surgery. This is a fast, safe and effective method for fat removal that does not require surgery or anesthesia and uses no injections or needles.

Cavitation is a new technology that applies ultrasonic waves with up to 50W of power on areas from the waist down where patients want to remove fat such as the abdomen, legs, thighs and love handles.

Cavitation treatment requires only one session and recovery is almost immediate. When the destroyed fat is completely gone from the body, a loss of approximately 2.5 cm will be evident, though this will of course vary with each person.





DIAMOND MICRODERMABRASION

20 min \$US 70 | **For Owners \$US 56**

Crystal Microdermabrasion Diamond Facial is a treatment of last generation, following the protocol set by the noninvasive method, looking to attain a radiant effect immediately on your skin by combining customized aesthetic treatments together with cosmetic treatment, rejuvenating, rehydrating and firming your skin naturally, without any invasive procedure, side effects or pain.

ULTRASOUND

20 min \$US 70 | **For Owners \$US 56**

Ultrasound machine has a wide range of therapeutic applications including reduction of acute and chronic pain as well as an anti-inflammatory effect, may even be used immediately post-injury and post-op. Ultrasound appears to have considerable promise for skin tightening, body contouring and cellulite removal.

VACUUM-THERAPY

20 min \$US 70 | **For Owners \$US 56**

This therapy is painless, safe and highly effective. Vacuum-therapy stimulates the blood and improves lymphatic drainage, stimulates the fibroblasts, and increases collagen elastin, therefore improving the texture and tone of the treated zone.

RADIOFREQUENCY

20 min. \$US 70 | **For Owners \$US 56**

Radiofrequency (RF) energy treatment is a new and promising technology for non-surgical rejuvenation facial treatment, body contouring, fat and cellulite reduction.

- Enhances luminosity of the skin
- Face and neck lifting and remodeling
- A noticeable improvement in skin tone
- Reduces wrinkles and lift sagging skin
- Tightens flacid skin
- Increases collagen level
- Reduces the appearance of double chins
- Improves dark circles

Physiotherapy Radiofrequency is a procedure used to reduce pain. An electrical current produced by a radio wave is used to heat up a small area of nerve tissue, thereby decreasing pain signals from that specific area.

INFRARED LIGHT THERAPY

20 min \$US 70 | **For Owners \$US 56**

Far Infrared therapy increases blood circulation and oxygen supply to damaged tissues (aiding reduction of chronic joint and muscle pain or pain resulting from sport injuries), promotes relaxation and comfort, induces sleep and relieves stress.

German medical researchers concluded one session of far infrared therapy for over 1 hour can have significant reduction of blood pressure thanks to a persistent peripheral vessels vessel dilation.

Far Infrared is thought to be 7 times more effective at detoxifying heavy metals such as mercury, aluminum, and even cholesterol's, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins, as opposed in comparison to conventional heat or steam saunas.

The human body is a reservoir of all kinds of biotoxins which cannot be expelled immediately and become stored in the body, thereby triggering illness.

“One of the reasons FIR has beneficial results in a variety of illnesses, is the ability of FIR waves to remove toxins, which are often at the core of many health problems.”

ELECTROTHERAPY TREATMENT

20 min. \$US 70 | **For Owners \$US 56**

Electrotherapy treatment uses different frequencies, levels of intensity and polarity for a general analgesic effect, myo-relaxation (dissipation of muscle tension), swelling reduction, improvement in blood circulation and tissue nutrition.

Excellent for cellulite treatment and fat bulge removal in problem areas (thighs, hips, buttock), skin stretch marks and smoothing, slimming and improvement of tissue elasticity.

PRESSOTHERAPY

30 min \$US 90 | **For Owners \$US 72**

The best mechanical Lymphatic Drainage. Eliminates excess liquids and fats from your body while you relax. Combine any of our body treatments with this and see excellent results.

LIPOLASER

30 min. \$US 70 | **For Owners \$US 56**

It is the latest technological breakthrough in fat reduction. It is a technique that destroys fat deposits in specific areas of the body. It is a minimally invasive treatment which facilitates body modeling and its results give rise to a harmonious body shape in a short time.



HYPERBARIC OXIGEN THERAPY

60 min. \$US 150 | **For Owners \$US 120**

Hyperbaric oxygen treatment (HBO) involves providing the body with extra oxygen. 'Hyper' means increased and 'baric' relates to pressure. Oxygen is one of the gases in the air, and it's essential for life. Normally, oxygen makes up just over one fifth (21%) of air.

In HBO treatment, people breathe in pure (100%) oxygen. This is done by sitting in a chamber known as a hyperbaric oxygen chamber and using a mask or hood.

- Assists healing by raising tissue oxygen levels to normal in areas where they are reduced through illness or injury
- Encourages new blood vessels to grow and carry additional blood
- Increases the ability of the body's defence mechanisms to fight infection and kill bacteria
- Helps reduce any swelling that may occur around the area.
- Decompression illness ('the bends')
- Severe carbon monoxide poisoning
- Smoke inhalation
- Chronic wounds and some infections
- Wound healing after reconstructive surgery
- Radiation necrosis (body tissue dying off after radiotherapy treatment)
- Acute blood loss where a blood transfusion is not possible (for example, for Jehovah's Witnesses)

- Sports injuries
- Diabetic foot ulcers
- Research has shown that HBO may be helpful when used alongside cancer treatments.

HBO treatment may:

- Reduce cancer growth.
- Improve the delivery of chemotherapy drugs to a tumour.
- Result in an increase in the body's own stem cells. These are blood cells at the earliest stage of development in the bone marrow. Because HBO treatment can increase stem cells it may have a role in stem cell transplantation – a treatment sometimes used in haematological (blood) cancers.

BODY TREATMENTS

BODY ANTI-STRESS EXFOLIATION

30 min. \$US 60 | **For Owners \$US 48**

Body exfoliation session, opening every pore, eliminating and removing impurities from the skin with all the benefits of aloe vera. This skin exfoliation will make you look more radiant, smooth and attractive.

BODY REVITALIZING EXFOLIATION

30 min \$US 70 | **For Owners \$US 56**

The result of this body scrub is a smooth and even skin. The exfoliating cream with revitalizing oils brings a calming effect on the anti-aging and skin strengthening natural defenses of the skin. It is the innovative solution to keep the skin young and beautiful.



HYDRO ENERGETIC DETOX CURE

50 min \$US 160 | **For Owners \$US 128**

Powerful detoxifying, healing and hydro energetic treatment consisting of two steps:

1. **Hydro Peeling:** restores energy, vitality and tones up the body
2. **Fit Mud Therapy:** pleasant seaweed or black mud wrap with draining, detoxifying and revitalizing effect.

COCONUT FANTASY

60 min \$US 130 | **For Owners \$US 104**

Start your day at the beach or pool, with this fabulous treatment to detoxify your skin with a sauna session, followed by a coconut pulp body scrub to remove dead skin cells, giving it a deep hydrating treatment and leaving it ready for the sun. The treatment is finished with a relaxing coconut cream massage that will leave your skin ready for a perfect bronze tan.

BAMBOO SCRUB

50 min. \$US 110 | **For Owners \$US 88**

Exfoliator rich in anti oxidants based on jeju jolitdaecha. Extract and particles of Bamboo, Argan, Olive and Orange that allows a pleasant and lasting massage. Hydrated and protect skin.

ESSENCE OF THE MEDITERRANEAN SCRUB

50 min. \$US 110 | **For Owners \$US 88**

Body exfoliator made up of exotic seeds with captivating fragrances that eliminate the impurities if the skin, while offering hydration and nourishment.

VIT C + SCRUB

50 min. \$US 110 | **For Owners \$US 88**

Provides the skin with an ultra-smooth texture thanks to the successive action of exclusive micro-particles of orange peel. The skin appears satin, silky and luminous.

CHOCOLATE DELIGHT

60 min. \$US 190 | **For Owners \$US 152**

Not only is chocolate good to eat, it is actually good for your skin too!!! Chocolate has a skin firming effect leaving it soft and hydrated. This treatment includes a full body scrub to remove dead skin cells. After the scrub, your body is wrapped with a chocolate mask for 20 minutes, ending with a relaxing or deep tissue massage for 25 minutes, according to your needs.

AFTER SUN S.O.S

60 min \$US 130 | **For Owners \$US 104**

Calm and cure your skin after excessive sun exposure. The effects of this body treatment refreshes, calms, reduces the redness and stimulates regeneration of your skin. This treatment will also recuperate the skin's balance and will hydrate to prolong the golden bronze color of your tan.

PARADISE BLACK MUD

60 min \$US 155 | **For Owners \$US 124**

A favorite of many spa goers! Mud is known for its high content of mineral and beneficial properties for our skin. Mud is applied over the entire body to remove dead skin cell, detoxify, revitalize, and act a cellulite treatment. This service also includes a 20-minute relaxing massage.

REJUVENATING SEA TWIST

60 min \$US 155 | **For Owners \$US 124**

This powerful detoxifying seaweed body mask eliminates impurities and toxins while nourishing and hydrating the skin, stimulating the metabolism and removing excess water retention. While wrapped, enjoy a relaxing massage. As a final touch we apply a vitamin-rich cream.

PRIVILEGE GOLD BODY WRAP-GERMAINE DE CAPUCCINI

70 min. \$US 190 | **For Owners \$US 152**

The truly luxurious Germaine de Capuccini nourishing golden algae wrap with pampering massage steps is stimulating and unique spa experience. The gold is healing elixir since centuries what helps to detoxify, and moisturize. The result is your skin become fresher, softer and more sparkling than ever.



HAIR CARE SERVICES

LADIES HAIRCUTUS\$ 35/50

GENTLEMAN'S HAIRCUT US\$ 20/30

RAZOR TRIMUS\$ 15

CHILDREN'S HAIRCUTUS\$ 20

LADIES WASH SET US\$ 30/40/60

ONLY BLOW OUT US\$ 30/40/60

HAIR REPAIR TREATMENTUS\$ 60/80

SPECIAL UP-DOUS\$ 80

CURL IRON US\$ 10/20/30

BRIDE'S HAIRSTYLING US\$ 100

CHEMICAL STRAIGHTENING US\$ 70

COLORING US\$ 60/80/120

HIGHLIGHTSUS\$ 95/120/150

HAIR EXTENSIONS (hair not included) US\$ 130

FLAT IRON US\$ 10/20/30

CARIBBEAN BRAIDS (up to ten) US\$ 2

HALF HEAD US\$ 35

FULL HEADUS\$ 60

MAKEUP SERVICES

BASIC MAKEUP

US\$ 100 | **For Owners \$US 80**

SPECIAL FOR BRIDES

US\$ 150 | **For Owners \$US 120**



HAND AND FEET TREATMENTS

HAND RENEW

\$US 70 | **For Owners \$US 56**

Rich natural ingredients infused with the energy of the Mediterranean sun are key components to this truly effective treatment. More than a manicure, this is a skin care therapy for the hands. Your hands will feel invigorated, renewed and deeply conditioned.

SPA MANICURE

\$US 50 | **For Owners \$US 40**

MINI MANICURE

\$US 30 | **For Owners \$US 24**

FEET RESTORE

\$US 90 | **For Owners \$US 72**

Keep in mind, your feet mirror your general health... so let's cherish them!

Massage is key to providing pain relief from musculoskeletal injury, as well as alleviate anxiety. The arch of the foot contains several muscles that are intrinsic to the foot, and work to stabilise the toes. The altered alignment and biomechanics, may result in muscular imbalances within the foot, and muscular strains. Additionally, massage may also improve blood flow and alleviate lymphatic edema. The presence of improperly cut toe nails, or ingrown nails, may cause pain. Calluses themselves may be painful due to their location. Having a pedicure may directly alleviate these painful areas. A clean and peel cream will rid the skin of dry and dead skin deposits and a foot-soothing balm will moisturize the skin.

PEDICURES

SPA PEDICURE

US\$ 70 | **For Owners \$US 56**

SPORT PEDICURE

US\$ 40 | **For Owners \$US 32**

ADDITIONAL NAIL CARE

POLISH CHANGE US\$ 10

FRENCH POLISH CHANGE US\$ 10

PARAFFIN TREATMENT FOR HANDS US\$ 20

PARAFFIN TREATMENT FOR FEET US\$ 20

WAXING SERVICES

LIP US\$ 15

EYEBROWS US\$ 15

CHIN US\$ 15

UNDERARM US\$ 20

HALF ARM US\$ 25

FULL ARM US\$ 40

BACK AND SHOULDERS US\$ 50

HALF LEG US\$ 40

FULL LEG US\$ 55

BIKINI US\$ 40

BIKINI AND BEYOND US\$ 60

SPECIAL PACKAGES

ALWAYS IN LOVE

55 min \$US 250

Indulge side by side with that special person you love. You and your partner will enjoy a blissful 55 minutes massage in a private area with a selective blend of aromatherapy oils, candles, soft music, and hot stones.

MY IDEAL SPA DAY

2 hours 20 min. \$US 270

Your choice of full-body massage relaxing/deep tissue 55 minutes.

Your choice of Premium Facial:

Exclusive Luxury Firming or S.O.S.

DOUBLE PAMPERING

2 hours \$US 490

2 Chocolate or Seaweed Body Wraps, 2 Aromatherapy Massages of 50 minutes, 2 Express Facials.



KING FOR A DAY

2 hours. \$US 250

Detoxifying Sauna session, Gentleman's Express Facial.

Your choice of full body massage 55 minutes: Relaxing/Deep tissue. Hydration of hands and feet.

YIN YANG SPA FACILITIES

For the purchase of a service you can use facilities.



YIN YANG BAR

Fresh organic smoothies, tea, coffee and healthy snacks. In the Yin Yang bar you can enjoy healthy juices. Create your own fruit salad in the Yin Yang Bar. Make your day in the Yin Yang Spa an optimal Wellness experience.



STEAMBATH

Relax in our Steambath in the Yin Yang Spa. Experience the relaxing combination of heat and steam. Let your skin pores open up in the warm room heated to 40 - 60 degrees Celsius.



SAUNA

Enjoy the Sauna in the Yin Yang Spa. Let your body and mind experience complete relaxation. Leaving the body feeling both healthy and energetic.



OUTDOOR JACUZZI

SPA STORE

Ultimate face and body products, aroma products, gift sets...





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