



Sábila  spa

Villa del Palmar
at the Islands of Loreto
BY DANZANTE BAY



A Personalized Journey

Submerged in healing energy and surrounded by the calming effects of Aloe Vera, the Sábila Spa and Wellness Center will comfort and balance your body while connecting with your inner spirit to bring you to the here and now refreshed and regenerated.

By combining what Mother Nature has given us with special healing and rehabilitation techniques, our spa professionals will leave your mind, body, and spirit feeling renewed.

Let us immerse you in a unique healing environment to bring you an overall sense of wellness.

LITTLE TEASERS

Back Massage

Enjoy this back, neck, and shoulder massage that uses classic Swedish techniques.

🕒 25 or 50 min.

Desert Foot Relaxer

A real treat for your feet, this treatment begins with an exfoliation using hot aromatic towels, and is followed by a relaxing massage for a complete release of tension. Pair it with any massage for the ultimate in stress relief!

🕒 25 or 50 min.

Head Neck & Face Delight

Pamper your face, head, and neck, leaving you with a feeling of true bliss.

🕒 25 or 50 min.



SEA OF CORTEZ DELIGHTS

Classic Swedish Massage

This classic massage is designed to relax contracted muscles, increase circulation, and reduce stress.

🕒 50 or 80 min.

Deep Tissue

A deeper, firmer massage that incorporates Therapeutic techniques to promote the release of toxins or recurring muscular tension.

🕒 50 or 80 min.

Aromatherapy Senses

Indulge your senses with this delightful massage that utilizes assorted blends of natural essential oils, allowing your stress to melt away.

🕒 50 or 80 min.

The Athlete in You

Perfect for the athlete in you, this massage includes deep tissue techniques, stretches, as well various manipulations to increase flexibility and decrease muscle soreness.

🕒 50 min.

Balance Stones Treatment

You owe yourself this exquisite treatment that leaves your body fully balanced using a hot stone massage that incorporates classic Swedish techniques. Feel the tension melt away as you enjoy this healing, yet incredibly relaxing experience.

🕒 80 min.

Combo Massage

Our one of a kind massage uses 5 special techniques blended into one to leave your body relaxed, yet invigorated.

🕒 80 min.

Mommy-to-Be

We are pampering moms-to-be with a full body massage; a well-deserved relaxing treatment that takes into account all the contraindications.

Not recommended if you have not reached your 13th week of pregnancy.

🕒 50 min.



SPECIALTY FACIALS

Cucumber Mini Facial

Our cucumber mini facial is designed to give an instant glow to any skin type; this topical facial includes light exfoliation followed by a facial massage and a touch of fresh cucumber for your tired eyes.

🕒 25 min.

Sea Of Cortez Deep Cleanser

Enjoy our Sea of Cortez deep pore cleansing facial where we first steam the pores for pure cleansing purposes and then follow it up with a light exfoliation with our specialized mask and Sea of Cortez signature facial massage. It is great for all skin types.

🕒 50 min.

De-Stress Facial & Eye Treatment

Sabila Spa created the perfect combination of a full facial with special consideration for your eyes. This treatment is aimed to replenish your skin as well as decrease inflammation, dark circles, and tiredness around the eyes.

🕒 50 min.

Anti-Aging with Vitamin C

Our facials give you immediate results. By combining a high-potency concentration of Vitamin C and dried seaweed, this treatment reduces fine lines, strengthens your skin's elasticity, counteracts photo aging, and restores a youthful appearance. Your skin will feel firm and extremely smooth with a luminous glow. Enjoy the benefits of reduced fine lines and antioxidant protection, leaving the skin absolutely radiant.

🕒 80 min.

After Sun Rehydrating Facial

This incredible treatment has all the right ingredients for after sun exposure. It is perfect for all skin types and it's the ideal treatment for post-sun exposure.

🕒 50 min.



WELLNESS TREATMENTS

Therapeutic Mud Moor Massage

Specially designed to soothe aches and pains, we invite you to enjoy a full-body massage that utilizes hot eucalyptus mud moor, which is applied to specific areas that need attention.

⌚ 80 min.

Magnesium Treatment & Massage

Try our full-body Magnesium & Massage treatment to rid yourself of that sluggish, tired feeling. During this treatment, our therapist applies magnesium oil to your body allowing it to penetrate into your skin. The process is followed by an Epsom salt private bath and a scalp massage, and finished with a full-body hydrating organic coconut oil massage.

⌚ 80 min.

Head & Feet Acupressure

Ancient healing techniques that restore balance to the body by applying pressure to the feet and head for well-being and balance.

⌚ 50 min.

Reflexology

Reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet. This controlled pressure alleviates the source of discomfort. It also promotes good health and aids in illness prevention as it relieves symptoms of stress, injury, and illness.

⌚ 25 or 50 min.



WELLNESS REHAB AND STIMULATION SPECIALTIES

Gua Sha Treatment

Gua sha is a traditional Chinese medicine technique that is about 2,000 years old. In this treatment, a flat jade, quartz stone, or metal is scraped on the skin, relaxing muscles, mitigating pain, promoting tissue drainage, and improving circulation. When combined with acupuncture and moxibustion, the perfect regenerating ancestral therapy of body and mind is created.

🕒 120 min.

Moxibustion

This therapeutic method of Traditional Chinese Medicine that, through the application of heat at different points (which are the same as in acupuncture), manages to balance the physiological functions of our body, making the blood and qi (energy) flow better.

🕒 25 min.

Acupuncture

Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body. A key component of traditional Chinese medicine, acupuncture is most commonly used to treat pain. Increasingly, it is being used for overall wellness, including stress management, beauty and general relaxation.

🕒 50 min.

Acussage Treatment

Acussage is a massage therapy practice that manually manipulates muscles and other soft tissues to relieve pain, help heal injuries, improve circulation, relieve stress, increase relaxation, and promote general well-being by combining specific massage techniques, acupuncture, and moxibustion.

🕒 80 min.

Neuromuscular Massage

This therapy begins with a vibrating massage machine that helps promote circulation and body detoxification, and continues with a relaxing massage with coconut oil, nourishing our senses from the skin to the muscular system.

🕒 80 min.

Kinesiology Taping

Kinesiology taping stabilizes the injured area by lightly adhering to the skin and applying pressure to the tissues around which the tape is wrapped. This tape allows the connective tissue surrounding the affected muscle or tendon to move along with the body, improving injuries.

🕒 20 min.



SIGNATURE TREATMENTS

Stress Relief Massage

Our stress relief massage begins with hot aromatic compresses that allow your body to fully relax; it continues with a full-body rhythmical massage, which has calming effects.

⌚ 80 min.

Sabila Spa Golf Massage

Become the best golfer with this massage that will help you improve your range of motion and better your golf swing! Recommended 48-hours prior to tee-time or post-game for maximum results. This deep massage was created to decrease contracted muscles through the use of trigger point therapy using actual golf balls.

⌚ 80 min.

JUST FOR TWO

His & Hers Specialty

This couple's treatment begins with a full-body massage that relaxes you from head to toe, followed by a foot treatment and a private Jacuzzi session just for two!

⌚ 80 min.

Paradise Relaxation

Your journey begins in a candlelit aromatic cabin for two. Enjoy a full-body tropical exfoliation with our special blend of mango and papaya, allowing all your senses to be fulfilled. The treatment is continued with a full-body relaxation massage, with an added touch of our refreshing mini facial to complete your relaxation journey. Couples can then enjoy a private Jacuzzi for two with a bottle of sparkling wine and chocolate-covered strawberries.

⌚ 125 min.



BODY TREATMENTS

Cold After-Sun Aloe Vera

The cold treatment of Aloe Vera is excellent for sunburns because it reduces inflammation, stimulates collagen production, and moisturizes the skin, giving a fresh and soothing sensation.

🕒 25 min.

Lymphatic Leg Wrap

Try our special leg wrap that uses mud to help relax and calm the muscles while promoting detoxification and softness.

🕒 25 min.

Sabila Salt Body Scrub

Try our delicious all-natural sea salt with a dash of Aloe Vera body scrub. Allow your skin to be born again!

🕒 25 min.

Tropical Body Polish

Our anti-age body polish removes dead skin cells leaving your skin silky smooth!

🕒 25 min.

Full Body ION Detox Treatment

Reset your body with a basic detoxification and exfoliation, followed by a bubble bath with aromatic herbs, and an ion detox treatment to remove the metals from your body.

🕒 80 min.

Aromatic Sea of Cortez Mud Wrap

The Aromatic Sea of Cortez Mud Wrap has been specially designed to aid in circulatory problems, alleviate arthritis pain, relieve muscle tension, and decrease stress. This is the perfect treatment for all your needs.

🕒 50 min.



JUST FOR HIM

Just for Him Golfer's Massage

Become the best golfer with this massage that will help you improve your range of motion and better your golf swing! Recommended 48-hours prior to tee-time or post-game for maximum results. This deep massage was created to decrease contracted muscles through the use of trigger point therapy using actual golf balls and special stretching of the hips.

🕒 80 min.

Just for Him Facial

The Just for Him facial begins with deep pore cleansing, followed by a facial exfoliation, and it ends with the perfect facial massage. This package utilizes "Just for Him" products.

🕒 50 min.

Rugged Caviar Anti-Age Facial

Embrace the many benefits and anti-aging properties of caviar in this soothing facial for men. Caviar extract contains antioxidant properties to protect the skin against dangerous UVA and UVB rays. This helps prevent the breakdown of collagen and elastin and it works wonders in diminishing the appearance of wrinkles.

🕒 80 min.

Men's haircut

Manicure

Sports Pedicure

In-suite services are available with a surcharge of \$20.00 DLS. per treatment.



SABILA SALON TOUCHES

Spa Manicure

Enjoy our full spa manicure, which includes exfoliation, a mask, massage, and actual manicure leaving your hands silky smooth.

🕒 50 min.

Spa Pedicure

This complete spa pedicure is designed to leave your feet silky smooth and fully relaxed; we soak your feet in a warm foot tub and follow it with exfoliation, a mask, and a foot massage.

🕒 50 min.

Express Pedicure

The aesthetics of our feet speaks of our personality, care, and personal cleanliness, especially amidst the rush of daily life. This express pedi gives you a detailed filing and the perfect polish to make you feel beautiful.

🕒 25 min.

Express Manicure

The perfect filing with the right shape and polish will give you a touch of elegance in just a few minutes.

🕒 25 min.

French Polish

The French Manicure is an idea originating from Paris and is characterized by a natural pink base with white tips, which resembles a natural nail.

🕒 25 min.

Polish Change

The perfect cut, cleanliness, and color will make your hands express their warmth.

🕒 25 min.

WAXING

Full leg

Half leg

Underarm

Back

Bikini

Eyebrows

Lip and Chin



Spa Kids

(12 years and under only)

Because we believe every guest deserves to be pampered, we've prepared a few services exclusively for kids! Our youngest guests can enjoy the benefits of soothing massages, facials, and beauty salon services at our luxurious spa.

Little Touch Massage

Perfect for first-timers, your kids can enjoy a little touch of heaven.

🕒 25 min.

Magic Touch Massage

For the spa indulger, a full body relaxation massage for kids.

🕒 45 min.

Mani Kids

This child's mani is fast and fun. By playing with colors and patterns, your little one can have the perfect nails.

🕒 25 min.

Pedi Kids

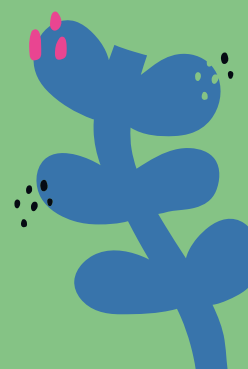
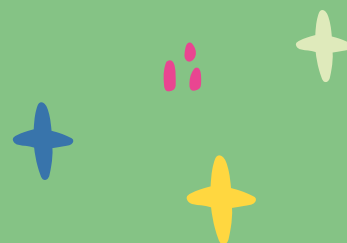
For the little ones, foot care is also important. This pedi includes a basic cleaning, and a little caress for the feet.

🕒 25 min.

Kids Mini Facial

A basic and nutritious facial cleansing for the most pampered little ones.

🕒 25 min.



TERMS AND CONDITIONS

Cancellation Policy

Please cancel at least 12 hours prior to your treatment or before close of business the day before to prevent a charge of 50% of the price of the treatment.

Gift Cards

An ideal gift for spa enthusiasts, gift cards for Sabila Spa are available at the Spa reception, ext. 4551 and 4552, or at the Concierge desk.

Advanced bookings

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

Spa Etiquette

Our spa environment is one of tranquility and relaxation. Please respect all guests' right to privacy and serenity. Cellular devices are not permitted in any relaxation areas, with exception to the Fitness and Wellness Center area. We encourage you to set phones to "Silent" or "Vibrate".

Spa Arrival

To experience the full use of The Spa's Hydrotherapy Experience, please plan to arrive one hour prior to the start of your scheduled treatment.

Age Requirement

The minimum age requirement for access to The Spa and Fitness and Wellness Center is 16 years of age, except in the case of treatments where the little one can be shown directly to the treatment room or beauty salon.

Health Conditions

Please advise us of any health conditions, allergies or injuries, which could affect your service by filling out our health questionnaire when making your spa reservation or upon check-in at the Spa Reception.

Pregnancy

We have specially designed treatments for expectant mothers. Our Spa staff will guide you in selecting which treatments are most suitable for you during this special time.

Loss or Damage

We regret that we cannot be responsible for any loss or damage of personal articles. We strongly recommend that you do not bring valuables with you to the facilities.

HOURS OF OPERATION AND OTHERS

Sábila Spa is open from

9:00 am to 6:00 pm Monday to Saturday
and 9:00 am to 5:30 pm on Sundays.

Fitness Center is open from

6:00 am to 9:00 pm

- Room charge and all major credit cards are accepted as a form of payment.
- All prices include 16% Federal Mexican tax
- **Gold Card members** will enjoy a 10% discount on spa services.
- **Elite Gold Card members** will enjoy a 15% discount on spa services.
- Please present your card upon arrival at the Spa.
- This discount will not apply with any other promotions or specials.