

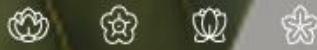


## TREATMENT MENU





# THE PATH TO TRANSFORMATION





**Aromátika Spa** is a sanctuary of transformation that will give you an experience of refined renewal. It allows you to discover a sensory world designed to please your senses and restore your physical, mental, and spiritual potential in an environment full of unexpected details, where unforgettable memories are born.

At **Aromátika Spa** you are the protagonist of exquisite, personalized experiences. We invite you to discover, feel, and enjoy the good life that pays tribute to the traditions and benefits of wine therapy infused with the local aromas of lavender, rosemary, and olive. Our treatments are a perfect synergy of textures and aromas that provoke a feeling of renewal and harmony under the care of our expert therapists, who will provide you with balance and healing.

Our **Aromátika Wellness** path will help you discover your transformational path through the latest biohacking technology. It is enriched with our Sana-Bar, which offers drinks rich in collagen, vegan protein, and cutting-edge adaptogens.

**Aromátika Fitness Center** with the latest technology equipment and expert trainers, will guide and provide you with strengthening and physical development programs.

**Our Aromátika Path is a synergy based  
on four pillars of well-being:**

**Heal • Flow • Reset • Reborn**



# HYDROTHERMAL RITUAL



Prepare your body and relax your mind with our Hydrothermal Ritual. This ritual will help activate your metabolism, strengthen your immune system, and fade accumulated stress and tension. Water symbolizes transformation, purity, and rebirth as the source of life, bringing well-being in every drop.

Immerse your body and soul through introspection and rebirth through different hydrothermal experiences:

- ✗ Sauna
- ✗ Steam with rosemary aroma
- ✗ Ice fountain
- ✗ Shower of sensations
- ✗ Hot tub
- ✗ Polar pool
- ✗ Thermal loungers
- ✗ Personalized attention with Spa Butler.
- ✗ Healthy beverages and gourmet details

Our Hydrothermal Ritual complements our experiences at Aromátika Wellness and Aromátika Spa. (Not included in Aromátika Fitness or Aromátika Salón).

### **Hydrothermal Ceremony**

Choose exclusively our hydrothermal experience based on hot and cold contrast therapy. Under the careful attention of our Spa Butlers, this experience, enriched with unexpected touches and gourmet details, will help strengthen your immune system.

**ⓘ 60 MIN | \$ 50 USD**

#### **Add On:**

Agave Prebiotic Mask **\$ 10 USD**

*Recommended for the hydrotherapy Ritual.*



REBORN SIGNATURE  
COLLECTION



## The Path of Good Living

At **Aromáтика Spa** we believe that the most essential thing in life is to enjoy the small moments that make a great life. Take the time to dream, discover, enjoy, invite, laugh, savor, imagine, feel, and live.

## Wine Therapy

This technique takes advantage of the beneficial properties of wine and other grape derivatives in treatments to improve physical appearance, giving the skin a healthier appearance. Its high Reservatorl content acts as a powerful antioxidant with properties that increase collagen production, allow skin regeneration, and help reduce irritation and blemishes on the skin. It also prevents premature aging, tones the skin, improves blood microcirculation, and provides a feeling of well-being and relaxation.

### Choose your favorite wine strain and delight in its subtle aromas

#### ✗ Grand Reserve

The Grand Reserve Wine has a distinguished aging period of 5 years and remains at least 18 months in select barrels. Its characteristic aromatic notes provide complexity and robustness to its flavor, providing powerful antioxidants and rich minerals.

#### ✗ Cabernet Sauvignon

Originating from the prestigious Bordeaux region in France, this variety of red wine is characterized by its balsamic fruit aroma and intensely deep color.

#### ✗ Merlot

Originating in southwest France, the Merlot grape has firmly established itself as one of the emblematic grape varieties. Its antioxidant compounds, which give the dermis elasticity, provide beneficial properties for skin care, providing a firmer and more rejuvenated appearance.



# AROMÁTIKA SPA MASSAGES

**Massage** powerfully influences your health, as it improves circulation, relaxes muscles, helps digestion, stimulates the lymphatic system, activates the elimination of waste substances from the body, and influences spontaneous healing processes.



## Aromátika Massage

A soothing massage specially designed to take you to deep levels of relaxation, thanks to the aromas of Lavender or Rosemary essential oils, which act on the central nervous system with a therapeutic and draining effect. Applied with medium pressure.

● 60 MIN | \$ 160 USD

90 MIN | \$ 210 USD

## Tui Na Massage

Tui Na is an ancient Chinese massage whose name comes from two essential techniques: "Tui fa" (pressing and moving) and "Na fa" (holding and pushing the skin). More than just a massage, it is a therapeutic tool to promote balance and health in the body. The Tui Na technique focuses on stimulating the body's meridians, seeking for the body to correct and improve its natural imbalances.

● 90 MIN | \$ 210 USD

## Deep Tissue

This technique focuses on the deepest layers of muscle tissue and maintains firm, deep pressure throughout the massage. Its objective is to release tension in the body through slow movements that help relax the muscles. (Firm to solid pressure).

● 90 MIN | \$ 230 USD

## Sacred Hot Stone Massage

Enjoy this mystical and ancient Otomí therapy that provides healing and restorative properties thanks to the benefits of the energy and heat emanating from the river stone and the therapeutic properties of the oils and essences, providing deep relaxation and energy balance for the body. Mind and body This therapy includes the application of cold stones to the face to tone and awaken the senses (Gentle or medium pressure)

● 90 MIN | \$ 230 USD

## Wood Therapy Lignum Massage

Wood therapy is now considered a holistic technique that can stimulate and balance energy, reduce stress, and relieve muscle pain. Its high nerve stimulation in the skin activates vital energy, thanks to specific massage movements performed with natural wood tools and Vaghetti Phyto cosmetic essential oils. This therapy is the perfect synergy between body, mind, and soul.

● 60 MIN | \$ 160 USD

90 MIN | \$ 210 USD

## Personalized Anti-Stress Massage

At Aromátika Spa, we know that each body is different, so we have created a customized massage protocol where you can select the areas that require more attention and a choice of manipulation techniques such as Digit pressure, effleurage, stretching, and drainage to relax or activate muscles with our healing Comfrey oil. The main goal is to relieve pain, improve circulation, and bring a renewed state of well-being.

● 60 MIN | \$ 160 USD

90 MIN | \$ 210 USD



# AROMÁTIKA SPA & WELLNESS MEMBERSHIPS

If you are a San Miguel de Allende resident, ask about our monthly, semi-annual, and annual memberships or inquire about our day pass.



### **Basic Quarterly AM**

Includes gym access from 6 am to 1 pm, a personalized training session, a 60-minute Aromatika massage, a Hydrothermal Ritual, a 20% discount on the Hydrothermal Ritual, spa treatments, and 15% off at our restaurants (gym hours subject to change).

 **575 USD**

### **Basic Quarterly PM**

Includes gym access from 1 pm to 7 pm, a personalized training session, a 60-minute Aromatika massage, a Hydrothermal Ritual, a 20% discount on the Hydrothermal Ritual, spa treatments, and 15% off at our restaurants. (Gym hours subject to change).

 **575 USD**

### **Quarterly Aromatika**

Includes gym access, three personalized training sessions, three 60-minute Aromatika massages, a 20% discount on the Hydrothermal Ritual, spa treatments, and 15% off at our restaurants.

 **1,275 USD**

### **Quarterly Biohacking**

Includes gym access, two personalized training sessions, two toning treatments, one Rebirth session, one Detox Treatment, one 60-minute Aromatika massage, two hydrothermal rituals, a 20% discount on our Hydrothermal Ritual, spa treatments, and a 15% discount at our restaurants.

 **1,440 USD**

### **Annual Vantage Premium**

Includes unlimited access to the gym, two personalized training sessions, one Pranayama session, one cryogenic treatment, one detox treatment, four toning treatments, three 60-minute Aromatika massages, unlimited use of hydrothermal facilities, 20% discount on spa treatments, one night at the hotel and in our restaurants.

 **5,400 USD**

### **Annual Vantage Priviledge**

Includes unlimited access to the gym, two personalized training sessions, one Pranayama session, a cryogenic treatment, one toning treatment, two 60-minute Aromatika massages, unlimited use of hydrothermal facilities, and 20% discount on spa treatments and in our restaurants.

 **4,400 USD**

# RECOMMENDATIONS



- ✗ We recommend you arrive 60 minutes before your appointment to enjoy the Aromática Hydrothermal Ritual we give you with your Spa experience.
- ✗ Late arrivals will end within the scheduled treatment time with no rate adjustments.
- ✗ Cancellations must be made 12 hours in advance. No-shows without medical proof will be charged 50% of the value of the service.
- ✗ We recommend scheduling in advance to ensure preferred appointment times.
- ✗ We require your Credit Card and contact information at the time of your reservation.
- ✗ Our prices include tax and a 10% service charge covering tips and amenities.
- ✗ We recommend leaving your valuables in the safety box in your room or at home.
- ✗ Cell phones must remain silent; we recommend disconnecting them and leaving them in your locker. The Spa is not responsible for the loss or damage of your cell phone. Taking video or photos of other guests is not allowed in the Spa.
- ✗ Our staff is happy to take pictures to upload on social media.
- ✗ Appointments for minors (children under 17 years of age) must be made by a parent or guardian, who must also register them.



PUEBLO BONITO  
VANTAGE

SAN MIGUEL DE ALLENDE