



AROMÁTICA

SPA & WELLNESS

TREATMENT MENU



PUEBLO BONITO
VANTAGE

SAN MIGUEL DE ALLENDE



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

HEAL



We focus on strengthening the respiratory, lymphatic, and endocrine systems. Through innovative techniques and therapies, we help your body regain its natural balance and ability to heal.

FLOW



We promote fluidity in all aspects of life, from blood circulation to the flow of positive thoughts. Our methodology seeks to unlock the patterns that limit your potential and encourages constant forward movement through hydrothermal rituals and contrast therapy.



RESET



Stress and accumulated tension can negatively affect our well-being. Through mental and physical reset techniques, we help you release the emotional and mental burden hindering your wholeness path.

REBORN



Each being can renew and transform through self-care, self-reflection, and the art of enjoying the good life. At Aromátika Spa, diverse therapies are designed to establish balance in all dimensions and achieve optimal physical, mental, and emotional well-being.

Aromátika Spa & Wellness

JOIN US

Pueblo Bonito Vantage San Miguel de Allende

The **Aromátika Spa & Wellness**, our path integrates a community committed to comprehensive well-being that includes **Aromátika Spa**, **Aromátika Wellness Biohacking Center**, **Aromátika Atelier**, where you will learn to create synergies supported by our botanical garden and local products, **Aromátika Fitness Center**, and for those last beauty touches, hand and foot care, and wedding celebrations, we offer you **Aromátika Salón**.

We invite you to explore our facilities and embark on a journey of self-discovery and transformation. Discover how you can unlock your inner potential and take your life to new paths of renewal and transformation.



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
- ✦ Contrast shower
- ✦ 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 | \$ 980 MXN

Add On:

Agave Prebiotic Mask **\$ 350 MXN**

Recommended for the hydrotherapy Ritual.

A still life composition featuring two glasses of red wine, a bottle, and various flowers on a wooden surface. The scene is set against a dark, blurred background. The text "REBORN SIGNATURE COLLECTION" is overlaid in the center in a white, sans-serif font.

REBORN SIGNATURE
COLLECTION



The Path of Good Living

At **Aromátika 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 resveratrol 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.



Cell Renewal

Exfoliating treatments are essential to cleanse, remove dead cells, and activate the circulatory and lymphatic systems, thus preparing the skin to receive the benefits of the selected treatment. Enjoy an activating exfoliation based on a grape seed that cleanses and regenerates the skin, preparing it to receive the benefits of the chosen treatment. The treatment culminates with our wine balm, leaving the skin fresh and luminous.

60 MIN | \$ 3,200 MXN

Tranquility Massage

Relaxing massage based on oil extracted from the vine contains powerful antioxidants that nourish and hydrate the skin. Medium pressure.

60 MIN | \$ 3,200 MXN

90 MIN | \$ 4,200 MXN

Grand Reserve Ritual

Our ritual begins with an exfoliation followed by a restorative Grand Reserve tranquility massage and hydrating facial.

150 MIN | \$ 7,800 MXN

A La Carté Ritual

Our ritual begins with revitalizing grape seed exfoliation. It continues with a creamy body mask with powerful antioxidants and antiseptic, anti-inflammatory properties that nourish and strengthen the epidermis. It ends with our tranquility massage, deeply hydrates, and stimulates collagen production.

150 MIN | \$ 7,800 MXN

La Vid Ritual

Our ritual starts with a grape seed exfoliation, enriched with vetiver and cedar essential oils and ends with our Lignum wood therapy massage.

120 MIN | \$ 5,800 MXN



Indulge in Wine
and Wellness

Indulge in Wine
Wellness



Winefest Couple Ritual


Our couple's signature journey is a tailor-made experience. Enjoy a renewing grape seed exfoliation and a wine barrel bath enriched with a delicious plate of cheese, honey, nuts, and rose wine. Next, enjoy our tranquility massage, finishing with a hydrating facial touch that will renew skin and face.

180 MIN | \$ 25,000 MXN

Vid Couple Ritual

Enjoy and share a luscious couple experience with a grape seed exfoliation that will help you prepare your skin for a comforting full-body massage with your favorite wine strain massage oil. The ritual includes a gourmet dish to share with Rose wine.

90 MIN | \$ 9,500 MXN



AROMÁTICA SPA RITUALS

Enjoy our **Spa** rituals that combine harmonious treatments to provide you with a memorable, impeccable, and unforgettable experience.



Ancestral Ritual

Inspired by ancient tradition, this ritual begins with an ancestral Copal cleanse, with your specific healing intention, followed by our four-hand massage which combines various techniques such as reflexology, hot stones, and effleurage.

ⓘ 60 MIN | \$ 5,900 MXN

Body Detox Ritual

A fantastic treatment created BY VAGHEGGI to detoxify the body while we provide in-depth nutrition with a unique subtle fragrance and texture. This body scrub will not only help us detoxify and eliminate dead cells, but it will also help us give the skin that smooth appearance, turning into a body wrap, finishing with a sealing cream that will provide deep skin hydration.

ⓘ 90 MIN | \$ 4,800 MXN

Otomí Healing Ritual

The traditional Otomí massage has a prolonged therapeutic, mystical, and cultural healing history. It starts with a cleansing ritual with aromatic herbs freshly picked from our botanical garden, potentiated with gems and essential oils that make a perfect combination to release energy blockages, improve circulation, provide inner balance, and create a deep sense of well-being.

ⓘ 105 MIN | \$ 5,500 MXN

Ritual For Gentlemen

A Ritual specially designed for men who cultivate their internal and external balance. Personalized Anti-Stress Massage, Pure Energy facial ending with a Sports Pedicure.

ⓘ 180 MIN | \$ 7,800 MXN

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.



Aromática 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 | \$ 3,200 MXN

90 MIN | \$ 4,200 MXN

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).

60 MIN | \$ 3,600 MXN

90 MIN | \$ 4,600 MXN

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. (Gentle or medium pressure)

90 MIN | \$ 4,600 MXN



Wood Therapy Lignum Massage

Wood therapy 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 Vagheggi Phyto cosmetic essential oils. This therapy is the perfect synergy between body, mind, and soul.

60 MIN | \$ 3,200 MXN

90 MIN | \$ 4,200 MXN

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 | \$ 3,200 MXN

90 MIN | \$ 4,200 MXN



Future Mom

An ideal massage for the future mother under expert hands will provide a maternal caring touch, promoting balance and well-being for the coming baby. Choose 90 minutes to enrich it with a revitalizing facial that leaves your face hydrated and luminous. (Recommended for pregnancies from 4 to 7 months).

60 MIN | \$ 3,200 MXN

90 MIN | \$ 4,200 MXN

Two Souls Massage

We have created a couple's experience that harmonizes and unites two souls as one, transporting them to a world of romance, comfort, and relaxation. With infused oils that nourish and balance your mind and soul.

90 MIN | \$ 8,400 MXN



FACIAL TREATMENTS

The skin mirrors our health; it is closely linked to the flow of life through which it expresses people's psychological, physical, and emotional states. The skin is the border between our interior and the external environment; therefore, the person who receives facial treatment also receives care for their soul.



Vagheggi believes in the added value of beauty based on natural active ingredients. At the forefront of Italian professional cosmetics, with 45 years of experience primarily in Phyto cosmetics, the main objective is to create extraordinary sensory experiences using natural raw materials with excellent results.

Intense Rehydra Facial

Thanks to the "Cuateteco," obtained with the help of the Mexican organization (Women and Environment), Vagheggi creates an iconic facial that guarantees intense hydration. It is ideal for naturally dehydrated skin of all ages and exposed to climatic aggressors, which needs additional nourishment. It is ideal for dry or dehydrated skin that requires a "hydration bath" renewal and prevention against skin aging.

Results: Soft and velvety skin, deeply nourished and hydrated.

60 MIN | \$ 3,500 MXN

90 MIN | \$ 4,500 MXN

Emozioni Plus

The skin reflects what we feel and can be influenced positively or negatively. This facial experience is designed for a calming, refreshing, and decongestant effect. With a unique ice massage and relaxing mist experience, this facial is ideal for sensitive, irritated skin, helping reduce redness or tingling levels and skin tone changes.

Results: The skin is comforted, calmed, and deepened, providing optimal hydration.

60 MIN | \$ 3,800 MXN



Botox Elixir 75 – 15

Indescribable luxury, anti-aging treatment with unique facial massage experiences and sublime textures, with formulations of pure active ingredients of plant origin. An exceptional treatment capable of counteracting skin aging with a lifting, reidentifying, and restructuring action. Royal treatment is enriched by applying three different masks and specific antigravity massage techniques to reactivate microcirculation and tissue reoxygenation, with a final lifting effect. Increases the activity of the "youth protein" and improves the dermis's density, redesigning the face's contours. Ideal for all types of mature skin, with wrinkles and atony, with loss of the oval of the face.

Results: For a rejuvenated, lightened, and relaxed face, an immediate natural "Botox" effect.

ⓘ 90 MIN | \$ 5,500 MXN

Lime- Pure Energy for Men

Antioxidant facial treatment for men provides energy and vitality to the skin. The recipe was created from Mexican lemon and Calabrian blonde oranges that give the face a splash of freshness, firmness, and protection for all skin types. Its energizing action is ideal for all skin types and provides health, luminosity, and deep hydration.

Results: Energized skin providing optimal skin hydration.

ⓘ 60 MIN | \$ 3,800 MXN

Complements – Add Ons

- ≠ Cooling Mask. (Recommended for Vagheggi Facials) **\$ 350 MXN**
- ≠ Davines Hair Treatment (Recommended for all facials) **\$ 350 MXN**
- ≠ Vibroacoustic facial massage with a Tuning fork. (Recommended for all facials) **\$ 200 MXN**
- ≠ Cream for tired legs **\$ 250 MXN**
- ≠ Reflexology (15 min) **\$ 850 MXN**

A man with his eyes closed, being touched by hands in a spa setting. The background is a warm, golden-orange glow, suggesting a hot tub or steam bath. The man's face is in the foreground, and his hands are being touched by two pairs of hands, one from the left and one from the right. The overall mood is relaxing and therapeutic.

AROMÁTIKA
WELLNESS
BIOHACKING
CENTER



Unlocking Your Inner Potential

Aromátika Wellness is born from a profound inspiration to organically help and promote the correct functioning of our body's vital systems. We firmly believe that each of us is the engineer in charge of ensuring and guaranteeing the proper functioning of the structures that make up our body. Our methodology is based on strengthening the axis between the respiratory, lymphatic, endocrine, and circulatory systems.

The Current Challenge

Currently, we are exposed to external factors that regulate the expression of our genes for better or worse. Environmental pollution, stress, a sedentary life, lack of contact with nature, a life of passive apnea, food quality, and poor sleep hygiene derived from excessive use of technology are the leading causes of chronic inflammation and illness.

The Aromátika Wellness

The trail has been established as a Biohacking Center, where three main elements are covered: "**Heal**," "**Flow**," and "**Reset**." In this environment, the most advanced techniques in the industry are integrated to "**hack**" your body's biology and physiological functions. We seek to reactivate the brain's adrenal system, reboot our body, and reprogram our mind to achieve total renewal of our body, mind, and soul



Detox Cure

Initiate with a body exfoliation to stimulate blood and lymphatic circulation, followed by applying a mud mask whose anti-inflammatory and relaxing effects promote the natural elimination of accumulated toxins. The result is a profound feeling of lightness and revitalization.

60 MIN | \$ 3,500 MXN

Toning Cure

An indulgent ritual that begins with Pranayama followed by the penetrating energy of the infrared sauna (15 min.), which relaxes muscles, relieves stress and promotes deep detoxification. To complete this unique experience, enjoy a refreshing 8°C bath (5 min.), stimulating blood circulation, toning your skin, and leaving you feeling renewed vitality and freshness. This treatment will bring you to a state of physical and mental balance.

50 MIN | \$ 1,500 MXN

Reborn

The Nuvola floatation bed offers an innovative holistic experience comprising three key elements that create a body-conscious experience. These elements include the feeling of weightlessness through dry floating, a jet massage system, and heat therapy, which immediately reduces fatigue, reduces muscle pain and improves cognitive and creative stimulation. Recommended as sleep induction therapy.

30 MIN | \$ 2,000 MXN

Signature Path **90 MIN | \$ 5,400 MXN**

It begins with a Pranayama session, where you will learn to control your breathing, promoting relaxation and revitalization consciously. Then, immerse yourself in the warm, penetrating energy of the infrared sauna, which relaxes muscles, relieves stress, and supports deep detoxification. To complete this unique experience, enjoy a refreshing 8°C bath that will stimulate blood circulation, tone your skin, and leave you with renewed vitality and freshness, ending with our Aromátika massage on the Nuvola floatation bed. This treatment will bring you to a state of physical and mental balance.



Aromátika Flow ⓘ 90 MIN | \$ 5,400 MXN

To facilitate the elimination of toxins and promote optimal well-being, we combine manual lymphatic drainage techniques in our NUVOLA, continue with the stimulation of blood circulation through a temperature contrast between hot and cold. This contrasting effect is achieved by applying the Infrared Sauna followed by an Ice Bath, providing an incomparable purification and revitalization experience.

Alley Rescue ⓘ 60 MIN | \$ 3,500 MXN

Recover your vitality and energy after a traditional night of wandering through San Miguel de Allende. A gradual introduction to the cold, where you will immerse yourself in an ice water bath specially prepared to revitalize your body. The cold stimulates circulation and relieves inflammation. Finish off your experience with dry flotation therapy while enjoying a cranio-cervical massage that will give you an instant feeling of relief and mental clarity.

LUCIA Star Light ⓘ 30 MIN | \$ 1,800 MXN

LUCIA Star Light is a therapeutic lighting technology designed to relieve stress. Its advanced visual patterns promote relaxation and calm, offering a uniquely immersive experience. When participating in a LUCIA Star Light session, electromagnetic activity in the brain is stimulated by the light frequencies, producing an effect known as brainwave synchronization. The light emitted by LUCIA Star Light stimulates the pineal gland, which is responsible for regulating sleep patterns. The pineal gland is believed to release dimethyltryptamine (DMT) during certain expanded states of consciousness, such as those experienced during ayahuasca sessions. The 30-minute experience includes 5 minutes of pranayama, an herbal infusion and 5 minutes of relaxation with gong sounds.

(Restrictions apply)



AROMÁTICA BOUTIQUE ATELIER

In our boutique, you will find organic and artisanal products from the region and products of international prestige. Our Atelier is an interactive space dedicated to personalizing your experiences with various oils and scrubs. Enjoy our Atelier Aromática with workshops and courses to help you personalize your experience, learn simple self-care techniques, and prepare your own elixirs and wellness potions.



*Scrub & Bath Salts Atelier

In this workshop, we will make combinations of herbs from our botanical garden, oils and clays, and various seeds that will make your treatments a sensory experience.

i 90 MIN | \$ 2,000 MXN – P/P

*Floral Mandala Atelier

Create your own mandala with floral petals and express your creativity.

i 90 MIN | \$ 2,000 MXN – P/P

Couple Atelier

Learn breathing techniques and create an exfoliation and oil as a couple that will renew a feeling of soul connection. This workshop can be combined with the two soul massages.

i 90 MIN | \$ 2,800 MXN COUPLE

**Minimum participation of 2 per workshop.*



AROMÁTIKA BOUTIQUE SALON

Aromátika Salón provides careful attention and care to your hands,
feet, and hair in an elegant and pleasant environment.



Sports Manicure ⓘ 45 MIN | \$ 1,500 MXN

A basic, soft, moisturizing manicure with nail cutting and polishing, exfoliation, and hand massage.

Sports Pedicure ⓘ 60 MIN | \$ 1,800 MXN

Nail cutting, cleaning, and polishing are followed by an express exfoliation that will leave you with a relaxing sensation..

Aromátika Manicure ⓘ 60 MIN | \$1,800 MXN

Revitalize, relax, and give your hands a great appearance with an intensive, gentle, and hydrating treatment. Enjoy an exfoliation to remove dead cells, followed by a manicure and application of nourishing cream.

Aromátika Pedicure ⓘ 90 MIN | \$ 2,800 MXN

Relax in comfortable chairs with the latest technology and enjoy the best pedicure. It begins with an exfoliation and continues with a massage of aromatic essences, which will completely relax your feet. Finish off with traditional nail polish application.

Hands and Foot Ritual Grand Reserve ⓘ 150 MIN | \$ 4,000 MXN

Enjoy a Gran Reserve manicure and pedicure with a delicious grape seed exfoliation, a mask rich in tannins that will leave your skin soft and luminous, and a foot massage with hot stones and reflexology points.

Gel Removal \$ 400 MXN



HAIR CARE

In an elegant and pleasant atmosphere, Aromátika Salon provides meticulous care and attention to your hands, feet, and hair.



The World of Naturaltech

Naturaltech products find their maximum expression during treatment and massage, which is evaluated in the personalized diagnosis and consultation phase, which takes on a holistic dimension. The products in the Naturaltech line are produced and packaged in Villa Davines, Italy, using energy from entirely renewable sources.

Washing with Hair Massage

We recommend ending your Spa experience with a comforting massage and hair wash using Naturaltech products. Shampoo and a soothing Mask will provide a feeling of relaxation for all scalp types.

i 45 MIN | \$ 1,500 MXN

Complements

Select your favorite shampoo, mask, ampoule, or serum for your hair washing and drying:

- ≠ Rosemary **Energizing** hair ampoule.
- ≠ **Energizing** shampoo and conditioner to strengthen the hair follicle and prevent premature hair loss.
- ≠ Shampoo, mask, and serum to calm inflammation, itching, and scalp irritation.
- ≠ Shampoo, mask, and **Nourishing** serum to revitalize damaged and over-processed hair.
- ≠ **Plumping** shampoo and conditioner to give more volume to your hair.

i \$ 250 MXN

Express Washing and Drying

i 60 MIN | \$ 1,800 MXN



Nourishing Hair Treatment

Designed for dry, brittle, and damaged hair (over-processed, bleached, prone to breakage, split ends) and dry scalp. Its benefits bring new life to damaged hair: hair is repaired and looks more compact and shinier. The scalp is nourished. Includes Blow Drying.

90 MIN | \$ 2,800 MXN

Calming Hair Treatment

Designed to soothe irritation, itching, or discomfort of the scalp. Its soothing serum provides a feeling of relief and vitality. Includes Blow Drying.

90 MIN | \$ 2,800 MXN

Makeup

60 MIN | \$ 2,800 MXN

Special Hairstyle

- ≠ Short to medium **\$ 1,800 MXN**
- ≠ Medium to long **\$ 2,400 MXN**



BEAUTIFUL BRIDE

Aromátika Salón has a suite primarily dedicated to the Beautiful Bride that offers hair, makeup, a stage for the wedding dress, and gourmet details for that big day.



Makeup

- ≠ Beautiful Bride – Makeup \$ 2,800 MXN
- ≠ Beautiful Bride – Makeup with trial \$ 2,500 MXN

Hair

- ≠ Beautiful Bride – Hairstyle \$ 3,800 MXN
- ≠ Beautiful Bride – Hairstyle with trial \$ 2,800 MXN

Makeup and Hairstyling

- ≠ Beautiful Bride Ritual – Makeup and hairstyle \$ 5,500 MXN



AROMÁTIKA FITNESS CENTER

Healthy Mind in a Healthy Body.

Restarting a discipline that helps us strengthen our muscles is vital to balancing body and mind. At Aromátika Fitness Center, you will find cutting-edge Fitness equipment and the guidance of a professional trainer who will design a personalized workout.



Cryogenic Cure

Personal training after cold exposure offers a wide range of health benefits. Among them, the stimulation of metabolism stands out, which translates into increased calorie burning and reduced accumulated fat. In addition, it strengthens the immune system by boosting the production of leukocytes and granulocytes essential in these processes, improves aerobic performance, and provides greater vitality by stimulating the nervous system.

90 MIN | \$ 2,980 MXN

Pranayama Session

Pranayama controls the breath, the source of our Prana or life force. We absorb oxygen and Prana with each breath, meaning "life energy" or "life force." Pranayama uses breathing to influence the flow of Prana in the body's energy channels. Activating, regulating, and consciously guiding Prana in the body increases vitality, physical detoxification, improved immunity, inner peace, relaxation, and mental clarity.

60 MIN | \$ 980 MXN

Yoga Session

It is an ancient practice that combines physical movement (asanas), conscious breathing (pranayama), and mental focus (meditation) to promote relaxation, flexibility, strength, and general well-being. Yoga is a holistic discipline that can address physical, psychological, and emotional aspects and is recommended for all levels due to its multiple benefits.

60 MIN | \$ 980 MXN



Stretching Session

A guided session by our experts involves a series of gentle and controlled movements designed to improve flexibility, range of motion, and muscle relaxation. Stretching can be an essential part of an exercise regimen or a stand-alone activity to improve health and well-being.

60 MIN | \$ 980 MXN

Personal Training Session

A highly personalized approach in which you work individually to develop an exercise program according to your individual needs, objectives, and conditions. Personal training offers several benefits, such as individualized attention, constant supervision, and continuous program adaptation based on progress.

60 MIN | \$ 980 MXN



AROMÁTICA SANA BAR

Welcome to the next wellness destination in San Miguel de Allende!
Pueblo Bonito Vantage is pleased to introduce an exclusive Spa &
Wellness concept.



At Aromátika, we understand wellness as a way of being that encompasses healthy eating, movement, and tranquility. In our exclusive "Sana Bar," you will find a space dedicated to revitalizing your body and mind through the power of natural Adaptogens, such as Reishi, Lion's Mane, Turkey Tale, Chaga and Cordyceps. Special recipes with MCT oil, herbs from our organic garden, plant-based milk, collagen, protein, spirulina, cacao, ginger, maca, matcha, moringa, chia, fermented foods, Black Water, infusions & Super Teas, and local fruits and vegetables, creating combinations of flavors with intention, fresh, delicious, and healthy.

Our goal is to provide our guests with a holistic experience that complements their stay at our hotel and spa. Whether you're looking to relax after a day of exploring the city or rejuvenate before a spa session, the Sana Bar is the perfect place to find balance and well-being.

We look forward to welcoming you soon and accompanying you on your journey to a healthier and more balanced life.



RECOMMENDATIONS



- ≠ We recommend you arrive 60 minutes before your appointment to enjoy the Aromátika 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.



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