



# AROMÁTICA

SPA & WELLNESS

## TREATMENT MENU



PUEBLO BONITO  
VANTAGE

CENTRO HISTÓRICO MAZATLÁN



# A SANCTUARY WHERE TIME AND THE SENSES CONVERGE



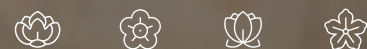
**AROMÁTIKA** is more than a spa—it is a sanctuary where serenity embraces you, where wellness is not just offered but lived in every detail. Here, between history and the whispers of the sea, four promises guide your journey: **restore, balance, nourish, and transform.**

From the very first moment, you embark on a journey of contrasts: from warmth to coolness, from the tangible to the ethereal, from comfort to the sublime. **Your body unwinds, your mind settles, and your soul awakens.** The warmth soothes and releases, the freshness of Boreal Immersion revitalizes, and within this rhythm, transformation unfolds.

Well-being begins from within. Our deep connection with **nature invites you to nourish your body** with fruits, fresh herbs, and medicinal plants, reminding us that the earth is our greatest healer. In every space, in every detail, the harmony of balance is ever-present—in the soft glow of light, the enveloping aromas, and the silence that cradles the soul.

**AROMÁTIKA** is not just a destination; it is a thread in the fabric of your journey. A whisper of serenity, a threshold to renewal. Here, wellness is felt, breathed, and transformed.

**The AROMÁTIKA Well-being Journey**  
**Restore • Balance • Nourish • Transform**





# RESTORE

*The Art of Letting Go and Reawakening*

The body finds its rhythm in perfect contrast. The warmth of the sauna soothes and releases, preparing every muscle for renewal. Boreal Immersion awakens the senses with its revitalizing coolness, stimulating circulation and restoring energy. Through the touch of expert hands, tension dissolves, and lightness returns.



# BALANCE

*The Perfect Harmony Between Body, Mind & Soul*

Every detail is designed to harmonize. Soft music, enveloping scents, the gentle light that eases the gaze. Facials that work in sync with the skin, nourishing it and restoring its natural radiance. Textures, temperatures, and nature's finest ingredients create a symphony where everything aligns in perfect equilibrium.



# NOURISH

*The Essence of Nature in Every Experience*

Wellness begins within. Our apothecary honors the wisdom of the earth with fresh and dried herbal infusions that restore vitality from the inside out. Essential oils and botanical extracts enhance each treatment, making nature the ultimate ally for relaxation and regeneration.



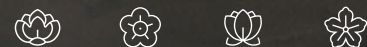
# TRANSFORM

*A Journey to Your Best Self*

Every experience here marks a before and after. From the first touch of water to the last sigh of relaxation, transformation happens in ways both subtle and profound. The body awakens, the mind clears, the soul reconnects. AROMÁTICA is not just a place—it is a journey toward a fuller, more vibrant you.



# LUXURY RITUALS



## Seashells Whispers – Signature Ritual ⓘ 80 min

*The whisper of the sea in a massage that liberates, soothes, and renews.*

Inspired by the fluidity of the ocean, this ritual blends thermal stone therapy with the artistry of guasha. Shell-shaped stones glide over the body, easing tension and stimulating circulation, while the rhythmic strokes of lomi lomi massage induce deep relaxation. A delicate cascade of Mediterranean essential oils—rosemary, lavender, and cypress, drips down the spine, infusing the body with their healing properties. A unique experience that merges the warmth of the sea with elemental renewal.

## Love Yourself Renewal ⓘ 80 min

*A tribute to the skin, where firmness and softness meet.*

This **body-sculpting ritual** celebrates the body's natural form, inviting you to release tension and awaken vitality. It begins with gentle kneading to warm the muscles and stimulate circulation. Then, the power of **wooden guasha tools** glides over the skin, sculpting, draining, and toning every contour through rhythmic, deep movements.

Infused with **Sunrise Glow Oil**, a botanical blend of **olive, almond, avocado, and rosehip oils**, this treatment enhances circulation, reduces cellulite, and revitalizes the skin with deep nourishment. The experience concludes with a **firming body cream**, leaving skin visibly toned, hydrated, and smooth.

**Drain, sculpt, and renew—a journey to firm, supple, and luminous skin.**

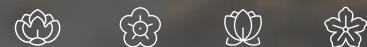
## Tranquillity™ Journey – Serenity Ritual ⓘ 50 min

*A deep rest for the mind, body, and soul.*

Designed for those seeking profound relaxation, this ritual works on three sensory levels to induce a state of deep calm. The synergy of **vetiver, sandalwood, and chamomile essential oils**, combined with the immersive Tranquillity™ Sound, guides the body into a state of restorative rest. Soft brushes sweep across the skin in rhythmic movements inspired by Ayurvedic and Malay techniques, dissolving stress and inviting serenity. Ideal for those facing high stress levels, sleep disturbances, or simply desiring a moment of complete stillness.



# THE APOTHECARY



## Herbal Infusions for Body & Soul

At Aromátika, Mexican herbal medicine and Mediterranean botanicals intertwine in a ritual of wellness that nourishes from within. Our apothecary is a living pharmacy, where each leaf, flower, and root has been carefully selected to accompany you on your journey. Like an echo of the earth, every infusion is a pause—either a whisper of calm or an infusion of energy.

**Choose your blend to enhance your wellness journey:**

### Restore • *The Art of Letting Go and Reawakening*

- **Desert Breeze**

*(Mint, chamomile & lemon peel)*

A breath of freshness that aids digestion and soothes the mind, perfect after a deep massage.

- **Roots of Life**

*(Turmeric, ginger & cinnamon)*

A warm embrace of spices that energizes and maintains inner balance.

### Balance • *A Pause Where Everything Aligns*

- **Golden Dawn**

*(Turmeric, ginger & cinnamon)*

A warm embrace of spices that energizes and maintains inner balance.

- **Blue Serenity**

*(Orange blossom, lavender & lemon balm)*

Like a gentle whisper at night, this infusion calms the mind and prepares the body for deep rest.



## Nourish • *The Essence of the Earth in Every Drop*

- **Emerald Green**

(Olive leaf, rosemary & fennel)

A tribute to the Mediterranean, enhancing circulation and boosting vitality.

- **Ancestral Nectar**

(Hibiscus, blackberry & apple)

Sweet and vibrant, this blend revitalizes the skin and nourishes from within.

## Transform • *A Catalyst for Your Best Self*

- **Inner Fire**

(Damiana, cardamom & star anise)

An energizing tonic that ignites passion, creativity, and movement.

- **Sage Wings**

(Sage, linden & holy leaf)

A sacred ritual brew that clears the mind and awakens new possibilities.





# BODY RITUALS

Release, nourish, and transform



## AromaSoul Renovation ⓘ 30 min

*A journey through the senses that revitalizes the skin and spirit.*

This ritual begins with a deep exfoliation using volcanic rhyolite and a rich cream infused with Illipé, babassu, and jojoba butters. The skin is instantly renewed, regaining its softness and radiance. The journey continues with a massage inspired by ancient traditions from the East, the Mediterranean, India, and the Arabian world. Each technique is designed to restore energy, enhance circulation, and create a profound sense of lightness. A treatment that awakens the senses and leaves a lasting imprint of well-being.

## LYS Sea Caress ⓘ 30 min

*Renewed softness, natural luminosity.*

This exfoliating treatment awakens the skin, removing impurities and revealing its natural glow. A blend of sucrose, botanical oils, and beeswax stimulates cellular renewal, leaving the skin smooth and silky. The ritual is completed with a nourishing seal of geranium hydrosol, green tea, and caffeine, which boosts circulation, firms the skin, and enhances hydration. A ritual that illuminates, softens, and envelops the body in freshness and vitality.



# LIVING BEAUTY

## Facials

Nutrition and Balance for your Skin



### Ultra Glow ⓘ 80 min

*Radiance on your skin, freshness in your face, a rebirth from within.*

A ritual that illuminates and renews. Through deep exfoliation with a blend of botanical actives, it clears impurities and envelops the skin in an instant glow. Its dual-action mask firms and redensifies, while the **Kobido massage**, inspired by Japanese techniques, enhances circulation and redefines facial contours. Every movement, every essence, every moment in this treatment leads to smoother, firmer, and more radiant skin.

### Recover Touch ⓘ 50 min

*To nourish is to heal. To restore is to reconnect. A breath of renewal for your skin.*

When skin needs repair, this treatment embraces it with the softness of natural ingredients. Designed to deeply nourish and restore balance, it is ideal for **dry, sun-exposed, or sensitized skin** affected by environmental stress or medical treatments. A blend of **antioxidants and reparative oils** protects against daily damage and restores natural elasticity. A sanctuary for the skin, where every drop infuses life, calm, and strength.

### Insta Hydra ⓘ 50 min

*Like water on the skin, freshness, elasticity, and vitality in every drop.*

A deep hydration bath that awakens the skin from the very first touch. Infused with **hyaluronic acid and prickly pear extract**, it revitalizes and restores lost elasticity. The effect is enhanced with **cooling therapy using ice rollers**, which decongest, tone, and stimulate circulation, leaving a lasting sensation of absolute freshness. Ideal for those seeking a rested, luminous, and deeply hydrated complexion.

### Detox Longevity Facial ⓘ 50 min

*To be reborn is to purify. A deep breath for the skin.*

Like the ocean cleansing everything in its path, this treatment detoxifies the skin, releasing accumulated stress and impurities. Its **charcoal and chlorella peel-off mask** acts like a magnet, extracting toxins and restoring natural purity. With each application, botanical ingredients **revitalize, refine texture, and bring back radiance**. A perfect ritual for those seeking to renew their skin and reclaim the fresh glow that only nature can provide.



# MASSAGES

Flow, release, and renew



## Pacific Stones ⓘ 80 min

*The warmth of the earth and the rhythm of the sea in a restorative embrace.*

The heat of volcanic stones merges with fluid movements to relieve tension and deeply relax the body and mind. The warmth penetrates the muscles, dissolving stress and inviting a profound sense of well-being. Infused with sandalwood and rosemary essential oils, this experience is a gateway to deep rest and renewal.

## Deep Waves ⓘ 50 | 80 min

*Strength and relief in every movement, restoring energy from within.*

Inspired by the depths of the ocean, this massage targets the deepest layers of muscle, releasing tension and restoring balance. Using deep pressure and focused techniques, it enhances circulation and relieves stiffness. Enriched with arnica and ginger extracts, known for their anti-inflammatory and revitalizing properties, this treatment is perfect for those seeking lasting relief and renewal.

## Serene Tide ⓘ 50 / 80 min

*The ebb and flow of the sea in a massage that soothes, embraces, and restores.*

Like waves caressing the shore, this massage uses long, flowing strokes to release muscular tension and improve circulation. Swedish techniques combining gentle pressure and deep kneading allow the body to fully relax. Infused with lavender and bergamot essential oils, this treatment melts away stress, leaving behind a profound sense of serenity.

## Breeze Of Relief ⓘ 25 min

*An instant reset to ease tension and restore balance.*

When stress accumulates in the neck, back, and shoulders, this targeted massage works as a restorative balm. Through deep strokes and precise pressure, it releases knots and relaxes muscle tension in minutes. Peppermint and eucalyptus oils provide an immediate cooling sensation, offering relief, lightness, and deep relaxation.



# OPTIMIZATION & REGENERATION

Where Science and Well-being Align



## Led Light Therapy ⓘ 20 min

*Illuminate, repair, and strengthen your skin with the power of light.*

A **non-invasive treatment** using different wavelengths to **stimulate cell regeneration, reduce inflammation, and boost collagen production**. With targeted benefits depending on the color of the light, this session soothes the skin, refines texture, and restores its natural glow.

## Oxygen Therapy ⓘ 20 min

*Breathe deeply, renew your cellular energy.*

Oxygen therapy is an **ally for recovery and cellular performance**. It increases oxygen levels in the blood, enhances cell regeneration, and strengthens the body's natural defenses. Perfect for **fighting fatigue, improving mental clarity, and optimizing recovery** after intense physical activity or long travels.

## Pressotherapy ⓘ 30 min+

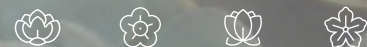
*Lightness and relaxation in every session.*

This **sequential compression therapy** activates the lymphatic and circulatory systems, **reducing swelling, improving muscle oxygenation, and promoting toxin elimination**. Ideal for those looking to **relieve heavy legs, enhance muscle recovery, and improve skin firmness**.

*\*Ask about this therapy in your room.*



# WELLNESS FOR ALL



At *AROMÁTIKA SPA & WELLNESS, PUEBLO BONITO VANTAGE CENTRO HISTÓRICO MAZATLÁN*, we believe that **well-being is for everyone**. Our approach is rooted in **personalization and adaptability**, ensuring that each guest receives a treatment that honors their unique needs, comfort, and safety. Whether you are an expecting mother, have physical limitations, or require specific adjustments, our expert therapists will thoughtfully tailor your experience to provide **maximum relaxation, safety, and effectiveness**.

## Tailored Treatments & Considerations

- **Pregnancy-Safe Adaptations** Our treatments can be modified for expecting mothers, using gentle techniques, safe ingredients, and comfortable positioning to ensure **a nurturing and relaxing experience**.
- **Accessible Wellness:** Guests with physical limitations, chronic pain, or mobility restrictions can enjoy customized therapies that respect their needs while **delivering the full benefits of relaxation and renewal**.
- **Ingredient & Sensory Adjustments:** For those with allergies, sensitivities, or specific preferences, we can adjust **essential oils, pressure levels, and temperature settings** to create a fully personalized journey.
- **Alternative Experiences:** Certain therapies, such as deep tissue massage, hot stone therapy, or hydrotherapy immersion, may not be suitable for everyone, but our team will recommend **safe and equally effective alternatives**.

At Aromátika, **we see wellness as a fluid, inclusive experience**, where each guest receives the care and attention they deserve. Please inform us at the time of booking if you have any specific considerations, so we can guide you toward the most suitable treatments and create an experience that feels truly **yours**.

## AROMÁTIKA SPA & WELLNESS PUEBLO BONITO VANTAGE CENTRO HISTÓRICO MAZATLÁN

"At **Aromátika**, every treatment is a **journey**, every breath a renewal. Here, time slows, the body surrenders, and well-being becomes an experience felt in every detail. Welcome to your **sanctuary**, welcome to your transformation."





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