

YIN YANG SPA

# Health and Wellness Menu


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# *Therapeutic Massages*

All our massages are created or selected
with a clear preventive and curative vocation.
Aside from pure enjoyment, the most important goal
is to enhance the body's ability
to improve its immune system.

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## Relaxing Massage 25-55 min. $US 60/100

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

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

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

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

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

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

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

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

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

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 110/130

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

# Yin Yang Rituals

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## Signature Yin Yang Massage 55 min. $US 120

The massage begins with a warm wildflower herbal foot bath. Invigorating essences and warm lavender-infused towels are applied on the body for added comfort in this signature and popular treatment.
This Oriental finger pressure massage uses pulse to release blocked energy from the body. Shiatsu quickly alleviates anxiety, headaches, and pulled muscles.

## Hot Volcanic Stone Massage 55-75 min. $US 120/150

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

## Balancing Treatment 110 min. $US 240

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 a foot ritual, followed by an aromatherapy massage and ends with a facial treatment featuring a high mineral content.

## Amazon Dreams 110 min. $US 200

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

# Facial Treatments

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## Deluxe Express Facial 60 min. $US 100

This specialized facial is expertly tailored to fit your individual needs, whether it is a facial to treat skin problems, restore balance and proper hydration or to combat negative environmental effects. Dull surface skin cells are gently removed, followed by extraction if necessary. Next, you will enjoy a relaxing facial massage, a nourishing mask over face, neck and décolletage and complementary hand and foot massage.

## After Sun Facial S.O.S 60 min $US 130

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

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

A solution for every individual skin condition. This gentle skin treatment will cleanse, hydrate, and maintain youthful skin.

## Skin Performance 60 min. $US 150

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

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. The skin is refreshed, radiant and younger-looking.

## Fluid Performance $US 14

Give your skin a boost with BABOR's personalized fluids that saturate the skin with moisture and nutrients, leaving it feeling soft and smooth in just minutes.

## Skin Active $US 14

Radiant complexion, refined pores and perfectly balanced skin are the results of this targeted treatment. It will remove excess oil without drying the skin and will result in an even, calm and clear complexion.



# Aesthetic Noninvasive Treatments

At YIN YANG, guests experience a change thanks to the different therapies applied, making them feel younger, more vital and agile. These all positively improve appearance and create a healthy and youthful state of mind.

Respect for natural and harmonious visages is at the core of our expertise. To achieve this, we use the best corporal and facial noninvasive treatments. After a consultation with the Specialist in aesthetics medicine, an aesthetic-facial and corporal diagnosis is done, adjusting treatments to the needs of each individual patient. All treatments embrace YIN YANG's philosophy: noninvasive and with excellent results, allowing the patient an immediate return to daily routine. Preventing and delaying ageing signs and achieving a healthy, young and natural appearance are possible at YIN YANG thanks to therapies such as:

Cellular stimulation
Cellular regeneration

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## Cavitation 50 min. $US 150

YIN YANG Health & Wellness Offers the Ultimate in Aesthetics: Liposuction Without Surgery

YIN YANG Health & Wellness 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. However, strenuous exercise should be avoided for the first five days following the treatment. Maximum results will be seen approximately 8 to 10 weeks after the treatment is completed. 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 60 min $US 150

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

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.

## Radiofrequency 20 min. $US 70

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 & neck lifting & 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

1. 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.

2. 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.

3. 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

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.

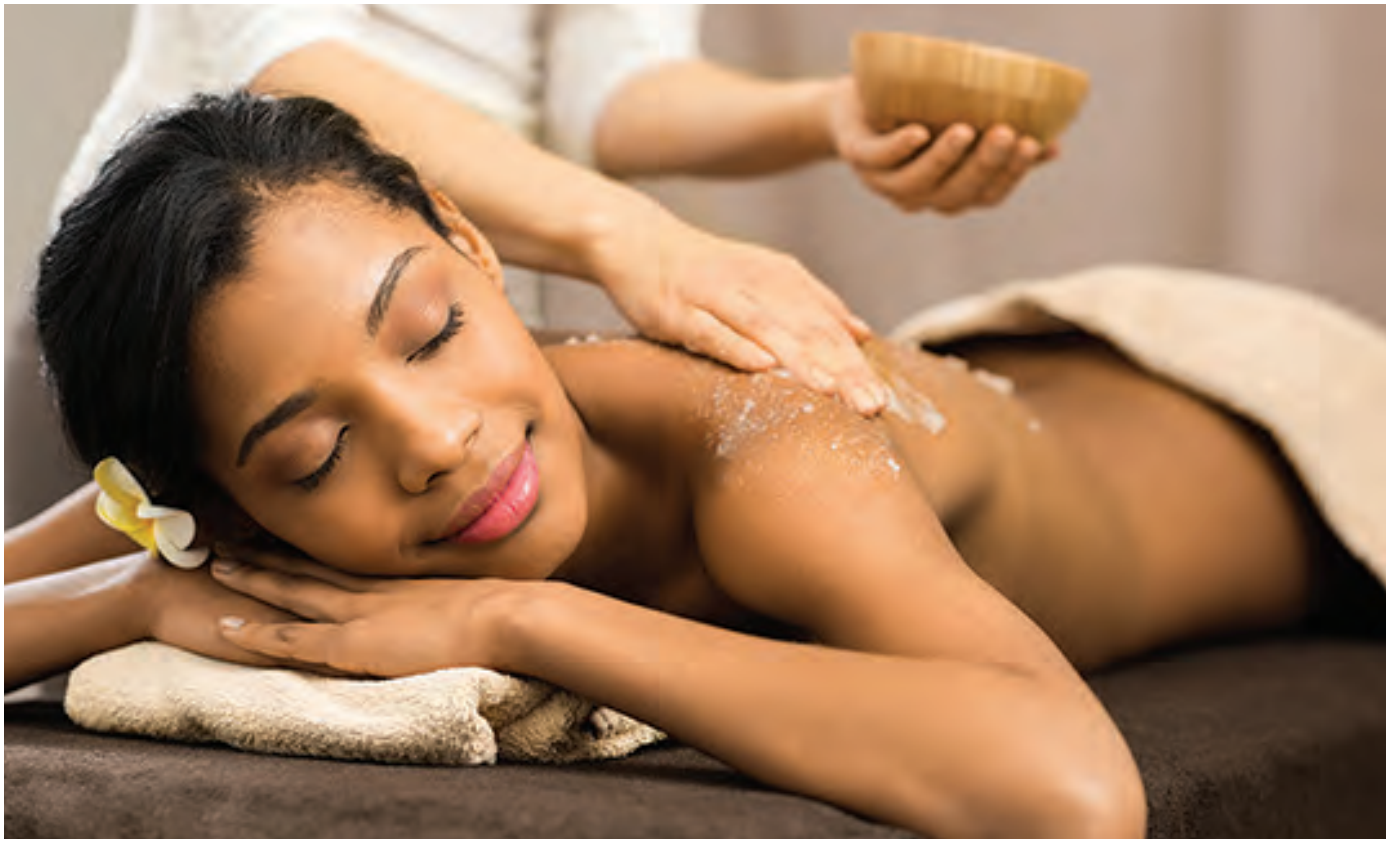
## Pressotherapy 20 min $US 70

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.

# Body Treatments

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## Body Anti-Stress Exfoliation 30 min. $US 60

Body exfoliation session, opening every pore, eliminating and removing impurities from the skin with all the benefits of aloe vera. Followed by a gratifying massage with a hydrating serum that eliminates accumulated stress. This skin exfoliation will make you look more radiant, smooth and attractive.

## Body Revitalizing Exfoliation 30 min $US 70

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

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

1. Hydrotherapy: technical tub, with essential oils all over the body that penetrate the body through the heat of the water with soothing and purifying effects.

2. Fit Mud Therapy: pleasant seaweed wrap with draining, detoxifying and revitalizing effect.

3. Hydro Peeling: restores energy, vitality and tones up the body.

## Coconut Fantasy 60 min $US 130

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.

## Chocolate delight 60 min. $US 205

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

Calm and cure your skin after excessive sun exposure. The effects effect 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

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

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.



*Wellness and Personal Training*



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## Personal Training 60-90 min. $US 80/120

A professional personal trainer is available to assist with a supervised, one-on-one cardiovascular and/or weight training program. Instruction is by appointment only with a six-hour cancellation notice required.

## Group Exercise Classes 60 min. $US 15

Dynamic, highly-skilled professionals offer a variety of exercise classes each week, including mind and body strength. All classes are open to all levels of fitness. Weather permitting, classes may be held outdoors.

# Hair Care Services

| | |
|---|---|
| Ladies haircut | US$ 35/50 |
| Gentleman's haircut | US$ 20/30 |
| Razor trim | US$ 15 |
| Children's haircut | US$ 20 |
| Ladies wash set | US$ 30/40/60 |
| Only blow out | US$ 30/40/60 |
| Hair repair treatment | US$ 60/80 |
| Special up-do | US$ 80 |
| Curl iron | US$ 10/20/30 |

| | |
|---|---|
| Bride's hairstyling | US$ 100 |
| Chemical straightening | US$ 70 |
| Coloring | US$ 60/80/120 |
| Highlights | US$ 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 head | US$ 60 |

# Makeup Services

| | |
|---|---|
| Basic makeup | US$ 60 |
| Special for brides | US$ 70 |



# Hand and Feet
# Mediterranean Treatments



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## Hand Renew — $US 60

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

## Mini Manicure — $US 30

## Feet Restore — $US 90

This treatment uses olives, basil and tomato to supply moisture, calm the skin, regenerate the lipid barrier function and revive tired feet with energy from the Mediterranean sun. A clean and peel cream will rid the skin of dry and dead skin deposits and a foot-soothing balm will moisturize the skin. All this is finished with a cooling spray to take away fatigue.

## Spa Pedicure — $US 70

## Sport Pedicure — $US 40

# Additional Nail Care Services

| | |
|---|---|
| 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

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## Welcome Package 3 hours — $US 235

Your choice of full body massage relaxing/deep tissue, body exfoliation, manicure and pedicure.

## 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 od aromatherapy oils, candles, soft music, and hot stones.

## My Ideal Spa Day 2 1/2 hours — $US 270

Your choice of full-body massage relaxing/deep tissue 55 minutes. Your choice of Premium Facial: Exclusive Luxury Firming / S.O.S.

## Double Pampering 2 hours — $US 490

2 Sauna and Jacuzzi Sessions, 2 Chocolate Body Wraps, 2 Aromatherapy Massages of 25 minutes, 2 Express Facial.

## King For a Day 2 hours. — $US 205

Detoxifying Sauna session, Gentleman's Express Facial.
Your choice of full body massage 55 minutes: Relaxing/Deep tissue. Manicure.

## Perfect Brides Package 2 hours — $US 225

Special bride's hairstyling, Special makeup for bride, French Manicure, French Pedicure.






Lifestyle Holidays


Lifestyle Holidays