



auriga

PEDREGAL





AURIGA PEDREGAL

Nestled in the very center of the Capella Pedregal resort, Auriga is a lagoon for guests to rest, rejuvenate and tap into the natural healing culture of Baja, Mexico. Auriga, whose namesake is a constellation in the northern hemisphere, has a distinctive approach to wellness and beauty based on the cycles of the moon.

THE MOON

The different phases of the moon impact the body in very specific ways. Auriga's four signature treatments represent these varying energies of the lunar phases to align you with the rhythms of nature for your enhanced well being. The new moon is the time for renewal and introspection, the waxing moon, is a period to refocus your energy and embody your visions. Full moon is when one's full potential is achieved and the waning moon is the perfect time for cleansing. Auriga uses 100% natural organic products for the four lunar phase treatments.

THE SEA

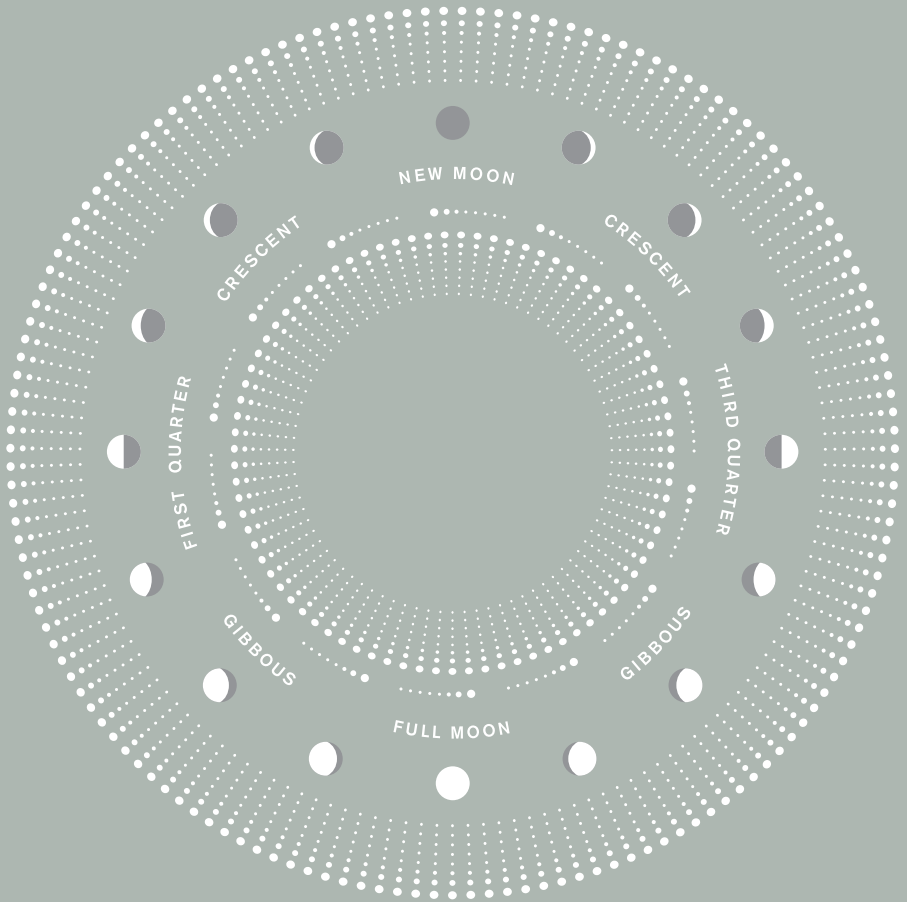
The ocean is the source of life, and it has a powerful therapeutic effect on mind, body, and spirit. Our holistic treatments harness the pull of the ocean's energy, and the healing power of the sea, to restore beauty, health and spirit. Ingredients such as 100% certified organic seaweed and pure algae extracts are hand-harvested from some of the cleanest waters on the planet. Auriga invites you to bathe in the sea of life.

PURE BAJA

Mexican folk healing is known as "curanderismo." Steeped in tradition, it still maintains a prominent place in the life of the Mexican people. Auriga honors this tradition with our spa guardian, using rituals, herbs, and healing to address the material, spiritual, and mental realms.

We warmly invite you to begin your spa experience with our welcome foot cleansing ritual using special herbs to purify and prepare you for your spa journey. Take time in our wet area grotto featuring steam rooms, saunas, ice rooms and whirlpools. Local herbal remedies are provided in the grotto to enhance your experience. After your treatment, relax in our spa salt-water pool with direct access from your private treatment room.

THE AURIGA SIGNATURE TREATMENTS FEATURING THE ORGANIC PHARMACY



The lunar cycles correspond to our seasons and the specific changes and properties that characterize them. The New Moon mirrors our winters - a season to rest, reflect and gain new strength. The Waxing Moon harbours the characteristics of spring - the best time to sow the seeds and nourish the earth. The Full Moon denotes the summer when everything is in bloom - it is the time of harvest. Lastly, The Waning Moon is our autumn - a time to cleanse the body and earth, to give space for new life and to commence the cycle again.

The four treatments 'Tapping into the Rhythm' have been designed to reflect the varying energies of the lunar cycle. Each treatment is dedicated to a particular phase of the moon – New, Full, Waxing and Waning – and will only be offered when the treatment corresponds to the moons particular stage to ensure the most profound experience for the guest.

NEW MOON "THE BEGINNING"

120 MINUTES

The New Moon is the time for renewal and introspection. Meditate on who you are and would like to become and establish strategies to reach your higher potential. Green is the focus of this treatment, representing all beginnings. To begin, a massage of your feet – your foundation. Your feet will be anointed with oils of juniper, rosemary and fennel to awaken your spirits. The body and mind are then thoroughly revitalized with a seaweed and eucalyptus salt scrub followed by a deeply stimulating seaweed wrap. The treatment concludes with a full body rosemary and eucalyptus massage.

Your body will feel awakened after this stimulating treatment.

WAXING MOON "SOWING THE SEEDS"

120 MINUTES

The waxing moon is the time to refocus your energy, to nourish yourself, and to reach your goals and higher potential. Embrace and embody your visions. Jasmine, whose white blossoms embody the creative spirit, will be the medium for this treatment. To begin, your feet will be anointed with scent of jasmine using pressure point techniques. To release the creative energies of the mind, the scalp is massaged and both the feet and head are wrapped while a luxurious petal and salt scrub exfoliates the body. The treatment concludes with a nurturing jasmine mask and a full body massage.

You will feel grounded and full of creative energy after this nurturing treatment.

FULL MOON "THE HEIGHT"

180 MINUTES

The full moon is the time to realize your full potential. Life life to its fullest. Pink is the color associated with this phase and balance is its key objective. With a scent revered for centuries, nothing encompasses balance more than rose, the focus of this balancing treatment. The treatment begins with an anointment and massage of the feet with rose oil. Whilst the feet are wrapped in a warm towel, the body is exfoliated with Rose petals and rose-oil-infused salt, leaving both the mind and body in complete harmony. A deep cleansing rose wrap nourishes the body with minerals and is followed by a deep, relaxing massage and a lymphatic facial using rose crystals and acupressure points.

This treatment will bring harmony to all systems.

WANING MOON "CLEANSING"

180 MINUTES

The waning moon is the perfect time to cleanse. Cleansing treatments undertaken during this phase are more effective and will act on deeper levels. Allow the forces of nature to assist you as you allow yourself to let go and renew. Amber, with the qualities of healing and regenerating, is the color associated with this treatment. Your treatment begins with a massage of the feet with detoxifying oils and pressure point techniques, releasing toxins and stimulating your inner organs. An exfoliation using silk gloves followed by a lymphatic massage help stimulate the elimination of toxins. Finally, a cleansing facial ensures a thorough cleanse of your entire system.

This treatment will leave you feeling fully cleansed and renewed.



MASSAGE

The image features a soft-focus background of vibrant green leaves and branches, with bright light filtering through to create a bokeh effect. In the lower foreground, a dark wooden bowl is filled with a mound of white, glistening rice grains. A small, fresh green sprout with several thin leaves grows from the rice. The overall composition is clean and natural, evoking a sense of health and tranquility.

Massage has been used throughout the ages to improve general health and is an important part of the spa experience. The many benefits of massage include stress reduction, better circulation and body functioning, increased elasticity and softened skin, shortened recovery time from athletics, and a general sense of well-being.



FULL BODY MASSAGE

60 or 90 MINUTES

Long strokes soothe sore muscles and stimulate circulation helping to revitalize and invigorate your body and spirit.

THERAPEUTIC MASSAGE

60 or 90 MINUTES

A combination of deep tissue, acupressure, myofascial release and other massage techniques release chronic muscle tension and aid in recovery from activity induced soreness.

SPORTS MASSAGE

60 or 90 MINUTES

This vigorous massage restores peak performance for stressed muscles. Lymphatic flow and circulation of the body will also be increased. Please wear comfortable clothing for stretching.

REFLEXOLOGY

60 or 90 MINUTES

Rebalance your energy with reflexology, a natural healing art using pressure point techniques on the hands and feet. It is based on the principle that there are reflex points on the hands and feet that correspond to the different organs of the body.

SHIATSU

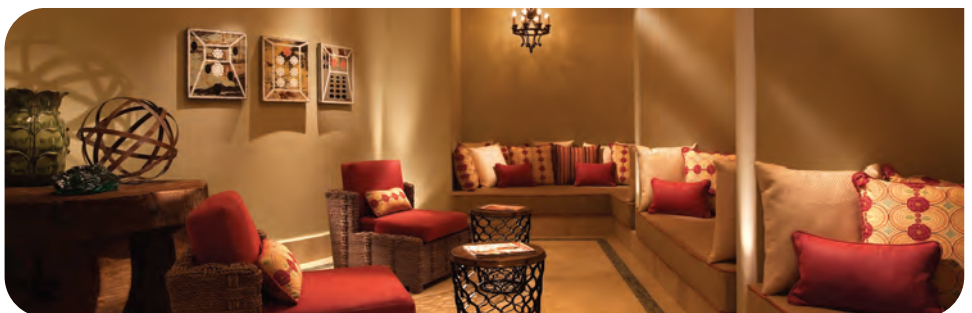
60 or 90 MINUTES

Shiatsu focuses on applying pressure using thumbs, fingers, and palms to specific points along the body's energy pathways. This ancient Japanese massage technique is used to unblock energy and reintroduce the flow of chi, or vital energy; leaving you feeling balanced and energized. Please wear comfortable clothing.

PREGNANCY MASSAGE

60 or 90 MINUTES

Special massage techniques are adapted to each stage of your journey. Your massage will be customized to ensure your safety and comfort at all times.





SPECIAL TREATMENTS

AQUATIC MASSAGE

50 MINUTES

Immerse into a quiet world of healing and transformation. Experience floating in a warm pool while being cradled, as each muscle and joint rhythmically and deeply relaxes. Breath work, water massage and yoga-like stretches are combined in this water massage to encourage greater range of motion, circulation, and relief of tension and stress.

EL AGUA Y LUNA (THE WATER and MOON)

150 MINUTES

Our approach to the aqua massage and the moon phases are combined in this transforming treatment to enhance wellness. This experience includes a moon phase scrub, aquatic massage and a relaxing full-body moon phase massage.

CONSULTATION WITH SPA GUARDIAN

30 to 60 MINUTES

Baja has a pure identity that is truly unique. Natural treasures range from a rich culture, to native flora, and a history rich in Mexican folk healing. Immerse yourself with our spa guardian in natural traditions, practices and herbs. As each consultation is unique, the time will vary from 30 minutes to 60 minutes. Private consultation with our local healer includes traditional massage, energy work and healing tonics to bring harmony, peace, and heighten your sense of being.

THE ART OF SOUND THERAPY

60 or 90 MINUTES

Sound travels through the energy pathways (of the meridians and the chakras) helping the body to tune into its own frequency. Sound removes stuck energies that are causing exhaustion and depleting the body of its vitality. This treatment creates harmony in the endocrine, circulatory, nervous, muscular, digestive and all other systems of the body. Sound and stimulation of one, or a combination of acupressure points helps restore harmony in the body. The physical body receives its healing from the hands or energy touch, the emotional body heals through the sound therapy tubes, the mental body through color.

HOT STONES

60 or 90 MINUTES

A total delightful experience to restore equilibrium and inner harmony by balancing the flow of energy. The stones are considered effective for healing, rebalancing, and re-energizing.



BODY THERAPIES





GREEN COFFEE BODY SCULPTING

60 MINUTES

A duo massage treatment incorporating massage techniques designed to reduce bloating and stimulate the flow of lymph and micro circulation. Fat-burning coffee and thermogenic (heat stimulating) chilli target problem areas such as thighs, waist, tummy, and bottom.

SEAWEED BODY SCRUB

45 MINUTES

A vigorous full-body exfoliation with organic essential oils and exotic sea salts leaves the skin unbelievably soft and silky. Fresh gigartina algae and a light re-mineralizing sea botanical gel massage, soothe, and tone the body.

SUN WORSHIPPER

60 MINUTES

The Sun Worshipper was designed to help you recover from a day in the sun. Our hydrating full-body mask will nourish and heal the skin after sun or heat exposure. Mineral-rich organic algae, luscious aloe vera gel and green tea extracts rich in antioxidants reduce redness and irritation, and cool and soothe environmentally damaged skin.

SEA RITUAL

120 MINUTES

Soothe sore muscles and joints with this deeply penetrating warm sea algae mud pack. Experience the healing energy of a warm shell massage, which eases muscular tension and relaxes you from head to toe.

HEALING OCEAN COCOON

120 MINUTES

A luxurious three-tiered treatment designed to release stress and reduce water retention throughout the body. An exfoliating seaweed scrub with organic algae oil stimulates circulation and softens the skin. A nourishing white-algae body mask, made from calcium-rich algae hand-harvested off the Patagonian coast, releases tension. Finally, a soothing warm sea-shell massage “wraps up” an incredibly relaxing experience.



SKIN CARE

Unmatched in luxury and effectiveness, each facial is adjusted to your specific needs after consultation with your esthetician. Facials include an in-depth skin analysis, cleansing, extractions when needed, exfoliation, custom mask, massage, and moisturizer.

ROSE CRYSTAL LYMPHATIC FACIAL

60 or 90 MINUTES

Our signature facial has been described as an experience in its own right. Using 100% natural and organic products this facial cleanses, soothes, nourishes, and balances all in one treatment. Skin is left radiant and glowing. This luxurious facial includes deep cleansing, AHA exfoliation, seaweed mask, lifting acupuncture, and lymphatic massage, and an anti-aging collagen mask. The treatment is completed with a scalp, hand and arm massage for an overall holistic experience.

SEA OF LIFE FACIAL

60 or 90 MINUTES

Ride a wave of total relaxation while restoring a glow to the skin and releasing stress from the body. Organic and natural marine botanical, rich in restorative minerals, antioxidants and enzymes are custom blended to soften lines, smooth and tighten face, neck and décolleté, and rejuvenate tired skin. A cranial facial massage relieves tension on the head and neck. Organic aromatherapy oils are gently massaged onto the neck, face, chest, and hands to relax the nervous system. By the end of this treatment you'll be glowing from the inside out.

MEN'S ENVIRONMENTAL REPAIR FACIAL

60 MINUTES

Our anti-aging facial restores healthy skin due to sun-damage, shaving, pollution, and other environmental exposures. Deep cleansing, exfoliation, and a customized mask—with active ingredients rich in vitamins, antioxidants and peptides—eliminates blocked pores for a clearer complexion. Our relaxing face, shoulder, neck and scalp massage will leave you feeling relaxed and recharged.

SPECIAL TOUCHES

SPECIAL MANICURE REJUVENATION

60 MINUTES

SPECIAL PEDICURE REJUVENATION

90 MINUTES

This manicure or pedicure, performed by our nail and foot expert meets three essential requirements: A medical approach to eliminate nail issues or epidermis thickening to enhance the beauty of the nails; restoring shape and homogeneity with a special buffing process enhancing the nails natural shine and incorporating a well-being massage technique from elbow to hand or knees to toes.

FOOT MASSAGE

30 MINUTES

This massage will remove the sensation of heaviness caused by long distance flight, poor circulation, and high temperature weather. It will increase skin elasticity and muscular relaxation.





FITNESS CENTER

FITNESS CENTER

The Capella fitness center is outfitted with advanced Technogym equipment. Enjoy a workout at your own pace to optimize your health, fitness and general well-being. Our fitness center is open 24 hours daily.

FITNESS ON REQUEST

Our innovative group fitness systems allow you unlimited access to your favorite classes and instructors. After you choose and schedule your class, a projection screen will display an experienced instructor of your choice and create the realistic feel of a live class with high-energy sound.

FITNESS SERVICES

Daily group fitness classes are available with your Capella instructor. Private personal training, individual yoga, Pilates, and other specialized classes are available by request. Please contact the fitness center or spa for more information on any of our fitness and wellness services.



SPECIAL RATES

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COUPLES SUITE

For a shared experience your treatments can be booked in our couples suite. Our deluxe couples suites each have a private outdoor pool. For an extended experience the suites can be booked for a fee of \$80 per hour.

IN-ROOM TREATMENT

There is a \$30 fee for in-room services.

HOW TO SPA

HOURS OF OPERATION

The spa is open daily from 09.00 to 21.00. Treatments are also available outside these hours by request.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please contribute to this serenity by speaking in soft tones or enjoying the quiet. Please respect all spa guests' right to privacy and refrain from the use of mobile phones, pagers and cameras during your time with us. Auriga is a smoke-free zone.

We encourage you to arrive 45 minutes prior to your appointment to enjoy the wellness spa's facilities, including steam rooms, saunas, ice rooms and pools. Our staff will be happy to assist with any recommendations based on your chosen treatments. Each treatment commences with a welcome cleansing foot bath ritual using local herbs and a special beverage that is in harmony with the current moon phase.

During your time at Auriga you will be provided with a locker, robe, towels and slippers. Disposable undergarments are also available at your request. We do recommend that you refrain from bringing any valuables to the spa.

After your treatment concludes, our relaxation rooms are the ideal place to continue its benefits. Rest and relax on our loungers and take the time to reflect on your experience.

RESERVATIONS

To book an appointment, please contact the spa. For our in-house guests, touch the Auriga button on your guest room telephone. Auriga welcomes both resident and non-resident guests aged 18 and older. Non-resident bookings will be secured with a credit card. To ensure your preferred time and services are available, advance booking is advised. The spa accommodates walk-in bookings based on availability.

HEALTH CONCERNS

When making your spa reservation, please advise us of any health conditions, allergies, or injuries that could affect your service. You will be asked to complete a Health Assessment prior to your treatment so that we may ensure your comfort and safety and provide service customized to your needs.

We have specially designed treatments for expectant and nursing mothers. Please allow our spa staff to guide you in selecting the treatments most suitable for you during this special time.

GIFT CERTIFICATES AND HOME CARE

Our gift certificates make a wonderful gift for any special occasion. To continue your Auriga experience at home, all products used in our treatments are available for sale in the spa retail at the reception area. Additionally we have Auriga body products for sale. Our staff will be most happy to assist you with your selections.

LATENESS AND CANCELLATION POLICY

Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of three hours notice for changes or cancellations. With fewer than three hours notice you will be charged for 100% of your treatment. If appointments are reserved before arrival at the resort, the spa cancellation policy follows that of your resort reservation.

THE AURIGA SIGNATURE TREATMENTS

NEW MOON "THE BEGINNING"	
120 minutes	\$ 300
WAXING MOON "SOWING THE SEEDS"	
120 minutes	\$ 300
FULL MOON "THE HEIGHT"	
180 minutes	\$ 360
WANING MOON "CLEANSING"	
180 minutes	\$ 360

MASSAGES

FULL BODY MASSAGE	
60 minutes	\$ 145
90 minutes	\$ 220
THERAPEUTIC MASSAGE	
60 minutes	\$ 145
90 minutes	\$ 220
SPORTS MASSAGE	
60 minutes	\$ 145
90 minutes	\$ 220
REFLEXOLOGY	
60 minutes	\$ 145
90 minutes	\$ 220
SHIATSU	
60 minutes	\$ 145
90 minutes	\$ 220
PREGNANCY MASSAGE	
60 minutes	\$ 145
90 minutes	\$ 220

FINISHING TOUCHES

SPECIAL PEDICURE REJUVENATION	
90 minutes	\$ 150
SPECIAL MANICURE REJUVENATION	
60 minutes	\$ 90
FOOT MASSAGE	
30 minutes	\$ 80

BODY THERAPIES

GREEN COFFEE AND CHILLI	
60 minutes	\$ 150
SEAWEED BODY SCRUB	
45 minutes	\$ 110
SUN WORSHIPPER	
60 minutes	\$ 150
SEA RITUAL	
120 minutes	\$ 300
HEALING OCEAN COCOON	
120 minutes	\$ 300

SPECIAL TREATMENTS

AQUATIC MASSAGE THERAPY	
50 minutes	\$ 145
THE WATER AND THE MOON THERAPY	
150 minutes	\$ 360
BAJA NATURAL CONSULTATION SPA GUARDIAN	
45-60 minutes	\$ 175
THE ART OF SOUND THERAPY	
60 minutes	\$ 180
90 minutes	\$ 255
HOT STONES	
60 minutes	\$ 180
90 minutes	\$ 255

SKIN CARE

ROSE CRYSTAL LYMPHATIC FACIAL	
60 minutes	\$ 175
90 minutes	\$ 240
OSEA SEA OF LIFE FACIAL	
60 minutes	\$ 175
90 minutes	\$ 240
MEN'S ENVIRONMENTAL REPAIR FACIAL	
60 minutes	\$ 175



Private Parties

We book private parties for groups of 4 or more, offering all salon services. We can also coordinate catering, champagne, music & flowers for your event.

Appointments

We recommend booking your next appointment prior to leaving the salon so we can be sure to accommodate your wishes. Please be kind enough to arrive 15 minutes prior to your scheduled appointment time.

Cancellations

A credit card is required to book your appointment. In consideration of our other clients and our technicians, please give 24 hour notice of any cancellation. Charges will be made in full if you fail to adhere to our cancellation policy.

Salon

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JULIEN FAREL

JF



CABO SAN LUCAS



JULIEN FAREL

JF



CABO SAN LUCAS

Mission Statement

Our goal is to provide the highest level of customer service and satisfaction by exceeding our clients' expectations.

Julien Farel is one of the premier stylists in the United States. His Madison Avenue flagship location also houses JF Gymnastique, a wellness facility, as well as a men's grooming salon, Hommage Atelier by Julien Farel. Additionally, he opened both Men's and Women's salons at The Setai Fifth Avenue, a Capella managed hotel. Julien Farel Products will also be arriving in Cabo San Lucas soon!



JULIEN FAREL

CABO SAN LUCAS

VIP Haircut & Style

Julien Farel

Cut.....	\$400
Updo.....	\$400
Blow-dry.....	\$200 & up*
Outside Booking.....	Quoted upon Consultation [◊]
Weddings.....	Quoted upon Consultation [◊]
Wedding Try-outs.....	Quoted upon Consultation [◊]

Haircut & Style

Cut.....	\$95
Updo.....	\$95
Blow-dry.....	\$55 & up*
Long Hair Blow-dry.....	\$85 & up*
Outside Booking.....	\$190/hour [^]
Weddings.....	\$190/hour [^]
Wedding Try-outs.....	\$150/hour [^]

* Prices vary depending on length and texture of hair.
In-room bookings will be billed at two times the listed rate.

◊ Outside booking is an **off-property appointment**.
Outside bookings and weddings will be billed hourly for travel. Charges will be made from the time stylist leaves the salon until the time they return to the salon.



Color

Single Process.....	\$120 & up
Highlights.....	\$200 & up
Single Process w/ Highlights.....	\$175 & up
Gloss.....	\$80
Double Process.....	\$250 & up
Perm.....	\$200 & up
Anti-Curl.....	\$200 & up

Hair Treatments

Hair Conditioning Treatment.....	\$90
Scalp Treatment.....	\$90
Hair Revitalizing Treatment.....	\$90



JULIEN FAREL

CABO SAN LUCAS

Manicure & Pedicure

Manicure.....	\$45
Polish Change Manicure.....	\$35
French Manicure.....	\$50
French Manicure Polish Change.....	\$40
Glue Manicure.....	\$55
Extra Glue.....	\$25
Full Set.....	\$125
Nail Repair.....	\$15/nail
Pedicure.....	\$80
Polish Change Pedicure.....	\$50
French Pedicure.....	\$85
French Pedicure Polish Change.....	\$55

Hand & Foot Treatments +15 minutes

Glycolic Foot Treatment.....	\$30
Natura Bissé Vitamin C Hand Treatment.....	\$25
Natura Bissé Vitamin C Foot Treatment.....	\$35
Natura Bissé Honey Scrub Hand Treatment....	\$20
Natura Bissé Honey Scrub Foot Treatment.....	\$30
Natura Bissé Anti-Aging Glycolic Hand Treatment...	\$30



Makeup

Makeup Application.....	\$75
Makeup Lesson.....	\$125
Makeup Touch-up.....	\$35
Eyelash Application.....	\$45
Makeup Bridal Trial.....	\$110/hour
Makeup Wedding Day.....	\$150/hour
Outside Booking.....	\$150/hour

Waxing & Tweezing

Eyebrow Shaping.....	\$55
Lip.....	\$30
Chin.....	\$30
Face Line.....	\$45
Neck Line.....	\$30
Nose Wax.....	\$30
Full Arm.....	\$55
Half Arm.....	\$35
Underarm.....	\$40
Ear.....	\$40
Bikini.....	\$45
Brazilian Bikini.....	\$75
Bikini/Half Leg Lower.....	\$75
Bikini/Half Leg Upper.....	\$85
Bikini/Full Leg.....	\$105
Brazilian Bikini/Full Leg.....	\$135
Half Leg.....	\$35
Full Leg.....	\$55
Chest Wax.....	\$75
Back Wax.....	\$90



JULIEN FAREL
CABO SAN LUCAS

Bridal Packages

For the Bride*

Auriga Facial	Using Organic Pharmacy products	60 minutes	
Waxing	Eye brow, Underarm, Brazilian bikini, Full leg	90 minutes	
Makeup	wedding day	120 minutes	
Blowout & Updo	tryout	120 minutes	
Blowout & Updo	wedding day	180 minutes	
Manicure/Pedicure	Includes Natura Bissé Vitamin C treatment	120 minutes	
			Total.....\$1,450

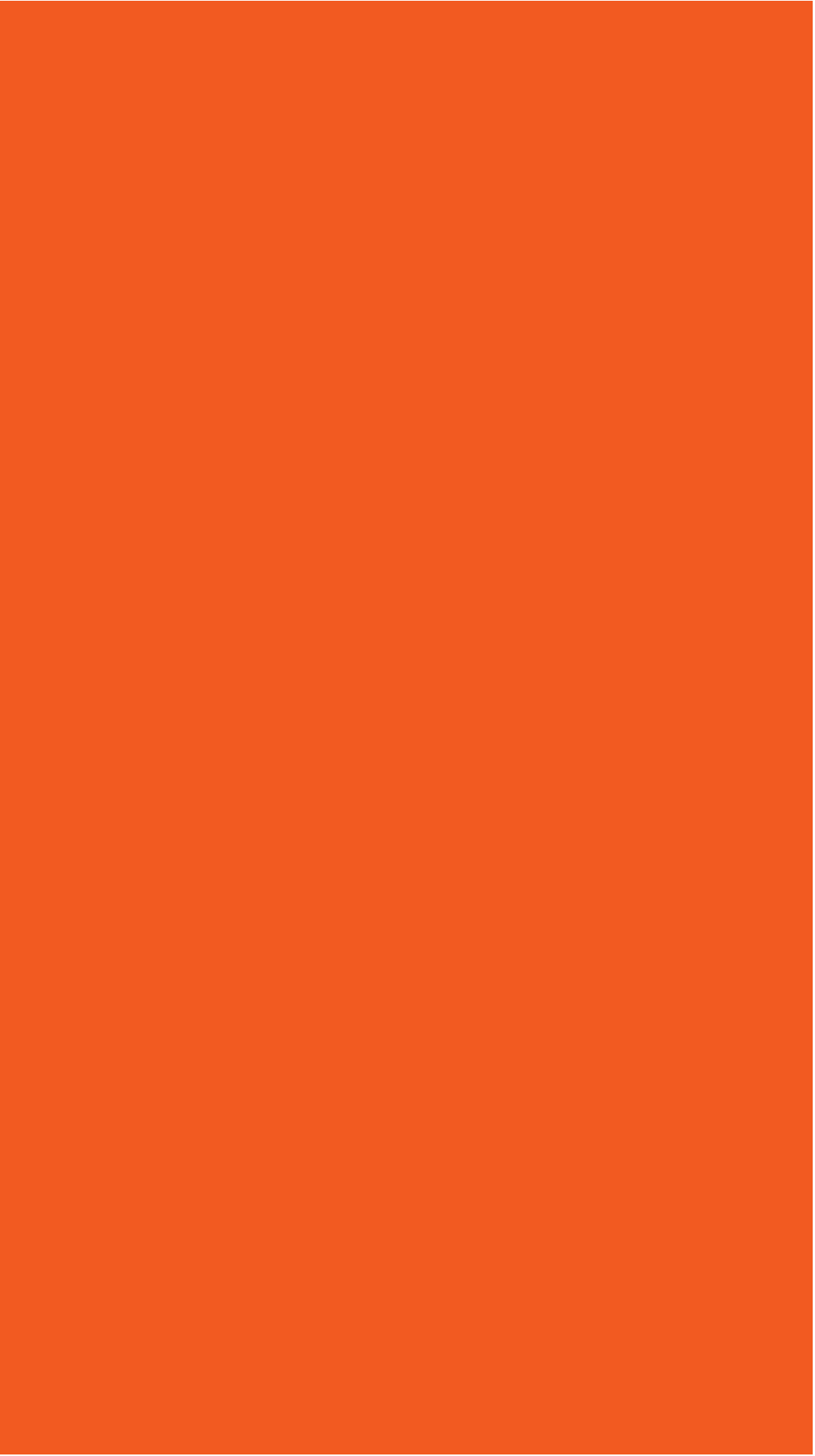
For the Groom*

Auriga Men's Facial	Using Organic Pharmacy products	60 minutes	
Haircut & Style		60 minutes	
Manicure/Pedicure	Includes Natura Bissé Vitamin C treatment	80 minutes	
			Total.....\$410

Pre-Wedding Massage at Auriga

Add one Auriga massage onto your bridal package	60 minutes	\$130
	90 minutes	\$195

* All packages may be split into two individual days of services but must be booked and paid at the same time.



JULIEN FAREL



CABO SAN LUCAS