



*One&Only* Palmilla Spa



Enjoy the warmth and hospitality of Mexico in a sanctuary that is truly a *One&Only* experience.

Choose your treatment from our à la carte menu, or let our experts design a spa journey customized specifically for your needs. Each of our spa villas is designed to offer you serenity and comfort in your own beautiful, private pavilion and open air garden. Share the experience with a friend or loved one in the double spa villas which include Mexican daybeds, rain showers and whirlpool baths to relax in after your treatment. The *One&Only* Villa is reserved for the most indulgent spa experience.

Continue your lifestyle regime while on vacation in our Wellness Center, equipped with advanced cardiovascular and weight machines, Pilates reformer, Kinesis, Power Plate, and a selection of group and personal sessions to strengthen and balance both body and mind.

Daily wellness activities are provided, ranging from outdoor activities such as Sunrise Yoga, Beach Boot Camp to indoor Pilates, Ritmo Latino and a variety of wellness classes. Classes are available for all fitness levels. There is special focus on activities that are more restorative by nature and focus on enhancing quality of life and longevity.

For those looking for a destination spa experience, a personal lifestyle and wellness program offers an opportunity for personal renewal. Whether it is to unwind, restore or elevate your well being, continue your lifestyle regimen or discover your own goal while on vacation.

We empower you to promote your own healing with a full range of conventional and complementary treatments, classes, therapies and activities. View the latest innovative and upcoming programs online.

A full complement of finishing services is provided in the Hair & Nail Spa and may be reserved for bridal parties and other special occasions.

We look forward to assisting you in making your *One&Only* spa journey your own.

A heavenly sanctuary awaits.

*One&Only* Spa and Salon are open from 9am to 9pm daily.

The Wellness Center is open from 6am to 9pm daily.

# Daily Wellness Activities

*One&Only* Palmilla offers a destination Spa experience in a luxurious resort setting that allows you to take advantage of the highest caliber internationally and nationally certified trainers and experts from Mexico, Canada, and America. During your stay the stresses imposed by modern living simply melt away.

The new knowledge imparted to you from these experts will continue to enrich your life everyday when you return home and add value by restoring health, an abundance of energy and joy for the body, mind and spirit.

Continue your healthy lifestyle while on vacation or allow us to help you set and achieve new personal wellness goals during your stay. Our goal is to help you to discover, find balance, and restore vitality to your mind and body.

Re-discover how to invigorate your daily lifestyle with new and unique approaches to health, wellness and fitness. We constantly explore and bring to you the latest techniques for the mind-body connection, fitness, nutrition and spiritual healing while most importantly remembering to have fun.

Most classes are geared to all fitness levels and ages. Activities constantly change and are tailored to the season and reflect the tools and approaches needed for the ever changing stressors influenced by the world around us.

To complement traditional classes, the wellness team has also developed a unique program with a special focus on those activities that are more restorative by nature and focus on enhancing quality of life and longevity.

We encourage you to review the most up to date schedule in your room upon arrival. It is not necessary to register for activities until after you arrive at the resort.

Healthy wellness cuisine featuring fresh seasonal ingredients are inventively prepared and served in the spa wellness garden. *Minimum of one hour advance reservation required.*

Sample day of wellness activities:

SATURDAY	
8:00am	Sunrise Yoga
8:00am	Beach Body Boot Camp
9:30am	Ritmo Latino – dance workout
10:00am	Laughter Yoga
2:00pm	Thai Couple Stretch
3:00pm	Nutrition – Eating for Longevity
5:00pm	Transformational Breathwork Workshop

*Most activities are complimentary during your stay while a small fee applies to indicated workshops or classes on the weekly Activities schedule. To complement your stay please, download a current schedule outlining the available activities. Private sessions are encouraged for a personalized take home program and are available with most instructors on the activities schedule. All group sizes are small.*

## One&Only Spa Philosophy

Central to our core beliefs is the concept of Unwind, Restore and Elevate.

Three distinct pillars around which all spa therapies and treatments nurture and rebalance the body in times of change, pressure and stress. Each philosophy can be adapted to suit the individual's needs of the moment and features its own specialised set of holistic programmes designed to guide guests in choosing personalized spa experiences.

### **Unwind**

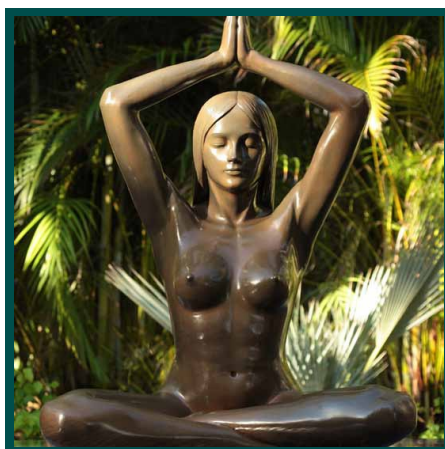
In this fast-paced world, it is often difficult to slow down and let our mind, body and soul unwind and relax. The Unwind collection of treatments are often relaxing, calming and soothing, helping bring peace to the mind, reduce muscular tension and comfort and cool the skin.

### **Restore**

During times of stress, lifestyles can become unhealthy and our bodies may feel sluggish and in need of detoxification. Restore Treatments are tailored to help stimulate the circulation and the lymphatic system, and assist in improving the look and feel of your skin.

### **Elevate**

Everyday stress can often lower your energy levels, leaving you feeling emotionally drained with a sense of exhaustion. The Elevate Treatments are targeted towards creating a balanced state of wellbeing, helping improve energy levels while promoting a feeling of inner calm.



*The One&Only Palmilla Spa has selected intriguing legends to remind us of the healing lessons to be learnt from the ancient people of Mexico. These legends are highlighted in a meaningful way during guests stay at various time of the year. Anajicondi - the goddess of beauty, love, peace and wisdom was inspired by a native legend told by the local indigenous people, the Pericues, to explain the existence of whales and birds, pitahayas (desert cactus fruit), the beautiful seas, the clear skies, the millions of stars, the shiny moon and the evening sunsets.*

## One&Only Palmilla Signature Rituals

These signature rituals have been designed exclusively by ESPA for One&Only Palmilla, they are advanced, truly indulgent and influenced by time-honoured Mexican healing traditions. Our treatment rituals are personalised to meet your needs, using ESPA Products and local indigenous ingredients to deliver outstanding and long lasting results.



### **Mayan Deep Tissue Pindas Ritual – 2 hours**

*Achieve Ma'alob Kuxtal (wellbeing) with the aromatic spices of this ancient indigenous treatment traditionally used as a curative treatment by traditional mayan healers for headaches, arthritis and muscular aches.*

Gentle stretching and steamed herbal pindas (poultices) are used to ease muscle tension combined with a targeted therapeutic body massage. The natural analgesic and pain relieving benefits of the heat and herbs ease muscular tension, aches and pains.

### **Palmilla Chocolate Synergy – 2 hours**

*Inspired by the ancient Mayans, a blend of various massage techniques using a Mexican herbal compress and chocolate oil to release muscle tension.*

This synergy starts with choosing your own Aromatherapeutic oil while enjoying a foot bath.

The compresses healing properties of dried herbs release muscular tension while the warm chocolate oil enhances positive mood, improves the Skin's blood flow and hydration. Optimum benefits are achieved through the colorful formulation of Shiatsu, Quenquido (slowly releasing adhesions of the connective tissues), Lymphatic Drainage and Sports Massage techniques. This out of the ordinary therapy is a must-try experience while visiting Palmilla and ends with a blissful bath soak in your own private garden!

You may choose to enhance this unique synergy with two therapists performing your treatment.

### **“Salud Por Agua” – 2 hours**

*Allow yourself to surrender in the element of water as you are gently aligned in a Personal Aquatic Body Therapy session.*

Beginning with a traditional Mexican foot and body cleansing ritual.

A gentle form of body therapy performed in warm water. It combines elements of massage, joint mobilization, shiatsu, muscle stretching and dance. Relax even further as your therapist performs a full body massage with deeply conditioning therapeutic ESPA oils. Swimsuit required.

# One&Only Unwind, Restore and Elevate Treatments

Our expert therapists will guide your mind and body back into harmonious balance with a personalized programme of *One&Only* treatments. Centred around the Unwind, Restore and Elevate philosophy, each experience will be tailored to suit your needs of the moment.

*For the ultimate in therapeutic indulgence, add an additional 30 minutes to your treatment. Relax in an outdoor bath filled with a blend of essential oils followed by relaxation on a shaded outdoor daybed in your very own private garden with fresh fruit and tea.*

## **Unwind Signature Experience – 2 hours**

*The Unwind Experience is ideal if you feel jetlagged, dehydrated or stressed.*

The body is cleansed with a soothing and foaming exfoliation followed by a deeply relaxing massage using long strokes and gentle rocking movements with warmed volcanic stones to soothe and release tension from tired, aching muscles.

A scalp massage calms the mind, leaving you feeling completely rested.

## **Restore Signature Experience – 2 hours**

*The Restore Experience is popular if you enjoy a warm, stimulating massage to cleanse and revitalize body and mind.*

After a full body salt & oil exfoliation, this rhythmic, restorative, total body massage uses warm herbal poultices to help increase circulation and relieve aches and pains, helping to promote a feeling of wellbeing.

## **Elevate Signature Experience – 2 hours**

*The Elevate Experience is designed to relax and open the body's natural energy flow.* Commencing with a cleansing exfoliation of hands and feet, this treatment is influenced by Thai Massage and performed on a floor mat wearing loose clothing.

It uses pressure point massage techniques, assisted stretching and compression movements, with rhythmic techniques and gentle rocking. This experience will leave you feeling supple, energized and full of vitality.

## **Holistic Body Ritual – 2 hours**

*A fusion of body treatments have been combined to provide a truly personalized spa experience.* Each Holistic Ritual begins with full body exfoliation before continuing with a total body wrap using warming Oshadi, detoxifying Algae or skin nourishing Marine Mud. A scalp massage and full body aromatherapy massage of choice completes this all encompassing experience.

Your therapist will assist you in your choice of Holistic Ritual: \* *Unwind and Relax* \* *Detox and Restore* \* *Invigorate and Elevate*

## **One&Only Aromatherapy Massage – 1 hour 20 minutes or 1 hour**

*A therapeutic full body massage using blends of essential oils personally selected for your individual needs.*

Your therapist will assist you with your choice of aromatherapy massage:

Unwind – soothing oils and flowing movements help release stress and tension, promoting a complete sense of wellbeing.

Restore – helps promote a sense of balance for mind and body, this treatment is particularly beneficial to those wishing to detoxify, cleanse and balance the mind & body.

Elevate – revitalizing to mind and body this treatment combines stimulating movements and uplifting oils

## **One&Only Salt & Oil Body Scrubs – 30 minutes**

*An intensive body exfoliation which cleanses and invigorates the body to leave the skin hydrated and refreshed.*

Your therapist will assist you in your choice of scrub: \* *Unwind and Relax* \* *Detox and Restore* \* *Invigorate and Elevate*

# ESPA Body Treatments

These ESPA Body Treatments have been carefully designed to target the stresses and strains of modern life. Business pressures, poor diet, lack of sleep, a sedentary lifestyle and pregnancy can all have detrimental effects on the body resulting in tense, aching muscles, unbalanced skin and fatigue; these treatments help to combat and minimize these effects to leave your mind and body relaxed and rebalanced.

## **ESPA 'TIME' – Specially Designed for You.\***

*The One&Only Spa is a retreat where time has no meaning, where mind and body return to total harmony and where your journey to inner peace and self discovery can begin.*

Your therapist guides you in your choice of treatments and rituals to ensure your treatment journey is best suited to your needs at this moment in time. ESPA 'Time' is scheduled for a minimum of two hours – simply reserve ESPA 'Time' and we will do the rest. Excludes a small selection of treatments due to facility or equipment restrictions.

## **Holistic Obsidian Stone Experience\* – 2 hours 15 minutes**

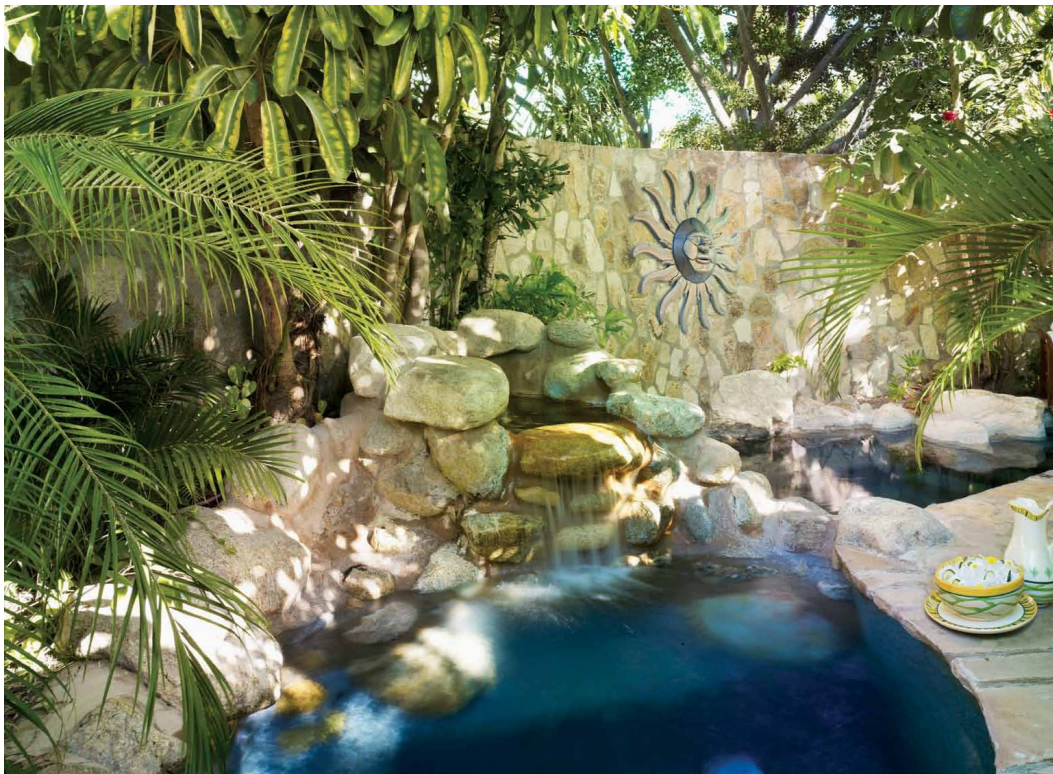
*The black Mexican obsidian stone is believed to relieve depression and is considered effective for healing.*

This new age of using gemstones in fact has been around and practiced for thousands of years to restore equilibrium and inner harmony. Skin brushing, a total body massage with ESPA-blended aromatherapy oils, combined with heat and pressure from the stones, will rebalance and reenergize. Tension is lifted with an acupressure head massage to calm and soothe the mind and spirit. This is combined with a full body exfoliation and a wonderfully soothing facial cleanse.

## **Sun Ritual\* – 1 hour 30 minutes**

*A luxurious ritual to relax mind and body and prepare your skin for a sun kissed glow or nourish and cool a sun bronzed body.*

Wonderfully exfoliating sea salts are combined with incredibly nourishing essential oils to stimulate circulation and soften the skin in preparation for a full body massage with a synergy of intensely moisturizing aromatic oil and deeply nourishing body cream rich in replenishing wild yam and flower algae.





### **Relax and Restore “Oceano” Experience – 3 hours**

*Utilizing the ocean’s cooling and calming characteristics to soothe the skin and restore balance to overactive minds.*

The Oceano Experience begins with a salt and oil full body exfoliation, a soothing therapeutic massage, followed by an envelopment of fresh algae or nourishing marine mud, combined with ESPA aromatherapy oils. A facial cleanse and acupressure massage together with the restorative properties of a therapeutic aromatherapy bath soak enhance this decadent experience. Complete this relaxing experience while relaxing in your private spa garden on a Mexican daybed savoring fresh fruit and herbal tea.

### **Contouring and Firm Body Treatment\* – 2 hours**

*A specialized total body treatment that combines a detoxifying envelopment and advanced body massage to tone and firm the skin.*

Designed to specifically stimulate circulation and the lymphatic system, concentrating on problem areas that are prone to cellulite, fluid retention and uneven skin texture. The body is purified of toxins, the skin toned and the mind revitalized. A course of treatments is recommended to maximize the effects.

*We recommend that you enhance this treatment with a therapeutic outdoor bath rich in detoxifying seaweed and plant extracts.*

### **Post-sun Body Treatment – 1 hour**

*Calm, comfort and hydrate sun-expose holiday skin.*

This treatment uses a cooling envelopment of Aloe to nourish dry, dehydrated skin, while a gentle facial cleanse and massage of the face, neck and scalp soothes the mind and body.

*\* For the ultimate in therapeutic indulgence, add an additional 30 minutes to your experience. Relax in an outdoor bath filled with a blend of essential oils followed by relaxation on an outdoor daybed in your very own private garden with fresh fruit and tea.*





# Special Moments

The *One&Only* Spa is the perfect location to celebrate special moments together. Moments of romance with a significant other or moments of celebration with friends or family members. Private spa garden villas are designed for two or up to four.



## ROMANCE

### **Magic Moment for Two – “Oceano de Estrellas”**

Imagine the moonlight ocean covered with thousands of stars while enjoying a magical moment together... embrace the mystique of romance, surrounded by natural beauty and gracious decadence. While sipping a glass of champagne your butler will personally escort you from your suite to an ocean-side palapa lined with fire torches, scented with incense and fresh ocean air. Your therapists ensure a personal piece of heaven with a relaxing body massage accompanied by the sounds of waves in the background. To enhance the total sensory experience, a sensual ocean splash flower bath with a vanilla elixir and an arrangement of irresistible red fruit await your return to your suite. An all round relaxing and romantic indulgence.

### **Grand Celebration Journey – A Spa Journey for Two People**

*Celebrate any special moment together with a spa journey of pure indulgence and total relaxation.*

Located in tranquil gardens, our private spa villas with outdoor bath create a retreat that encompasses a wonderful spa journey and generates a memory that will linger forever. The Grand Celebration Journey can be especially tailored for honeymoon couples.

2-day program: (minimum 3 night stay)

- Sun ritual or Palmilla Chocolate Synergy, includes villa experience (2 hours)
- Choice of any 90-minute Facial or Massage
- Private couples Movement Therapy session – examples to choose from are yoga, meditation, pilates, personal training, salsa dancing, transformational breathwork.
- ESPA Gift – An ESPA bath or body oil selection to enjoy during your stay or recreate your spa experience on returning home.
- Romantic dinner for two – in the comfort of your terrace.

### **“Agua De Amor” – Couples Aquatic Body Therapy – 2 hours**

*Embark together with your loved one on a therapeutic adventure that is deeply relaxing and helps to reconnect mind and body.*

Release all tension and feel the mind quiet as you experience a healing sequence of individualized massage movements, stretches and dynamic stillness in warm water. Relax even further as your therapist performs a full body massage with deeply conditioning therapeutic ESPA oils. Swimsuit required for part of the service.

### **ESPA Couples ‘Time’ – Decisions are Unnecessary**

*The One&Only Spa is a retreat where time has no meaning, where mind and body return to total harmony and where your journey to inner peace and self discovery can begin.*

Your therapist guides you in your choice of treatments and rituals to ensure your treatment journey is best suited to your needs at this moment in time.

ESPA Couples ‘Time’ is scheduled for a minimum of two hours – simply reserve ESPA ‘Time’ and we will do the rest.

## FRIENDS

### **Girlfriends Escape – 2 hours 30 minutes**

*A stress free escape for two to four friends in private spa villas with outdoor gardens, daybeds and a rock pool.*

Celebrate time together with Aquatic Body work and Ai Chi energy movement followed by two-by-two deeply relaxing aromatherapy body massages. Unwind together with refreshing spa mocktails while relaxing on Mexican daybeds in your own private garden.

### **Girlfriends Spa Adventure – 2 hours 30 minutes**

*Re-connect and de stress with your closest girlfriends and have fun in a relaxing spa setting.*

- Fun group activity – choose from Mindful Painting, Meditation, Salsa dancing, Ritmo Latino, Laughter Yoga, Boot Camp, Transformational Breathwork or Music Therapy.
- Relaxing Spa treatment – choose from a 1 hour 30 minute facial or body massage.
- Spa mocktails – in the wellness garden.

## ESPA Super Active Facials

The Spa at *One&Only* Palmilla are the first in Mexico to offer the ESPA Super Active Facials; three prescriptive treatments using products scientifically proven to treat specific skin conditions. Performed by hand-selected, highly qualified therapists to deliver luxurious and results-driven experiences, the benefits of which can be seen immediately; each treatment begins with an in-depth skin analysis using a Woods Lamp to identify skin conditions not visible to the naked eye.

### **Super Active Repairing and Restoring Facial – 1 hour 30 minutes**

*Designed to help counter the effects of harsh products and aggressive treatments; this facial helps sensitized skin requiring restoring and rebalancing.* Super Active products from the Repair and Restore range, proven to enhance cell renewal, strengthen the skin and help to restructure. Used together with advanced massage techniques and Rose Quartz Crystals, this facial reveals a more even skin tone, restored vibrancy and smoothed, de-sensitized skin.

### **Super Active Toning, Lifting and Firming Facial – 1 hour 30 minutes**

*This advanced facial treatment helps to improve the tonicity and firmness of the skin and combat signs of ageing.*

The facial incorporates ESPA Super Active Tone and Firm products, which help to renew collagen production and enhance cellular regeneration, producing instant and visible results. This treatment uses the most advanced facial massage techniques to deliver a regenerating treatment with intensive results, the benefits of which can be seen immediately.

### **Super Active Calming and Soothing Facial – 1 hour 30 minutes**

*A technically advanced facial that helps cool and comfort irritated skin that is prone to redness, sensitivity and heat flushing.*

Highly specialized lymphatic massage techniques and soothing Rose Quartz crystals combined with Super Active products help to improve skin circulation, strengthen capillary walls and naturally purify the complexion, leaving it revitalized and refreshed. Redness is visibly reduced and the skin is left calmed, soothed and hydrated.

## ESPA age-defying facials

The need for flawless, ageless and smooth skin has lead ESPA to unveil two new facials, which utilize natural exfoliators and masks that are action-packed with ingredients derived from enzymes, alpha hydroxyl acids (AHAs) and marine extracts. These natural yet equally powerful facials feature ingredients which are harvested in a sustainable manner without degradation to the environment and approved by Ecocert for their sustainable sourcing and organic development. The products are also free from synthetic colors, fragrances and pure petrochemicals as well as PEG's, parabens, SLS and SLES.

### **ESPA Age-defying Radiance Facial – 1 hour 30 minutes**

*An effective, active facial that reduces fine lines and wrinkles and reveals instant skin radiance.* After a thorough skin analysis, this facial continues with a deep brush cleanse, steam and extraction to prepare the skin for an application of our Skin Radiance mask. Together with the Refining Skin Polish, this aids the removal of dead skin cells and boosts cell regeneration. A deep facial massage is followed by an application of the ESPA professional Lifting and Smoothing mask to leave skin plumped, toned and luminous.

### **ESPA Age-defying Firming Facial - 1 hour**

*This powerful and highly effective facial dramatically smoothes, firms and evens skin tone.* After a thorough skin analysis, the facial incorporates a deep brush cleanse and an application of ESPA refining skin polish. Following steam and extraction, the facial is concluded with an intense facial massage with age-defying oils, and an ESPA professional Lifting and Smoothing mask to leave your skin plumped, firm and toned.

## ESPA Intensive Facials

These specialized advanced facial treatments go beyond cleansing, toning and moisturizing and into progressive manual facial massage and holistic de-stressing. All ESPA Facials begin with a detailed consultation and in-depth skin analysis using a Woods Lamp to identify skin conditions not visible to the naked eye, allowing your therapist to tailor the treatment to your individual needs and recommend skincare products for your personal regime at home. Each facial includes an ESPA Eye Treatment to regenerate and firm the delicate eye area.



### **Aromatherapy Facial – 1 hour 30 minutes**

*Suitable for all skin types, this deep cleansing, relaxing aromatherapy facial purifies, refines and hydrates.*

Specific active result driven aromatherapy products are combined with acupressure massage, lymph drainage and Oriental head massage to leave the mind clear and the skin radiant and moisturized. Your therapist will evaluate your skin and tailor the facial to your skin's unique needs.

### **Skin Brightener Facial – 1 hour 30 minutes**

*Exposure to pollution, lack of sleep and stress can result in dull skin, lacking vitality and luminosity.*

This revitalizing facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Super Active Skin Brightening Complex; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

### **Oil Controller Facial – 1 hour 30 minutes**

*Ideal for oily, congested and problematic skin or those suffering with hormonal imbalance.*

This deep-cleansing facial helps to regulate oil secretions, soothes the skin and refines open pores. This encourages a more balanced and clearer complexion.

### **Advanced Back, Face and Scalp with Obsidian Hot Stones – 2 hours**

*Designed to target the classic areas of stress, from headaches, neck pain and shoulder tension and the effect these have on the skin.*

A stimulating and deep cleansing back exfoliation is followed by a powerful back massage using volcanic hot stones and aromatic oils to melt away any tension. The personalized ESPA Facial uses specific products designed to suit the needs of your skin, and follows with a stress relieving scalp massage. The result is re-hydrated, revitalized skin, and a sense of deep relaxation for mind and body.

## ESPA For Men

We encourage our male guests to enjoy any of our treatment experiences; however this selection is designed to help address specific areas of focus such as stress related tension, tight muscles and congested skin.



### **Mankind – 1 hour**

*A deep, therapeutic massage focused on the back and feet.*

Individually chosen essential oils and aromatherapy massage techniques alleviate tension and stress stored in the neck, shoulders and back, allowing mind and body to relax and unwind. A foot massage using pressure point techniques completes this treatment and leaves you with a deep sense of relaxation with refreshed and revitalized feet.

### **Purifying Facial, Shoulder and Scalp Massage – 1 hour 30 minutes**

*This facial works at a deep level to cleanse and hydrate the skin whilst easing any muscular tension.* A triple cleanse with hot towels soothes and softens the skin and facial hair to aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows to release tight muscles and tension, leaving you feeling totally de-stressed.

### **Fitness Massage – 1 hour 20 minutes with hot stones or 1 hour without hot stones**

*A powerful body treatment for clients suffering with deep-seated muscle tension.*

This specialized treatment is ideal for those who receive regular massage or who enjoy deep massage pressure. Incorporating the use of advanced massage techniques and hot volcanic stones, this invigorating experience deeply penetrates muscles and helps ease any tension.

### **Deep Cleansing Back Treatment – 1 hour**

*A soothing massage for muscular tension and problematic skin on the back, neck or shoulders.*

The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and cell renewal, whilst an application of Marine Mud mask helps calm and soothe the skin.

Lower legs and feet receive a deeply relaxing massage while the mask takes effect. Finally ease tension from the back with a calming aromatherapy massage.

### **Detoxifying Body Treatment – 2 hours**

*A specialized total body treatment that combines a detoxifying envelopment and advanced body massage to tone and firm the skin.*

Designed to stimulate circulation and the lymphatic system, and improve uneven skin texture.

The body is purified of toxins, the skin toned and the mind revitalized.

### **“Type A” Men’s Journey – 1 hour**

*The solution for men who don’t have time for treatments.* 60-minute ultimate therapy performed by three therapists working in harmony allowing you to experience ESPA Men’s Purifying Facial while a Reverence Bastien Duo Pedicure and Manicure perfects your feet and hands, leave you feeling de-stressed and renewed. You may choose to enhance this journey to a synchronized Bastien Paraffin Duo and an ESPA Intensive Facial - 1hour 20minutes.

## ESPA Massage Therapies

Enjoy your massage treatment together or on your own in a private garden spa villa, in your guest room, or with an ocean view. ESPA Body massages combine the best of ancient and modern techniques to release tension and leave you feeling deeply relaxed and rebalanced.

Our ESPA massage therapies combines the most advanced techniques to improve muscle condition, health and flexibility; our expert therapists will assess your needs and deliver a tailored treatment to suit you.

### **Palmilla Signature Massage** – 1 hour 20 minutes

*Unique to One & Only Palmilla, a massage treatment to treat fatigued muscles and revitalize energy levels.*

Inspired by the ancient Mayans, a synergy of various massage techniques, Mexican herbal compress and therapeutic ESPA Oils are used to treat muscular tension. Optimum benefits are achieved through pressure point, Quenquido (slowly releasing adhesions of connective tissue), lymphatic drainage and sport massage techniques. You may choose to enhance this unique synergy with two therapists performing your treatment.

### **Hot Stone Therapy** – 1 hour 20 minutes

*A traditional and indulgent massage using aromatherapy oils and warm volcanic stones to achieve a deeper pressure.*

The warmth of the stones penetrates the skin, easing muscular tension and soothing aches and pains; helping you to unwind and your body to feel rejuvenated.

### **Swedish Massage** – 1 hour 20 minutes or 1 hour

*A traditional full body massage using firm pressure to promote relaxation and ease muscle tension.* This treatment is ideal as an Introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

### **Deep Tissue Massage** – 1 hour 20 minutes for full body or 1 hour for localized area

*This powerful massage penetrates the muscles to alleviate deep-seated tension and muscular stress.*

Deep Tissue specialized massage techniques help to re-align the deeper layers of muscle and connective tissue to release the chronic patterns of tension and alleviate the discomfort felt by the physical manifestations of stress such as stiff neck, lower back pain and sore, tight shoulders.

### **Aquatic Body Therapy** – 1 hour 30 minutes or 1 hour

*This therapy relaxes and aims to reconnect mind and body.*

A healing sequence of individualized massage movements, stretches and dynamic stillness in warm water.

Releasing stress, quieting the mind and caressing the body, you are supported by water while moving to the rhythm of your breath. Swimsuit required.



Available in palapa Brisa del Mar



# New Beginnings

Unique Spa rituals for expectant or new mothers have been created for their nourishing and soothing qualities, perfect for this very special moment in time. Please note that certain treatments or techniques may not be suitable during the first trimester.

## **Aquatic Pre Natal Therapy – 1 hour**

*During this water massage, your body will feel supported, at ease and weightless as your buoyancy in the water relieves the extra pressure that you feel with baby inside.*

You will also feel you baby's response to the space that buoyancy creates, often a source of much joy. This treatment begins with an unwinding foot massage.

## **Total Indulgence Pre and Post Natal Treatment – 1 hour 30 minutes**

*A nurturing body treatment carefully designed for pregnant and nursing mothers to relax the body and tone the skin during this very special time.* This treatment begins with gentle body exfoliation and uses a natural Calendula infused oil and gentle massage techniques to areas prone to tension and stress during pregnancy. Following is a warm application of Deeply Nourishing Body Mask to the whole body; then gently covered in warm linens, a relaxing scalp massage takes place.

## **Intensive Pre-Natal Facial – 1 hour 30 minutes**

*Totally focused on naturally improving the condition of the skin and enhancing its appearance at this hormonal time of life.*

This facial includes specialized double cleansing techniques, gentle exfoliation, acupressure facial massage and a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing and therapeutic Oriental head massage with Pink Hair and Scalp Mud and then enjoy specific moisturizing and skin protection to suit your needs.

## **Maternity Massage (4-9 months) – 1 hour 20 minutes or 1 hour**

*This nurturing massage has been carefully designed for pregnant and nursing mothers.*

The soothing essence of this massage allows pregnant mums to unwind and feel comforted during this special time and alleviates backaches, headaches, shoulder and neck tension caused by muscle tightness and shifts in posture. Ultimately this treatment reduces fatigue and improves skin elasticity.

## **Conscious Pregnancy Breathwork – 45 minutes**

*Learn breathing exercises to aid in peaceful adjustment to pregnancy and new motherhood.*

This type of breathing improves relaxation, brings mental and emotional balance and creates a sense of harmony and well being. When mother is peaceful, baby feels and begins to learn peace as well.

*Recommended to be combined with a treatment.*





## Palapa Brisa del Mar

Located adjacent to the Vista Point, these two unique palapa's with a dramatic ocean view are specially designed for open-air therapies, peaceful relaxation and as a meditation overlooking the infinite sea to encourage a nurturing holistic experience. The sound of water from the spectacular Sea of Cortez greets you while the sound of waves crashing against the rocks below add to this tranquil paradise. Subject to weather conditions.

### *One&Only* **Elevate Signature Ritual – 2 hours**

*The Elevate Experience is designed to relax and open the body's natural energy flow.*

Commencing with a cleansing exfoliation of the hands and feet, this treatment is influenced by Thai Massage and performed on a floor mat wearing loose clothing. It uses pressure point massage techniques, assisted stretching and compression movements, with rhythmic techniques and gentle rocking. This experience will leave you feeling supple, energized and full of vitality.

### **Brisa del Mar Relaxation – 1 hour 15 minutes**

*Enjoy an outdoor ESPA aromatherapy massage to deeply relax the body and a cool refreshing scalp massage to refresh the mind.*

A final embrace of natural aloe will ensure that your skin is perfectly hydrated.

### **Cooling Sun Burn Soother – 45 minutes**

*This body treatment cools and soothes the skin and relaxes the mind.*

A light massage application of cool aloe vera is followed by a relaxing head, neck and scalp massage with cooled jade stones. Feel immediate relief from the effects of over exposure to the sun.

### **Thai Massage – 1 hour 30 minutes**

*This time-honored massage uses traditional techniques to promote relaxation and renew energy and vitality.*

The clothed massage includes passive stretching, acupressure massage techniques and synchronized breathing exercises help to heighten relaxation and encourage meditation, helping to invigorate the mind and body and leave a general sense of wellbeing.

*A variety of massage therapies are available in the palapa.*

# Family sanctuary

## YOUNG TRAVELLERS COLLECTION

Suitable for young adults between the ages of 12 -16 these treatments have been specifically designed to target the needs of our younger spa guests. Excludes use of spa facilities and requires a parent or guardian approval and supervision.

### Thirsty Skin Hydrator Facial – 40 minutes

A gentle cleansing facial incorporating a scalp massage and hydrating face mask with soothing and nourishing eye pads.

### Cleanse and Refresh Facial – 40 minutes

Including gentle cleansing and exfoliation techniques this facial helps remove impurities from the skin leaving the skin looking and feeling refreshed and rebalanced.

### Relax and Nourish Mini Massage & Scalp Treatment – 25 minutes

A wonderfully relaxing treatment which includes a nourishing scalp treatment with head, neck and shoulder massage.

### Mini Manicure and Pedicure – 50 minutes

A boutique pedicure and polish application is followed by a mini manicure with hand massage and polish application.

*With French polish add 15 minutes.*



## MY PRINCESS COLLECTION

This collection of mini treatments has been specifically designed for young ladies age 8-12. Excludes use of spa facilities and parents must be present for the duration of the treatment.

### Wish Upon a Star Facial – 20 minutes

A soft and gentle facial which includes a nourishing face mask and mini face massage.

### Sunshine Scalp Massage and Hair Treatment – 20 minutes

Perfect for those princesses who have been to the beach this treatment includes a hair wash, richly nourishing hair treatment and a fabulous scalp massage.

### Mother and Daughter Spa – 1 hour

Enjoy family time together with a choice of 1 hour treatment for mom and a 1 hour combination of young traveler or princess treatments for your daughter. A unique way to relax and enjoy some quality mother and daughter time.



### Over the Rainbow Mini Manicure – 20 minutes

A file and polish to the hands which includes a mini hand and arm massage and choice of tropical colors.

### Dancing Feet Pedicure – 20 minutes

Get ready to discover your dancing feet with this foot and ankle massage followed by an application of polish to the toes.

## Kids Wellness Activities

We understand the importance of teaching our youthful guests important health and wellness lessons at an early age. We have a wide variety of wellness activities for a wide range of ages. Please ask for the latest available activities at the Spa.

## Kids Party for Young Travelers

A healthy spa party, whether celebrating a birthday or just celebrating time together. All party goers will receive a Little Manicure and a Little Pedicure, a healthy food menu and beverages. Spa invitations are provided and goodie bags.

Minimum 4 and maximum 8 young travelers. *Requires parent supervision.*

*One&Only Spa is an adult spa. All Family Sanctuary, Teens and Kids spa services are performed either in the Hair & Nail Spa, Palapa Brisa del Mar or in the privacy of your own suite. Children from 14 to 16 years of age are allowed to use the facility with parental or personal trainer supervision. Special Fitness activities for teenagers are provided during off hours, please ask the spa concierge for more details.*

### Health conditions

*Please advise us of any health conditions, allergies or injuries that could affect your child's treatment. All consultation forms are to be signed by a parent or guardian prior to receiving a treatment.*

### Loss or damage

*We regret that we cannot be responsible for any loss or damage to personal articles and valuables during your child's visit.*



# Pedi:Mani:Cure by Bastien Gonzalez

Bastien Gonzalez, internationally famous French podiatrist renowned for his Podiatry & Pedicure Clinic in Paris, has hand-picked and personally trained the specialists offering manicures and pedicures.

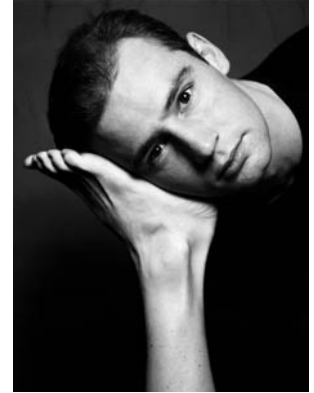
## PEDICURE

### **Bastien Global Pedicure – 1 hour**

*Bastien's pedicure is a new concept of global pedicure, which takes a more holistic approach through the integration of wellbeing with glamour and sensuousness.*

The pedicure is divided into three steps to meet the following essential requirements:

- Beauty – The nail becomes naturally shiny, more than it would with a coat of nail polish. (cut and natural brilliance of the nail)
- Health – The goal is to eliminate any nail problems or sign of skin rigidity (corn, callus or any other painful thickening)
- Well-being – Achieved through a specific massage focusing on muscular flexibility, joint mobility, blood circulation and skin elasticity



### **Warm Paraffin Pedicure – 1 hour 20 minutes**

*Nails, cuticles and skin treatment of Bastien Global Pedicure ending with a Paraffin mask.* The whole sequence will allow the active ingredients of the balm to penetrate more easily into the epidermis and your skin will emerge soft and renewed.

This treatment is recommended for very dry skin.

## MANICURE

### **Bastien Manicure – 45 minutes**

*It pampers damaged hands and makes them look like jewels.* Nails are polished with 'Stardust buffing paste' and look as shiny as if they had a coat of nail polish. Fingers, wrists, forearm and elbow are softly massaged, a feeling of well being going up to your shoulders... utter relaxation!

### **Paraffin Manicure – 1 hour**

*Ideal for damage and dry hands.* The hands are delicately massaged with a White Tea based anti oxidant cream and envelope with the paraffin mask.

## DUO TREATMENT

### **Bastien Duo – 1 hour**

*The professional expertise of Bastien for a complete treatment of feet, nails and hands with the ultimate synchronized four hand synchronized treatment.* Nails are thoroughly treated and become naturally beautiful and shiny. Legs and arms are massaged while your body experiences the sensation of lightness.

### **Paraffin Duo Treatment – 1 hour 20 minutes**

## MASSAGES

### **Bastien Duo Massage – 30 minutes**

*The Bastien Gonzalez Duo Massage is the ultimate wellness experience!* Relieving tensions from your legs and arms, the two therapists massaging from toes up to the leg and from fingertips up to the arm in a synchronized motion.

### **Foot Refoundation Massage – 30 minutes**

*A truly relaxing massage, focusing on five main aspects of feet: muscular flexibility, joint mobility, blood circulation and skin elasticity.*

From leg down to toes, each muscle and tendon recovers optimal mobility — the feeling is amazing.

# Hair and nail spa services

## **Hair Services**

• Women's Cut and Style • Gentlemen's Cut • Shampoo with Blow Dry • Shampoo with Up-Style

Waxing and makeup application services are also available.  
Please contact the Spa for further information.

## **Bridal Services**

Please enquire for our specialized Bridal Menu.

## **Nail Services**

### **Nail Enlightenment Manicure or Pedicure – 45 minutes or 55 minutes with French polish**

*Infused with specially sourced and selected plant essences to meet your personal needs.* Includes cuticle care, nail file and buff, moisturize and nail polish.

### **ESPA Luxury Hand and Nail Treatment – 55 minutes**

*A relaxing arm, hand and nail treatment including a gentle skin refiner, cuticle work and a therapeutic massage using aromatherapy oils.* Hands and nails are then treated to a warm envelopment of paraffin wax to intensively nourish and then nails are painted to achieve that polished finish.

### **ESPA Luxury Foot and Nail Treatment – 1 hour 25 minutes**

*A soothing foot, leg and nail treatment including gentle exfoliation, cuticle work and a relaxing massage using essential oils.*

The feet are enveloped in warm paraffin wax to soften, deeply nourish and condition, then toes are painted to achieve a polished finish.

*Acrylic nails, nail repair, and other nail services are available upon request*



# Spa Etiquette

## **How to Spa**

To make the most of your Spa experience and support the benefits of your treatment, we recommend you arrive 30 minutes prior to your scheduled time to enjoy our inviting wet areas comprised of hot and cold plunge pools, outdoor relaxation areas, steam rooms and saunas. Swimwear is optional.

If ever your time would be limited before your treatment, please be informed that a late arrival will deprive you of your treatment time. As a courtesy to the next guest, your appointment will end as originally scheduled should you arrive late.

As your treatment continues to benefit both body and mind, we invite you to rest and recuperate in our comfortable loungers. Lay down to relax and embody your experience. Stay for as long or as little as you like. For your convenience a robe, towels and slippers will be provided. During all treatments you will be properly draped for ensured privacy.

While the spa provides lockers, it is recommended that you leave valuables in your guest room safe. The Spa does not assume liability for any valuables.

The spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests by speaking in a soft voice or simply enjoying the silence. We kindly request that you refrain from using your mobile phone and camera while enjoying the Spa.

Smoking is prohibited throughout the spa.

## **Pregnancy**

We have specially designed treatments for expectant mothers. Please allow us to assist you in selecting suitable services for this special time. We recommend that you check with your physician before booking any spa service. Certain treatments and techniques may not be available during the first trimester.

## **Health Conditions**

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa facilities.

## **Reservations**

We recommend making reservations in advance, particularly if you choose to enjoy multiple bookings during your stay. The Spa provides walk-in bookings based on availability. We welcome Spa guests from the age of 16 for all treatments and use of the Spa and Fitness facilities. From your guest room, touch the *One&Only* Spa button on your telephone or dial extension 7014.

We invite you to advise us of any special preferences, concerns, or focus areas to make the most out of your experience when making your reservation and during your treatment.

## **Gift Certificates**

Our gift certificates make a wonderful gift for any special occasion.

## **Hours of Operation**

Spa is open from 9am to 9pm daily. The *One&Only* Fitness Center is open from 6am to 9pm daily.

## **Cancellation and Change Policy**

We kindly ask our guests to give a minimum of four hours notice for changes or cancellations. With fewer than four 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.

# Spa Rates 2012

## *One&Only* **Palmilla Signature Rituals**

Mayan Deep Tissue Pindas Ritual

2 hours \$300

Palmilla Chocolate Synergy

2 hours \$300

Four-Hand Palmilla Chocolate Synergy

1 hour 45 minutes \$425

“Salud Por Agua”

2 hours \$300

## *One&Only* **Signature Treatments**

Unwind, Restore or Elevate Ritual

2 hours \$300

Holistic Body Ritual

2 hours \$300

*One&Only* Aromatherapy Massage

1 hour \$165

1 hour 20 minutes \$225

*One&Only* Salt & Body Scrub

30 minutes \$90

## **ESPA Body Treatments**

ESPA ‘TIME’

2 hours \$300

3 hours \$450

Holistic Obsidian Stone Experience

2 hours 15 minutes \$335

Sun Ritual

1 hour 30 minutes \$250

Relax and Restore “Oceano” Experience

3 hours \$450

ESPA Contouring and Firm Body Treatment

2 hours \$300

ESPA Post-Sun Body Treatment

1 hour \$165

## **Special Moments – Romance for Two**

Magic Moment

*Includes 80-minute couples massage \$855*

Grand Celebration Journey

2-day program \$1525

“Agua de Amor”

2 hours \$600

## **ESPA Couples ‘TIME’**

2 hours \$600

3 hours \$900

## **Friends**

Girlfriends Escape/Girlfriend Spa Adventure

2 hours 30 minutes for two \$630

2 hours 30 minutes for three \$900

2 hours 30 minutes for four \$1160

## **ESPA Super Active Facials**

1 hour 30 minutes \$250

## **ESPA Age-Defying Facials**

1 hour \$175

1 hour 30 minutes \$250

## **ESPA Intensive Facials**

1 hour 30 minutes \$235

Advanced Back, Face and Scalp with Obsidian Hot Stones

2 hours \$300

## **ESPA for Men**

ESPA Mankind

1 hour \$165

ESPA Purifying Facial, Shoulder and Scalp Massage

1 hour 30 minutes \$235

Fitness Massage

1 hour \$165

1 hour 20 minutes \$225

Deep Cleansing Back Treatment

1 hour \$165

Detox Body Treatment

2 hours \$300

Type “A” Men’s Journey

1 hour \$350

1 hour 20 minutes \$410

## **ESPA Massage Therapies**

Palmilla Signature Massage

1 hour 20 minutes \$225

Aquatic Body Therapy

1 hour \$165

1 hour 30 minutes \$235

Swedish Massage

1 hour \$165

1 hour 20 minutes \$225

Deep Tissue Massage

1 hour \$165

1 hour 20 minutes \$225

Hot Stone Therapy

1 hour 30 minutes \$250

Thai Massage

1 hour 30 minutes \$250

## **New Beginnings**

Aquatic Pre-Natal Therapy

1 hour \$165

ESPA Total Indulgence Pre and Post Natal Treatment

2 hours \$300

ESPA Intensive Pre-Natal Facial

1 hour 30 minutes \$235

Maternity Massage

1 hour \$165

1 hour 20 minutes \$225

Conscious Pregnancy Breath Work

45 minutes \$100

## **Palapa Brisa del Mar**

*One&Only* Elevate Signature Ritual

2 hours \$325\*

Brisa del Mar Relaxation

1 hour 15 minutes \$245\*

Cooling Sun Burn Soother

45 minutes \$150\*

Thai Massage

1 hour 30 minutes \$275\*

\*price includes surcharge

## **Additional Services**

In-Villa Experience (foot ritual, bath and relaxation time)

30 minutes \$30

60 minutes \$50

Palapa Brisa del Mar Surcharge \$25

## **Family Sanctuary**

### **Young Travelers Collection**

Teen's Facial

40 minutes \$100

Nourish Mini Massage

25 minutes \$60

Mini Manicure and Pedicure

50 minutes \$60

60 minutes with French polish \$70

### **My Princess Collection**

Wish Upon a Star Facial

20 minutes \$40

Sunshine Scalp and Hair Treatment

20 minutes \$40

Over the Rainbow Mini Manicure

20 minutes \$25

Dancing Feet Pedicure

20 minutes \$30

Mother and Daughter Spa

1 hour \$275

## **Pedi:Mani:Cure by Bastien Gonzalez**

Bastien Global Pedicure

1 hour \$150

1 hour 20 minutes \$180 (with warm paraffin)

Bastien Manicure

45 minutes \$80

60 minutes \$100 (with warm paraffin)

Bastien Duo

1 hour \$210

1 hour 20 minutes \$240 (with warm paraffin)

Bastien Duo Massage

30 minutes \$120

Foot Refoundation Massage

30 minutes \$80

## **Hair and Nail Spa Services**

### **Hair Services**

Women's Cut and Style *starting at \$80*

Gentlemen's or Child's Cut *starting at \$35*

Shampoo with Blow Dry and Style

*starting at \$45*

Shampoo with Up-Style *starting at \$65*

Facial Waxing *starting at \$20*

Arms/Legs/Back Waxing *starting at \$30*

### **Nail Services**

Nail Enlightenment Manicure

45 minutes \$55

55 minutes with French polish \$70

Nail Enlightenment Pedicure

55 minutes \$95

65 minutes with French polish \$110

ESPA Luxury Hand and Nail Treatment

55 minutes \$90

ESPA Luxury Foot and Nail Treatment

1 hour 15 minutes \$120

*Prices are listed in US Dollars and are subject to an 18% service charge and 11% mandatory tax.*

## **One&Only Palmilla**

Km 7.5 Carretera Transpeninsular

San Jose Del Cabo

BCS, CP 23400 Mexico

Tel (52) 624 146 7000

Fax (52) 624 146 7001

oneandonlypalmilla.com

### **For reservations or information**

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