



# *Spa Time at Royal Resorts*

**Leave the world behind and try our recipe for life: relaxation, rejuvenation and relief.**

Are you ready for some pampering in paradise? The state-of-the-art Spas at The Royal Sands and The Royal Haciendas offer facials, body scrubs and anti-aging therapies to soothe away the stresses of daily life, leaving you radiant, refreshed and revitalized.

Nourish your body inside and out with some simply scrumptious therapies from the Spa Organic line. Try the Strawberry Delight Facial, the Coconut-Bamboo & Green Tea Mousse or the Champagne & Berries Body Wrap.

Choose from a variety of massages ranging from Hot Stone, Lomi-Lomi and Swedish to a Moon & Stars Massage on a terrace overlooking the Caribbean. Beach, villa and terrace massages are also available. Start your Spa pampering with some hydrotherapy in the sauna and Jacuzzi before choosing your therapies for the day.

Mini Spas at The Royal Cancun and The Royal Caribbean (coming soon) offer a smaller selection of therapies, massages, manicures and pedicures.

For added health benefits, visit the Fitness Centers at The Royal Sands, The Royal Caribbean, The Royal Cancun and The Royal Haciendas where you'll find the latest cardiovascular equipment and weights for your daily workout. Finally, there are Beauty Salons at The Royal Sands, The Royal Caribbean and The Royal Haciendas so that you can get a new look to go with your golden tan.

Check our services and start selecting the massages, facials and body treatments you would like to enjoy during your next vacation.

## FACIAL TREATMENTS



### **Enzymatic Deep Cleaning Facial 70 min.**

This facial begins with a steam session and an enzyme scrub to cleanse your pores. It also includes an anti-stress facial and a soothing mask. It is suitable for all skin types.

**Benefits:** Eliminates impurities, Deep cleanses pores

**Active ingredients:** Fruit enzymes, Orange extract

### **50 Active Ingredients for your Skin Facial 70 min.**

This treatment rejuvenates your skin by strengthening collagen fibers. An effective combination of exotic ingredients from the Far East, long known for their antioxidant and firming properties, which will restore radiance and softness.

**Benefits:** Protects from signs of hormonal aging, Firming, Antioxidant

### **Express Facial 25 min.**

This treatment will give an instant glow to any skin type. It begins with an exfoliation to remove dead skin followed by a facial massage to leave you looking and feeling amazing!

**Benefits:** Maintains a healthy skin and a glowing look

### **Delice de Peau 70 min.**

This delightful skin treatment is perfect for mature skin and consists of a concentrated bath formula that is combined with aromatic nectar and the application of a warm, nourishing milky mask to replenish lipids and moisturize dry skin. It is the perfect nutritive balance of vitamins and proteins to nourish skin.

**Benefits:** Nutritive, Revitalizing

**Active ingredients:** Concentrated wheat and oat milk, Flower nectar, Essential oils of chamomile and angelica

### **Strawberry Delight Facial 70 min.**

The benefits of thermal spring water and fruit extracts working in synergy to replenish vitamins and minerals and restructure the hydro-lipidic layer in dull and dry skin, making it smoother. Your skin will feel soft and look radiant and you'll find the scent of strawberries irresistible.

**Benefits:** Hydrates and protects your skin

**Active ingredients:** Strawberry and passion fruit extracts, Yoghurt

### **Soy & Green Tea Facial 70 min.**

Your skin needs extra protection against the damaging effects of cellular oxidation in order to keep it flexible and smooth. The added benefits of thermal spring water in this treatment will improve the process of biological aging and your skin's ability to synthesize collagen and elastin fibers.

**Benefits:** Firms up your skin, Helps protect skin against the effects of aging

**Active ingredients:** Soya, Green tea, Avocado oil

### **Hydra Force Facial 70 min.**

Suitable for all skin types suffering from dryness, this treatment contains plant extracts and essential oils that moisturize your skin continuously, drop by drop, in addition to protecting it from damaging environmental agents.

**Benefits:** Intensive treatment for skin repair, Continuous rehydration, Protection against pollution

**Active ingredients:** Apple pectin and powdered orange, Mint and orange flower water, Neroli essential oil

### **Vitamin “C” Infusion Facial 70 min.**

Harsh environmental agents such as the sun, wind and pollution can harm your skin causing sunburn and pigmentation problems. To counteract the effects of photo aging caused by free radicals, we have created a treatment that gives instant results. An infusion of pure Vitamin C is applied deep into your skin to stimulate the formation of collagen and elastin, replenish moisture and even smooth out wrinkles.

**Benefits:** Increases elasticity, Rehydration and luminosity

**Active ingredients:** Vitamin C, Seaweed

### **Immuno Illuminating Facial 70 min.**

This treatment offers the most advanced anti-aging ingredients that regenerate the skin while the vital cell stimulating Immuno Skin Complex™ helps “vaccinate” skin against age-related degradation. It includes an instant eye-lift rich in hyaluronic microspheres that counteract wrinkles. The Cooling Recovery mask will rebalance, hydrate and protect aging skin.

**Benefits:** “Intelligent” targeting of skin conditions, Promotes cellular renewal

**Active ingredients:** AHA'S, Mint, Chamomile

### **Soothing Veil 70 min.**

A treatment designed to soothe even the most delicate or sunburned skin. It helps to reduce redness, irritation and hypersensitivity due to its natural ingredients, which calm and reduce swelling. It is also recommended for Rosacea. The end result: instant relief and a clear skin.

**Benefits:** Soothing, Strengthens capillaries, Refreshing

**Active ingredients:** Goji berry, Vitamin K, Peppermint

### **Facial for Men 70 min.**

Men's skin needs a special skin care regime and our facial for men comprises an enzyme exfoliation, and added benefits of anti-aging sun protection. A relaxing facial massage completes the treatment.

**Benefits:** Deep cleanses the pores, Prepares the skin for a smoother shave, Moisturizes and nourishes the skin, with anti-oxidants

**Active ingredients:** Fruit enzymes, Vitamin E & C, Green tea

*Information is subject to change without prior notice.*

## **BODY TREATMENTS**



This is the place where your body goes for a “body care” workout. The good news is that the products do all the “work” while your body reaps the benefits.

### **Aromatherapy Salt Glow 25 min.**

This exfoliation treatment is suitable for all skin types. Using a light circular motion, a blend of sea salts, mineral salts and aromatic oils is gently massaged over the body to remove dull surface skin cells and improve circulation, thus providing a softer smoother looking skin. This is an ideal treatment before a massage, body treatment or sun bathing.

**Benefits:** Exfoliates dead cells and cleanses the skin, Leaves the skin soft, smooth, mineralized, and revitalized, Stimulates and improves skin tone, Aromatherapy

### **After Sun Treatment 50 min.**

Ideal for alleviating sunburn, the application of pure aloe vera gel helps soothe burnt and irritated skin and moisturizes it.

### **Green Coffee Body Wrap 60 min.**

To prepare your skin we remove dead skin cells with an exfoliation followed by an anti-toxin wrap par excellence with the ability to activate the enzyme that stimulates your body's detoxification system thereby helping it eliminate toxins and contaminants. Green coffee has a diuretic effect; it increases urinary output and inhibits the release of anti-diuretic hormones. It further activates lipolysis, breaking down fat by hydrolyzing it. Slimming and firming, this treatment is recommended for all skin types.

**Benefits:** Inhibits accumulation of free radicals, Inhibits lipid peroxidation, Activates lipolysis, Diuretic, hydrating, firming

*(Not available at The Royal Haciendas Spa)*

### **Seaweed Body Wrap 60 min.**

We start your treatment session with a body exfoliation to eliminate dead skin cells followed by a seaweed wrap, which is smoothed over your entire body. A warm blanket is used to retain body heat as the skin detoxifies. The seaweed's rich minerals and enzymes will improve skin elasticity and smoothness.

**Benefits:** Draining and diuretic, it helps eliminate toxicity, Improves skin's elasticity

### **Anti-Cellulite Treatment 60 min.**

This treatment begins with an exfoliation in specific areas to eliminate dead cells and is followed by a body wrap rich in caffeine and Ginkgo Biloba, which will tone your body, flush out toxins and diminish stretch marks.

**Benefits:** Improves blood circulation, Reduces stretch marks and the dimples associated with "orange peel" skin

**Active Ingredients:** Vitamin K, Ginger and Vitamin C

### **Organic Spa Line**

Nourish your body inside and out with Spa Organic, a tempting collection of body products which blend a variety of ingredients with captivating fragrances and the finest textures, the very essence of nature to seduce your senses.

Organic Body Exfoliation 25 min.

Organic Body Wraps 60 min.

### **Coconut - Bamboo - Green Tea 60 min.**

A soothing blend of vegetal extracts and coconut milk removes dead cells and stimulates circulation. This is followed by the application of a mousse rich in minerals that will tone up your skin and improve its elasticity thanks to the powerful regenerating effect of bamboo and green tea. Rich in vitamins A, B & C.

**Benefits:** Regenerating, Refreshing, Decongestive

### **Champagne-Berries 60 min.**

This exquisite blend of natural ingredients will work wonders on your skin. The first application contains champagne, which has powerful antioxidant properties and exfoliating salts to soften your skin, eliminate dead cells and rehydrate your body. Treatment concludes with a nourishing body wrap made with berries and red grape extracts to improve circulation.

**Benefits:** Anti depressive, Antioxidant, Tones your body, Improves circulation and strengthens veins

### **Papaya-Mango Body Wrap 60 min.**

A delicious blend of vegetal extracts and jojoba grains removes dead cells and stimulates circulation. This is followed by the application of a mousse made of fruits that will tone up your skin and improve its elasticity thanks to the antioxidant and regenerating effect of papaya and mango. Rich in vitamin C.

**Benefits:** Antioxidant, Promotes skin renewal

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## **SPA MASSAGE COLLECTION**



### **Sports Massage 50 min. • 80 min.**

This massage is the most effective therapy for releasing muscle tension and restoring balance to the muscle-skeletal system. Received regularly it may even help athletes prevent injuries and is recommended after a long workout or sports competition. The skilled massage therapist will be able to detect variations in the soft tissues and by using the correct techniques, will help the athlete keep his/her body healthy.

### **Aromatherapy Massage 50 min. • 80 min.**

A blend of therapeutic and aromatic essences extracted from flowers, herbs, wood and spices is applied on specific areas of the body for detoxification and stress relief, also restoring harmony and balance. An ideal therapy to calm or energize the body, mind and spirit.

### **Moon and Stars Massage 50 min.**

Relax with a full body massage on our terrace under the moon and the stars. Listen to the sounds of the ocean and savor a moment of serenity.

### **Spa Lymphatic Drainage 50 min. • 80 min.**

Experience our antidote to stress, this massage releases toxins and stimulates the lymphatic and circulatory system using techniques that tend to be slow, with light pressure offering only comfort and wellbeing.

### **Deep Tissue Massage**

**Back, Neck, Shoulders 50 min.**

**Fully Body 80 min.**

Focusing on the deeper layers of muscle, this massage technique seeks to release the chronic patterns of tension in the body through a slow and deep finger pressure on the contracted areas, either following or going across the fibers of the muscles.

### **Lomi-Lomi Massage 50 min. • 80 min.**

One of the latest trends in exotic and relaxing massages, the Lomi-Lomi has its origins in ancient Hawaiian healing, a philosophy of treatment for the body and the mind. Performed almost exclusively with the forearms, this traditional massage creates shock waves through the body that are both relaxing and invigorating. One of the most profound forms of massage, the aim of Lomi-Lomi practitioners is to achieve total harmony by working on all the muscles of the body.

**Thai Massage 80 min.**

Thai massage is also known as “lazy yoga” because the patient’s body is stretched and moved into yoga positions. This technique does not use oil and the patient is clothed at all times. The therapist focuses on the legs, working on them to release tension and relieve pain. Passive stretches, full body movements and attention to acupressure points restore flexibility and eliminate stress. Finally, energy levels are boosted and balanced to reach a state of deep relaxation.

**Tense Feet Relief 25 min.**

A real treat for your feet; highly recommended when they are swollen and painful. Treatment begins with an exfoliation, followed by a relaxing massage for a complete release of tension. Pair it with any massage for the ultimate in stress relief.

**Benefits:** Decongestive, Soothing and relaxing

**Reflexology Spa 50 min.**

Based in the principle that there are reflexes in the feet which correspond to every part of the body. This relaxing foot massage relieves tension and relaxes your feet, promoting wellness.

**Benefits:** Improves circulation, Releases tension

**Hot Stones Massage 80 min.**

The stones are “alive” and when they are heated they regain their power and vitality and are more than just stones, they help restore your contact with Mother Earth. Native Americans use the heated mineral-rich stones to enhance their massages, allowing the muscles and joints to relax while creating a centered state of wellbeing.

**Swedish Massage 50 min. • 80 min.**

Unique and relaxing! Our classic massage stimulates circulation and soothes tight muscles. Improves overall skin and muscle tone. Your tension will dissolve, leaving you comfortable, relaxed and in a state of wellbeing. Pressure can range from light to firm.

**Swedish Massage - Back, neck and shoulders 25 min.****Prenatal Massage 50 min.**

Hormonal changes and fluid retention are some of the changes that happen during pregnancy. This massage will pamper mothers to be with soft hand movements to help improve circulation and relieve congestion.

**Benefits:** Relieves congestion, Releases muscular tension, Improves sleep

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## SPA PACKAGES



### Spa Petits

#### Enjoy two or three of the following 25-minute treatments:

Swedish Massage, Tense Feet Relief, Body Exfoliation or Express Facial  
Two Treatments \$100 US, Three Treatments \$155 US

### Spa Sampler

#### Choose one 25-minute treatment:

Body Exfoliation, Back Massage, Express Facial, Tense Feet Relief  
And complement your therapy with one of the following:

Swedish Massage, Body Wrap, Personalized Facial, Deep Tissue Massage, Sports Massage, Moon and Stars Massage, Spa Lymphatic Drainage

### Two Special

Pamper your body with two of your favorite therapies: Swedish Massage, Aromatherapy Massage, Reflexology Spa, Body Wrap, Personalized Facial or Spa, Lymphatic Drainage.

### Holistic Balance

Restore your body with your favorite 80-minute open choice massage (choose from Thai, Lomi-Lomi, Deep Tissue, Hot Stones, Swedish or Sports). Complement this session with one of the following treatments: Personalized Facial or Body Wrap.

### Perfect Choice

Indulge yourself with the perfect session choosing three of the following treatments: Personalized Facial, Body Wrap, Sports Massage, Swedish Massage or Spa Lymphatic Drainage.

### Delight for the Senses

Replenish your energy combining four of the following treatments: Personalized Facial, Body Wrap, Swedish Massage, Deep Tissue Massage, Lomi-Lomi Massage or Spa Lymphatic Drainage.

*\*Upgrades are available in any packages.*

## OUR PACKAGE RECOMMENDATIONS



### Harmony Special

You need to restore balance in your body and this treatment will help you to achieve your goal. The first step is an Organic Exfoliation, followed by a 50-minute Swedish Massage to release muscle tension. After the massage, an Enzymatic Deep Cleansing Facial will be applied. This treatment is suitable for all skin types.

### Revitalizing Stones

The perfect therapy before a massage or sunbathing session, it starts with the application of organic salts to exfoliate and clean your skin, preparing your body to receive the benefits of a Hot Stones Massage. This 80-minute massage will restore your energy and gradually relax your muscles, producing a feeling of wellbeing. The treatment concludes with a Hydra Force Facial.

### **Detox' & Purify**

Eliminate everything that your body does not need with a Salt Glow Exfoliation to remove dead skin cells and a Seaweed Body Wrap to detoxify, soften and moisturize your skin. The next step is a soothing Spa Lymphatic Drainage to help your body flush out toxins and improve circulation. The final touch is an Express Facial.

### **The Sands Splendor**

This therapy begins with a delicious Salt Glow Exfoliation, leaving your skin soft and supple. The next step is the application of a Green Coffee Wrap followed by a 50-minute Sports or Deep Tissue Massage to alleviate swollen muscles and release tension. The final touch is a Vitamin C Infusion Facial, which will smooth away the fine lines that form around the eyes and mouth, moisturize your skin and improve elasticity. The result is simply luminous; you'll be surprised at your glowing appearance.

### **Couple's Delight**

Enjoy an intimate Spa day experience with the one you love.

**This package includes:** Two 25 min. body exfoliations, two 50 min. massages (Swedish, Sport or Deep Tissue) and two personalized facials.

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## *Getting the Most out of your Spa Visit*

Allow yourself some time to check in, receive your locker key and prepare for your visit. You will be welcomed by a Spa attendant and shown to the women's or men's dressing room where you can change into your robe and slippers. You will then be escorted to a private treatment room. The therapist will leave the room while you disrobe. For a full body massage you will be warmly draped at all times. Only the specific body area being worked upon is exposed. However, we do recommend you undress completely for most body services.

The time spent in the sauna, steam room or Jacuzzi should not exceed 10 minutes unless otherwise suggested. Drink plenty of water two hours before and after exercise or heat treatments. Drinking 12 to 16 oz. of water after a massage is also recommended. Before getting into the Jacuzzi or before any body service such as massage, wrap or salt glow, we request that you please soap shower. Please consult the Spa programmers for service combination suggestions as many of our services are designed to complement each other. Our health experts recommend that you receive only one heat treatment per day; pregnant women and individuals with varicose veins should avoid all heat treatments. It is important that you rest and do not participate in any vigorous activity for at least one hour following any of the heat treatments.

**Important Notice:** Please tell us about any medical condition you may have and/or prescription medication you may be taking upon arrival at The Spa in order to ensure that the services you select are suitable.

### **Make a Reservation**

Due to the popularity of our Spa we recommend that you make reservations beforehand, especially if you would like multiple bookings or a package during your stay. Upon arrival, guests without reservations will be accommodated if appointment times for selected treatments are available. For reservations call ext. 179. Spa promoters are on duty every morning in the pool areas to make your reservations and give you information.

### **Cancellations**

If you have to cancel your spa service, please let us know at least two hours before the appointment time. Any cancellation with less than two hours notice will be subject to a 25% charge. All no-shows are charged 50%, although appointments may be rescheduled based on availability.

### **Your Valuables**

While The Spa does have lockers, we suggest that you leave your valuables in the safe provided in your room. The Spa does not assume liability for any valuables.

### **Fitness Center and Wet Areas**

The Fitness Centers are well equipped and have state of the art weight and cardiovascular equipment. There is a daily or weekly fee for use of the fitness area. When you purchase a Spa treatment the daily fee for the use of the fitness center is included.

For safety reasons the Spa facilities and the Fitness Center are only open to guests over the age of 16. Please use a t-shirt, shorts and tennis shoes. A trainer is on hand to show you how to use the equipment.

### **Arrive Early**

We suggest that you arrive between 30 and 45 minutes prior to your scheduled appointment. This will allow you sufficient time to check in, change and begin your experience utilizing the facilities steam, sauna, inhalation rooms and whirlpool.

### **What to Wear**

Wear whatever is most comfortable. A robe and slippers will be provided and during treatments you will be draped with a sheet.

*Gift certificates and spa packages are available*