



### **Aromatherapy**

All our treatments feature the scents of local plants and the purest essential oils. These fragrances have been carefully selected to complement specific treatments and enhance the ambience. Whether calming or stimulating, warming or cooling, the oils are mixed and matched by our therapists to produce optimum results, according to what best suits your body and mind.

To complement your spa experience, we also offer a menu of scented pillows and signature bath blends, which you can enjoy in your suite.

### **Local herbs and flowers**

The main ingredients in our spa products come from indigenous herbs and flowers. With the exception of a selected range of internationally-renowned beauty products, all are made from organic and wild-harvested plants from the Andes mountains and Amazon rainforests.

### **Curanderos**

We work closely with local medicine men and women, called curanderos or curanderas (or shamans), drawing upon their vast knowledge of the curative properties of plants to create herbal blends and oil formulas..

Curanderos dedicate their lives to forming relationships with the spirits of plants and learning directly from them, rather than intellectually searching for specific substances. As they say, "the active ingredient in all medicinal plants is friendship; only through this will the plant reveal its secrets and curative powers". The curandero is also a spiritual guide who teaches the community how to live in harmony with one another and with "Pacha Mama"—Mother Earth.

The tribe members consult the shaman in all matters, ranging from finding lost objects to divination, healing and mediating between the spirit world and this realm.

### **Personalised treatment**

All à la carte treatments outlined in our menu can be adapted to suit your personal needs.

### **Results**

Our spa team is made up of highly skilled physiotherapists, healers and aestheticians. Our aim is that every treatment should achieve the desired outcome on every level.

### **Oxygenised spa**

Hypnôze Spa is fully oxygenised to help guests adjust to the high altitude.

### **Body contouring**

Lumicell Wave 4 from Silhouet-Tone is one of the most advanced pieces of body contouring equipment available today. Harnessing the power of Combined Energy Technology to give effective cellulite and body shaping treatments, the Lumicell Wave 4 uses a unique combination of four non-invasive systems—photo-pneumatic massage, infrared energy, electroporation and ultrasound. These work together to tone and energise.

### **Holistic fitness**

The patio near the pool is reserved for holistic fitness classes, including yoga, pilates, stretch classes, qigong and meditation.

### **Massages**

*PURELY MASSAGE*                      60, 90 or 120min                      US\$90/135/180

A therapeutic massage focusing on relieving tension. The treatment is adjusted to each individual's needs and involves techniques from a mix of Swedish, deep tissue, myofascial release and sports massage. We use oil blends with warming and either relaxing or energising properties.

*LA DANCA DEL VIENTO*

60, 90 or 120min    US\$90/135/180

This is a deeply relaxing and meditative massage, which employs a combination of long soothing strokes and rocking movements, based on Californian massage and Hawaiian Lomi Lomi but also with local touches. We use relaxing and balancing oils and fresh eucalyptus leaves.

*FOUR HANDS MASSAGE*

60, 90 or 120min    US\$150/225/300

Ultimate indulgence! Two therapists working in harmony with simultaneous movements. This treatment maximises stretches and activates meridians.

*BACK & NECK SPECIAL*    30/60min    US\$45/90

A therapeutic back treatment which combines the most effective techniques from classic massage, deep tissue and connective tissue massage. If you feel tension and tightness across your back, neck and shoulders, try this blend of deep massage therapies to loosen the muscles.

*MASAGE CON VELA*                      90min                      US\$135

Created by a Quechua curandera (shaman) from the Andes.

This energy-balancing massage uses a candle as a massage tool in combination with the therapist's hands.

The candle is traditionally used in "limpia" cleansing rituals among Quechua people to create positive energy.

*PUTUTU MASSAGE*      90min      US\$135

This massage is also created by a Quechua curandera in the Andes.

The therapist uses two types of sea shells with different textures, as well as their own hands, to perform a soothing massage. Shells have many uses in the Andes and rainforest, both as sacred instruments and tools.



*POST-HIKE RECOVERY*      60min      US\$90

A deep and refreshing foot and leg massage, using herbal preparations, is combined with thorough stretching to ease stiffness and speed up recovery. Depending on what is most suitable to treat the individual, the therapist chooses either warming or cooling herbs.

*REFLEXOLOGY*      60min      US\$90

An ancient therapy that was practiced by Egyptian, Chinese and Indian healers, as well as by the Mayans and Incas. This foot massage focuses on stimulating reflex points in the feet that correspond with specific organs. By palpating pressure points on the feet, the therapist can treat problem areas in the body and restore its natural balance. Lavender and peppermint oils assist in balancing the nervous system and cooling tired feet.

*HOT STONES*      90min      US\$135

Enjoy our tactile ensemble of long strokes, heated stones, crystals and Chinese singing balls, together creating a warm, flowing, meditative symphony of pleasure. Our hot stones are sourced from lava rocks and river beds, combining the elements of fire and water. The lava stones are used to absorb excess energies in order to reduce stress, while the other stones and Chinese singing balls increase the natural energy flow.

*LAZY YOGA*      90 or 120min      US\$135/180

Let us take you on a journey to the East with an enchanting blend of Thai massage and Japanese shiatsu. This experience involves stretches, massage, acupressure and the use of hot herbal poultices filled with our signature blends of healing herbs. Camomile, rosemary, coca, thyme, valeriana and sage, among other local plants, are combined according to the desired outcome. You will experience increased flexibility in your muscles, as well as feeling energised and at ease.

...and our special:

*HYPNÔZE FREESTYLE*      60/90/120min      US\$90/135/180

This is a personally tailored massage. Allow our expert team to design a special treatment just for you. The therapist will assess your physique and draw on a combination of skills to create a truly unique experience.

**Body scrubs** 30min US\$45

*LIGHT AND SWEET*

Rice grain, honey

*HIGHER*

Coffee and cacao

*EARTHY*

Clay salt

*SALTY*

Maras salt

*NURTURING*

Kiwicha, quinoa

**Wraps** 30min US\$45

*RISE AND SHINE*

A stimulating blend of maca, coca and muña

*WARMING*

Thermal clay, cinnamon and ginger

*BALANCING*

Thermal clay, lavender and camomile

*NURTURING*

Maca, quinoa and purple corn

*CHOCOLÁ*

Cacao and honey

*BREATHE EASY*

Coca, muña and eucalyptus

## **Our bath menu** US\$30

We are delighted to present our signature blends of wild and organic herbal bath mixtures. The herbs are accompanied by bath oil made of the finest essential oils and organic Jojoba oil.

### *DETOX*

A detoxifying mixture of white sage from Lake Titicaca, rosemary, nettle and muña, as well as other detoxifying local herbs and oils. The blend will help release toxins from your body, which build up as a result of our busy modern lifestyles, and return it to a state of inner bliss.

### *RELAXING*

Melt into an infusion of our relaxing blend of camomile, rose petals, valerian root and melissa, accompanied by essential oils of palo santo and lavender. This bath experience will prepare you for your journey to dreamland.

### *HARMONISING*

The sweet, woody aroma of cedarwood and palo santo, together with a herbal blend of white and green sage, coca leaves and lavender, is designed to bring a sense of balance and restore your inner harmony.

### *REVITALISING*

Invigorate your senses with this fresh, minty-citrusy formula of peppermint, eucalyptus, orange peel and coca leaves. This blend will re-energise your whole being.

## **Extend the bliss**

*SPA JOURNEY 2 HOURS* US\$175

Scrub – Wrap – Massage

*SPA JOURNEY 3 HOURS* US\$250

Scrub – Wrap – Massage – Herbal bath

*HIS TIME 2.5 HOURS* US\$210

Pedicure – Face grooming - Classic/Deep tissue massage - Herbal bath

*HER TIME 3.5 HOURS* US\$295

Manicure – Pedicure – Soothing massage – Facial – Herbal bath

*TOGETHER TIME 3 HOURS* US\$510

Scrub – Wrap – Massage – Floral bath with refreshments (maracuya sour + exotic fruit platter)

*MOTHER AND DAUGHTER* 3 HOURS US\$ 510

Massage – Facial - Manicure

**Add-ons or mini treats, 20min**      *US\$30*

*HAIR PACK*

Avocado, maca, rosemary, cinnamon, ginger

*HAND or FEET PACK*

Salt exfoliation, calendula, muña

*CHAKRA BALANCING*

Reiki hands-on healing combined with crystals and flower water cleansing

**HERBAL BATH**

With our signature blends of organic and wild-harvested herbs

## Beauty treatments

### Face

#### *FACIALS by AĪNY*

AĪny, meaning "spirit of living beings" and "reciprocity" in the Quechua language, harnesses the properties of sacred plants from the Amazon and the Andes which have been found to counteract signs of ageing and improve the skin's radiance. AĪny is a skincare line with a unique concept: that of unifying the magic of the shaman with the latest skincare science. The formulas are created by five indigenous shaman communities in Peru and Ecuador. They are then fine-tuned in a Parisian laboratory under the supervision of AĪny's Scientific Director, Jean Claude Le Jolieff, the former R&D Director of Chanel. The products are certified organic and cruelty-free.

*RADIANCE*                      60min              US\$90

For all ages and skin types  
A nurturing and boosting treatment for a smooth, luminous, youthful appearance.

*FOUNTAIN OF YOUTH*      60min              US\$90

This formula is created for women and men who wish to maintain healthy skin and combat signs of ageing.

*TURN BACK TIME*              60min              US\$90

Our anti-ageing treatment hydrates and invigorates the skin by combining the most naturally moisturising ingredients available. The formula has been created to improve the appearance of skin and increase the natural production of sebum to maintain the moisture content of cells.

*TEEN PHASE*                      60min              US\$90

Facial treatment for combination teenage skin.

*EXTRA DEEP CLEANSING*      15min              22US\$

Add on a comedo extraction to clear and smooth the skin.

### Nails

*MANICURE*                      45min              US\$45

*PEDICURE*                      45min              US\$45

*" Inside you  
Inside your beautiful body,  
I am singing  
I am singing so that you can  
attract people with your beautiful  
eyes  
Come, come here beautiful  
women and men,  
I am singing so that you feel  
good.  
Inside your body,  
I make you blossom  
I make you beautiful"*

*-Icaro, magic song of the plants  
by Curandera Herlinad Agustin -*

## **Hair**

### *HAIR AND SCALP TREATMENT*

Avocado, ginger, maca, rosemary and aloe vera

### *HAIR CUT*

### *BLOW DRY*

<i>EYEBROW SHAPING</i>	30min	US\$45
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### *WAXING*

Armpit	30min	US\$45
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Bikini	30min	US\$45
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Brazilian	30min	US\$45
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Half Leg	30min	US\$45
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Full Leg	50min	US\$75
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## **For men who care**

### *WAXING*

Chest	50min	US\$75
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Back	50min	US\$75
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<i>FACIAL GROOMING</i>	30min	US\$45
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## **Body**

<i>BODY CONTOUR</i>	45min	US\$45
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With Lamicell Wave 4 from Silhouet-Tone, advanced body contouring equipment.

## **Holistic fitness**

### YOGA

Available upon request

See our Masters in Residence programme for information about our yoga teachers.

Group classes as well as private sessions are available for all levels. Please contact us at Hypnôze Spa, ext XXX, to make your reservation.



## **Spa etiquette**

To make the most of your Spa experience, we recommend you arrive 30 minutes prior to your scheduled time to enjoy our steam room.

Please be aware that should you arrive late, your appointment will end as originally scheduled as a courtesy to the next guest.

For your convenience a robe, towels and slippers will be provided.

While the Spa provides lockers, it is recommended that you leave valuables in your room safe.

Hypnôze Spa does not assume liability for any valuables. The Spa environment is one of tranquility and relaxation. Please respect the stillness 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 while enjoying the Spa.

## **Reservations**

We recommend making reservations in advance, particularly if you wish to enjoy several treatments during your stay. We welcome young Spa guests from the age of eight, accompanied by parents. To make a reservation from your suite, simply touch the Hypnôze button on your telephone.

All treatments are automatically subject to a 10% service charge.

## **Cancellation and change policy**

We kindly ask our guests to give a minimum of six hours' notice for changes or cancellations. With less than three hours' notice you will be charged for the full rate of your treatment. If appointments are reserved before arrival at the resort, the Spa cancellation policy follows that of your resort reservation.