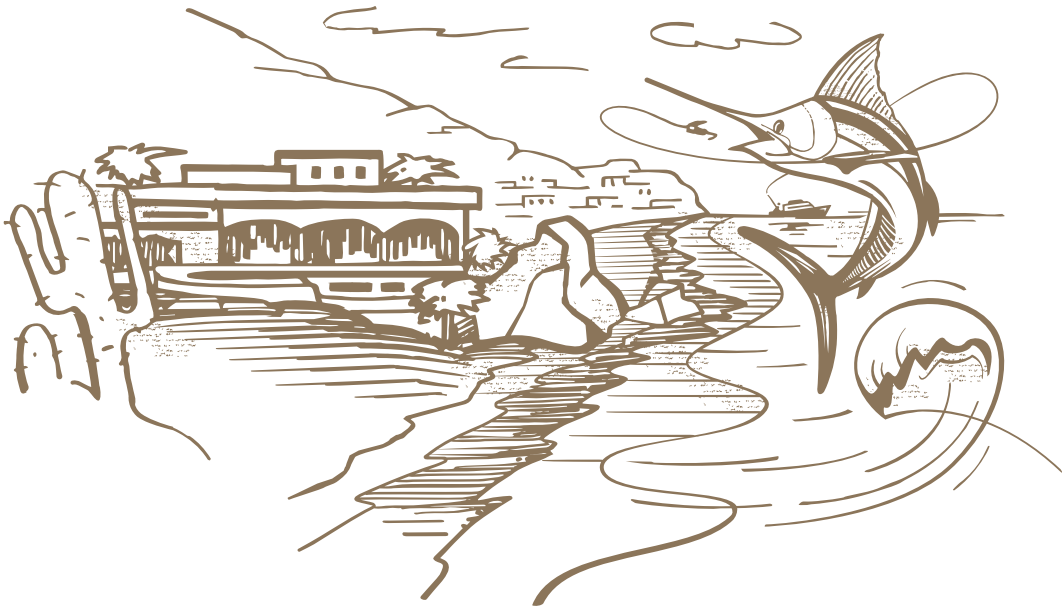


AUTHENTIC LUXURY

La Datcha

C A B O S A N L U C A S

VILLA



SPA & FITNESS

RENEW, REBIRTH, REENERGIZE, REINVENTED

Enjoy our exclusive selection of experiences that will recharge your energy, delight your senses and lead you to your full potential of true wellness.

RENUEVA, RENACE, REENERGIZA, REINVENTA

Disfrute de nuestra exclusiva selección de experiencias que rehará su energía, deleitando sus sentidos y guiándolo a su potencial absoluto de bienestar.

WELCOME TO THE ATELIER LA DATCHA

The Atelier Spa, unique in its concept, allows the energy of your body meet your present needs, with a wide variety of powerful, and exquisite karite butter that undoubtedly will make your exfoliation and your mask for a delicious wrap.

Improved oil and moisturizers for your exclusive relaxing spa treatment
aromatic herbs.

Nature is our first consciousness, awakens to knowledge
and create your world of well-being!



LA DATCHA HYDROTHERMAL EXPERIENCE

Eucalyptus Steam Room

Immerse yourself into an aromatic steam environment that will clean and purify your body.

A space to clear the mind, meditate and refocus.

Cinnamon Sauna

Healing dry heat plus soothing aromatic essence to soften and restore.

Igloo

Step into a cool-air arctic mist experience, boost your skin's total well-being.

Experiential Rains

Harmonize your senses with an invigorating sensory shower, listen, feel and oxygenate your body, the exact pressure of the water jets at specific points will create the perfect shower.



MASAJES — MASSAGES

La Datcha Signature Intuitive Massage

60/90 minutes

Our unique massage especially designed by La Datcha Spa allows you to breath deeply as your mind relaxes and you drift away in a state of inner harmony. Your therapist focuses on specific areas of your body using majestic massage techniques.

Herbal Reflexology Massage

60/90 minutes

Pressure is applied on certain points of your feet and hands to unwind stressed areas of your body promoting general well-being. Boots and gloves with seeds and aromatic herbs combined with karite butter are the perfect pair for sublime skin hydration, an essential experience.

Aromatic Pindas Massage

75/90 Minutes

Descontracturant thermotherapy that relieves joint pains. The benefits of combining powerful herbs, essences and pure oils revitalize skin, improve sleep and release stress bringing rest and relaxation.



MASAJES — MASSAGES

Ancestral Stone Massage

60/75/90 minutes

This Signature massage applies a holistic approach to the body, mind and soul with the use of stones and their temperature to promote a profound tension and stress release held in key areas of your body, relaxation and well being.

Shirodhara Therapy

60/90 minutes

Ancestral Hindu technique that connects your soul, body and spirit with the universal consciousness, the continuous flow of warm oil of fine herbs in the Ajna or third eye will be the most relaxing sensation of well-being and ideal nutrition for hair, feet and hands unique experience.

Maternal Caress

60/75/90 minutes

Prenatal massage brings relief and relaxation to booth mother and child. Enjoy a nurturing safe for baby and mom massage that improves health, blood circulation and the well-being of the future Mommy. It Protects and nourishes your skin with a facial cleansing during the 90 minutes treatment.



FACIALES — FACIALS

Vitamin Sea Facial

60 minutes/90 minutes

It uses special sea ingredients full of different strong components such as vitamin C and antioxidants, repairs cell damage and encourages new cell growth, leaving the skin refreshed & restored.

Age Delay Lift Facial

60/90 minutes

This antiaging treatment delivers great results using special products that include advanced peptide technology and cell reactivation for lifting and reaffirming the skin.

Cooling Sun Repair Facial

60/90 minutes

This treatment contains special ingredients such as snow algae and spirulina to repair and sooth damaged skin as well as to hydrate.

Gentlemen's Facial

60/90 minutes

An effective age defying facial designed to deliver immediate results to tired looking skin, reducing fine lines and wrinkles.

Enjoy warm deep hydration with paraffin boots and gloves followed by a restoring and relaxing foot and hand massage during your ninety-minute facial.



CORPORALES & BODY TREATMENTS

Personalized Signature Exfoliation

45/60 minutes

An effective and delicate body treatment that will not only eliminate dead cells from your body but with your personalized essential oil, will reconnect and balance your energy.

Detoxifying Natural Agave Body Wrap

60/90 minutes

Revitalize, soothe and hydrate your skin with this treatment using natural ingredients such as Organic Agave Azul extract, Coconut, Sesame and Grape oils blend with white clay from the Baja desert.

Aloe After Sun Body Wrap

60/90 minutes

An exquisite body treatment with a soft, fresh texture. Recommend for skin damaged by the sun, provides hydration, prolongs your tan and prevents it from peeling.

RITUAL DE LA CASA — SIGNATURE RITUAL

Mar de Cortez 2 hours

This personalized aromatic retreat is a perfect escape.

A combination of exfoliators and pure essential oils are used to nourish, refine and uplift the skin of the body, leaving an impeccably soft and glossy finish. This is followed by a personalized massage, an expert therapist will relieve your tension using the perfect technique and energy to provide an intense feeling of relaxation, and to finalize, pamper your palate with a glass of sparkling wine.



BAJA DESERT DETOX EXPERIENCE

210 minutos

Unique treatment created and designed to improve overall well-being, longevity and vitality. In collaboration with the best wellness professionals these unique therapies bring unparalleled level of intensity and authenticity to your La Datcha Spa experience.

A specialized body treatment that combines a detoxifying wrap and an advanced body massage to tone up and reaffirm the skin.

First, circulation is stimulated through exfoliation and body wrapping using products with wonderful texturized products, pure essences and properties aimed to problem areas prone to cellulite, fluid retention and uneven skin texture. Finally, a lymphatic drainage and a deep stimulating massage continues to help the body remove toxins, tone the skin and revitalize the mind.

The three-day exercise and food plan that our experts have chosen for your experience is recommended to maximize the effects and benefits.

* Requires Reservation

* We suggest consulting the nutritionist for a better and safer practice. This service requires an extra charge, please consult with the Spa Manager for more information.



DETOX PLAN

This plan consist of a series of exercises that will help you to improve your performance.

Some benefits of cardio:

- Increase your energy level and your physical endurance.
- It helps you lose weight.
- Decrease body fat.
- It helps control blood pressure as it improves blood circulation throughout our body.
- Strengthens the immune system.
- It helps control cholesterol levels.



DETOX PLAN

Day 1

Burn Calories

If you are addicted to sweating this class is to work in balance and the strenght, it will help you to burn calories and eliminate toxins through sweat.

Day 2

Stretching

If you like to connect your mind with your body this class is amazing will help you to reach a state of relaxation and extend the life of your muscles.

Day 3

Boot Camp

If you like challenges, it will be a great experience and improves the immune system. In this class will work on, muscle toning, power, endurance and balance.



BEAUTY AT LA DATCHA

In La Datcha we believe in the "sustainable beauty" this balance between beauty and sustainability as we call it can improve our

lives and the world around us, so we celebrate the grace, elegance and distinctive characteristics that make each of us who we are.

Improving our beauty by taking care of our environment is what makes us truly sublime.

- Shampoo and Blowout
- Ladies cut and Finish
- Blow dry/ Up-do & Master Styling
- Full Make up
- Bride Make up
- Bride Up-do

* This service requires to be booked in advance. Please consult with the Spa Manager for more information.

LA DATCHA MANICURE & PEDICURE

Our signature manicure&pedicure begins with a gentle scrub, it prepares the skin for a sublime hydration of paraffin that gives the skin softness, karite butter will pamper your hands and nourish your feet with a luxurious restoring massage.

- Pedicure classic
- Manicure classic
- Polish change
- Remove gel
- Paraffin



POOLSIDE JOURNEY EXPERIENCE

Pressure Point Scalp Massage

30 minutes

Beat the heat and balance your mind with a stimulating scalp massage using lavender aromatherapy.

Foot Quench

30 minutes

Enjoy a refreshing feet soak with a light massage.

Head, Neck and Shoulders Experience

30 minutes

Don't leave your lounge chair for this perfect poolside head, neck and shoulder massage.

Agave y Perla Mask

Application during pool spa service

A Super hydration for your face will be the perfect care for your skin as you relax enjoying the beautiful sea view in the pool.



PRIVATE FITNESS SESSIONS

Align your Body with Calisthenics

60 minutes

A corrective strategy to align your body movements by determining which muscles require more strength, Calisthenics is a system of physical exercise with one's own body weight. This session is focused on large muscle groups movements.

Stretch for Stress

50 minutes

In this session we work in stretching. That is, the stretching of the muscle beyond its resting position normal length. They are gentle and consistent exercises that help to prepare the muscles for greater effort and extent the range of movement in the joints.

Yoga

60 minutes

In this class we will do the practice that connects the body, breathing and mind. This session uses postures, breathing exercises and meditation to improve overall health. you can choice the kind of yoga you want: Vinyasa, Ashtanga, Hatha, Restoring, Meditation.

* Private sessions are for one person, additional charges will apply for each extra person.

* This service requires to be booked in advance. Please consult with the Spa Manager for more information.



OUTDOOR FITNESS SESSIONS

TRX Suspension Training

60 minutes

Working with our body weight as we do with TRX training, allows us to increase our strength and muscular endurance, and tone our entire body.

Beach Boot Camp

60 minutes

It is an activity that is carried out individually or in groups, so it helps to enhance the social skills, In addition it fight stress and anxiety while enjoying the beautiful beach landscape.

* Private sessions are for one person, additional charges will apply for each extra person.

* This service requires to be booked in advance. Please consult with the Spa Manager for more information.



PROGRAM GYM FITNESS

With the best selection of Technogym equipment, our fitness center is a welcoming oasis with a breathtaking view where you can start or continue your fitness journey.

A mix of advanced cardiovascular and weight training machines, along with a Kinesis station, TRX Suspension training system, while skilled personal trainers will keep you motivated and upbeat.

Step up your cardio and strength training with a myriad of group and individual classes that are offered for all fitness levels, ranging from yoga and transformational breathing to nutrition and personal training sessions.

Renew yourself with our detoxification plans, this kind of plans include Food, training sessions and customized SPA treatments, depending on your goals. Starting with a chlorophyll shot, 5 spread meals, followed by exercise, stretching, spin bikes, bootcamp, circuit fitness, free weights, or with a variety of fitness programs and classes and finally unwind with the SPA treatments.



FITNESS TRAINER

Our Trainers are specialists trained to help you achieve your goals through his experience.

Certified in:

- Personal trainer certification
- Functional training certification
- Kettlebell certification
- Trx suspension training certification
- Crossfit level one certification
- Knowledge in the area of weights
- Knowledge in cardiovascular (CPR)
- First aid remote areas certification
- Coaching emotional intelligence certification

* This service requires to be booked in advance. Please consult with the Spa Manager for more information.

PRICE LIST

LA DATCHA MASSAGE	60 / 90 MINUTES	\$160 / \$240
ANCESTRAL STONE MASSAGE	60 / 75 / 90 MINUTES	\$210 / \$250 / \$290
AROMATIC PINDA MASSAGE	60 / 75 / 90 MINUTES	\$210 / \$250 / \$290
MATERNAL CARESS	60 / 75 / 90 MINUTES	\$210 / \$250 / \$290
SHIRODHARA THERAPY	60 / 75 MINUTES	\$210/ \$290
HERBAL REFLEXOLOGY	60 / 90 MINUTES	\$160 / \$240
VITAMIN SEA FACIAL	60 / 90 MINUTES	\$220/ \$290
AGE DELAY LIFT FACIAL	60 / 90 MINUTES	\$220/ \$290
COOLING SUN REPAIR	60 / 90 MINUTES	\$220/ \$290
GENTLEMEN'S FACIAL	60 / 90 MINUTES	\$220/ \$290
ATELIER SCRUB	45 / 60 MINUTES	\$140 / \$180
ALOE AFTER SUN BODY WRAP	60 / 90 MINUTES	\$220/ \$290
DETOXIFYING NATURAL AGAVE BODY WRAP	60 / 90 MINUTES	\$220/ \$290
MAR DE CORTEZ RITUAL	120 MINUTES	\$450
BAJA DESERT DETOX EXPERIENCE	210 MINUTES	\$1.100
PRESSURE POINT SCALP	15 / 30 MINUTES	\$50 / \$90
FOOT QUENCH	30 MINUTES	\$90
HEAD, NECK AND SHOULDERS	30 MINUTES	\$90
PERLA Y MEZCAL MASK	ADD-ON	\$30
LA DATCHA MANICURE&PEDICURE		\$240
CLASSIC MANICURE		\$95
CLASSIC MANICURE WITH SHELLAC		\$120
PEDICURE CLASSIC		\$120
CLASSIC PEDICURE WITH SHELLAC		\$130
POLISH CHANGE HANDS OR FEET		\$40
REMOVE SHELLAC HANDS OR FEET		\$40
APPLICATION SHELLAC HANDS OR FEET		\$55
PARAFFIN HANDS OR FEET		\$40
SHAMPOO AND BLOW OUT		\$130
LADIES CUT AND FINISH		\$1700
BLOW DRY / UP-DO&MASTER STYLING		\$230
FULL MAKE UP		\$140
BRIDE MAKE UP		\$230
BRIDE UP-DO		\$180
FITNESS SESSION	PRIVATE SESSION	\$200
	EXTRA PERSON	\$50

OPENING HOUR

8 AM TO 8 PM DAILY — 10 AM TO 6 PM SPA SERVICES

Policies for Cancellations and Charges

Treatments cancelled with less than 24 hours will be changed completely.

Treatment overnight has an extra charge of \$40 per service.

Extra Therapists on call 30% extra charge of the cost of each required service.

If you would like to book or should need any further information,
please do not hesitate to contact our management department.

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