

*Spa* |  **ABJA**

**SPA MENU**

## SPA ETIQUETTE

To reserve any of our treatments and services, please call extension 6000 or email us at [spareservationscv@velasresorts.com](mailto:spareservationscv@velasresorts.com). If you need to cancel or reschedule your appointment, contact us at least 12 hours in advance.

All guests are required to complete a health questionnaire before their treatment. Please, we ask you to inform us about any medical condition, pregnancy, and/or allergies. We recommend arriving 10 minutes before your treatment so you can complete the questionnaire and enjoy the whole experience.

Any delay in your appointment means that your treatment time will be reduced or not be carried out as scheduled.

Upon entering the Spa, we provide you with a locker and a robe. We suggest you place your jewelry and valuables in the locker or the safe in your suite before your treatment.







### The art of healing, the art of blooming

As you cross the threshold of ABJA Spa, an inner journey begins—guided by the quiet beauty of flowers. Each mural is an invitation to contemplation, a visual offering that reflects the natural cycle of blooming, expanding, and renewing.

The painted flowers—diverse and delicate—speak softly to the senses and the soul. **Green**, vibrant and nurturing, reminds us that everything is reborn. **Yellow** glows from within, like a sun that nourishes joy. **Pink** embraces with tenderness, inviting sweetness and self-love. **White**, serene and pure, evokes calm, clarity, and renewal. Each shade reflects an emotion, a subtle reminder that true well-being stems from our connection with nature and the unseen.

Inspired by the botanical and spiritual richness of Mexico, the murals become symbolic gardens. Each flower, unique in species and brushstroke, represents a stage of human blooming: openness, strength, sensitivity, and balance. Here, among enveloping aromas, intentional silence, and living art, every guest is invited to return to themselves—to let the body rest, the mind quiet, and the spirit unfold like a flower reaching for the sun.

**At ABJA Spa, healing is an art, and blooming is part of the ritual.**

*soft pressure* 

*medium pressure* 

*deep pressure* 





## MASSAGES

### HARMONY

*soft* 

**50 min \$180 | 80 min \$225**

Regain your energy and inner peace through gentle and soothing manipulations that unite and harmonize your body. This massage will help relieve the stress and fatigue accumulated by the daily routine.

### THERAPEUTIC

*medium* 

**80 min \$236**

An excellent combination of personalized techniques integrated into one massage. Lymphatic drainage, reflexology, acupressure, shiatsu, and stretching, among other methods, make this therapy an experience of relaxation and liberation.

### DEEP TISSUE

*deep* 

**50 min \$236 | 80 min \$312**

A specialized technique with deep, slow movements that work on a muscular level to eliminate the contractions caused by the stress of daily life, exercise, and sports.

### CASA VELAS

*soft* 

**80 min \$236**

Obtain amazing sensations with this massage that works on the body's meridians through acupressure and gentle manipulations. Choose the aroma that pleases you the most to enjoy the warmth and softness of your candle: lavender, roses, passion fruit, or madagascar.

### ROMANTIC RITUAL

*medium* 

**50 min \$378 | 80 min \$459**

The renewal of two soulmates who receive the energetic transformation of the universe through therapy with techniques that balance and harmonize the couple with a massage that spiritually connects them.

### TENDERNESS

*soft* 

**50 min \$180**

A soothing experience that deeply connects the expectant mother with her baby through a relaxing massage using lavender oil and vitamin C balm, leaving the skin hydrated and soft. This ritual also includes rosehip oil to deeply nourish the skin and a thermo-cooling cryo gel applied to the legs, perfect for relieving heaviness and releasing accumulated stress during this wonderful stage.

### ADD-ONS FOR MASSAGES

Reflexology  
Lymphatic drainage

**20 min \$65**

**20 min \$65**

Prices are listed in USD and include taxes





## ANCESTRAL THERAPIES

### PRE-HISPANIC STONE THERAPY

medium 

80 min \$236

Levels and balances the different energy centers of the body. The principal elements of the therapy are volcanic and river stones in various textures, sizes and shapes, which generate internal heat to provide deep relaxation of the body, mind, and soul.

### 4-HANDED HERBAL RITUAL

medium 

50 min \$284 | 80 min \$375

Sharpen your senses through a healing spiral technique using aromatic herbal compresses such as orange peel, cloves, bay leaf, horsetail, and more. You'll gain countless benefits!





## FACIALS

### ABJA

50 min \$202

Exclusive combination of natural actives that restore the essential functions of the skin, helping maintain an optimal level of hydration.

### VITAMIN C+

80 min \$236

Gently caress your face with 100% pure vitamin C citrus essence, stimulating active collagen production to renew skin firmness and elasticity. An antioxidant treatment that repairs skin damaged by the sun and pollution, leaving your complexion smooth and hydrated.

### TIMEXPERT RIDES NEO AGE

80 min \$245

Evolved formulas and textures. Innovative action and regeneration against dynamic and static wrinkles. NEO AGE combines its exclusive formula with an energetic facial yoga and cupping massage technique that enhances effectiveness, adding immediacy to the results and prolonging them over time.

### FOR MEN

80 min \$236

An innovative treatment specialized in men's skin, designed to care for and preserve youthful skin. A revitalizing, detoxifying, firming, soothing, and refreshing facial treatment. Lightweight and pleasant textures.

### EXCEL OXYGENATION

80 min \$236

It acts globally on the main signs of aging, activating and reinforcing the skin's defenses to prevent and slow the aging process.

### ADD-ONS FOR FACIALS

Reflexology

20 min \$65

Lymphatic drainage

20 min \$65





## BODY THERAPIES

### AFTER SUN

80 min \$237

Provides freshness, rest, and well-being for skin affected by sun exposure. This treatment restores hydration, rejuvenates the skin, and prolongs the tan, preventing peeling thanks to its balsamic effect.

### SILK

80 min \$237

Delicious body wrap based on hydrolyzed silk protein with an incredibly smooth texture. The skin becomes smooth, radiant, and deeply hydrated for hours. It acts like a second skin, leaving it incredibly beautiful and silky.

### VITAMIN C+

80 min \$237

Professional program with all the antioxidant and anti-aging properties of Vitamin C+. The result? Renewed, radiant, and rejuvenated skin.

### LAVENDER

80 min \$237

A treatment that calms and hydrates the skin, providing it with emollient, nourishing, and toning properties that alleviate bodily aches. It offers comfort and smoothness, enveloping the skin in a veil that leaves it incredibly satin-like.

### TIRED LEGS

50 min \$217

Improves the blood microcirculation in the treated area, promoting the elimination of fluids and toxins, resulting in a pleasant feeling of relief and well-being.

## BEAUTY SALON

SPA MANICURE ..... 50 min \$69

SPA PEDICURE ..... 50 min \$81

PARAFFIN MANICURE ..... 50 min \$95

## EXTRAS

GEL POLISH REMOVAL ..... 50 min \$20

GEL POLISH ..... 50 min \$25

Prices are listed in USD and include taxes





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