



SPA MENU



THE PATH TO TRANSFORMATION

GRAND VELAS RIVIERA NAYARIT

The butterfly is one of nature's most impressive creations. Admired for its beauty, it is also considered a spiritual sign. Today, it is a universal symbol of the evolution of life focused on achieving an authentic transformation and deep relaxation.



Our therapists are trained by Wellness for Cancer.
For more information, please visit: w4cancer.com.

FOLLOW THE PATH OF WATER

Enhance every experience with the Grand Velas Water Ceremony.

Water exemplifies transformation. Ice, vapor or crystalline liquid that purifies, clarifies and revitalizes our being, it blankets us with warmth and revitalizes us with freshness. It provides soft caresses or powerful pressure massage. It is a life source that carries the deeper meaning of transformation in every drop.

Water Ceremony

\$55 USD

Hydrotherapy is the therapeutic process of treating the entire body with water at varying temperatures. SE Spa features separate hydrotherapy areas for men and women.



JACUZZI: The pressure of the jets and temperature of the water help to relax muscular tension and provide a moment of internal peace.

SAUNA: Enjoy the benefits of dry heat; ideal for detoxifying the body through the process of perspiration.

STEAM WITH CHROMOTHERAPY AND STARRY SKY: Color therapy balances the vital centers or chakras, relaxing you through your sense of sight.

WARM AND COLD LAGOON: The contrast of hot water helps to relax the musculature; the cold activates vasoconstriction, encourages vascular fitness and revitalizes the immune system.

SEASONAL SHOWER: Cold water evens out the temperature of the body to avoid imbalance from the heat of the steam and sauna.

ICE FOUNTAIN: Provides a complete temperature contrast to stimulate the body and strengthen the circulatory system.

HYDRO-REFLEXOLOGY: It activates blood circulation in the legs and soles of the feet.

RELAXATION AREA: Before your treatment, our Spa Concierge will pamper you with a moment of rest on our comfortable lounge chairs, relaxing your shoulders with a warm, soft neck pillow filled with aromatic seeds; your eyes will be relaxed and hydrated with fresh slices of cucumber and a cold towel scented with orange.

GOURMET DETAILS: Enjoy a variety of natural fruit-infused waters, whole grain cookies and dried fruit and nuts throughout the water journey and rest period.



MASSAGES

Rest and well-being

GRAND VELAS (Light to medium pressure)

50 / 80 min | \$215 / \$271 USD

Experience our subtle full-body massage with warm manipulations with a soft pillow through your muscles, releasing accumulated stress and thus guiding you to comfort and relaxation.

RENEWAL (Medium pressure)

80 min | \$274 USD

Personalized muscle and joint repair therapy that combines different techniques such as stretching, acupressure, reflexology, and lymphatic drainage. Enjoy its relaxing, detoxifying, and decongestant benefits, thus releasing accumulated daily stress.

DEEP TISSUE (Firm to strong pressure)

50 / 80 min | \$261 / \$353 USD

Powerful decontracting massage with specialized techniques where punctual manipulations are focused on areas of tension. Instruments such as warm wood will help to enrich this therapy.

AROMA LIFE (Light to medium pressure)

80 min | \$274 USD

Essential oils are a powerful element that helps balance the body's emotions and restore physical, mental, and spiritual well-being. In this beautiful aromatherapy, we select lavender, sage, mint, and rosemary—among other essences— from our organic garden.

MASSAGES

Rest and well-being

FESTINA LENTE (Medium pressure)

60 min | \$249 USD

Avant-garde artistic massage in which mixed choreography, music, and rhythmic manipulations lead to deep relaxation. Personalize it according to your “here and now”.

GRAND VELAS RAIN (Light pressure)

50 min | \$249 USD

Rhythm and coordination on your body through a gentle fall of warm water while you enjoy a relaxing four-hand massage that will bring softness and warmth to your skin and face.

ENCOUNTER OF TWO (Light to medium pressure)

50 / 80 min | \$431 / \$543 USD

A ritual for a memorable time and for sharing dreams. It is accompanied by a warm massage that will induce complete relaxation and satisfaction. Personalize it by choosing the scent of your candle that means something special for both of you on this day.

MATERNAL CARESS (Light pressure)

50 min | \$215 USD

A sublime experience of love and connection between mom and baby. Wrapped in a warm atmosphere of music, aromas, and sensations, you will enjoy a relaxing massage that eliminates muscle tension in areas of significant fatigue, which is characteristic of this unique stage for women.

ADD-ONS FOR MASSAGES

25 min | \$99 USD

- Back massage
- Scalp massage
- Express facial
- Tired foot massage
- Reflexology
- Lymphatic drainage



HARMONIZING THERAPIES

Health to your soul

SHIRODHARA INTUITIVE (Sedative therapy)

80 min | \$274 USD

Experience a moment of introspection with this relaxation therapy that consists of a subtle drop of warm oil on your forehead, representing the chakra of intuition. It is a therapy for your mind, body, and soul; your internal organs will also benefit from the stimulation of a relaxing foot and hand reflexology.

HARMONIZING STONES (Light to medium pressure)

80 min | \$274 USD

An ancestral therapy that uses therapeutic minerals from Mexico's pre-Hispanic cultures. Obsidian and river stones are combined to obtain total relaxation in contracted muscles and eliminate body fatigue. These minerals can balance the energy centers around the human being, creating a body, mental, and spiritual balance.

THAI-ATSU (Stretch therapy)

80 min | \$274 USD

A combination of techniques such as Shiatsu and Thai create an integral therapy. It is applied in digital-pressure points in the body's meridians, and joints are stretched to improve the mobility of the extremities and release tension in the spine.

FOUR-HANDS SAMUNPRAI HERBAL (Medium pressure)

80 min | \$353 USD

Four hands are synchronized to offer you a unique experience of relaxation, detoxification, and well-being. Warm aromas of natural plants with medicinal benefits will be the essential ingredient of this massage. Your nervous system will feel relaxed by perceiving the hands of two therapists.



ROOTS OF MEXICO

Pride and festivity

NEEYARI SHAMANIC MASSAGE - ROOTS OF THE EARTH (Medium pressure)

80 min | \$274 USD

Inspired by ancient indigenous tribes, this massage will take you on a journey to the roots of the Earth, giving way to introspection and renewing the connection between your emotions and soul. With our ancestors' guidance, our therapists will find what you need to release and heal.

RENEWING CHOCOLATE

80 min | \$290 USD

Renew your energy and mood with the benefits of chocolate, an essential ingredient in Mexican culture and a releaser of endorphins, which are the happiness hormones. You will have a nourished face and body with excellent texture.

INVIGORATING TEQUILA

80 min | \$290 USD

An excellent treatment that will revitalize dehydrated skin, with energizing benefits that activate blood circulation and the nervous system stimulation to stay alert and active during the day.

ANTIOXIDANT TREATMENT (Body moisturizing)

80 min | \$290 USD

Vitamin C is a powerful antioxidant and moisturizer. Start with an exfoliation, a delicious citrus-scented mask, and an oil and essence-based hair massage. The care and detail this treatment brings will be a gift to you.

AFTER SUN TREATMENT (Calming and regenerative)

50 min | \$215 USD

Experience a remarkable recovery of your skin's epidermis in this body treatment with an organic extract of blue agave, collagen, and elastin. Special for sensitive and damaged skin by sun rays that will allow you to look moisturized, soft, and fresh.

À LA CARTE EXFOLIATION (Body cleansing)

50 min | \$215 USD

Eliminate dead skin cells to nourish the skin and activate blood circulation. This is an excellent exfoliation that works as a preparation for tanning. Choose between an organic avocado exfoliation or a lavender scrub.





FACIALS

A reflection to the inside

BIO ORGANIC (Cleaning and moisturizing)

50 min | \$229 USD

A facial that provides a sensation similar to butterflies made up of selected vegan products from the phytocosmetic DNA. It has active organic ingredients such as wormwood, olive oil, blueberries, and trace elements, and it brings moisturizing benefits to your skin.

CANNABIS (Calming and regenerative)

50 min | \$229 USD

The natural evolution of cannabis as the future ingredient in a unique treatment that restores the skin barrier, soothes red and irritated skin, activates antioxidants against free radicals, and provides a pleasant sensation of comfort. It does not have psychoactive activities as it is free of THC, the main constituent of cannabis.

RADIANCE C (Antioxidant)

80 min | \$274 USD

Illuminate your face with the best antioxidant with pure vitamin C that acts as a blemish corrector and unifies the tone of your face. The result will be 100% luminosity due to the action of the micropigment.

EXCEL THERAPY O2 (Oxygenating)

80 min | | \$274 USD

The anti-pollution booster of this treatment acts on the signs of aging, activating and reinforcing the defenses against pollution and stress. It is ideal for sensitive and devitalized skin because it regulates its texture.

SKINCARE FOR MEN (Moisturizing and anti-fatigue)

80 min | \$274 USD

High-performance cosmetics for gentlemen. This facial aims to care for, protect, and preserve the youth of men's skin, restoring vitality and energy through specific manipulations with the Shi Zen Detox massage. It will reflect the anti-fatigue and moisturizing properties on your face.

STABILIZING (Oily skin)

80 min | \$274 USD

A cleansing facial that controls the oil on your face, it has a purifying and anti-inflammatory effect, giving way to luminous and rejuvenated skin. It includes a light extraction.

TIMEXPERT RIDES (Expression lines)

80 min | \$303 USD

Innovative treatment specialized on expression lines with visible results, which are supported by powerful active ingredients such as Pro-Collagen and soy proteins, as well as techniques with suction cups and facial yoga in the hands of our professionals.

DIAMOND LIFE INFUSION (Anti-aging)

80 min | \$303 USD

A treatment with an anti-aging and firming effect, in which pearls and gold are the protagonists of a mask with a unique aroma. With this facial, the expression lines are filled, and better yet, they are prevented.



TOUCHLESS THERAPIES

Health to your soul

REIKI

60 min | \$274 USD

Immerse yourself in a profound healing experience with this ancient technique that awakens and balances the seven energy centers of the body. Through a gentle transfer of energy, vital flow is released, dissolving blockages that affect physical, mental, and emotional well-being. Feel the stress melt away, giving way to a deep sense of peace, renewal, and wholeness.

GEM THERAPY

60 min | \$274 USD

Discover the healing power of gemstones, quartz, and crystals in an experience of balance and renewal. Through their natural vibration, they align the chakras, release blockages, and restore the body's energy flow. Connect with the essence of nature and allow its energy to transform your being.

PHOTOTHERAPY

60 min | \$274 USD

Discover the transformative power of light with this state-of-the-art facial treatment. Using LED waves, energy penetrates the deepest layers of your skin, stimulating cellular regeneration. Experience reduced inflammation, accelerated healing, and enhanced collagen production, revealing a firmer, more radiant, and healthier complexion.

SLEEP THERAPY

60 min | \$274 USD

Experience the ultimate relaxation with SNOOZ, an intelligent white noise machine designed to create the optimal environment for restful sleep. Your therapist will customize this unique experience by adjusting the aroma, warmth, and temperature while applying acupressure and reflexology techniques to prepare you for a deep, revitalizing sleep.



RITUALS

Sensitize your senses

SE Spa integrates unforgettable experiences combining different body and facial treatments and harmonizing therapies created for you. The benefits are enriching due to the diverse techniques and assets that make them up and the sensations that will remain in your memory.

SENSORIAL MOLE

100 min | \$303 USD

(Relaxing exfoliating massage & moisturizing express facial)

Inspired by the richness of mole, this facial and body ritual blends ingredients like chocolate, seeds, and chiles. It begins with an exfoliating massage that deeply relaxes while removing dead skin cells, preparing the body for a nourishing wrap. As the skin absorbs the nutrients, a hydrating express facial is performed. The ritual concludes with the application of a body cream enriched with almond oil, leaving the skin soft, nourished, and silky-smooth.

HARMONY IN MOTION RITUAL

160 min | \$468 USD

(Festina Lente, exfoliation and facial Emozioni)

This sensorial and deeply relaxing symphony begins with a full-body exfoliation, followed by a rhythmic massage synchronized with a carefully curated melody. Choose the scent that best suits your mood: floral, fruity, or woody. The experience concludes with a hydrating facial, specially designed for sensitive skin, using cold tools to deliver a refreshing and toning effect.

ORGANIC

160 min | \$468 USD

(Exfoliation, aroma life massage, organic Bio facial)

Ideal for sensitive skin, this ritual deeply nourishes both body and face. It begins with a body exfoliation using natural organic ingredients, followed by a relaxing massage with pure essential oils that strengthen the immune system and soften the skin. The ritual concludes with a facial cleansing and deep hydration to revitalize the complexion.

CANNABIS

160 min | \$468 USD

(Sports massage, reflexology, Cannabis facial)

A revitalizing ritual designed to boost circulation and stimulate internal organs. It begins with an energizing massage and a foot reflexology session to restore the body's balance. The experience concludes with a facial cleansing using cannabis-based products and a facial massage that enhances microcirculation, providing a natural lifting effect.

NEEYARI SHAMANIC

160 min | \$468 USD

(Neeyari Massage & Facial Stabilizing)

This energizing massage, inspired by Mexico's shamanic traditions, invites deep introspection and spiritual connection. The experience is enhanced with a deep cleansing facial tailored to your skin's needs, creating a harmonious blend of inner wellness and cultural heritage.

RADIANCE C

160 min | \$491 USD

(Antioxidant Treatment & Radiance C Facial)

This revitalizing vitamin C ritual begins with a relaxing back massage, followed by a full-body exfoliation to prepare the skin for a deeply nourishing mask. The experience concludes with a toning facial that boosts microcirculation, helps prevent wrinkles, fights free radicals, and protects the skin from environmental damage with powerful antioxidant properties.

ROMANTIC RITUAL

160 min | \$772 USD

(Candle Massage, Gentleman's Facial and Time Expert Rides Facial)

This romantic ritual offers a shared experience of relaxation and renewal. It begins with a warm candle massage that deeply hydrates the skin while awakening the senses. For him, an antioxidant facial with a plastic activated charcoal mask. For her, a facial focused on softening expression lines, featuring cupping massage and facial yoga.

BEAUTY SALON

The path to beauty
Encouraged by a positive attitude.

ORGANIC MANICURE

50 min | \$58 USD

Beauty and warmth for your hands with this delicious organic treatment. Ideal to keep your nails in perfect condition. It begins with an exfoliation eliminating dead cells, followed by a cleaning that will care for your hands. This experience ends with a soft nourishing lotion.

ORGANIC PEDICURE

50 min | \$81 USD

Release the fatigue of everyday life in your feet and allow us to beautify them with a truly nourishing organic treatment. Start with a cleaning with highly effective results. It includes a relaxing massage and stimulation of internal organs through acupressure with energetic river stones.

DIAMOND MANICURE AND PEDICURE

110 min | \$173 USD

Allow us to pamper you with this exclusive treatment, which includes a relaxing hand massage and reflexology accompanied by a paraffin treatment. The pedicure includes a massage with warm herbal compresses to help eliminate toxins, reduce inflammation and detoxify your feet.

GRAND VELAS PEDICURE

80 min | \$127 USD

A fabulous treatment for tired, inflamed feet that you will enjoy in our lounge chair with hydro-massage. Begin your pedicure with a coffee exfoliation and mask of regional herbal extracts with anti-inflammatory properties, followed by reflexology; all while you sip a fresh margarita.

RELAXING FOOT MASSAGE

50 min | \$69 USD

A special massage for tired or inflamed feet. This treatment pampers and returns vitality to your feet, detoxifying them with a soft exfoliation and relaxing grape seed oil massage; concludes with the application of a cool fresh gel.

SERVICES

- Haircut for women
- Haircut for men
- Wash and blow dry
- Hair styling

50 min | \$82 USD

50 min | \$45 USD

50 min | \$82 USD

50 min | \$82 USD

MANICURE FOR MAN

30 min | \$40 USD

PEDICURE FOR MAN

45 min | \$60 USD





SPA GUIDE

Who will guide me in the selection of my treatments?

Our Spa Concierges are here to assist you in the correct selection and sequence of your treatments.

What if I have a health issue?

If you have any health-related concerns, please advise the Spa Concierge before reserving your treatments. All guests must fill out a medical questionnaire prior to treatment.

We strongly recommend to contact your Concierge and avoid using the Spa facilities if you have had the following symptoms in the last 14 days: Fever over 100 °F, tiredness, body ache and/or dry cough, or if you have been in contact with anyone diagnosed with COVID-19.

We take care of each other!

Should I wear underwear for my treatment?

It is not necessary. However, if you prefer to wear underwear, the Spa can provide you with disposable garments.

Where should I leave my jewelry and valuables?

These should be kept in the safe in your suite. The Spa is not responsible for lost jewelry or items of value. If you forget to remove your jewelry, we recommend keeping it in the locker assigned to you during your stay at the Spa.

What if I am late for my appointment?

By arriving late, you are limiting the time available for your treatment, meaning we cannot guarantee the enjoyment of the complete experience.

How early should I arrive for my treatments?

If you wish to enjoy our Water Ceremony, we recommend arriving one hour before your scheduled treatment. If you wish to go directly to your treatment, please arrive 15 minutes early for registration.

Are there any particular suggestions I should consider?

Eating immediately before a Spa treatment is not recommended; do not shave or wax your legs before a body exfoliation, and avoid sunburn. We recommend wearing a bathing suit and sandals in the hydrotherapy areas.

Which rules should I follow?

To enjoy the Spa experience, please avoid: smoking, entering with food, arriving for a treatment under the influence of alcohol or drugs, walking barefoot or using a cellular phone. Entrance to the Spa is limited to guests age 16 and older.

How should I pay for my Spa services?

If you are a guest of the resort and have registered a credit card with the reception desk, you may charge your treatments to your suite account or pay directly in the Spa. External clients must pay for their treatments with cash or credit card directly in the Spa.

What is the cancellation policy?

Cancellations and changes of service, time or date, must be made 8 hours before your appointment, otherwise a charge of 100% of the total value of the service will be made and there will be no refund. If you do not show up for your appointment, it will be canceled without the right to a refund if you have paid in advance, or 100% of the value of the service will be charged. A charge of 50% for the cost of the service will be made in case of cancellation with a time of 6 hours before your treatment. Credit and/or discounts apply only to massages, facials and wraps of 50 minutes or more inside the Spa.

What if I forget about my appointment?

If you do not arrive for your appointment it will be cancelled and you will be charged for the entire service.

Discounts and promotions cannot be combined.

Staff Education and Experience:

The selection of our personnel is conducted under strict evaluation standards. Our body artisans have certifications from official Mexican institutions; they are trained in various body treatments, facials and massages techniques. They also receive internal education, always under the highest standards of quality and using new information on the latest techniques. In addition, they are directly educated by our exclusive product lines such as Natura Bissé and Germaine de Capuccini, among others.

FACILITIES

Over 16,000 sq. ft.

Spa Lobby

Spa Concierge Desk

Spa Boutique with exclusive lines:

Natura Bissé, Germaine de Capuccini, and Vagheggi.

Beauty Salon

Luxury pedicure chairs, manicure stations, makeup, haircuts, and styling.

Fitness Studio

Pilates, yoga, meditation, step, muscular strengthening, and zumba.

Life Fitness Gym

12 cardiovascular stations, climbers, treadmills, bicycles and elliptical machines.

21 integrated free weight and variable resistance training stations.

Locker area

20 Spa treatment suites:

- 3 special suites for couples

- 1 suite for Thai massage

- 1 Vichy suite for Four-Hand Grand Velas Rain Massage

- 7 suites for body treatments

- 8 multifunctional suites



The prices include taxes and are subject to the exchange rate if paid in Mexican pesos.

For reservations and information

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