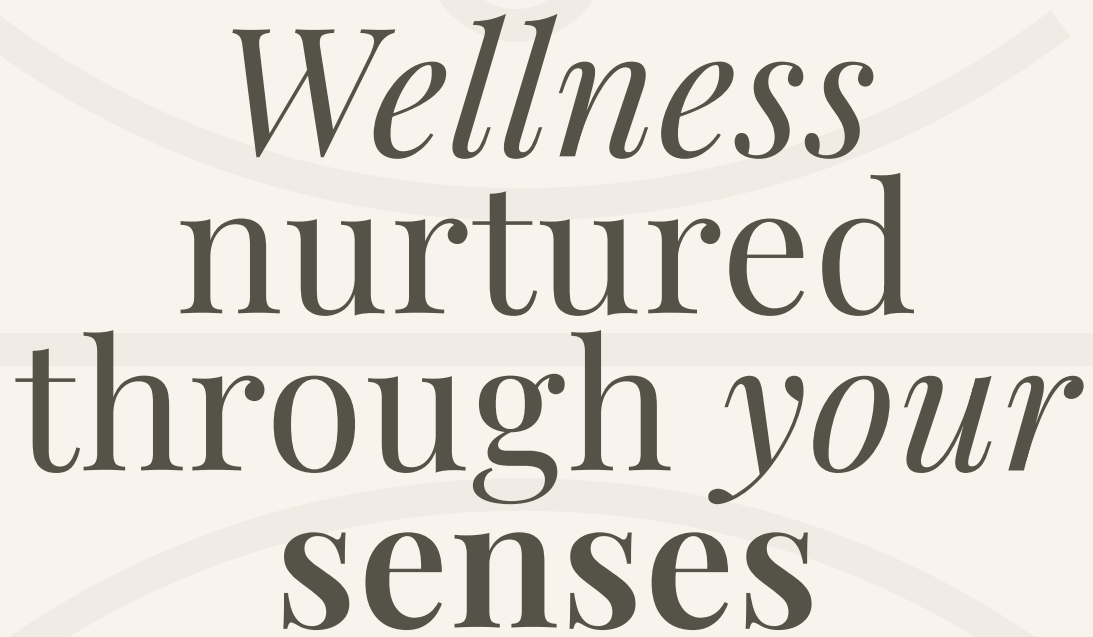


ÓOL



*Wellness*  
nurtured  
through *your*  
senses

S P A

## *Signature*

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### MAYAN ABDOMINAL MASSAGE

A technique that's been passed down for thousands of years through an unbroken chain of midwives, healers and shamans to treat reproductive, digestive and detox the system. This is a non invasive and external massage technique. The technique works by relieving congestion and blockages to improve the flow of chi and fluids of the circulatory, lymphatic and nervous systems. While improving organs function by releasing physical and emotional congestion from the abdomen.

60 min US\$ 125      90 min US\$ 140

## *Traditional*

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### SWEDISH MASSAGE

Uses relaxing traditional European techniques to unwind you, stimulate blood circulation and eliminate blockages.

60 min US\$ 125      90 min US\$ 155

### DEEP TISSUE MASSAGE

Focuses on specific areas and tense muscles using deeper pressure and more firm techniques, this improves muscle flexibility and stress relief.

60 min US\$ 144      90 min US\$ 174

**Add Hot Stones US\$ 35**

## *Renewal*

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### SPORTS MASSAGE

Our Sports Massage is designed to prevent and relieve injuries and conditions that are associated with exercise or overuse of muscles.

60 min US\$ 132      90 min US\$ 175

## *Facials*

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### REFRESHER FACIAL

This facial partners well with a massage and is just about as relaxing as one. Your face will feel refreshed and rejuvenated.

US\$ 90

### GENTLEMEN'S FACIAL

This one will make the ladies jealous. Indulge in a decadent facial and scalp treatment with products just for men. This facial gives you a wonderful cleansing, exfoliating, facemask and we finish up with a lip mask and SPF treatment.

US\$ 104

## Reprieve

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### SUNBURN SOOTHER

Over exposure to the sun causes skin to burn and dehydrate. Relax and treat the skin in chamomile lotion with light strokes and a cool Aloe Vera facemask.

45 min US\$ 67

### MOSQUITO BITE TREATMENT

Soothe your itches and swollen skin with our in-house, warm, and healing paste. Removed with warm towels followed by soothing strokes over affected areas with ice wrapped in a cloth which numbs the affected area to continue that soothing feeling.

30 min US\$ 65

## Yoga

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### UP TO TWO PEOPLE

Private sessions are held at our on-site yoga pavilion. Guests receive personal instruction in Vinyasa flow and Haltha Yoga from a verified instructor. Your practice will be tailored to your level and needs. Incorporating yoga postures, breath-work, and meditation, classes work on strengthening and balancing the bodies muscular, skeletal and metabolic systems to bring about a healthy and invigorated body. All connecting to the mind, body and spirit.

60 min US\$ 90 | 90 min US\$ 117 | 120 min US\$ 138

**Inquire about group or prive sessions  
at nearby ruin, Xunantunich**

All prices are in US\$ and subject to 10% service charge and 12.5% government tax.

## Kombucha

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### WHAT IS KOMBUCHA TEA?

More than 2,000 years ago, the ancient Chinese discovered the health benefits of Kombucha tea, and they called it an "immortal health elixir."

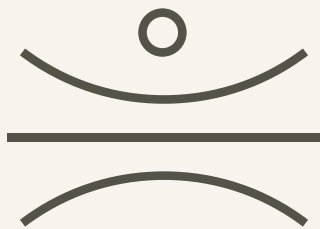
Today, this tea has gained recognition around the world as a potent health beverage. Kombucha tea is made from the fermentation of a mixture of sweetened tea and probiotics. It is known to be effective in reducing the risk of certain health problems and promoting overall health.

### BENEFITS

Detoxes the body  
Cancer prevention  
Alkalize the body  
Boosts immune system  
Increases energy level  
Promotes weight loss

Locally made and based on availability.





**KA'ANA**

SAN IGNACIO, BELIZE