

Spa



Welcome to the Spa in Casa de los Sueños. Our beautiful, peaceful Spa gives you the special attention and treatment you deserve. With the concept of promoting true pampering and special attention in a beautiful and peaceful atmosphere, we are proud to give you an opportunity to immerse yourself in our enchanting treatments.

Our Spa offers a serene and exclusive environment for a wide range of relaxing and rejuvenating treatments. Our well-trained and skilled therapists will leave you with another memorable experience of Isla Mujeres, where you can experience fabulous delights for the mind, body and spirit.

Contact us for reservations via email at casa.suenos.isla.mujeres@gmail.com.



Swedish

A therapeutic technique and relaxing combination, this massage augments flexibility, fortifies your immune system and decreases muscular stress. The result is a sense of peace of body, mind and spirit.

60 min \$1150 MXN

Hot Stones

A fusion of East and West, this technique features the use of basalt hot stones. The use of stones allows the therapist to work deeper and give relief to deep-seated muscle tension. Stones are known generators of energy, creating a sense of deeper balance and calm.

60 min \$1150 MXN

Deep Tissue

A combination of therapeutic and relaxation techniques, deep pressure is applied to different tension points to relax muscles and unblock points of energy.

60 min \$1400 MXN

Acupressure

In this form of touch therapy based on eastern traditions, the therapist focuses on acupressure points in order to release muscular tension and promote the circulation of blood and energy. The result is an increase in energy and a feeling of well-being.

60 min \$1400 MXN

Acupuncture

Based on a holistic approach to health, acupuncture involves the insertion of very fine needles at specific points on the body to adjust and alter the body's energy flow into healthier patterns, and encourage harmony and balance.

60 min \$1400 MXN