



CAPELLA™
IXTAPA

SPA

INTRODUCTION

ENDLESS OCEAN VIEWS, INVIGORATING SEA BREEZES AND WORLDLY SPA sculpted from a rocky cliffside await you at Capella Ixtapa. This personal paradise of open-air and indoor treatment areas offers a variety of experiences that are naturally, organically and sensuously drawn from the traditions and rituals of this historic culture.

Soft chimes, ethereal tones and light scents of Verbena and Toronjil linger in the air. A delightful elixir of native flowers and fruits has been brought together to create incomparable therapies and specialized massages. All centered on the individual guest, to invoke an enlightened spirit and physical invigoration.

Indulge in a signature treatment featuring Ixtapa's own Xochitl-Flower based treatments. Each unique spa experience is one of scents and sensations, created to bring forth a sense of total balance –mind and body.

THE STORY



CITLAXOCHITL – FLOWER OF HEAVEN

The Spa at Capella Ixtapa has captured the flowers as a living symbol of the Aztec culture and brings alive a theme of ritual foot flower bathing to initiate the Spa Experience and to celebrate a culture that captures the rich and colorful textiles, along with other local arts and crafts.

It is believed the delicate fragrance of the Citlaxochitl flower –Star flower represents the lingering spirit of love that helps the soul transcend from the material into a spiritual world.

REGIONAL COLLECTION

LEMONGRASS & TORONJIL WRAP GRASS 50 min.

This treatment is a local tradition remedy that activates metabolic functions, improves skin oxygenation and circulation. This is a unique relaxing experience that will detoxify your system.

REGIONAL FLOWER WRAP 80 min.

Enjoy a unique hydrating and nourishing wrap with a home recipe of various flowers collected in the region of Guerrero. A poetic tradition that will bring harmony and beauty for those who bathe in their aroma and color. In this treatment you will enjoy a 30 minute relaxing massage with hydrating body cream.

PAPAYA & MANGO SCRUB AND WRAP 80 min.

Emulsion body scrub for delicate skin with a cream made from papaya and mango fruit. This unique combination will prevent the formation of free radicals and keep your skin soft, silky and smooth. We finish this treatment with a delicious hydrating body cream.

CACAO COFFEE WRAP 50 min.

Antioxidant and stimulating wrap made with cocoa seed known for its serotonin pleasurable effect, and coffee grains. This recipe was used by ancient medicine women to detox, stimulate and revitalize body, mind and spirit. The rich aroma of both grains will linger in your memory.

ALOE CACTUS SUN WRAP 50 min.

Repair and restore sun damaged skin with the amazing properties of Cactus known as Nopal and the traditional use of Aloe. A refreshing and healing wrap will repair and hydrate the damage on sunburned skin.



SERENITY MESSAGE 50/80 min.

A total body massage devoted to relaxing and restoring your vital energy. Tension and accumulated stress will vanish with each long, smooth, gliding stroke, loosening tense muscles and improving circulation.

THERAPEUTIC MASSAGE 60/90 min.

This restoring massage employs various techniques such as deep tissue, acupressure, reflexology and body stretching to achieve a deep therapeutic effect that reduces stress, improves circulation and increases joint mobility. This massage is ideal to relieve muscular tension and mental fatigue.

AROMATHERAPY MASSAGE 80 min.

Unique oils are used to balance chakras (energy centers) of the body. The use of essential oils combines sense of smell and touch to ease both physical and mental tension. Stress is reduced and the immune system is improved with vascular and lymphatic circulation directly benefiting from this treatment. Not recommended for pregnant women or those with acute allergic reactions.

REFLEXOLOGY 50 min.

Reflexology is an ancient technique that promotes energy balance and overall well-being. This therapy is based on the principle that reflex points on the feet correspond to body organs; stimulating these points helps promote healthy function of the organs.

SACRED OBSIDIAN MASSAGE 80 min.

This thousand-year-old therapy created the art of massage with obsidian minerals at different temperatures. Application of these minerals on different parts of the body simulates the flow of energy resulting in relaxation and the relief of tension. Your body will thank you for your indulgence.

AMUSGO HERBAL MASSAGE 80 min.

Massage inspired by the ancient traditions of the Amuzgo community using herbal and dehydrated flower poultice that activates with heat and moisture, working on trigger points, healing sore muscles, eliminating toxins, reducing tension and balancing body, mind and spirit.

YOLOXOCHITL COUPLE SERENITY MESSAGE 50/80 min.

Yoloxochitl means heart flower. Share a relaxing and soothing Serenity massage experience with your partner or spouse in our specially designed room.



JET LAG MASSAGE 60/80 min.

Recover your energy and end the fatigue by trying one of the oldest and most powerful forms of healing. Lomi Lomi Massage is a unique massage derived from the ancient Polynesians and more specifically the master healers of Hawaii. The massage is given in fluid, rhythmic motion using the forearms as well as the hands such as gentle waves moving over the body!

RAIN DROP MASSAGE 50 min.

Enjoy the benefits of essential oils with this relief back treatment that combines aromatherapy with relaxation massage. The oils used in Raindrop Therapy flush out toxins and kill dormant viruses and bacteria along the spine, restoring health to the entire system. Raindrop therapy enables you to restore balance and normal function to weak body systems, and promotes harmony of the whole person: physically, mentally and emotionally.

BAMBOO THERAPY 60/90 min.

This natural medicine properly implemented for your body, can stimulate antibody production and strengthening of the vital components thereof, such as to improve the blood circulation. The technique of pressure and frictional sliding produces a fluid dynamics that encourage drainage and tissue regeneration. Important to combat cellulite and reshape the silhouette. These rods provide our body and mind to a state of deep relaxation to avert the tensions accumulated during the day.

BODY COLLECTION

SUPREME RELAXATION SCRUB 80 min.

An invigorating body scrub made of sea salt and Mexican herb elixir, followed by a hot tub where your muscles appreciate the stream water while you are enjoying an acupresion scalp and neck massage that releases muscle tension. We finish with our authentic hydrating herbal body lotion leaving your skin soft and your spirit restored.

PRE NATAL TREATMENT 50 min.

Great for mother and baby! Your expertly trained therapist massages the areas that hold tension during pregnancy, improving circulation for both mother and child. This soft and relaxing massage offers a unique experience that connects the life energies of mother and baby.



CELLULITE BODY TREATMENT 50 min.

Obtain amazing and immediate results with this treatment. Plant and herbal extracts target troubled skin areas, bringing a firming, reductive and anti-cellulite effect on the skin. This treatment includes a body exfoliation to activate and cleanse your skin, followed by a French-technique slimming massage. A slimming marine body mask is applied, concluding with the application of a Lift serum.

HERBAL SCRUB 30 min.

A great body scrub to cleanse and eliminate death cells from your body. Great to start enjoying the sun!

SKIN CARE COLLECTION

DEEP CLEANSING FACIAL 80 min.

A complete cleansing facial focused on improving the condition of blemished skin. This treatment is then followed up with a soothing mask of advanced skin products to balance and revitalize the skin.

SOFTNESS FACIAL 50 min.

Restore the natural radiance to your face with this softness facial for sensitive skin type. Reducing the risk of irritation and soothing your skin, you will feel a suppleness and comfortable feeling.

EXPERIENCE DE L'AGE 80 min.

This facial combines peeling and patching effect for clear, radiant skin, reduces the appearance of wrinkles and fine lines, and promotes intense hydration that prevents premature aging. It includes the unique facial mask Less Age.

EMPEROR'S FACIAL 50 min.

A facial designed for men's special needs, this treatment soothes rough, sensitive skin. A special emphasis on pore cleansing, razor blade irritations and dehydrated skin will help heal neglected regions of the face. Enjoy the masculine aroma of oils specially designed for men and check out the exclusive home program treatment available at our spa retail store.



SPA RITUALS / PACKAGES

INDULGENT RITUAL

An indulgent experience that begins with a 80 minute Hot Stone massage followed by a renewing softness Facial.

Ritual: 2 hrs. 15 min.

AZTEC RITUAL

A tradition among the local villages, our signature wrap Lemongrass & Toronjil will delight your senses and will be complemented by a 60 minute therapeutic massage.

Ritual: 2 hrs.

HARMONY RITUAL

A grounding and deep relaxing experience based in ancient wisdom begins with our traditional Amusgo Herbal Massage complemented with an anti-age facial Experience Del age.

Ritual: 2 hrs. 45 min.

YOLOXOCHITL LOVE RITUAL

Celebrate together by sharing a relaxing and nurturing experience with our couple massage Yoloxochitl complemented by two specific facials; Softness Facial for her and Emperor's Facial for him

Ritual: 1 hrs. 45 min .

- A \$25 usd. Fee per person for in Room Services.
- \$17 usd. Applies to Couple Suite except for Yoloxochitl Couple "Serenity" Massage and Yoloxochitl Love Ritual



HAND & FEET COLLECTION

SPECIAL TREATMENTS FROM OUR BEAUTY SALON

XOCHITL PEDICURE 60 min.

A Spa pedicure is an experience for your feet that touches your spirit and soothes every fiber of your being. Our Pedicure will bring immediate comfort to your feet leaving them refreshed, revitalized and renewed. This treatment initiates with a foot exfoliation, continuing with the traditional pedicure in our deluxe pedicure Solace Chair with hydro-massage. A relaxing aromatic foot massage follows the application of a mint refreshing mask. Our Pedicure ends with your choice of nail polish.

XOCHITL MANICURE 50 min.

A fabulous Spa manicure that promises to sooth, revitalizes, and restores your hands and your soul. Give your hands a beautiful, natural and lasting appearance with this incredible deluxe manicure. This Treatment initiates with a hand exfoliation, continues with the traditional manicure and is followed by the application of a nurturing mask that will leave your hands smooth and hydrated. The last touch ends with your choice of nail polish.



BEAUTY SALON

Our Beauty Salon Offers a Great Variety of Traditional Salon Services For Hair, Waxing and Nails Services.

NAIL CARE

Regular Manicure
35 min.

Regular Pedicure
40 min.

Nail Polish Change

WOMEN'S HAIR CARE

Blow & dry (Short Hair)
Hair Cut

MEN'S HAIR CARE

Men's Cut
Beard Trim

MAKE UP

Make-up Application
Bridal Hair preview
Up Do/Hair Style

WAXING

Lip / Eyebrow
Half Leg
Underarm
Bikini
Full leg





CAPELLA™

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