

Spa Services

Embrace the warmth and hospitality of Mexico in a sanctuary that is truly a One&Only experience. Spend hours or a day in the tranquility of your private treatment villa, where a host of unique therapies are delivered for you to enjoy in serenity.

Each villa offers a beautifully appointed air-conditioned massage pavilion and open-air garden. Double villas are designed so you can share the experience with a friend or loved one and include rainshowers, Mexican day beds and whirlpool baths. The One&Only villa is reserved for the most indulgent day of rejuvenation, featuring a sensory float bed.

Continue your fitness regimen while on vacation in the state-of-the-art Fitness Center, and find inner tranquility in the Yoga Garden.

A full complement of salon services are provided in the Hair & Nail Spa, and private suites may be reserved for bridal parties.

For appointments, contact the Spa.
Touch 7014

Prices are listed in Pesos and do not include 18% gratuity and 10% mandatory tax.

Exotic Rituals

Immerse yourself in a sublime experience and restore your inner balance. Each ritual begins with a Floral Foot Wash to symbolically cleanse life's stresses and tensions, preparing you for total relaxation. Following treatment, enjoy a Tea Ceremony with a selection of fresh fruit and the use of the whirlpool bath in your private villa.

Absolute Spa Ritual

From the soles of your feet to the top of your scalp, embark on a complete journey to sensory heaven for the face and body with a prescribed Elemis Japanese Silk Booster Facial and the Elemis Well-Being Massage.

110 minutes \$2625

Aztec Aromatic Ritual

The spiciness of this wrap is traditionally used as a curative treatment to heal headaches, arthritis and muscular aches. An ancient village recipe of pungent spices—including clove, ginger and cinnamon, is incredibly aromatic and provides an intensely warm and stimulating sensation. The ritual is completed by your choice of a 60-minute or 90-minute body massage with rosemary and pine essential oils to boost the circulation.

Choose from: Elemis Well-Being Massage, Elemis Deep Tissue Muscle Massage, Swedish Massage or Sports Massage

Villa Treatment Time

140 minutes \$2739 one guest \$4930 two guests sharing

170 minutes \$3310 one guest \$5958 two guests sharing

Elemis Exotic Coconut Rub & Milk Ritual

A traditional Balinese coconut recipe polishes the skin while the exotic oil indulges the senses. Cleopatra was renowned for bathing in milk, and now you can bask in this opulent experience. A warm milk bath is poured over your body before you are draped in a comforting foil wrap. Following the ritual, you can bask in the decadence of either a 60-minute or 90-minute massage.

Choose from: Elemis Well-Being Massage, Elemis Deep Tissue Muscle Massage, Swedish Massage or Sports Massage

Villa Treatment Time

140 minutes \$2739 one guest \$4930 two guests sharing

170 minutes \$3310 one guest \$5958 two guests sharing

Sun Rituals

Skin-saving solutions with soul, these treatments are a sensible way to achieve the sun-kissed look.

Choose from: Elemis Lime & Ginger Salt Glow, Elemis Sun Glow Ritual or Elemis Soothing Sunburn Treatment

50 minutes \$1367



Sublime Lime and Ginger Ritual

Reinvigorate the senses with this exfoliation ritual. Your body is enveloped in the decadent Elemis Lime & Ginger Salt Glow—a mixture of fresh limes, ginger, sea salt, Kukui Nut Oil and Essential Oils. Your skin is deeply cleansed, polished and softened to perfection, then soaked with moisturizing Exotic Island Flower Body Lotion. This is a delightful experience that encourages a glowing, satin-smooth skin, followed by a 60-minute or 90-minute massage.

Choose from: Elemis Well-Being Massage, Elemis Deep Tissue Muscle Massage, Swedish Massage or Sports Massage

Villa Treatment Time

140 minutes \$2739 one guest \$4930 two guests sharing

170 minutes \$3310 one guest \$5958 two guests sharing

Exotic Frangipani Body Nourish Wrap or Float

Inspired by a Tahitian recipe, this wrap blends fragrant coconut and frangipani flowers to produce Monoi oil traditionally used by the beautiful Polynesian women to keep their skin soft and their hair conditioned. After the powerful potion is massaged into your body, you are wrapped to let the ingredients absorb into your skin, before indulging you with either a 25-minute or 50-minute massage.

Choose from: Elemis Well-Being Massage, Elemis Deep Tissue Muscle Massage, Swedish Massage or Sports Massage

Villa Treatment Time

80 minutes \$1815 one guest \$2043 with sensory float

110 minutes \$2499 one guest \$2728 with sensory float

Ceremonies of the Face

Fusing ancient wisdom and contemporary techniques, One&Only Spa offers exquisite facials to deeply cleanse and completely rejuvenate the skin while indulging the senses with pure aromatherapy and restorative Eastern massage techniques.

Elemis Japanese Silk Booster Facial

Experience the ultimate in scientific skin therapy. This advanced booster facial takes your skin on a journey of total renewal. Natural Japanese silk protein, or sulphur compresses, combined with pure plant essence and intelligent algae, have been formulated for advanced aromatherapy skin care, producing immediate results. Your therapist will evaluate your skin and prescribe one of the following:

Pro-Collagen for lifting mature skin and increasing cellular renewal

Vita C for congested and oil-rich skin

Oxygen for restructuring tired, fragile, sensitive skin
60 minutes \$1598

Elemis Japanese Silk Eye Zone Therapy

This revolutionary therapy uses unique Japanese Silk Protein compresses combined with pure plant essences and active absolutes. Specialized lifting massage techniques help to refine, oxygenate and increase cellular renewal around the eyes so they look smoother, firmer and their sparkling best.

45 minutes \$742

The Japanese Silk Booster Facial and the Japanese Silk Booster Eye Zone Therapy can be combined to provide you with a complete renewal experience.

90 minutes \$2168

Elemis Aromapure Facial

Combining the power of aromatherapy with true premium grade Essential Oils, this treatment cleans the skin gently and at the deepest level. Eastern massage movements help stimulate the skin while bringing the body and mind into balance. The therapist will evaluate your skin and prescribe one of the following:

Herbal Lavender Repair helps to heal congested, oil-rich skin

Absolute Lift improves skin tone, revitalizing and adding lift

Fruit Active Glow is a great pre-occasion treat to lift dull skin

Exotic Cream Moisture Dew works to rehydrate dry skin

50 minutes \$1370

Healing Facial for Men

A therapeutic facial designed to cleanse and tone the male complexion. Soothing rosemary, thyme, and lavender premium grade Essential Oils treat and restore congested skin, easing sensitivity and shaving irritation.

50 minutes \$1370

La Thérapie HydraLift Facial

This anti-aging lifting and hydrating facial has been created by Parisian scientists to target your specific skin care needs. A qualified aesthetician will complete a thorough skin analysis and prescribe the most beneficial products. Galvanic frequency is used to encourage active ingredients to penetrate deeper layers of the skin where cell renewal takes place. The treatment boosts circulation and enhances oxygen absorption, while creating a protective, antibacterial layer on the skin.

50 minutes \$1598

La Thérapie HydraPeel Facial

Developed by leading dermatologists, this resurfacing facial combines the controlled use of cosmeceuticals with an advanced treatment program for fast, dramatic results. Safe for all skin types, unbuffered glycolic preparations offer immediate, visible results for aging, sun-damaged, acne-prone and hyper-pigmented skin. After this superb facial, lines and wrinkles appear finer and scars or blemishes are soothed.

50 minutes \$1598

La Thérapie Intensif Age Zone Treatments

Choose any two intensive treatments from the list below to create your own personalized treatment for areas vulnerable to premature aging:

Intensif Eye Treatment diminishes fine lines and wrinkles and reduces dark circles

Hydra Lip Intensif increases collagen production to plump out and enhance the contours of the lips

Hydra Neck Intensif caviar extracts are used to help lift and firm the delicate skin around the neck and décolleté

Hydra Peel Hand Treatments resurfaces the skin to reduce brown spots, dryness and signs of aging

30 minutes \$514

La Thérapie Intensif Vitamin Antioxidant Treatment

To maximize the full potential of any La Thérapie Facial, supplement it with a powerful dose of vitamin protection. These potent Vitamin C and Vitamin A antioxidant serums provide superior free radical protection for the ultimate anti-aging boost. Exclusively patented formulations offer solutions for fine lines, wrinkles, scars and blemishes.

30 minutes \$514

Rituals of Touch

More than a massage, this is a ceremony of indulgence. Enjoy your treatment in a luxury spa villa, in your room or in an ocean view cabana. Within a private spa villa, your massage begins with a Floral Foot Wash Ritual to cleanse away life's stresses in preparation for total relaxation. Choose either a 60-minute or 90-minute massage, with an additional 50 minutes to enjoy a Tea Ceremony on the daybed and whirlpool bath in the villa's open-air garden.

Villa Treatment Time

110 minutes \$2157 one guest \$3880 two guests sharing

140 minutes \$2739 one guest \$4930 two guests sharing

(Four Hands Massage, please add \$1027 per guest)

Massage in your spa treatment room, guest room or in an ocean view cabana is performed for one guest in 50-minute or 80-minute sessions.

In-Room Treatment Time

50 Minutes \$1883 80 Minutes \$2454

Cabana Treatment Time

50 Minutes \$1313 80 Minutes \$1883

(Four Hands Massage, please add \$1027 per guest)

* *Bringing the Spa to You: Available at the spa or in your guest room*

+ *Breath of Fresh Air: Available in an ocean view cabana*

o *Villa Serenity: Available at the spa only*

Palmilla Four Hand Massage**

The sensation of having two therapists massage your body in perfect synchronicity is nothing short of a sublime feeling.

Elemis Well-Being Massage**

Creating sensations of pleasure and wellness, this ancient art form uses warmed aromatherapy oils combined with Eastern massage techniques in a series of movements to bring your body and mind into perfect balance.

Elemis Deep Tissue Muscle Massage**

Excessive physical activity can cause deep muscular and joint distress. This massage helps to warm and relax the muscles and improve range of motion. Enjoy before physical activity to increase flexibility and afterward to help the speedy recovery of strained muscles.

Sports Massage**

Bliss for sore muscles. Custom designed, your spa therapist will focus on specific muscle and joint aches and pains. Aromatherapy oil blends penetrate your skin and soothe tired and overworked muscles. Designed to increase flexibility, relieve muscle tightness, motivate the circulation and speed up recovery time, this massage is a must for all athletes.

Swedish Massage**

This full-body massage flows with rhythmic grace and is both powerful and gentle simultaneously. As well as being a tonic for the soul, it can help to improve the healthy functioning of the circulatory, lymphatic, muscular and nervous systems.

Balinese Massage**

This traditional massage combines various Asian massage techniques, including stretching, long-strokes, skin-rolling, and palm-and-thumb pressure, to rebalance and revitalize the body's energy levels.

Royal Thai Massage°

Developed centuries ago in Thailand, this firm, dry massage aims to release tension, increase vitality and flexibility and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and Chinese methods of deep-tissue pressure point massage. These ancient techniques stimulate the blood flow and release toxins, allowing the body to heal itself naturally.

Reflexology*

From Asian antiquity, Reflexology is based on the Chinese philosophy that all the vital organs within the body are connected by invisible pathways to specific points located on the soles of the feet. Ailments in the form of fatigue, low energy levels, aches or pains can be relieved by clearing these pathways using pressure point foot massage. This allows the chi, or healing energy to move freely to all the vital organs. Extremely relaxing and therapeutic, Reflexology can help insomnia, sinus trouble, headaches and stress-related illnesses.

Elemis Nurturing Massage for Mother-to-be°

The nine-month journey of nurturing is a special time for both mother and child. Tried and tested safe pregnancy massage techniques are adapted to each stage of pregnancy, and specialized positioning on our unique mother-to-be pillows ensures ultimate comfort and safety.

Elemis Aroma Stone Therapy*

Basalt Stones bathed in warm water and anointed with the spicy, sensual oils of the Orient are massaged on key energy points of your body to balance the spirit. The deep penetrating heat of the volcanic stones combined with traditional massage techniques is an experience that is nothing short of divine.

Watsu Massage°

A sequence of gentle movements and stretches in warm water, Watsu (WATER ShiatSU) relaxes and nurtures the body and soul. Releasing stress, quieting the mind and caressing the body, you are supported by water while moving to the rhythm of your breath. This highly spiritual massage is great to reconnect mind and body. *Swimsuit required.*

60 minutes \$1598 one guest

Rituals of Purification

Cleanse the body from the inside out. Using the power of nature, toxins are encouraged to leave the body, while necessary vitamins and minerals are infused into your skin.

Elemis Cellutox or Musclease Ocean Spa Wrap

Combining the richness of marine plants with the power of aromatherapy, this renewing treatment deeply detoxifies, decongests and stimulates your body's systems. Musclease will help ease arthritis discomfort, fatigue and muscle aches. A warm seaweed body mask containing a synergy of cleansing Juniper and Lemon Essential Oils is applied to the entire body before you are cocooned in a comforting foil wrap.

While the natural ingredients work to heal your body, enjoy a soothing face and scalp massage. The wrap is followed by your choice of a 60-minute or 90-minute Swedish, Sports or Elemis Well-Being Massage.

Villa Treatment Time

110 minutes \$2499 one guest \$2728 with sensory float

140 minutes \$3184 one guest \$3412 with sensory float

Fennel Cleansing Cellulite and Colon Therapy

This treatment deeply cleanses the three conditions associated with cellulite—poor circulation, fluid retention and a congested digestive system. A detoxifying fennel and birch peel-off body mask is combined with beneficial massage techniques on the hips and thighs to boost blood flow and drain away fluid leaving your skin firmer and smoother to the touch. The cleansing of your stomach and digestive tract through abdominal massage and reflexology continues the purification of your body. Two treatments during the course of a five-day stay are recommended for maximum benefits.

60 minutes \$1370

Ionithermie Cellulite Reduction Program

This unique therapy detoxifies the body, reduces the appearance of cellulite and offers substantial inch loss. Galvanic stimuli propel rich marine elements into affected areas to drain fluid, smooth the skin and give the body more definition. Ionithermie is recommended as part of an ongoing well-being and fitness program. The therapist will provide you with the nutritional guidance and home care regime.

Choose from one, three or five treatments.

60 minutes

\$1598 one treatment

\$4337 three treatments

\$7076 five treatments



Bathing Rituals

Enjoy a luxurious bath drawn to the perfect temperature and infused with an alchemy of aromatic ingredients. Presented with a tray abundant with bathing delicacies, these baths are the most exotic you have never experienced. A la carte bathing rituals take place in the comfort of your guest room.

Villa Bath Time

30 minutes \$685 one guest \$1027 two guests sharing

Exotic Flower Bath

Body Brushing, Fresh Rose Petals,
Exotic Island Flower Bath Oil,
Exotic Lime and Ginger Salt Glow,
Wild Lavender Shower,
Exotic Island Flower Body Balm

Ocean Detox Bath

Body Brushing, Cellutox Herbal Bath Synergy,
Devil's Mint Body Scrub, Sharp Shower,
Cellutox Body Concentrate

Cleopatra's Secret

Body Brushing, Skin Nourishing Milk Bath,
Wild Lavender Shower, Devil's Mint Body Scrub,
Vitamin-Rich Body Lotion

Muscle Warming Bath

Body Brushing, Musclease Herbal Bath Synergy,
Sharp Shower, Musclease Body Concentrate,
Instant Refreshing Gel

Fitness Rituals

With state-of-the-art cardiovascular and weight machines, aerobic studio, yoga garden and watsu pool, the Fitness Center provides the ultimate environment to make health maintenance a pleasure. Daily fitness and aerobic classes are offered and a two-hour advance appointment is required.

Spinning

Get on your bike and ride. Spinning is the fastest growing fitness trend in the USA, so if you like to spin, don't let this vacation slow you down.

60 minutes \$228 per person

Yoga

Daily classes held for all different levels and traditions. This Indian instruction combines stretches for the body to help firm, tone and calm the mind and body. Group or personal sessions are available.

60 minutes

\$228 per person in group (3 minimum)

\$856 one guest personal

Pilates

Developed in the 1920s by the legendary physical trainer and founder of the Pilates Studio™, Joseph H. Pilates, The Pilates Method is an exercise system focused on improving flexibility and strength for the total body without building bulk. The technique can be best described as a merging of Yoga and Tai Chi through a series of choreographed floor exercises. Great for improving flexibility, strength and endurance, as well as calming the mind.

60 minutes

\$228 per person in group (3 minimum)

\$856 one guest personal

Tai Chi

60 minutes

This ancient martial art from China focuses on using Yin and Yang energy to build stamina and strength – both physically and mentally. While the exercise strengthens the body, the moves which are learned help perfect the body's posture. Eliminate the effects of stress with this graceful ancient exercise. Group or personal sessions are available.

60 minutes

\$228 per person in group (3 minimum)

\$856 one guest personal

Transformational Breath Work

This powerful breathing technique creates physical, mental, emotional and spiritual integration. In Asian beliefs, the breath has the power to heal and revitalize on a cellular level, maximizing the profound physical benefits that increased oxygenation of your system can bring.

60 minutes \$1427

Ab and Back Training Session

Help strengthen the lower back and abs in this personal training session designed to focus on these muscle groups.

60 minutes \$856

Personal Training

Well-being is a way of life, and a vacation needs to continue those parts of your lifestyle. You can bring your personal training program with you or we can create a custom plan to suit your needs.

60 minutes \$856

One&Only Spa Day Pass

Guests of Villas del Mar can use the fitness center, steam and sauna rooms, locker and grooming facilities, hot and warm water pools and refreshments from the agua fresca bar.

\$228 per person, per day



Pathways of Wellness

Every pathway is designed to bring you to a renewed sense of self-awareness through therapies that slowly lull your mind to a blissful quiet. Your treatment includes a traditional Tea Ceremony, fresh fruit and use of the whirlpool bath in your private villa.

Pathway to Perfection

Personal Yoga Class
Elemis Japanese Silk Booster Facial
Elemis Well-Being Back Massage
Elemis Sole Delight Foot Ritual (includes pedicure)
Elemis Exotic Hand Ritual (includes manicure)
275 minutes
\$3995 one guest \$7076 two guests sharing

Pathway to Joy

Personal Yoga Class
Floral Foot Wash Ritual
Aztec Aromatic Ritual with Palmilla Four
Hand Massage
La Thérapie HydraLift Facial
250 minutes
\$5592 one guest \$9952 two guests sharing

Pathway to Peace

Personal Tai Chi Class
Watsu Ritual
80-minute Royal Thai Massage
230 minutes
\$3641 one guest \$6483 two guests sharing

Pathway to Love

Couple's Personal Yoga Class
Absolute Spa Ritual for Two
Lover's Bathing Ritual
260 minutes
\$6300 two guests sharing



Hair & Nail Spa

Salon services perfectly complement any treatment. Professional styling for ladies and gentlemen include permanent waves, color, highlights, and up styles or braids. Pampering services for the hands and feet include manicures, pedicures, acrylic overlays, as well as these indulgent therapies. Waxing and make-up application are also available.

Signature Services

Elemis Exotic Hand Ritual

This ritual is pure indulgence for your hands and nails. Warmed aromatherapy oils nourish and condition, while the sublime sensation of a milk bath lavishes its richness and healing action on your skin. Includes a traditional manicure.
45 minutes \$571

Elemis Sole Delight Foot Ritual

Pampering for your hands, nails and feet that restores beauty and suppleness. The combination of warmed aromatherapy oils, a skin-nourishing milk bath and Exotic Frangipani Monoi Oil lavish healing action on your skin. Includes a traditional pedicure.
60 minutes \$856

Exotic Frangipani Hair and Scalp Treatment

Frangipani Monoi Oil is scented oil created from coconut extract and the flower of frangipani flowers. Traditionally used by Polynesian women to protect their bodies and lustrous hair, Monoi will soothe the scalp and make your hair feel like silken strands. After shampooing, the oil is massaged in circular motions around your scalp, and then wrapped to allow the magic potion to penetrate.
30 minutes \$514

Bridal Rituals

Wedding Day Delight

Elemis Exotic Sole Delight Foot Ritual, traditional manicure and pedicure, 50-minute Balinese Massage, bridal hair styling (up-style or blow dry), and make-up consultation and application
260 minutes \$3492

Ritual of Embrace

Elemis Sole Delight Foot Ritual with traditional pedicure, Elemis Aromapure Facial, Aztec Aromatic Ritual with 60-minute Well-Being Massage
250 minutes \$3698 one guest \$6574 two guests sharing

Spa Experience

Should I make a reservation?

It is advised that you make reservations in advance, especially if you would like multiple bookings during your stay. Upon arrival, guests without reservations will be accommodated if appointment times for selected treatments are available. To make your spa reservation prior to arrival, call (800) 637 2226.

From your guest room, touch the One&Only Spa button on your telephone or dial extension 7014.

What are your opening hours?

The Spa and Salon are open from 9:00 am until 8:00 pm daily. The Fitness Center is open from 6:00 am until 9:00 pm daily.

What is your cancellation policy?

We request that all guests provide two hours notice prior to the scheduled appointment time. Reservations cancelled with less than two hours notice will be subject to full charge, although appointments may be rescheduled based on availability. If appointments are reserved before arrival at the resort, then the Spa cancellation policy follows that of your resort reservation.

What should I wear for spa treatments?

Wear whatever is most comfortable. A swimsuit is required for Watsu Massage, but optional in the pools of the single gender relaxation areas. A robe and slippers will be provided and during treatments you will be draped with a towel.

What time should I arrive for my spa treatments?

Please arrive between 15 and 30 minutes prior to your scheduled appointment. This will allow you sufficient time to check in, change and begin your experience with herbal tea and a leisurely walk through the spa environment.

Can I request a female or male therapist?

Yes, however availability of specific therapists cannot be guaranteed.

Should men shave before a facial?

Yes. This will enable the active ingredients to reach the skin and make your experience much more enjoyable.

May I bring my valuables?

While the spa does have lockers, it is recommended that you leave valuables in the safe provided in your guest room. One&Only Spa does not assume liability for any valuables.

Is there a service charge?

All treatments are automatically subject to a 18% service charge. Gratuity for exemplary service is discretionary.

Do you sell gift cards?

Yes. Treat your friends and loved ones to a day at One&Only Spa. The gift card can be delivered to a guest room upon request and include a personal note.

Do you offer other general tips?

Discuss openly your likes, dislikes, concerns, questions or areas of focus with your therapist before or during your treatment.

How do I reach guest service?

You can continue to care for mind and body with the same premium product brands you have experienced in One&Only Spa or speak with a customer service representative with any questions. Visit online at www.timetospa.com or call (800) 423 5293.