



Aromatherapy

All our treatments come with specific scents from local plants and the purest essential oils. The aromatic scents have been carefully selected to support the intention of each treatment as well as enhance the ambience. They combine calming, balancing and stimulating as well as warming, cooling and detoxifying properties. Our therapists mix and match the oils to give you the best results, depending on what best suits your body and soul in the moment.

To extend your spa experience, we also provide a menu of scented pillows and signature bath blends for you to enjoy in your suite.

Local herbs and flowers

The main ingredients in our spa products come from local herbs and flowers. With the exception of a few beauty products, all our spa products are made from organic and wild harvested plants from the Andes Mountains and Amazon Rainforests.

Curanderos

We work closely with local Medicine-men and women, called curanderos or shamans, and draw upon their vast knowledge about the curative properties of various plants. Our formulas of herbal blends and oil mixtures have been co-created together with curanderos.

The curanderos dedicate their whole life to making friends with the spirits of the plants and learning directly from them, rather than intellectually searching for specific substances. Or as they often say, "the active ingredient in all medicinal plants is friendship; you need to make friend with the spirit of the plant for it to reveal its secrets and curative powers". The curandero is also a spiritual guide who teaches the community how to live in harmony with each other and "Pacha Mama" –Mother Earth, with all her creations.

The tribe members consult the shaman in all matters, ranging from finding lost objects to divination, exorcism, healing and mediating between the spirit world and this realm.

Personalized treatment

All a' la carte treatments presented in our menu can be adapted to meet your personal needs.

Results

Our team of treatment providers is made up of highly skilled Physiotherapists, Healers and Aestheticians. Our aim is that every treatment will achieve the desired outcome on every level.

Oxygenized spa

Hypnôze Spa is fully oxygenized to ease the altitude adjustment.

Body contour

Lumicell Wave 4 from Silhouet-Tone is one of the most advanced pieces of body contouring equipment available today. The power of combined energy technology for effective cellulite & body shaping treatments, the Lumicell Waves 4 uses a unique combination of 4 non-invasive technologies, working together in synergy to target major problems associated with cellulite: edema, orange peel appearance, dimpling, localized fat deposits, and skin contour irregularities.. Combines energy technology using: Photo-pneumatic Massage, Infrared energy, Electroporation and Ultrasound. While each technology can stand on its own, truly spectacular results are achieved when these technologies are combined.

Holistic Fitness

The patio near the pool is dedicated to holistic fitness such as Yoga, Pilates, stretch classes, Qigong and Meditation.

MASSAGES

PURELY MASSAGE 60, 90 or 120 min US\$ 90 / 135 / 180

A therapeutic massage focusing on relieving tension and knots in the muscles. The treatment is personally adjusted to the body's needs and involves techniques from a mix of Swedish, Deep tissue, Myofascial release and Sports massage. We use oil blends with warming, relaxing or energizing properties.

LA DANZA DEL VIENTO DE LOS ANDES

60, 90 or 120 min US\$ 90 / 135 / 180

This is a deeply relaxing and meditative massage. A smooth blend of long soothing strokes and rocking movements mainly compiled from Californian massage and Hawaiian Lomi Lomi but also with local influences. We use relaxing and balancing oils and fresh Eucalyptus leaves. Come dance with the winds!

BACK & NECK SPECIAL 30/60 min US\$ 45 / 90

A therapeutic back treatment which combines the most effective techniques from Classic massage, Deep tissue and Connective tissue massage. If you feel tension and tightness across your back, neck and shoulders, try this combination of deep massage techniques. We can help to loosen the muscles in this whole area.

MASAGE CON VELA 90 min US\$ 135

Created by a Quechua curandera (shaman) from the Andes.

This energy balancing massage uses a candle, which when melted works as the massage lotion. The candle is utilized as a massage tool in combination with the hands of the therapist.

The candle is traditionally used in "limpia", cleansing rituals among Quechua people to create positive energies.

PUTUTU MASSAGE 90 min US\$ 135

This massage is also created by a Quechua curandera in the Andes. The therapist uses two types of sea shells with different textures to perform a relaxing massage in combination with the hands of the practitioner. Shells have many uses as a sacred instrument and tool in the Andes and the rainforest.

AFTER HIKE RECOVERY 60 min US\$ 90

A deep and refreshing foot and leg massage with thorough stretching. The treatment is completed with a herbal envelopment to speed up recovery. The therapist chooses either warming or cooling herbs, depending on what is most suitable to speed up the recuperation.

REFLEXOLOGY 60 min US\$ 90

An ancient therapy that was practiced by Egyptian, Chinese and Indian healers as well as by the Mayans and Inkas. This foot massage focuses on stimulating reflex points in the feet that correspond with specific organs. By palpating pressure points on the feet the therapist can treat problem areas in the body and restore the body's natural balance. Lavender and peppermint oils assist in balancing the nervous system and cool tired feet.

HOT STONES 90 min US\$ 135

Enjoy our tactile ensemble of long strokes, heated stones, crystals and Chinese singing balls; creating a warm flowing and meditative symphony of tactile pleasures together. Our hot stones come from lava rocks and river stones, combining the elements of fire and water. The lava stones are used to absorb excess energies to reduce stress while the other stones and Chinese singing balls are tuning and increasing the natural energy flow.

LAZY YOGA 90 or 120 min US\$ 135 / 180

Let us take you on a journey to the Orient with an enchanting blend of Thai massage and Japanese Shiatsu touches. This experience involves stretches, rubbing, acupressure and the use of hot herbal poultices filled with our signature blends of healing herbs. Chamomile, Rosemary, Coca, Thyme, Valeriana, Sage and other local plants are selected and combined depending on desired outcome. You will experience increased flexibility in your muscles as well as feeling energized and at ease.

...and our special:

HYPNÔZE FREESTYLE 60 / 90 / 120 min US\$ 90 / 135 / 180

Personally tailored massage! Allow our expert team to design a special treatment for you, based on your desires. The therapist will listen to your body and draw on a combination of their specific skills to create a truly unique experience.

BODY SCRUBS

30 min

US\$ 45

LIGHT AND SWEET

Rice grain, Honey

HIGHER

Coffee and cacao

EARTHY

Clay salt

SALTY

Maras salt

NURTURING

Kiwicha, Quinoa

WRAPS

30 min

US\$ 45

RISE AND SHINE

A stimulating blend of Maca, Coca and Muña

WARMING

Thermal clay, Cinnamon and Ginger

BALANCING

Thermal clay, Lavender, Chamomile

NURTURING

Maca, Quinoa and Purple corn

CHOCOLÁ

Cacao, Honey

BREATHE EASY

Coca, Muña, Eucalyptus

Our bath menu 30 US\$

We are delighted to present our signature blends of wild and organic herbal bath mixtures. The herbs are accompanied by bath oil made of the finest essential oils in a base of organic Jojoba oil.

DETOX

Detoxifying mixture of White Sage from Lake Titicaca, Rosemary, Nettle and Muna among other detoxifying local herbs and oils. This blend will help you release toxins from your body, caused by our busy modern lifestyles and return to a state of inner bliss.

RELAXING

Melt into an infusion with our relaxing blend of Chamomile, Rose petals, Valerian root and Melissa, teamed with Palo Santo and Lavender essential oils. This bath experience will prepare you for your journey to dreamland.

HARMONIZING

A sweet woody aroma of Cedar wood and Palo Santo, together with a herbal blend of White and green Sage, Coca leaves and lavender. This blend has been created to bring you a sense of balance and restore your inner harmony.

REVITALIZING

Invigorate your senses with this fresh minty-citric formula of Peppermint, Eucalyptus, Orange peel and Coca leaves. This blend will re-energize your whole being.

Extend the bliss

SPA JOURNEY 2 HOURS *US\$ 175*
Scrub – Wrap – Massage

SPA JOURNEY 3 HOURS *US\$ 250*
Scrub – Wrap – Massage – Herbal bath

HIS TIME *2,5 HOURS* *US\$ 210*
Pedicure – Face grooming - Classic/Deep tissue massage - Herbal bath

HER TIME *3,5 HOURS* *US\$ 295*
Manicure – Pedicure – Soothing massage – Facial – Herbal bath

TOGETHER TIME *3 HOURS* *US\$ 510*
Scrub – Wrap – Massage – Floral bath with refreshments

MOTHER AND DAUGHTER *3 HOURS* *US\$ 510*
Massage – Facial - Manicure

Add-on or Mini treat 20 min US\$ 30

HAIR PACK

Avocado, Maca, Rosemary, Cinnamon, Ginger.

HAND or FEET PACK

Salt exfoliation, Calendula, Muña.

CHAKRA BALANCING

Reiki hands-on healing combined with crystals and flower water limpieza.

HERBAL BATH

Our signature blends of organic and wild harvested herbs.

Beauty Treatments

Face

PERRICONE MD

This legendary celebrity brand created by Doctor Perricone MD has been proven to prevent signs of aging. Dr. Perricone concluded after years of research, that cellular inflammation may be the underlying cause of wrinkles.

He believes that this inflammation is responsible for skin-related problems like breakouts, wrinkles, and loss of firmness. Through his program this type of inflammation can be stopped, which slows down the skin's aging process and even reverses existing damage.

RADIANCE FACIAL

60 min

US\$ 110

A facial for all skin types; Designed to regenerate the cells, bring more firmness and tone the skin. Visible results are seen in smoother skin texture and minimized pore size.

AİNY

meaning "spirit of living beings" and "reciprocity" in the Quechua language, harnesses the properties of sacred plants from the Amazon and the Andes, which have been found to counteract signs of ageing and improve the skin's radiance. Ainy is a skin care line with a unique concept: that of unifying the magic of the shaman with the latest skincare science. The formulas are created by five indigenous shaman (Curanderas) communities in Peru and Ecuador. They are then fine-tuned in a Parisian laboratory under the supervision of Ainy's Scientific Director, Jean Claude Le Jolieff, the former R&D Director of Chanel. The products are certified organic and cruelty free.

RADIANCE

60 min

US\$ 90

For all ages and skin types

A nurturing and boosting treatment for a smooth, luminous, youthful appearance.

FOUNTAIN OF YOUTH

60 min

US\$ 90

This formula is created for women and men who wish to maintain a healthy skin and to prevent aging signs.

TURN BACK TIME

60 min

US\$ 90

Our Anti-aging treatment that hydrates and invigorates the skin by combining the most moisturizing natural ingredients available. This formula has been

*" Inside you
Inside your beautiful body,
I am singing
I am singing so that you can
attract people with your beautiful
eyes
Come, come here beautiful
women and men,
I am singing so that you feel
good.
Inside your body,
I make you blossom
I make you beautiful"*

*-Icaro, magic song of the plants
by Curandera Herlinad Agustin -*

created to improve the appearance of skin and increase the natural production of sebum to maintain the moisture content of cells.

TEEN PHASE *60 min* *US\$ 90*
Facial treatment for combination teenage skin

EXTRA DEEP CLEANSING *15 min* *22 US\$*
Add on a comedo extraction to remove "blackheads" and clear congested skin.

Nails

MANICURE *45 min* *US\$ 65*
PEDICURE *45 min* *US\$ 65*

Hair

HAIR AND SCALP TREATMENT
Avocado, Ginger, Maca, Rosemary and AloeVera

HAIR CUT

BLOW DRY

EYEBROW SHAPING 30 min US\$ 45

WAXING

Armpit	30 min	US\$ 45
Bikini	30 min	US\$ 45
Brazilian	30 min	US\$ 45
Half Leg	30 min	US\$ 45
Full Leg	50 min	US\$ 75

For men who care

WAXING

Chest	50 min	US\$ 75
Back	50 min	US\$ 75

FACIAL GROOMING 30 min US\$ 45
Get rid of those unsightly hairs

Body

BODY CONTOUR 45 min US\$ 90
With Lumicell Wave 4 from Silhouet-Tone, advanced body contouring equipment.

Holistic fitness

YOGA

We welcome you to join our morning yoga classes every morning at 9 on the Terrace above the pool. See our Masters in Residence program for a presentation of our yoga teachers.

Group classes as well as private sessions are available for all levels. Please contact us at Hypnôze Spa ext XXX to make your reservation

Spa Etiquette

To make the most of your Spa experience, we recommend you arrive 30 minutes prior to your scheduled time to enjoy our inviting steam room.

Please be informed that a late arrival may reduce your treatment time. Should you arrive late, your appointment will end as originally scheduled as a courtesy to the next guest.

For your convenience a robe, towels and slippers will be provided.

While the spa provides lockers, it is recommended that you leave valuables in your guest room safe.

Hypnôze Spa does not assume liability for any valuables. The spa environment is one of tranquility and relaxation. Please respect the quiet and privacy of other guests by speaking in a soft voice or simply enjoying the silence. We kindly request that you refrain from using your mobile phone while enjoying the Spa.

Reservations

We recommend making reservations in advance, particularly if you choose to enjoy multiple treatments during your stay. We welcome Spa guests from the age of 8 accompanied by parents. From your guest room, touch the Hypnôze button on your telephone.

All treatments are automatically subject to an 10% service charge.

Opening hours

The Spa is open from
10:00 am to 10:00 pm daily.
Holistic fitness is available at
9:00 am daily.

Cancellation and Change Policy

We kindly ask our guests to give a minimum of six hours notice for changes or cancellations. With less than three hours notice you will be charged for the full rate of your treatment. If appointments are reserved before arrival at the resort, the Spa cancellation policy follows that of your resort reservation.