

One

SPA BY FINEST RESORTS

SPA MENU



SPA EXTENSION: 4411


RITUALS FOR COUPLES.....	3
ONE RITUALS	3-4
ONE FACIALS	5
ONE MESSAGES	6
ONE FAMILY	7
ONE KIDS	8
ONE BEAUTY	9
SPA FOR HIM.....	9
HOW TO SPA	11

ONE SPA HONORS THE UNIVERSALITY THAT BINDS ALL DIVERSITY. IN KEEPING WITH OUR VALUES OF “ONE LOVE, ONE WORLD, ONE ENERGY”, WE HAVE CRAFTED, WITH LOVE AND DEVOTION, OUR ONE SIGNATURE RITUALS, FACIALS, BODY TREATMENTS AND MASSAGES.

ONE SPA OPENS YOU UP TO NURTURING THERAPIES FROM THE FAR CORNERS OF THE WORLD. HEALING PLANTS, POWERFUL STONES, PURIFYING WATERS AND THE EXPERTISE OF HEALING HANDS TO CHANNEL THE BODY’S ENERGY FOR PERFECT BALANCE AND WELLNESS.

THE HOLISTIC BAR EXPERIENCE

Your therapist will design a bespoke treatment tailored to your needs combining essential oils, flower essences and naturally-occurring ingredients chosen for their healing and nourishing properties. Take your mind and body to a state of healing, total relaxation and mindfulness.

Our treatments with this sign , have the Holistic Bar as part of the whole wellness experience.

The Holistic Bar has ingredients such as:

- Essential oils: Bergamot, Basil, Rosemary, Lavender, Geranium, Ylang Ylang, Chamomile, Eucalyptus and more.
- Naturally-occurring ingredients: Balsamic herbs scrub, Hemp oil, Aloe & noni balm, Invigorating, Soothing, Reviving scrubs, Moringa Organic Oils
- Salts: Epsom Salts, Himalayan Salts, White Soothing Clay, Purifying Green Clay.

Swagatham... Welcome to being





RITUALS FOR COUPLES

TWO SOULS RITUAL 100 min \$600 USD per couple

A soothing cocoon of mandarin, lavender, and chamomile infuse this massage, where calming and serene movements allow you to go into your inner self. Followed by a nourishing organic cannabis facial and a jojoba and cedar scalp massage bring serenity, balance and connection for two loving souls.

ONE LOVE RITUAL 100 min \$330 USD

Indulge in the ONE Love with this romantic experience for couples. Choose ingredients from our Holistic Bar, with the guidance of your therapist for the best blend of oils and salts for a calming and restoring bath. Enjoy flowers and candlelight within your spa suite, with a full body firm and peaceful massage infused with mandarin, cardamom, lavender and chamomile. Then, complete the experience with a couple's bath with your personal healing salts, in a journey of calm and connection.

ONE RITUALS

ONE AQUA PERSONALIZED SESSION 50 min \$90 USD

ONE AQUA BATH HOUSE is a must, we suggest that you include it as a first step to all your treatments. The Water cleans, purifies, transforms and heals all things and the soul. Flowing water is the flowing of One love, One energy in One's world. The One Aqua ritual is a tribute to the source of SPA healing, salute per aqua, from ancient Bath Houses. This is a journey of aqua stations, utilizing water in all its glories through pressure, temperature, in curative muds, jets, thermal showers, microcirculation beds, Turkish bath and dry sauna. We drench and transform your body by eliminating toxins, improving your skin tone, promoting circulation and infusing in it the curative kindness of herbal teas and macerations.

NATURA-PEUTIC RITUAL 100 min  **\$330 USD**

Starting in our Holistic Bar, your therapist will select the best natural ingredients, such as specific masks and body oils, according to your physical and emotional needs. Then, experience a nourishing and detoxifying body wrap to recover tired muscles, while enjoying cranial rest through a deep scalp massage, and ending with best massage techniques for total release of tensions from the body, with the powerful effects of essential oils, infusing your blood stream with the goodness of healing plants.

THE AWAKEN RITUAL 100 min **\$300 USD**

Celebrating the gift of creation in every woman, the Awaken Ritual is the most beautiful cocoon of care and nourishment designed for the feminine skin, muscles and bright soul, thus renewing the ONE feminine love, ONE feminine energy in you, starting the journey with a ancestral clay stone scrub, combined with a modeling massage with ambar and myrrh syrup, followed by a warm aromatic towel cocoon, ending with a sublime facial rich in moringa oil, jasmine, rose and ylang ylang, has deeply moisturizing antioxidant properties, a total reawakening of skin, body mind and soul.

VITAL PRANA RITUAL 100 min **\$300 USD**

The Vital Prana Ritual awakens the purifying light in your body and mind through an aura herbal cleansing and successive infusions with warm herbal body wraps with lavender, eucalyptus, rosemary, allowing your body absorbs nature's light and life, while a calming scalp massage with teakwood oil cleans your mind. Then, the anti inflammatory powers of hot stones work gently on your muscles and rebalance its energetic flow, and a therapeutic massage infused with juniper, ginger and sage will reconnect you with the most pure vibrations of nature and awakening consciousness.

ONE BALANCE RITUAL 100 min  **\$330 USD**

Bringing balance of the body, energy and mind, this ritual improves health with a holistic approach, dissolving imbalances and charges in organs and systems, combining deep tissue massage, shiatsu and reflexology, plus a cranial massage to clear your mind. The experience begins in our Holistic Bar, where you will select your foot scrub, foot mask, and massage oils with the guidance of your therapist, to achieve your goals for body, mind and emotions.

WELL LIVING ELIXIR 100 min **\$330 USD**

We celebrate the uniqueness of each being with a universe of sensations, textures, aromatherapy and massages, customized for your desired state of body and mind, an aromatic scrub to renew your skin, followed by hydrating gel body mask and choosing from therapeutic deep tissue or relaxing and sedative techniques, to create a new you. You can pick your oils from our holistic bar.

ONE FACIALS

BEYOND BEAUTIFUL FACIAL 75 min \$230 USD

Submerge in a wellness and organic skincare experience, it's all about, hydrate, calm, regenerate, detoxify, soothe give luminosity, starts with a grounding Sage footbath, purification begins with a herbal steamed towels to promote circulation, followed by cleansing and exfoliation with raspberry seeds and rice powder, to continue with a life shot of our revitalizing birch and citrics serum, with a mindful facial massage, to end with a cocooning clay balm mask to restore hydration, ending with an ultra moisturizing emulsion with hawthorn flower water and extract of alfalfa, reducing signs of fatigue, smoothing visibly the skin.

FACE SCULPT & REFILL WORKOUT 75 min \$230 USD

Recover energy and skin vitality by rejuvenating skin with three dimensions: elevating muscles, filling in lines, and firming actives. Obtain ONE beauty with this exclusive method and ancient techniques, blending botanical extracts and using a duo of calcium and glucose for the transformation and reawakening of your skin, mind, and spirit.

JADE GUASHA HYDRA FACIAL 50 min \$170 USD

JADE GUASHA HYDRA FACIAL 70 min \$230 USD

(Deep cleansing)

Jade is considered a precious gem with rejuvenating effects, it calms nerve system and mind, enhancing circulation and oxygen levels, this facial is about nurture, hydrate, calm, protect, regenerate, soothe and total wellness for your skin, through a combinations of amber oils, hyaluronic acids serums, rice milk, witch hazel and calendula.



ONE MESSAGES

ONE CONSCIOUSNESS MESSAGE 75 min \$220 USD

Total wellbeing for the body and mind, breathe and reset, breath and let go...a mindful full body massage with nourishing coconut and sandalwood oils, that uses deep, enveloping movements and acupuncture points, liberating tight muscles, and emotions, creating an open space within to appreciate all that has been given.

PEACEFUL MESSAGE 50 min \$160 USD

PEACEFUL MESSAGE 75 min \$220 USD

This experience brings calm and tranquility with the powerful effects of mandarin, lavender, essential oils, and warm herbal pillows, with a cranial massage and by treating all points in the body where anxiety and stress are held: head, jaw, ears, chest, neck, and back. The ONE total emotional and body serenity.

DEEP THAI MESSAGE 50 min \$160 USD

DEEP THAI MESSAGE 75 min \$220 USD

Inspired in Thai techniques, this massage integrates liberating stretching moves and deep tissue physiotherapy with cedar, eucalyptus, and olive balms to unleash fatigue and stiffness in your joints and muscles. Allow this experience to refresh your mind and your breathing with a feeling of total lightness, freedom of movement, and recovered vital energy.

STRESSCURE MESSAGE 75 min \$220 USD

This therapy has been designed to create a space within, liberating mental and muscular tensions, awakening and clearing the being with the powerful effect of clove, rosemary, mint, and orange essential oils. Hot herbal pouches heal pain and induce profound relaxation, while therapeutic hands work with kneading movements on all your muscles.

GAIA MESSAGE 75 min \$220 USD

Gaia, the Greek goddess of the Earth, brings us an energy of belonging and safety. We feel connected when we feel nature's vibrations and warmth; that is the essence within us. Feel Gaia's goodness through a journey of all elements: plants removing what is not needed in your life, hot stones pouring calm ancestral rhythm, quartzes balancing your chakras, and the wisdom of warm rosemary, juniper, ginger, sage and lavender oils, all with nourishing massage movements. Recover the path of life, acknowledge the miracle that already lives in you.

SEA BREEZE MESSAGE 75 min \$230 USD

Connect with nature and with yourself, with the music of the waves, the caress of the breeze calm your mind and the healing effects aloe and guava balms to nourish your skin, in a slow rhythm and long strokes massage by the sea.

GORGEOUS MUM TO BE MESSAGE 75 min \$220 USD

The absolute meaning of ONE love, ONE energy. Cherish this special time with a treatment designed for the unique needs of you and your baby. Close your eyes and breathe in soft, beautiful aromas as you are enveloped in expert touch. Beautiful flowers, loving meditation, and sweet chimes encompass the vibrations of mother and child, while nourishing oils of moringa, cacao, ginger, and bitter orange help to nourish and hydrate mom's skin.

ALOE HEALING COCOON MESSAGE 75 min \$220 USD

With the ONE love of the healing aloe plant, the skin becomes repaired from burns in a cool and subtle aloe. Thermal waters and a mint balm massage and facial help to rehydrate, mineralize, calm, and restore the skin in a cherishing cocoon, making you feel comforted and alleviated.



ONE FAMILY

FAMILY DUO TO QUARTET MASSAGE 50 min

Celebrate the ONE love of the most valued treasure... your family. Connect, open hearts, and appreciate each other, sharing this special time in a slow and caring massage with a blend of aloe, honey, lavender and orange to elevate love connections. Our family treatment room will embrace up to four members. Create meaningful moments with your loved ones.

\$160 USD per family member

MUM & DAUGHTER TIME 50 min

Spend time together with your daughter and she will remember this moment for a long time to come. Botanical Pedicure for Mommy, and I Love Fruits Mani / Pedi for the little princess.

\$200 USD for both

FINEST FAIRIES 75 min

A time for connection and indulgence. Start with our Holding Hands Ritual and enjoy a subtle and relaxing massage of lavender, chamomile, and mandarin oil, followed by a Flower Essentials Mini Facial for Mommy and daughter, or beautiful sisters.

\$420 USD for both

ONE KIDS

PRETTY ME 50 min \$110 USD

ONE Spa teaches your princess about skin care while applying a soothing and caring mini facial, followed by a colorful vanilla, strawberry, and mango pedicure.

BEAUTY QUEEN FACIAL & MASSAGE 50 min \$110 USD

Caring for their beautiful being with a mini lavender and chamomile oil massage and a mini facial.

CARIBBEAN PRINCESS 75 min \$135 USD

A time for her to be our ONE Princess, with a fruit mask pedicure, a colorful manicure, and two braids.

I LOVE FRUITS PEDICURE 25 min \$60 USD

Scents and colors with our fruits scrubs and masks (strawberry, vanilla, and mango) for a sweet and hydrating pedicure for those little feet. For a final touch, enjoy colorful polish for playful toes.

I LOVE FRUITS MANICURE 25 min \$60 USD

Their pure and loving hands deserve a sweet treat with our fruit scrubs and masks (vanilla, strawberry, and mango) to cherish those creative and happy hands, ending with colorful or glittery polish.

SLEEPING BEAUTY MASSAGE 50 min \$160 USD

A soft movement massage to calm and comfort them with lavender and aloe balms and soft tones create a lullaby for them. Mom can learn how to perform this massage with the therapist. For children from 6 months to 8 years.



ONE BEAUTY

HAIR DETOX & NUTRITION RITUAL 50 min \$105 USD

A subtle and resting massage of the shoulders, neck, and scalp with echinacea, love, and sandalwood oils with protective proper ties. Then, enjoy a scalp scrub and shampoo to awaken clogged pores and nourish roots with artichoke and jojoba. The experience ends with roucou serum from Amazonia that protects you from UV rays, fights against free radicals, and leaves your hair silky and hydrated.

ONE MANICURE 50 min \$80 USD

This manicure begins with a botanical scrub to renew skin and activate circulation, followed by a gemstone reflexology hand massage with nourishing oils of moringa, cacao, ginger and bitter orange. A total rebirth for your hands that helps to rejuvenate, nourish and hydrate.

BOTANICAL REFLEXO PEDICURE 50 min \$80 USD

Indulge in a stress-relieving home-crafted scrub, followed by a cooling massage with moringa oil, peppermint and eucalyptus for tired feet. This treatment integrates reflexology to bring overall wellness and make your feet feel rested and light.

BASALTIC STONE PEDICURE 50 min \$80 USD

This pedicure utilizes hot and cold stones to improve circulation, initiating with a mint and mineral scrub, followed by a stone massage, and a balsamic herbal mask to alleviate fatigue and drain swollen feet.

SHAMPOO AND BLOW DRY \$80 USD

HAIR STYLE \$130 USD

MAKE-UP \$100 USD

HAIRCUT \$100 USD

ONE SPA FOR HIM

MEN'S HAIRCUT 25 min \$70 USD

DELUXE MEN'S HAIRCUT 50 min \$85 USD

Includes men's products, with vitamins, scalp and neck massage, blow-dry.

MUSTACHE AND BEARD OUTLINE 20 min \$30 USD

NECK, NOSE & SIDEBURN TRIM 20 min \$30 USD

MEN'S HAND GROOMING 50 min \$70 USD

BACK WAXING OR CHEST WAXING \$70 USD



ONE SPA FAQ

How do I decide which treatment is right for me?

One of our spa professionals will help you plan the perfect spa experience and the optimum sequence of your treatments, based on your objectives.

What if I have special health conditions?

Please notify a spa professional before scheduling your appointment and they will suggest a plan that's right for you.

May I request a male or female therapist?

Yes. Although we cannot guarantee the availability of a particular therapist, we will make every effort to accommodate your wishes. All of our therapists are trained to respect and protect your privacy at all times.

What do I wear during my treatment?

Wear whatever is most comfortable for you. Our staff may provide you with disposable undergarments for the body treatments.

What about my jewelry and valuables?

Please leave all valuables in your room's safety deposit box or the secured lockers in the changing rooms. ONE Spa is not responsible for lost or forgotten valuables.

What if I'm late for my appointment?

Arriving late may limit the time for your treatment. Depending on the length of your service, a late arrival may be classified as a 'no-show.'

How early should I check in for my scheduled appointment?

We recommend check-in at least 10 minutes prior to your spa appointment. This will allow you enough time to register, get your locker assignment, change into your robe and relax for a few minutes before your spa treatment begins.

If you have booked the ONE Aqua experience, please arrive 60 minutes prior to your first treatment if you want to enjoy our luxurious hydrotherapy facilities with whirlpools, cold plunge, sauna, steam room and more.

What precautions do I need to know?

We recommend eating and drinking in moderation and avoiding alcoholic beverages prior to your spa service, exercise classes, whirlpools and heat treatments. Do not shave your legs prior to a body scrub treatment. Severe sunburn may prevent you from enjoying a spa treatment. Be conscious and use sun protection.

Are gratuities included?

Gratuities are not included with ONE Spa treatments. They may be charged to your room or given to your therapist in cash.

How is payment for spa services handled?

ONE Spa can charge spa services to your room account. Guests may also pay with a credit card.

What is your cancellation policy?

Cancellations must be made at least 24 hours prior to your scheduled appointment or a 50% charge will be applied.

What if I forget to show up for my appointment?

No-shows will be charged 50%.

NOTE: Promotions or discounts in ONE Spa cannot be applied to any other promotion given by the Travel Agency or Hotel Reservations.

One

SPA BY FINEST RESORTS

OPENING HOURS 9 A.M. TO 6 P.M.
RESERVE AT EXT. 4411 | SPA.FPC@FINESTRESORTS.COM