



WALDORF ASTORIA®

Spa

Paradise

STATE OF MIND

Waldorf Astoria Los Cabos Pedregal's Newest Healing Menu
Designed to guide you to a calmer state of mind.

Waldorf Astoria Los Cabos Pedregal is your private escape from it all—a destination to leave your cares behind and step into a world tailored to foster a deep connection with the natural surroundings and yourself. With our resort spa Luna y Mar's newest healing treatments, guests are invited to focus on their mental health. Essential for everyone, everywhere, this state of well-being goes far and beyond mental clarity. It is integral to overall well-being: realizing your fullest potential, showing resilience, staying productive in daily life, forming meaningful relationships, and contributing to your communities.

Physical, psychological, social, cultural, and spiritual elements all contribute to mental health, establishing an intangible, inseparable link between mental and physical health. Curated to keep you calm and relaxed throughout your stay, this new menu features an assortment of healing treatments—from numerology and sound healing to mindful meditation and face readings. Whatever treatment you select, we welcome you with open arms to our Paradise State of Mind.





THE CALL

This therapy is an intuitive healing experience, helping to identify the origins of current patterns which inhibit your natural inner growth. Tap into the emotional wounds tucked within your unconscious being and release from what is holding you down as our healers provide a custom body reading. Through indigenous chants and a variety of ancestral massage techniques, including stretching, acupressure, and tapping, you'll feel the call of your soul through this transformative treatment.

90 minutes | 350 USD

OMKAY KIN NUMEROLOGY

Often referred to as "The Art of Knowing Who I am", Omkay Kin numerology is an ancient and powerful tool for spiritual evolution and guidance of the soul. Discover who you are, which heavenly gifts you bring to Earthside which will guide you in your evolution path, what you've learned in past lives, and most importantly what you came to do, realize, learn, and share with others—your higher purpose in this life experience.

90 minutes | 350 USD



SOUND HEALING

All of the universe is in a constant state of vibration, including the human body. Every organ, every bone, every cell and every other part of your being, alongside its energy field, has a healthy vibratory ratio. Through sound healing, we can project the correct resonance frequency to the part that is ill or unhealed, returning it to its normal frequency and ideal state of being. Join us to feel the shift.

90 minutes | 350 USD

LOVE AWAKENING - PRIVATE COCOA CEREMONY

Especially for couples, this private and indigenous cocoa ceremony is crafted to awaken your love—exactly how our ancestors celebrated the encounter of their twin flames. Reawaken and deepen your heart-to-heart connection as our shaman guides you through this loving ritual, prepared with an aromatic cocoa elixir and fragrant rose petals.

90 minutes | 350 USD

TRANSFORMATIVE BREATHWORK MEDITATION

During this meditative session, we guide focused awareness and illuminate every facet of the body, instilling a profound sense of health and self-love throughout. As the meditation concludes, a radiant overflow of joy, love, and compassion envelops the individual, fostering a deep connection with oneself.

90 minutes | 350 USD



RESERVATIONS

All sessions must be reserved at least 24hrs in advance.

To book an appointment, please contact the spa. For our in house guests, touch the spa button on your guest room telephone or dial extension 5300 or 5301. Waldorf Astoria Spa welcomes both resident and non-resident guests ages 18 and older.

For non-resident guests, please contact the spa reception sjdwa.spa@waldorfastoria.com or via your personal concierge.

HOURS OF OPERATION

The spa is open daily from 9 a.m. to 7 p.m.

Treatments are also available outside these hours by request.




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Spa

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