



WALDORF ASTORIA®

Spa

---

**SPA MENU**

OUR STORY

SIGNATURE MOON TREATMENTS

MEXICAN FOLK HEALING

ORGANIC FACIAL TREATMENT



ADVANCE SKIN CARE

SIGNATURE MOON MASSAGE

MASSAGE THERAPIES

SPA ENHANCEMENTS

NAIL CARE

HOW TO SPA

**BOOK NOW**

---



## DISCOVER THE MOON, THE SEA AND THE MEXICAN FOLK HEALING EXPERIENCE

Nestled in the center of the resort, Waldorf Astoria Spa is a tranquil lagoon in which guests can rest, rejuvenate and tap into the natural healing culture of Baja, Mexico. Experiences are inspired by the moon and sea, or *luna y mar*, to deliver a distinctive approach to wellness that revolves around the phases of the moon. Take time in the wet area grottos with their steam rooms, saunas, ice rooms and whirlpools. Local herbal remedies are provided in the grotto to enhance your experience. After your treatment, relax in the spa's salt-water meditation pool, which can be accessed directly from your private treatment room.



MENU

# Inspirations

## OUR STORY

### THE MOON

The four phases of the moon impact the body in very specific ways. Waldorf Astoria Spa's signature treatments represent the varying energies of the lunar phases to align you with the rhythms of nature and enhance your wellbeing. The awakening new moon is for renewal and introspection. The nourishing waxing moon is for refocusing your energy and embodying your visions. The calming full moon is when one's full potential is achieved, and the restoring waning moon offers the perfect time for cleansing.

### THE SEA

The ocean is the source of life and has a powerful effect on mind, body, and spirit. At the Waldorf Astoria Spa, the sea is not just a backdrop; it is a guiding force, a source of inspiration that elevates your journey to wellness. Imbued with the essence of the ocean, our spa invites you to embark on a transformative voyage where the restorative powers of the sea converge with unparalleled luxury, creating a sanctuary where time stands still, and rejuvenation becomes an art form.

### MEXICAN FOLK HEALING

Mexican folk healing is known as curanderismo. We honor the tradition through our rituals, herbs, and healing treatments to fortify the material, spiritual, and mental realms. We warmly invite you to begin your spa experience with our welcoming foot cleansing ritual which utilizes special herbs to purify and prepare you for your spa journey.

### MENU



MENU



# Signature TREATMENTS

## THE AWAKENING MOON

110 minutes | \$575 USD

The awakening moon indicates a time for renewal and self-discovery. Prepare your senses and body for a new beginning with a seaweed and eucalyptus salt scrub that exfoliates your skin and unveils your sense of perception. Body and mind are then revitalized with a seaweed wrap and deep tissue moon massage. You will be awakened by this stimulating treatment.

## THE NOURISHING MOON

110 minutes | \$575 USD

The nourishing moon is the time to best direct your energy and creativity. Pamper your skin with an ylang ylang & jasmine sugar scrub, followed by a scalp massage while covered in a nourishing body wrap. The treatment concludes with an energizing massage focused on warming up the body to heal your joints and muscles.

## THE CALMING MOON

110 minutes | \$575 USD

The calming moon is the time to live life to its fullest. Balance mind and body throughout this journey with the calming effect of rose buds petals & brown sugar exfoliation. Next, a re-mineralizing rose mud wrap deeply hydrates the body followed by a relaxing massage.

## THE RESTORING MOON

110 minutes | \$575 USD

The restoring moon is the perfect time to cleanse. Cleansing treatments undertaken during this phase are more effective and will act on deeper levels. Start your cleanse with a full body exfoliation followed by a mud wrap and a lymphatic massage, with detoxifying oils to release toxins and stimulate your inner organs.

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars

[BOOK NOW](#)

[MENU](#)



# Stimulating

## INSPIRATIONAL ENVIRONMENT

Waldorf Astoria Hotels & Resorts are sited in some of the most inspirational and stimulating locations in the world, and within these locations each Waldorf Astoria is a destination in its own right. Destinations that offer the best of everything in personal service—exemplified in our signature Waldorf Astoria Spas.

This is where you will fully appreciate the reality that is the Waldorf Astoria commitment to putting our guests at the center of our attention—an experience that will leave you inspired.

MENU

# Mexican Folk Healing

## & WELLNESS THERAPIES

### DAMIANA & HONEY MOON

80 minutes | \$809 USD

Native Baja cultures used the damiana flower to increase energy, calm the nervous system, uplift the spirit, and primarily as a powerful aphrodisiac. Especially designed for couples, your treatment starts with an herbal body scrub, followed by a hydrating honey wrap. A damiana oil massage will ease your muscles and senses in a deep state of relaxation. After your treatment has concluded, 25 minutes extra will be provided in our SPA Couple's Suite in a beautiful romantic setting to further promote relaxation.

### INDIGENOUS HERBAL DETOX

80 minutes | \$360 USD    110 minutes | \$460 USD

Enjoy a mix of potent plants of the Baja that help release toxins due to their anti-inflammatory and diuretic properties. Your indigenous Mexican experience begins with a detox body scrub, followed by an herbal mud wrap to detox at a deep cellular level. Finally, a detoxifying massage with rosemary oil will decongest and tone your body.

### BAJA FLAVORS

80 minutes | \$360 USD    110 minutes | \$460 USD

Using flavors of the Baja, enjoy a coconut scrub and mango & aloe wrap with a scalp treatment and a mango facial mask. Finish with a full body massage with pure coconut oil. This treatment removes dead skin cells, leaves your skin silky smooth and your muscles in bliss.



Organic Treatment

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars

[BOOK NOW](#)

[MENU](#)



## MEZCAL INFUSION THERAPY

80 minutes | \$360 USD    110 minutes | \$460 USD

Indulge in our Spirit of Mezcal Muscle Renewal massage, starting with a mezcal-infused rub for improved circulation and muscle relaxation. Inspired by ancient practices, this technique dispels bodily coldness, believed to cause muscular discomfort. Transition to a calming herbal pinda massage with anti-inflammatory properties, promoting body revitalization and harmonious immune system activation.

## THE INTENTION

80 minutes | \$360 USD    110 minutes | \$460 USD

Discover the magic of herbal aromatherapy and indigenous rituals in this powerful treatment that includes an energy cleansing ritual, craniosacral therapy and a Mexican folk healing massage. Our hand-harvested organic blends are selected by our therapists who use the energy of plants and herbs, to provide a holistic targeted body, mind and spirit experience.

## ANCIENT MASSAGE

80 minutes | \$360 USD    110 minutes | \$460 USD

This unique massage experience detoxes your body using elements and techniques that have been handed down from generation to generation in the Mexican culture. Lemons and herbs are used to relax, release and heal muscle tension along with ancient techniques to restore balance and rejuvenate the mind, body and soul.

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars

[BOOK NOW](#)

[MENU](#)



## THE ART OF SOUND THERAPY

80 minutes | \$360 USD    110 minutes | \$460 USD

Sound travels through the energy pathways of the meridians and the chakras to help the body to tune into its own frequency. Sound coupled with massage techniques helps restore balance in your body.

## ALOE SUN HEALER

80 minutes | \$360 USD    110 minutes | \$460 USD

Designed to help you recover from a day in the sun, our hydrating full body mask will nourish calm and heal the skin. Mineral-rich organic algae, luscious aloe vera gel harvested from our own grounds, and green tea extracts rich in antioxidants reduce redness and irritation to cool and soothe environmentally damaged skin.

## DIVINE CACAO RENEWAL RITUAL

80 minutes | \$360 USD    110 minutes | \$460 USD

Indulge in a revitalizing body ritual for ultimate relaxation. Experience meticulous exfoliation followed by a cocoon of warm cacao blend infused with natural elements, leaving your skin soft, smooth, and rejuvenated. Tailored to alleviate muscle fatigue, purify the body, and provide lavish skincare, our ritual offers detoxification, toning, and softening benefits, with uplifting chocolate aromas.

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars

[BOOK NOW](#)

[MENU](#)

## FACIAL TREATMENTS

### ROSE CRYSTAL LYMPHATIC FACIAL

80 minutes | \$390 USD    110 minutes | \$490 USD

Our signature facial is a truly luxurious, organic experience. This facial includes deep cleansing, AHA exfoliation, a seaweed mask, scalp massage and a rose quartz lymphatic facial massage for an overall holistic experience. The skin is left radiant and glowing.

## ADVANCED SKIN CARE

### INHIBIT FACE LIFT

80 minutes | \$410 USD    110 minutes | \$499 USD

Surgical alternative that infuses the skin with all the benefits of a microinjection without the neurotoxins. Provides a global rejuvenating effect in your skin: inhibits, fills, tightens and reforms. Visibly lifts your skin after just one treatment due to the innovative and highly concentrated ingredients.

### DIAMOND LIFE INFUSION

80 minutes | \$410 USD    110 minutes | \$499 USD

Transport yourself to an ultimate state of relaxation through this exceptional sensory experience. Through invigorating microcurrent technology and scientific research this highly effective facial treatment instantly tones, lifts, and contours the face.

### LUMINOUS & RADIANCE FACIAL

80 minutes | \$410 USD    110 minutes | \$499 USD

Designed for those seeking to address skin tone irregularities, this facial offers a solution for you. It works to refine the look of different dark spots and diminish various signs of aging, fostering a natural radiance. Enriched with rejuvenating ingredients, it unveils an evenly toned and luminous complexion, elevating your skin's vitality.



Organic Treatment

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars

[BOOK NOW](#)

[MENU](#)



## ADVANCED SKIN CARE

### VITAMIN C GLOW FACIAL

80 minutes | \$390 USD    110 minutes | \$490 USD

Antioxidant facial that restores vitality, helps minimize signs of aging, and enhances glow with collagen-boosting

### 3D COLLAGEN SHOCK

80 minutes | \$390 USD    110 minutes | \$490 USD

A powerful regenerative and rejuvenating treatment based on a smart combination of three types of collagen (high, medium and low weight) that exceptionally increases skin firmness. With an incredible lifting and re-densifying effect, this innovative facial improves skindensity and minimizes wrinkles and fine lines while preserving optimal moisture.

### MEN'S FACIAL

80 minutes | \$360 USD    110 minutes | \$470 USD

Our anti-aging facial restores healthy skin after sun-damage, shaving, pollution, and other environmental exposures. Deep cleansing, exfoliation, and a customized mask with active ingredients rich in vitamins, antioxidants, and peptides eliminate blocked pores for a clearer complexion. Our face, shoulder, neck and scalp massage will leave you feeling relaxed and recharged.

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars

[BOOK NOW](#)

[MENU](#)



# SIGNATURE MOON MASSAGE

## NEW MOON

80 minutes | \$365 USD    110 minutes | \$460 USD

The new moon gives you the opportunity to start a new cycle. It is the perfect time to sow the seeds for your plans, understand who you are and who you aspire to become. This therapy was designed to work deep on your muscles to prepare your body for new beginnings, you will feel awakened, clear and inspired.

## WAXING MOON

80 minutes | \$365 USD    110 minutes | \$460 USD

This moon phase provides the best time to watch your seeds grow and keep your plans on the right track. Waxing moon therapy will work on top of the fascia warming up and opening joints to release heavy energy, helping you feel stimulated, focused and nourished.

## FULL MOON

80 minutes | \$365 USD    110 minutes | \$460 USD

With the full moon comes the realization of our full potential; a time to harvest. This massage therapy focuses on aligning both the structure of mind and body by coordinated movements, working underneath the fascia and on top of the muscles to leave you calm, balanced and fulfilled.

## WANING MOON

80 minutes | \$365 USD    110 minutes | \$460 USD

Waning moon is the time to retreat, reflect and cleanse at a deeper level. This unique massage therapy works between the skin and the fascia allowing your body to release tensions and toxins through your lymphatic system to feel cleansed, restored and relieved.

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars

[BOOK NOW](#)

[MENU](#)



MENU



## MASSAGE THERAPIES

### STRESS RELIEF

80 minutes | \$365 USD    110 minutes | \$460 USD

A therapeutic and pain-relieving massage combination using hot stones to reduce inflammation plus deep tissue and trigger point therapy to ease all muscular tension.

### MAGIC STONES

80 minutes | \$365 USD    110 minutes | \$460 USD

A combination of hot volcanic and cold marble stones release deep muscle tension with a soft to medium pressure throughout your body, restoring & balancing energy.

### PRENATAL HARMONY MASSAGE

80 minutes | \$365 USD    110 minutes | \$460 USD

Experience our Prenatal Harmony Massage, designed to ease pregnancy-related discomfort and stress. This gentle, full-body massage targets common areas of concern, promoting circulation and overall well-being. Best enjoyed between the third and seventh month of pregnancy, it provides a serene respite tailored to expectant mothers' unique needs.

### GENTLE HEALING: PERSONALIZED SPA RETREAT

80 minutes | \$350 USD    110 minutes | \$450 USD

Experience tranquility in our exclusive spa treatment, tailored to meet the unique needs of each guest. Our non-invasive and private sessions are expertly conducted by therapists specially trained to cater to those undergoing or recovering from medical treatments. Begin with a rejuvenating whole-body herbal cleanse, purifying your energy, followed by a soothing massage with nourishing mango butter, renowned for its benefits on tired and dehydrated skin. Your well-being is our utmost priority.



Special Care Treatment

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars

[BOOK NOW](#)

[MENU](#)

# SPA ENHANCEMENTS

ELEVATE YOUR SPA EXPERIENCE,  
CHOOSING ONE OR MORE ENHANCEMENTS.

## HOT STONES

\$45 USD

Enhance any massage, facial treatment, or body treatment with this ancestral elements guided by our therapists hands for a deeper relaxation.

## HAIR MASK BY MOROCCAN OIL

\$45 USD

Just as your body needs to be pampered, your hair needs it too. With this personalized hair treatment, you will recover the necessary nutrients to nourish and take care of it.

## WELLNES BALM

\$45 USD

Soothe tired muscles and deeply nourish the skin with our restorative wellness balm. Rich in comforting botanicals, this enhancement helps release tension while providing lasting hydration and relaxation.

## LUXURY COLLAGEN MASK

\$45 USD | \$69 USD

Enhance your skincare routine with our premium collagen hydrogel facial mask. Featuring advanced GEMCLINICAL® technology and an exclusive triple helix structure, it delivers a potent tenfold concentration of active ingredients, surpassing traditional collagen masks.

## SIGNATURE OIL

\$45 USD

A luxurious infusion of nourishing oils and calming aromas crafted to enhance relaxation, restore balance, and leave the skin beautifully soft and radiant.

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars

[BOOK NOW](#)

[MENU](#)

# NAIL CARE

## STONE PEDICURE

80 minutes | \$195 USD

This renewing pedicure will help relax sore muscles, improve circulation and reduce toxins through the benefits of volcanic hot stones and cold marble stones, providing long-lasting relaxation along with luminous skin and nails.

## INDIGENOUS DETOX PEDICURE

80 minutes | \$195 USD

Savor the taste of Mexican traditions in this most unique pedicure experience. A powerful blend of herbs full of potent antioxidants helps release toxins with their anti-inflammatory and diuretic properties. Enjoy a sea salt scrub & herbal mud wrap while soaking in an indigenous herbal infused tub, along with luminous skin and nails.

## ROSE CRYSTAL PEDICURE

80 minutes | \$195 USD

A custom massage is provided to feet and calves using rose crystal quartz to promote circulation and infuse positive energy to your body. Enjoy a luxurious rose and jasmine scrub and nourishing oils while your nails are treated and polished to perfection.

## NAIL CARE

Manicure	\$85 USD
Pedicure	\$115 USD
Polish Change	\$60 USD
Gel Removal	\$60 USD

## HAIR

Blowdry	\$145 USD
Updo	\$265 USD
Women's Haircut	\$205 USD
Men's Haircut	\$105 USD
Make Up	\$140 USD

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars

[BOOK NOW](#)

[MENU](#)



MENU

# Spa

## HOW TO SPA

### 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.

### SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please contribute to this serenity by speaking in soft tones or enjoying the quiet. Please respect all spa guests' right to privacy and refrain from the use of mobile phones and sounds on mobile devices and cameras during your time with us. Waldorf Astoria Spa is a smoke-free zone.

We encourage you to arrive 45 minutes prior to your appointment to enjoy the spa's wellness facilities including steam rooms, saunas, ice rooms and pools.

Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest.

Our staff will be happy to assist with any recommendations based on your chosen treatments. During your time at Waldorf Astoria Spa, you will be provided with a locker, robe, towels and slippers. Disposable undergarments are also available at your request. We do recommend that you refrain from bringing any valuables to the spa.

After your treatment concludes, our relaxation rooms are the ideal place to continue its' benefits. Rest and relax on our loungers and take the time to reflect on your experience.

### RESERVATIONS

To book an appointment, please contact the spa. For our inhouse 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 [sjdwspa@waldorfastoria.com](mailto:sjdwspa@waldorfastoria.com)

The spa accommodates walk-in bookings based on availability.

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars

[BOOK NOW](#)

[MENU](#)

## MINORS

The minimum age for SPA treatments, salon services, SPA pools and spa areas, is 18 years old. A supervising paying adult must accompany children ages 6 to 17 enjoying spa treatments, at all times. Under 18 years old are not allowed in spa wet areas.

## GIFT CERTIFICATES

Our gift certificates make a wonderful gift for any special occasion. To continue your Waldorf Astoria Spa experience at home, all products used in our treatments are available for sale in the spa reception area. For more information please contact the spa reception [sjdwa.spa@waldorfastoria.com](mailto:sjdwa.spa@waldorfastoria.com)

Our staff will be delighted to assist you with your selections.

## CANCELLATION POLICY

We kindly ask our guests to notice any changes or cancellation, at least 24 hours prior to your appointment time. Cancellations made within 24 hours will be subject to a 100% charge of your treatment.

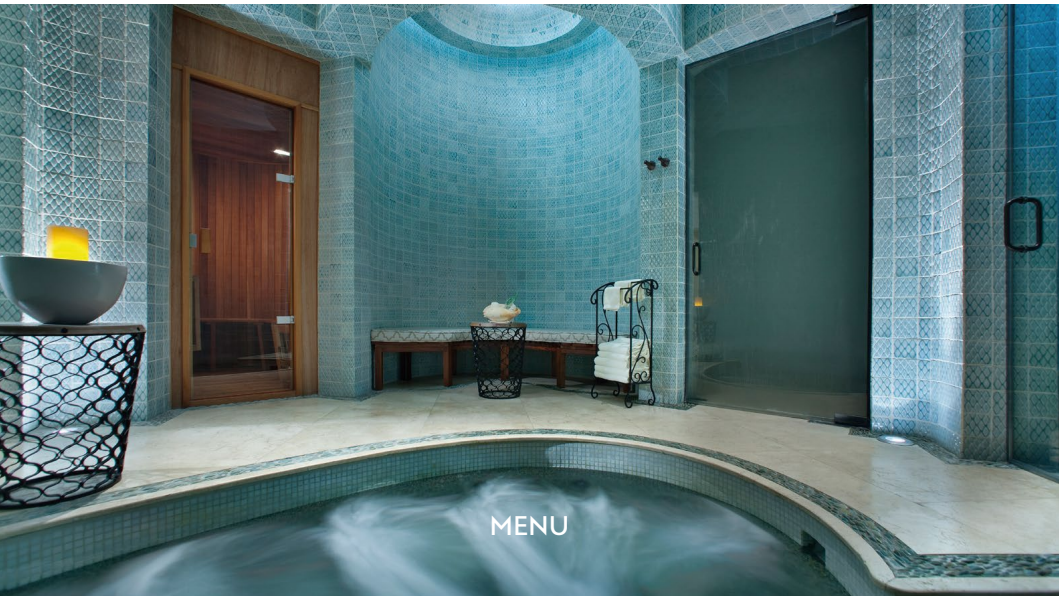
## COUPLE'S SUITE

For an extended experience, the couple's suites can be booked for a fee of \$175 per 25 minutes. Each suite has a private outdoor pool, indoor plunge pool and shower.

## IN ROOM TREATMENT

\$110 fee per in room services.

Subject to 16% tax & 15% service Charge. \*All Prices are in US Dollars



MENU



  
WALDORF ASTORIA®  
*Spa*

+52 624 163 4300 | Ext. 5300  
[waldorfastorialoscabospedregal.com](http://waldorfastorialoscabospedregal.com)