



The Spa at Las Ventanas embraces a holistic approach, drawing upon the belief of the ancient healers of Baja California that emotion, spirit and physical well-being must be constantly balanced.

The healers were masters of the four elements of Earth, Water, Air and Fire, recognizing that each element evokes a specific power within oneself. The elements were the foundation of their holistic ceremonial rites and healing rituals.

At The Spa at Las Ventanas, the four elements are the foundation of our techniques, treatments and products.



Earth Blend combines rue herbs with mugwort, rosewood, frankincense and cedarwood oils. It is designed to ground you, uplift your spirit, restore life and energy flow, and enhance feelings of stability and security, peacefulness and contentment.



Water Blend incorporates rose petals and ylang ylang. It is designed to nurture and relax you and purify and cleanse the energy within, while bringing emotional sympathy and encouraging compassion and insight when we feel sensitive and vulnerable.



Fire Blend unites Damiana, cinnamon and rosemary. It is designed to ignite passion and drive, motivating energy and achievement for when we feel tired or to calm us when we have too much energy.



Air Blend of sage and lavender is designed to stimulate vital energy and the spirit of life, enhance communication and open the mind, generating clear and creative thinking.

All of your senses are engaged on your treatment journey at Las Ventanas...

Sound

A welcoming ritual of playing *Tibetan Singing Bowls* nurtures your own personal space and eases your mind.

Sight

The spa's secluded beautiful desert garden setting with flowering bushes relaxes you and soothes your spirit.

Taste

A Mexican herbal tea is served after your treatment, with the selection depending on your elemental balance.

Earth Tea - Grounding

Water Tea - Cleansing

Fire Tea - Intuitive

Air Tea - Inspiring

Scent

Your preferred four-element aromatic herbal essential oil infuses the air with redolent vitality.

Touch

A purifying Mayan healing technique called "Limpia" enhances well-being by eliminating harmful energies that create blockages.

Las Ventanas Elemental Journeys

The Spa Rituals

Each treatment begins with a ***Sun Rhythm Indigenous Foot Soak*** to harmonize your body energy to the time of day:

Morning Essence: A gentle awaking with fresh limes
Afternoon Essence: Peak Energy with red pepper
Evening Essence: Lunar wind down with aloe

BAJA VITALITY (2 ½ hrs)
Fire herbal therapies to stimulate circulation and energize.

Foot Soak ☞ Pinole cinnamon scrub ☞ Herbal Healer
Massage ☞ Express Facial

SPIRITUAL CHILAM RITUAL (2 hrs)
Air cleansing through meditation and stone massages.

Foot Soak. ☞ Hot & Cold Stones ☞ Crystals ☞ Singing Bowls

DESERT ELIXIR (2 ½ hrs)
Water purification and restoration.

Foot Soak ☞ Aroma Bath ☞ Herbal Healer
Massage ☞ Express Facial

FOUR HAND ENERGY RESTORATION (1 ½ hrs)
Earth grounding assisted by two therapists in massage synchrony.

Foot Soak ☞ Herbal Healer Massage ☞ Reflexology
☞ Express Facial



The Healing Touches

Each treatment begins with a hot herbal poultice from our healing garden to release muscle tension and align the body meridians.

SIGNATURE MASSAGE
(1 ½ hrs)

Body massage with the four elemental oils to bring balance and ease tension.

Herbal Poultice ☞ Hot Bule

HERBAL HEALER MASSAGE (Air) (1 hr)

Prepared herbs wrapped in a manta sheet, with your preferred massage technique, to ease soreness and balance energy pathways.

Hot Poultice. Elemental ☞ Aromatic Oils

BALANCE DESERT STONE (Earth) (1 ½ hrs)

The body's chakra center is stimulated to balance and integrate energy.

Hot and Cold Stones

RAINDROP THERAPY (Water) (1 ½ hrs)

Sprinkling of 10 essential oils along the spine to increase blood circulation and detoxify muscles to bring the body back to balance.

10 Essential Oils

GROUNDING EQUILIBRIUM (Fire) (1 hr)

Invoking an ancient and honored ritual, the third eye is opened with warm herbal oil, combined with foot reflexology to restore and maintain well-being.

Reflexology ☞ Shirodara

The Baja Blends

NOPAL DESERT WRAP (Earth) (1 1/2 hrs)

Locally grown cacti help diminish the appearance of cellulite and lessen fluid retention.

Dry Brushing ☞ Nopal Wrap In Banana Leaves ☞ Nopal Facial Mask ☞ Oil Rubdown

BAJA HERBAL INFUSION (Fire) (1 1/2 hrs)

Invigorating scrub and re-mineralizing warm-mud massage is a perfect body regime.



Damiana Scrub ☞ Volcanic clay ☞ Facial Express ☞ Hot Stone Rubdown

SPRITUAL DESERT (Air) (1 1/2 hrs)

Energy balancing and soothing techniques for relaxation and meditation.

Herbal Poultice ☞ Lavender Scrub ☞ Oil Rubdown ☞ Stone Meditation

HYDRATING MIRAGE (Water) (1 1/2 hrs)

Aromatic combination of oils and herbs to bathe, soak and indulge.

Algae Gel Wrap ☞ Aroma Sea Bath ☞ Oil rubdown ☞ Express Facial with Cold Stones

The Pure Specifics

NATIVE INDIAN BREATHING (Air) (1 hr)

Breath was thought to be the invisible force of creation between spirit and form. Connect to the power of life and allow the “agenari” (dance) of energy to circulate through the body to overall wellness.

ACUPUNCTURE (Earth) (1 hr)

Ancient stimulation therapy along the meridians or channels of energy to restore earth and well-being

WATSU (Water) (1 hr)

Unique aquatic massage using gentle acupressure, stretching and flowing movements to nurture the mind, body and spirit .

REIKI (Fire) (1 hr)

Energy healing technique to promote balance between health and spirit and to release stress.

Couples Experiences

PURE WELLNESS (3 hrs)

A total retreat for couples, complete with champagne and chocolate covered strawberries at the end.

Foot Soak ☞ Damiana Scrub ☞ Anti- Aging Facial ☞ Herbal Healer Massage

SEA & STARS (1 1/2 hrs)

Let us transform your Suite into your own evening spa sanctuary with a couples massage and a romantic bath drawn to your enjoyment.

Herbal Healers Massage ☞ Bath with Choice of Bath Oils

Sun Ceremonies

WELCOME TO THE SUN

(2 hrs)

A Las Ventanas prerequisite to prepare the skin for the Baja California sun.

Pinole Sugar Cinnamon Scrub ☯ Honey & Aloe Vera Wrap ☯
Express Facial ☯ Hydration Rubdown

Pre-Sun Gift pack included

AFTER SUN SOOTHER

(2

hrs)

Hydrates and nourishes skin that is sensitive after exposure to heat and sun.

Propolis Wrap ☯ Coconut Scalp Treatment ☯ Sun
Soother Facial with Cold Stones

After Sun Gift Pack included

Facial Care

ULTIMATE ELEMENTAL CLASSIC

(1 ½ hrs)

A deep pore-cleansing and restoring facial as an introduction to a great skin care regime.

ELEMENTAL GEMSTONE FACIAL

(1 1/2 hrs)

A lavishing treatment heightened with a marvelous prelude, a pressure-massage of the Chakra points, followed by hot stone massage and warm essentials oils pressed along the spine of your back.

ELEMENTAL ANTI-AGING

(1 ½ hrs)

A results-oriented facial that produces fundamental improvement in texture, clarity and elasticity of skin.

ADDITIONAL OPTIONS :

Specialized equipment to achieve results in the following areas:

Lifting ☯ Photo-Aging ☯ Post- Surgical ☯ Scars & Acne



Salon Services

Hand & Foot Care

DEEP SEA HANDS & FEET
(110 mins)
SILKY HAND SPA MANICURE
(60 mins)
SILKY FEET SPA PEDICURE
(60 mins)
MANICURE
PEDICURE

Depilation

UNDERARM
LEGS (FULL)
LEGS(HALF)
BACK (FULL)
BIKINI

Hair

STYLING
HAIRCUT (MEN)
HAIRCUT (WOMEN)

Lifestyle

PERSONAL TRAINING
YOGA SESSION
POLAR BODY AGE REPORT
PILATES

Holistic Twilight Ceremony

When dusk announces the day's end and vibrant reds and yellows splash across the heavens, a new soothing healing journey – The Holistic Twilight Ceremony – begins at The Spa at Las Ventanas al Paraiso.



With numerous candles illuminating the Solarium and crystal bowls resonating with beautiful harmonic tones, an energy cleansing ritual – known as a “Limpia” among the Maya – is performed with sage smoke and shaman prayers. The music of the crystal bowls heightens the experience, encouraging thoughtful meditation while empowering the spirit.

The 30-minute ceremony beginning at 6:00 pm each evening imbues guests with positive energy balance, preparing them to receive a 90-minute therapy of their choice. Guests are then guided on one of the following personalized spa journeys:

BALANCE DESERT STONE & SPIRITUAL CHILAM RITUAL
& FOUR HANDS ENERGY RESTORATION & GROUND
EQUILIBRIUM & HERBAL HEALERS MASSAGE

To Better Enjoy Your Spa Experience, May We Recommend the Following...

- **ARRIVE EARLY.** Arrive at least 30 minutes prior to your treatment to allow yourself ample time to change, put personal effects in your locker and utilize the facilities. A private locker, robe, slippers and personal amenities are provided along with complimentary fresh fruits and beverages.
- **FILL OUT PREFERENCE FORMS.** Please provide this essential information that will enable us to customize your treatments to your specific needs.
- **ENJOY THE FACILITIES.** Prior to your treatment, slip into the hot whirlpool to relax or increase blood circulation while detoxifying in the sauna or steam room.

Available Herbal Inhalations:

Steam:

- Romero (Rosemary): relaxes the nervous system
- Salvia (Sage): cleansing the energy
- Eucalipto (Eucalyptus): cleans the respiratory system
- Laurel: calming and grounding effect

Sauna:

- Menta (Mint): anti-septic properties
- Oregano: acts as anti-bacterial
- Yerba Buena (Spearmint): uplifting effect

- Thyme: improves circulation

- **WHAT TO WEAR.** For all treatments, please feel free to wear the robes and undergarments provided. During all treatments, areas of the body not being worked on are fully covered to protect your privacy.
- **CANCELLATION POLICY.** In consideration of other guests, we ask a minimum notice of 24 hours in advance in order to avoid a cancellation charge of 100% of the treatment cost.
- **LATE ARRIVAL.** Late arrivals will not receive an extension of scheduled treatments and the full cost of the service will be charged.

HOURS OF OPERATION

Fitness Center 6am—8pm daily
Guests must be at least 16 years old.

Spa 8am—8pm daily

APPOINTMENTS

Spa Receptionists will recommend and schedule the services that will help to improve your well-being. Please email the Spa at lvpspa@rosewoodhotels.com or dial x8300 from your suite for assistance.

SERVICE CHARGE & TAX

Spa services are subject to 10% Mexican sales tax and 15% service charge. Prices are in U.S. Dollars and are subject to change without notice.

Las Ventanas Elemental Journeys

The Spa Rituals

BAJA VITALITY (2 ½ hrs)	\$300.00
SPIRITUAL CHILAM RITUAL (2 hrs)	\$250.00
DESERT ELIXIR (2 ½ hrs)	\$300.00
FOUR HAND ENERGY RESTORATION (1 ½ hrs)	\$350.00

The Healing Touches

SIGNATURE MASSAGE (1 ½ hrs)	\$220.00
HERBAL HEALER MASSAGE (1 hr)	\$145.00
BALANCE DESERT STONE (1 ½ hrs)	\$235.00
RAINDROP THERAPY (1 ½ hrs)	\$220.00
GROUNDING EQUILIBRIUM (1 hr)	\$145.00

The Baja Blends

NOPAL DESERT WRAP (1 1/2 hrs)	\$215.00
BAJA HERBAL INFUSION (1 1/2 hrs)	\$235.00
SPRITUAL DESERT (1 ½ hrs)	\$215.00
HYDRATING MIRAGE (1 ½ hrs)	\$235.00

The Pure Specifics

NATIVE INDIAN BREATHING (1 hr)	\$150.00
ACUPUNCTURE (1 hr)	\$190.00
WATSU (1 hr)	\$170.00
REIKI (1 hr)	\$145.00

Couples Experiences

PURE WELLNESS (3 hrs)	\$750.00
SEA & STARS (1 ½ hrs)	\$420.00

Sun Ceremonies

WELCOME TO THE SUN (2 hrs)	\$295.00
AFTER SUN SOOTHER (2 hrs)	\$295.00

Facial Care

ULTIMATE ELEMENTAL CLASSIC (1 ½ hrs)	\$180.00
ELEMENTAL GEMSTONE FACIAL (1 1/2 hrs)	\$215.00
ELEMENTAL ANTI-AGING (1 ½ hrs)	\$215.00

ADDITIONAL OPTIONS : \$ 30.00
Lifting. Photo-Aging. Post- Surgical. Scars & Acne.

Holistic Twilight Ceremony

BALANCE DESERT STONE	\$ 275.00
SPRITUAL CHILAM RITUAL	\$ 275.00
FOUR HANDS ENERGY RESTORATION	\$ 375.00
GROUND EQUILIBRIUM	\$ 275.00
HERBAL HEALERS MASSAGE	\$ 275.00

Salon Services

Hand & Foot Care

DEEP SEA HANDS & FEET (1hr)	\$145.00
SILKY HAND SPA MANICURE (1 hr)	\$ 75.00
SILKY FEET SPA PEDICURE (1 hr)	\$ 90.00
MANICURE (30 mins)	\$ 45.00
PEDICURE (45 mins)	\$ 65.00

Depilation

UNDERARM	\$ 40.00
LEGS (FULL)	\$ 90.00
LEGS(HALF)	\$ 60.00
BACK (FULL) 	\$ 120.00
BIKINI	\$ 65.00

Hair

STYLING	\$ 60.00
HAIRCUT (MEN)	\$ 45.00
HAIRCUT (WOMEN)	\$ 100.00

LIFESYLE

PERSONAL TRAINING (1 hr)	\$ 110.00
YOGA SESSION (1 hr)	\$ 110.00
POLAR BODY AGE REPORT	\$ 75.00
PILATES (1 hr)	\$ 110.00
