

Spa Sanctuary

Enjoy the warmth and hospitality of Mexico in a sanctuary that is truly a One&Only experience.

Choose your treatment from our á la carte menu, or let our experts design a spa journey customized specifically for your needs.

Each of our spa villas is designed to offer you serenity and comfort in your own beautiful, private pavilion and open air garden. Share the experience with a friend or loved one in the double spa villas which include Mexican daybeds, rain showers and whirlpool baths to relax in after your treatment. The One&Only Villa is reserved for the most indulgent spa experience.

Continue your lifestyle regime while on vacation in our Wellness Center, equipped with advanced cardiovascular and weight machines, Pilates reformer, Power Plate and a selection of group and personal sessions to strengthen and balance both body and mind.

A full complement of salon services is provided in the Hair & Nail Spa and may be reserved for bridal parties and other special occasions.

We look forward to assisting you in making your One&Only spa journey your own.

A heavenly sanctuary awaits.

One&Only Spa and Salon are open from 9am to 9pm daily.

The Wellness Center is open from 6am to 9pm daily.



ESPA personal lifestyle and wellness journeys

A personal lifestyle and wellness program is based on a combination of ESPA treatments and fitness activities in synergy with a nutritional balanced wellness cuisine menu. This creates a focused day of spa experiences to inspire lifestyle changes and wellbeing.

Body Detox and Contour Journey

Targeted towards lifestyle change, this program is an inspirational experience providing exercise, deliciously enticing wellness cuisine and specialized spa treatments focused on body cleansing and boosting energy levels. Daily use of the spa facilities is encouraged, including heat experiences, warm and cold rock pools, and outdoor relaxation areas. Enjoy a daily freshly prepared vitamin-rich juice in the spa and specially prepared Wellness Menu to aid the detoxification process.

Two-day Program (minimum three-night stay)

- Lifestyle consultation
- ESPA Contouring Body Treatment *120 minutes*
- ESPA Detox Massage *50 minutes*
- ESPA Deep Cleansing Facial *90 minutes*
- Fitness Assessment
- Private Fitness Session – Personal Training, Power Plate, Pilates or Kinesis
- Wellness lunch

Anti Stress Journey

One and Only spa is a haven of peace and tranquility. During this journey you will experience rituals directed towards pure indulgence and stress relief as exotic therapeutic oils and obsidian hot stones dissolve any lingering memory of the outside world.

Two-day Program (minimum three-night stay)

- Lifestyle consultation
- Private movement therapy session or Transformation Breathwork or QXCI (Quantum Xiroid Consciousness Interface)
- ESPA Holistic Obsidian Stone Massage
- ESPA Anti Stress Body Wrap and Bath
- ESPA Facial
- Wellness lunch

Grand Celebration Journey

A spa journey for two people Celebrate any special moment together with a spa journey of pure indulgence and total relaxation. Located in tranquil gardens, our private spa villas with outdoor bath create a retreat that encompasses a wonderful Spa Journey and generates a memory that will linger forever. The Grand Celebration Journey can be especially tailored for honeymoon couples.

Two-day Program (minimum three-night stay)

- Aztec Aromatic Ritual *180 minutes*
- Choice of any 90-minute Facial or Massage
- Private couples movement therapy session
- ESPA Gift – An ESPA bath or body oil selection to enjoy during your stay or recreate your spa experience on returning home.
- Romantic dinner for two – in the comfort of your terrace

One-day Relaxation

The spa offers total escapism from the outside world, a cocoon of pure One&Only luxury and exquisite ESPA treatments, a day of self discovery to rebalance the mind and rejuvenate the body. Start the day in a positive frame of mind and body with yoga or mediation class and make full use of exclusive spa facilities throughout the day including heat experiences, outdoor hot and cold rock pools and outdoor relaxation areas.

One-day program

- Private movement therapy session – yoga, pilates, kinesis or transformational breathwork
- ESPA Relax and Restore “Oceano” Experience *180 minutes*
- Wellness lunch
- ESPA Holistic Hand Treatment

One-Day Bridal Journey

Relax and unwind while preparing for your very special day. Your skin is left glowing, your body and mind relaxed.

One-day program

- ESPA Holistic Hand Treatment
- ESPA Holistic Foot Treatment
- 50-minute Massage of your choice
- ESPA Body Exfoliation
- Bridal hair styling (upstyle or blow dry)
- Make-up consultation and application.
- Wellness lunch



ESPA signature experiences exclusive to One&Only Spa by ESPA

Immerse yourself in a divine experience and restore your inner balance. Each signature experience begins with a symbolic Foot Bath to prepare you for total relaxation. Life inspired and life enhancing – the perfect signature treatment has a soul of its own. Unique skills, a genuine passion for client care and a personal understanding of the needs of each guest are important to ensure that each experience at One&Only Palmilla is a Signature Experience.

Aztec Aromatic Ritual

The spiciness of this wrap is traditionally used as a curative treatment for headaches, arthritis and muscular aches. An ancient village recipe of aromatic spices (including clove, ginger and cinnamon) provides a warm and stimulating sensation. The ritual begins with skin smoothing preparation of the face and body, is combined with a circulation boosting 50- or 80-minute massage and ends with a relaxing soak in an outdoor garden bathtub.

180 or 210 minutes

“Salud Por Agua “

Allow yourself to surrender in the element of water as you are gently aligned in a personal Watsu session. Watsu is a gentle form of body therapy performed in warm water. It combines elements of massage, joint mobilization, shiatsu, muscle stretching and dance. Relax even further as your therapist performs a full body massage with deeply conditioning therapeutic ESPAoils. Swimsuit required.

150 minutes



ESPA Holistic Obsidian Stone Experience

A total delightful experience to restore your wellbeing. The black Mexican obsidian stone is believed to relieve depression and is considered effective for grounding and healing. This new age of using gemstones in fact has been around and practiced for thousands of years to restore equilibrium and inner harmony by balancing the flow of energy. Skin brushing, a total body massage with ESPA-blended aromatherapy oils, combined with heat and pressure from the stones, will rebalance and re-energize. Tension is lifted with an acupressure head massage to calm and soothe the mind and spirit. This is combined with a spearmint and aloe full body exfoliation, a wonderfully soothing facial cleanse and ends with an unwinding bath soak.

180 minutes

One&Only Sun Ritual

A luxurious ritual to relax mind and body and prepare your skin for a sun-kissed glow or nourish and cool a sun bronzed body. Wonderfully exfoliating sea salts are combined with incredibly nourishing essential oils to stimulate circulation and soften the skin in preparation for a full body massage with a synergy of intensely moisturizing aromatic oil and deeply nourishing body cream rich in replenishing wild yam and flower algae.

120 minutes

ESPA Relax and Restore “Oceano” Experience

Utilizing the ocean’s cooling and calming characteristics, the “Oceano” Experience begins with a salt and oil full body exfoliation, a soothing massage, followed by an envelopment of fresh algae or nourishing marine mud, combined with ESPA aromatherapy oils to soothe the skin and restore balance to overactive minds. A facial cleanse and acupressure massage together with the restorative properties of a therapeutic aromatherapy bath soak complete this decadent experience.

180 minutes



ESPA advanced facials

Stress, anxiety, pressure of daily life, seasonal changes and pollution are visibly reflected in the condition of the skin. These specialized advanced treatments take facials beyond cleansing, toning and moisturizing and bring in progressive manual facial massage and holistic de-stressing. Totally tension relieving, the result is clear, natural healthy skin, rejuvenated, refreshed and renewed.

Super Active Repairing and Restoring Facial

Designed to help counter the effects of harsh products and aggressive treatments, this super active facial helps sensitized skin that requires restoring and rebalancing. The super active products, rich in plant oils and phyto-active extracts, together with scientifically advanced techniques help create evenness of skin tone, to visibly alleviate the effects of this specific skin condition, and restore vibrancy and luster to the skin. Only highly trained skilled therapists perform this exceptional facial which delivers instant results.

90 minutes

Super Active Toning, Lifting and Firming Facial

A highly effective treatment developed to help improve tonicity, firmness and combat the early signs of ageing. The powerful concentrate of super active ingredients produces instant, visible results, renewing collagen production and enhancing cellular communication. Using the most advanced facial techniques, the treatment is performed by hand selected, highly qualified therapists to deliver a deeply relaxing yet intensive experience, the benefits of which can be seen immediately.

90 minutes

Super Active Calming and Soothing Facial

This technically advanced super active facial cools and comforts irritated skin that is prone to redness. Using super active products (that contain a myriad of active ingredients to improve microcirculation and help strengthen capillary walls), and specially selected quartz crystals, the facial is particularly effective in providing soothing relief. The beneficial effects are enhanced by the specific therapeutic techniques used. Redness is visibly reduced and the skin is left calmed, soothed and hydrated.

90 minutes



ESPA intensive facials

These specialized advanced facial treatments go beyond cleansing, toning and moisturizing and into progressive manual facial massage and holistic de-stressing. Totally tension-relieving, the result is clear, natural healthy skin rejuvenated, refreshed and renewed. Each facial includes an ESPA Eye Lift to nourish and firm the delicate eye area.

ESPA Aromatherapy Facial

Suitable for all skin types, this deep cleansing, relaxing aromatherapy facial purifies, refines and hydrates. Specific active aromatherapy products are combined with acupressure massage, lymph drainage and Oriental Head Massage to leave the mind clear and the skin radiant and moisturized. Your therapist will evaluate your skin and tailor the facial for your skins unique needs.

90 minutes

ESPA Face and Back Facial with Obsidian Hot Stones

An all-embracing treatment combining deep cleansing and Hot Stone Massage for the back, neck and shoulders with a full ESPA Intensive Facial. The result is a re-hydrated, nourished and protected skin, a cleansed and powerfully massaged back and a sense of deep relaxation.

90 minutes

The ESPA Oil Controller Facial

This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. This facial uses products with naturally decongesting and anti-inflammatory ingredients such as Tea Tree and White Thyme to help soothe, calm, rebalance and encourage a clear complexion.

90 minutes

The ESPA Men's Purifying Facial, Shoulder and Scalp Massage

City pollution, environmental stress, travel, business pressures or lack of sleep are reflected in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed. The triple cleanse procedure which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body Oil to release tight muscles and tension.

90 minutes

Massage therapies

Swedish Massage*

This full-body massage flows with rhythmic grace and is both powerful and gentle simultaneously. As well as being a tonic for the soul, it can help improve the healthy functioning of the circulatory, lymphatic, muscular and nervous systems.

50 or 80 minutes

Deep Tissue Massage

Excessive physical activity can cause deep muscular and joint distress. This massage helps to warm and relax the muscles and improve range of motion. Enjoy before physical activity to increase flexibility and afterward to help the speedy recovery of strained muscles.

50 or 80 minutes

Hot Stone Therapy

Basalt Stones bathed in warm water and anointed with aromatic ESPA oils are massaged on key energy points of the body to balance the spirit. The deep penetrating heat of the volcanic stones combined with traditional massage techniques is an experience that is nothing short of divine.

90 minutes

Thai Massage*

Performed in the privacy of your room or in an outdoor palapa, this clothed massage, developed centuries ago in Thailand, aims to release tension, increase vitality and flexibility and create wholeness of body, mind and spirit. It is a masterful fusion of Indian Ayurvedic stretching techniques and Chinese methods of deep-tissue pressure point massage. These ancient techniques stimulate the blood flow and release toxins, allowing the body to heal itself naturally. Enjoy your massage treatment in a luxury spa villa, in your guest room, or with an ocean view.

90 minutes

Palmilla Chocolate Synergy

Inspired by the ancient Mayans, One&Only Spa has created a blend of various massage techniques using Mexican herbal compress and chocolate oils. This synergy starts with choosing your own aroma therapeutic chocolate oil while enjoying your foot bath. The compress' healing properties of thyme, Mexican arnica, wild parsley and calendula work on your back and are used to treat the muscular tension while the warm chocolate oil poured over the body has unique sensory properties to enhance positive moods, skin's blood flow and hydration. Optimum benefits are achieved through the colorful formulation of Shiatsu, Quenquido (slowly releasing adhesions of the connective tissues), Lymphatic Drainage and Sports Massage ingredients. This out of the ordinary therapy is a must-try experience while visiting One&Only Palmilla! You may choose to enhance this unique synergy with our One&Only Palmilla four-hand massage.

90 minutes

ESPA Aromatherapy Massage*

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs to bring your body and mind into perfect balance.

50 or 80 minutes

Watsu Therapy

A sequence of gentle movements and stretches in warm water, Watsu (WATER SHIATSU) relaxes and nurtures the body and soul. Releasing stress, quieting the mind and caressing the body, you are supported by water while moving to the rhythm of your breath. This highly spiritual therapy is great to reconnect mind and body. Swimsuit required.

60 minutes

Couple Massage Lesson

Learn to give the art of touch to your loved ones! This exclusive lesson teaches you simple massage techniques on the back or foot and leg or shoulders, face and scalp. Includes a hand-out and aroma therapy massage oil to take home.

60 minutes

Other Massage Therapies

Subject to specialist availability.

Exotic Alternative, choose from:

Palmilla Four Hand Massage, Foot Reflexology or Shiatsu.

Essential, choose from:

Lymphatic Drainage or Sports Massage.

** Available in palapa Brisa del Mar*



Body treatments

ESPA Contouring Body Treatment

Combining the richness of marine plants with the power of aromatherapy, this renewing treatment deeply detoxifies, decongests and stimulates your body's systems. To further amplify the results, the wrap is followed by a customized 60- or 90-minute massage.

120 or 150 minutes

ESPA Ultimate Body Wrap

Not just a body wrap but also a holistic experience which includes lymphatic skin brushing, body exfoliation, before the complete enveloping body wrap of Marine Algae, Marine Mud or Oshadi Clay mixed with specific aromatherapy oils. Ultimate tranquility is achieved with a mind calming Oriental head massage.

60 minutes



Wellness Center

Continue your lifestyle regimen while on vacation. Our Wellness Center is equipped with Technogym® cardiovascular equipment and weight machines, considered the most cutting-edge technology based equipment in the world. Other options include Technogym's Wellness System™ and Polar's Body Age System, fitness assessment technologies that evaluate your lifestyle and current state of health and create a customized program focused on exercise and nutrition. A selection of both personal and group sessions is also available to strengthen and balance both body and mind. Contact the spa for daily class schedules or to book a session.

Wellness System

Used by over 2 million people around the world, the Wellness System not only helps you achieve your fitness goals it allows you to view your exercise program and progress. The wellness system increases motivation with a clearly defined routine to follow and constant feedback on your progress which keeps you motivated to continue until your goals are achieved. The system includes:

- Consultation – personal wellness system training session
- Receive Wellness Key – personalized exercise program
- Workout – insert wellness key into equipment and follow resistance and duration instructions
- Follow up consultation – receive feedback from wellness system expert to continue to achieve results

QXCI (Quantum Xiroid Consciousness Interface)

How well do you know yourself? Discover the connection of mind, body and soul. Biofeedback is a non-invasive therapeutic technology that energetically scans and harmonizes body's stresses and imbalances.

Find your energetic imbalances of stressors such as viruses, nutrition, allergies and understand your body's possible needs. This combination of ancient healing and modern technology information offers a complete view of each facet of your health. Recommended to be taken with a Transformational Breath Work or included in our Wellness Journeys.

90 minutes

Yoga

This practice of Indian origin combines Asanas (postures) to enhance strength and flexibility as well as balance and alignment. The classes draw focus to the fitness of body and mind suitable for all levels and traditions. Programs: Yoga Challenge Group Class, Private and Couple sessions, Family Yoga, Therapeutic, Intensive, Weight Loss, Athletic Conditioning, Qi of Golf.

60 or 90 minutes

Kinesis

Whether individually or in groups, any adult can use Kinesis – for general conditioning, sports specific training, weight loss and more. Kinesis enables users to move three dimensionally and without restrictions to help you achieve your wellness goals. The objective of Kinesis is to replicate the movements and exercises that most naturally fit the needs of the human body and mind. Several different muscles are worked synergistically at the same time allowing for faster results in a shorter amount of time.

60 minutes

Pilates

Developed in the 1920s by the legendary physical trainer and founder of the Pilates Studio,™ Joseph H. Pilates, The Pilates Method is an exercise system focused on improving flexibility and strength for the total body without building bulk. The technique can be best described as a merging of Yoga and Tai Chi through a series of choreographed exercises. Improve flexibility, strength, and endurance while calming the mind.

60 minutes

Transformational Breath Work

This powerful breathing technique creates physical, mental, emotional and spiritual integration. In Asian beliefs, the breath has the power to heal and revitalize on a cellular level, maximizing the profound physical benefits that the increase of oxygen in your system can bring.

60 minutes

Personal Training

Wellness is a way of life. We offer you the tools to create or continue a customized program suited to your needs. One&Only Palmilla is one of the few specialized training centers nationwide to offer the exclusive Polar Body Age Evaluation as part of your assessment to evaluate your real “Body Age”. Chronologically you may be 40 years old, but physiologically you may be 50. You will be given a detailed analysis and graphical representation of where you rank in each fitness and risk factor category. Your trainer will then prescribe an accurate training program to assist you in reducing your physiological age to its obtainable goal, therefore prolonging your life by enhancing your overall fitness.

60 minutes

Indoor Cycling

Get on your bike and pedal your way to a new level of fitness. Indoor Cycling is a fantastic way to boost endurance through cardiovascular training. This fast-paced class allows you to burn calories while having fun.

60 minutes

Group Fitness Classes

The Wellness Center offers a variety of group classes with focuses on general aerobic training as well as specific target areas. Allow us to advise you on the current schedule.

50 or 60 minutes

Power Plate

Power Plate® equipment is the premium vibration device powering a new dimension in wellness solutions for all ages, lifestyles and physical abilities. It uses the principles of Acceleration Training™ to stimulate the body’s natural response to vibration. These vibrations transmit waves of energy throughout the body, activating muscle contractions between 25 and 50 times per second, enhancing overall performance in sessions as short as 15 minutes a day, three times a week. Personal session is highly recommended.

60 minutes



New beginnings

Unique spa rituals for expectant or new mothers have been created for their nourishing and soothing qualities, perfect for this very special moment in time. Please note that certain treatments or techniques may not be suitable during the first trimester.

ESPA Total Indulgence Pre or Post-Natal Treatment

This total body treatment has been carefully designed for pregnant and nursing mothers to take account of all contraindications and aid in relaxation and tonicity of the skin during this very special time. It will ease the discomfort of exhaustive heat and humidity, leave the skin toned and the mother-to-be totally relaxed.

90 minutes

The ESPA Intensive Pre-Natal Facial

Totally focused on naturally improving the condition of the skin and enhancing its appearance at this hormonal time of life. This facial includes specialized double cleansing techniques, gentle exfoliation, acupressure facial massage and a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing and therapeutic Oriental head massage with Pink Hair and Scalp Mud and then enjoy specific moisturizing and skin protection to suit your needs.

60 minutes

Nourishing Massage (four to nine months)

The nine month journey of nurturing is a special time for both mother and child. Special massage techniques are adapted to each stage of pregnancy. Your massage will be customized to ensure safety.

60 or 90 minutes

Pre-Natal Watsu

Watsu is a form of warm water massage. During a Watsu session, your back will feel supported and at ease as your buoyancy in the water relieves the extra pressure that you feel with baby inside. With the body afloat in warm water, Watsu allows for the gentle mobilization of joints and soft tissues that is difficult to achieve on land. You will also feel your baby's response to the space that buoyancy creates, often a source of much joy.

60 minutes



Family sanctuary

Spend quality time with your child and create a peaceful haven with private side-by-side treatments in your guest room or Palapa Brisa del Mar.

The Family Sanctuary is designed for parents and children aged 12 years and above.

Choose from:

Parent: Soothing Wellness Massage

Child: Delightful Head, Hand and Foot Massage

This gentle massage is a truly relaxing treatment for calming the mind and releasing tension. Your child or teenager may enjoy the delightful massage alongside for an equally calming experience.

50 minutes

Parent: Bastien Global Pedicure

Child: Luxury Foot and Hand Treatment

This procedure aims to give you a fresh awareness of your feet. It combines Bastien's medical expertise to smooth areas of hard skin and nail, a unique buffing process to bring a brilliant shine to the nail plate and a foot and leg massage to leave you feeling weightless. Meanwhile your child will enjoy a luxury foot, hand and nail treatment which includes a gentle skin softening exfoliation and a relaxing massage with nourishing massage oil. To finish your child's treatment, a choice of nail color for the girls.

60 minutes

Parent: ESPA Facial

Child: Soothing Child's Mini Facial, Hand Massage and Nail Art

This pampering hands-on facial is the ultimate in relaxation! The skin is treated with a holistic approach using deeply soothing facial massage techniques. Whilst the mask is taking effect, experience a relaxing and therapeutic head massage. Softens expression lines, and is totally tension relieving for all skin types. Your child will enjoy a gentle mini facial and relaxing hand massage, finishing with fun and funky nail art from our expert manicurist.

60 minutes

Enjoy our specially designed treatments for parent and child in the Hair & Nail Spa at One&Only Spa. Our beauticians will dedicate 45 minutes to you and your child offering the following treatments:

Foot and Leg Revitalizer

The ultimate soothing experience for tired feet! Your feet are pampered in a foot ritual with essential oils followed by a deluxe foot massage.

Hair and Scalp Treatment or Hair Braiding

This scalp treatment incorporates a conditioning mask to nourish, soften and smoothen the hair followed by a soothing massage of the head and shoulders.

Manicure or Nail Art

A luxurious and relaxing hand massage with blended oils and a rich hand lotion will complete your manicure/nail art experience. Your nails will look and feel exquisite!

Fit, Fun and Cool (Teens only)

A very special treat exclusively designed for teenagers to experience One&Only. The two day- arrangement includes the following One&Only Spa and Fitness activities:

Day 1:

- A 45-minute Palapa Fitness Program
- A 45-minute Foot and Leg Revitalizer
- A 45-minute Hair and Scalp Conditioning treatment

Day 2:

- A 45-minute Palapa Teens Yoga
- A 45-minute Hair Braiding or styling
- A 60-minute Mini Manicure and Pedicure

Kids & Teens Stuff

- Hair Braiding, Princess Updo, Junior Hair Cut and Style Fun and Funky Nail Art, Hair and Scalp Conditioning Treatment (45 minutes)
- Foot and Leg Revitalizer (45 minutes)
- Manicure and Pedicure Combo (60 minutes)
- Teens Manicure or Pedicure (45 minutes)
- Teens Face Care and Make-up Lesson (90 minutes)

All treatments will come with a complimentary milkshake or fruity juice.

One&Only Spa is an adult spa. All family sanctuary services are performed either in the Hair & Nail Spa, Palapa Brisa del Mar or in the privacy of your own room. Children from 14 to 16 years of age are allowed to use the facility with parental or personal trainer supervision.

Special Fitness activities for teenagers are provided during off hours, please ask the spa concierge for more details.

Health Conditions

Please advise us of any health conditions, allergies or injuries that could affect your child's treatment. All consultation forms are to be signed by a parent or guardian prior to receiving a treatment.

Loss or Damage

We regret that we cannot be responsible for any loss or damage to personal articles and valuables during your child's visit.

Bastien's pedicure concept

Bastien Gonzalez's pedicure takes a more holistic approach through the integration of well-being with glamour and sensuousness. Tension and heaviness are released from your feet and legs, while your whole body experiences the sensation of lightness.

Bastien Global Pedicure

Bastien's pedicure is a new concept of global pedicure, which meets the following three essential requirements:

- Beauty – (cut and natural brilliance of the nail) The nail becomes naturally shiny, more than it would with a coat of nail polish.
- Health – The goal is to eliminate any nail problems or sign of skin rigidity (corn, callus or any other painful thickening)
- Well-being – Achieved through a specific massage focusing on muscular flexibility, joint mobility, blood circulation and skin elasticity.

60 minutes

Bastien Manicure

It pampers damaged hands and makes them look like jewels. Nails are polished with 'Stardust buffing paste' and look as shiny as if they had a coat of nail polish. Fingers, wrists, forearm and elbow are softly massaged, a feeling of well being going up to your shoulders... Utter relaxation!

45 minutes

Foot Refoundation Massage

A truly relaxing massage, focusing on five main aspects of feet: muscular flexibility, joint mobility, blood circulation and skin elasticity. From leg down to toes, each muscle and tendon recovers optimal mobility. And this feeling is amazing.

30 minutes

Hair and nail spa services

Hair Services

- Women's Cut and Style
- Gentlemen's Cut
- Shampoo with Blow Dry
- Shampoo with Up-Style

Other services such as color, highlights, and permanent waves are available upon request. Waxing and makeup application services are also available. Please contact the Spa for further information.

Nail Services

Nail Enlightenment Manicure or Pedicure

Infused with specially sourced and selected plant essences to meet your personal needs. Includes cuticle care, nail file and buff, moisturize and nail polish.

45 minutes or 55 minutes (French Polish)

ESPA Luxury Hand and Nail Treatment

The holistic arm, hand and nail treatment includes a gentle skin refiner and a therapeutic massage with the appropriate aromatherapy massage oil chosen for your individual needs. Hands and nails are dipped in warm paraffin wax to nourish and condition them and then wrapped in warm mitts.

55 minutes

ESPA Luxury Foot and Nail Treatment

A holistic foot and nail treatment includes gentle exfoliation and a relaxing pressure point massage with the appropriate aromatherapy massage oil for your individual needs. The feet are enveloped in warm paraffin wax to deeply nourish and condition the skin, leaving them soft and smooth.

75 minutes

Acrylic nails, nail repair, and other nail services are available upon request.



Palapa Brisa del Mar

Located adjacent to the Vista Point, these two unique palapa's with a dramatic ocean view are specially designed for open-air therapies, peaceful relaxation and as a meditation overlooking the infinite sea to encourage a nurturing holistic experience. The sound of water from the spectacular Sea of Cortez greets you while the sound of waves crashing against the rocks below add to this tranquil paradise. Subject to weather conditions.

All treatments end with a 15-minute in-palapa restorative time.

Brisa del Mar Relaxation

Enjoy an outdoor ESPA aromatherapy massage using a combination of warm sun baked stones to deeply relax the body and cool refreshing stones to improve circulation. A final embrace of natural aloe will ensure that your skin is perfectly hydrated.

120 minutes

Cooling Body Soother

This body treatment is the perfect synergy for relieving tension and enhancing relaxation using a soothing and cooling body emulsion. A choice between sunscreen or after-sun gel is applied before the foot massage to complete the whole experience. A remedy for overexposure to the sun.

120 minutes

Exotic Thai Journey

Thai massage is one of the world's oldest healing modalities. A blend of passive stretching and acupressure in meditative surroundings enables this healing art to simultaneously evoke a feeling of total relaxation and renewed energy. The body and mind are left relaxed while the Oriental scalp massage is performed.

120 minutes

Yoga Shiatsu/Reflexology Fusion

Yoga is an excellent way to de-stress as it works the nervous system in conjunction with muscles, bones and joints. The goal is to balance mind and body through a series of physical and breathing exercises. The session ends with a deeply rejuvenated hands-on shiatsu or foot reflexology therapy.

120 minutes

Spa Etiquette

To make the most of your spa experience and support the benefits of your treatment, we recommend you arrive 30 minutes prior to your scheduled time to enjoy our inviting wet areas comprised of hot and cold plunge pools, steam rooms and saunas. Swimwear is optional. If ever your time would be limited before your treatment, please be informed that a late arrival will deprive you of your treatment time. As a courtesy to the next guest, your appointment will end as originally scheduled should you arrive late. As your treatment continues to benefit both body and mind, we invite you to rest and recuperate in our comfortable loungers. Lay down to relax and embody your experience. Stay for as long or as little as you like. For your convenience a robe, towels and slippers will be provided. During all treatments you will be properly draped for ensured privacy. While the spa provides lockers, it is recommended that you leave valuables in your guest room safe. The 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 and camera while enjoying the spa. Smoking is prohibited throughout the spa.

Pregnancy

We have specially designed treatments for expectant mothers. Please allow us to assist you in selecting suitable services for this special time. We recommend that you check with your physician before booking any spa service. Certain treatments and techniques may not be available during the first trimester.

Health Conditions

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa facilities.

Reservations

We recommend making reservations in advance, particularly if you choose to enjoy multiple bookings during your stay. The spa provides walk-in bookings based on availability. We welcome spa guests from the age of 16 for all treatments and use of the spa and fitness facilities. From your guest room, touch the One&Only Spa button on your telephone or dial extension 7014. We invite you to advise us of any special preferences, concerns, or focus areas to make the most out of your experience when making your reservation and during your treatment.

Gift Certificates

Our gift certificates make a wonderful gift for any special occasion.

Hours of Operation

Spa is open from 9am to 9pm daily.

The One&Only Fitness Center is open from 6am to 9pm daily.

Cancellation and Change Policy

We kindly ask our guests to give a minimum of four hours notice for changes or cancellations. With fewer than four hours notice you will be charged for 100% of your treatment. If appointments are reserved before arrival at the resort, the spa cancellation policy follows that of your resort reservation.

Spa rates

ESPA Personal Lifestyle and Wellness Journeys

Body Detox and Contour Journey	\$880
Anti Stress Journey	\$976
Grand Celebration Journey	\$864 per person
One-Day Relaxation	\$650
One-Day Bridal Journey	\$601

ESPA Signature Experiences

Aztec Aromatic Ritual	180 minutes \$450, 210 minutes \$530
“Salud Por Agua”	150 minutes \$370
ESPA Holistic Obsidian Stone Experience	180 minutes \$450
One&Only Sun Ritual	120 minutes \$300
ESPA Relax and Restore “Oceano” Experience	180 minutes \$450

ESPA Advanced Facials

Super Active Toning, Lifting and Firming Facial	90 minutes \$250
Super Active Calming and Soothing Facial	90 minutes \$250
Super Active Repairing and Restoring Facial	90 minutes \$250

ESPA Intensive Facials

ESPA Aromatherapy Facial	90 minutes \$235
ESPA Face and Back Facial with Obsidian Hot Stones	90 minutes \$235
The ESPA Oil Controller Facial	90 minutes \$235
The ESPA Men’s Purifying Facial, Shoulder and Scalp Massage	90 minutes \$235

Massage Therapies

Pamilla Chocolate Synergy	90 minutes \$250
ESPA Aromatherapy Massage□	50 minutes \$150 80 minutes \$225
Swedish Massage*	50 minutes \$150 80 minutes \$225
Deep Tissue Massage	50 minutes \$150 80 minutes \$225
Hot Stone Therapy	90 minutes \$250
Thai Massage*	90 minutes \$250
Watsu Therapy	60 minutes \$165
Couple Massage Lesson	60 minutes \$195

Body Treatments

ESPA Contouring Body Treatment	120 minutes \$300 or 150 minutes \$370
ESPA Ultimate Body Wrap	60 minutes \$160

Wellness Center

Wellness System	\$220
Polar Body Age Evaluation	60 minutes \$110
QXCI (Quantum Xiroid Consciousness Interface)	90 minutes \$175
Yoga	60 minutes \$180
Kinesis	60 minutes \$110
Pilates	60 minutes \$110
Transformational Breath Work	60 minutes \$135
Personal Training	60 minutes \$110
Power Plate	60 minutes \$110

New Beginnings

ESPA Total Indulgence Pre or Post Natal Treatment	90 minutes \$260
The ESPA Intensive Pre-Natal Facial Body Wrap	60 minutes \$158
Nourishing Massage	60 minutes \$165
	90 minutes \$250

Family Sanctuary

Parent: Soothing Wellness Massage	
Child: Delightful Head and Hand Massage	50 minutes \$290

Parent: Bastien Global Pedicure	
Child: Luxury Foot and Hand Treatment	60 minutes \$265

Parent: ESPA Facial	
Child: Soothing Childs Mini Facial, Hand Massage and Nail Art	60 minutes \$330

Foot and Leg Revitaliser	45 minutes \$120
Hair and Scalp Treatment or Hair Braiding	45 minutes \$130
Manicure or Nail Art	45 minutes \$180
Fit, Fun and Cool	1 teen \$445, 2 teens \$710 or 3 teens \$1,065
Fun and Funky Nail	45 minutes \$45
Manicure and Pedicure Combo	60 minutes \$75
Teens Manicure or Pedicure	45 minutes \$40
Teens Fruity Face Care and Make-up lesson	90 minutes \$150

Bastien's Pedicure Concept

Bastien Global Pedicure	\$150
Bastien Manicure	\$80
Bastien Foot Refoundation	\$80

Hair Services

Shampoo with Blow Dry and Style	starting at \$45
Hair Cut and Style	starting at \$35
Permanent Wave or Color or Highlights	starting at \$70
Waxing	starting at \$24
Makeup Consultation and Application	\$80

Nail Services

Nail Enlightenment Manicure	45 minutes \$55
Nail Enlightenment Pedicure	55 minutes \$95
ESPA Luxury Hand and Nail Treatment	55 minutes \$90
ESPA Luxury Foot and Nail Treatment	75 minutes \$120

Palapa Brisa del Mar

Brisa del Mar Relaxation	120 minutes \$300
Cooling Body Soother	120 minutes \$300
Exotic Thai Journey	120 minutes \$275
Yoga Shiatsu/Reflexology Fusion	120 minutes \$275

** Available in Palapa Brisa del Mar*

Prices are listed in US Dollars and are subject to an 18% service charge and 10% mandatory tax.