QUINTA ASCENSIÓN

Hotel boutique - SPA - Restaurante

FACIAL SPA

Regenerating $1250

Oily mask dotted with 24K gold dust to rejuvenate the face, softens and redensifies the complexion making it more radiant.
Time 50 min.

MASSAGES

Classic $1650 / $2050

Muscles are worked intensely; relax,
It balances and releases body pressure.
Time 60/ 90 min.

Energetic $1750 / $2150

Technique performed with hot and cold stones in movement through the muscles of the body.
Time 60 / 90 min.

Relaxing $1650 / $2050

Relaxing and therapeutic massage of maneuvers and smooth movements; understand the use of oils Essential for a variety of purposes.
Time 60 / 90 min.

Healing $2100 / $2650

Energy points of the body are stimulated; brings rejuvenation and detoxification techniques.
Time 60 / 90 min.

Anti-stress $1050

Energy points of the torso and face are stimulated; brings rejuvenation and detoxification techniques.
Time 30 min.

Reflexology $1050

Energy points of the feet are stimulated to soothe the pain, facilitate the elimination of toxins and prevent certain diseases and health problems.
Time 30 min.

* Our prices do not include taxes

BODY SPA

Remineralizing treatment $1850

Antioxidant Body Scrub formulated with Organic Sugar, Antioxidant Extracts, Mineral Salts, Green Tea leaves and emollients that will help get rid of dryness and leave your skin Soft and Smooth.
Time 60 min.

Marine treatment $1050

Facial mask that attenuates the feeling of fatigue and improves the state of well-being and marine immersion that provides minerals and trace elements based on salts that strengthen the body.
Time 40 min.

Herbal treatment $1050

Marine immersion based on salts and medicinal herbs to calm the senses and reduce pain and muscle. The benefits we get will depend on the plants we choose for that bathroom.
Time 40 min.

CIRCUITS

To obtain a complete relaxation effect, clear the mind and free the body, the combination of Body Spa and Massage elements is suggested.
The thermal stimuli on the skin cause a response in the blood circulation and through this, the nervous system reaches a deeper level of relaxation during the massage.

*All circuits include complimentary drink during the tub, chromotherapy and aromatherapy; Costs depend on the combination chosen.

5ta_spaz

Quinta.Ascension

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Terapias Ayurvédicas

Abhyanga: Tratamiento tradicional ayurvédico con fines medicinales y terapéuticos. Equilibra los doshas. Drenaje linfático que activa el sistema inmunológico. Desintoxica el cuerpo al desbloquear el flujo natural, energético, físico y emocional. Activa el sistema circulatorio y relaja profundamente el sistema nervioso.
Aplicación de aceites calientitos con extractos de plantas medicinales.

Shirodhara: Actúa sobre la glándula pineal y la pituitaria, proporciona un estado de reposo del sistema parasimpático y el sistema nervioso central. Combate el insomnio, la depresión y la ansiedad.

Shiroabhyanga y Terapia de Puntos Marma : Alivia la tensión mental, muscular y la ansiedad. Equilibra todo el cuerpo y proporciona una sensación de calma y de paz. Trabaja sobre los chakras superiores, movilizando la energía estancada. Reduce la fatiga visual, el dolor de cabeza, la sinusitis, la congestión y el insomnio. Es muy beneficioso contra la migraña.

Terapia de Vasti: Tratamieno focalizado para el útero, el corazón, las lumbares o alguna otra área específica.

TIEMPO/PRECIO

1 hora	$2,100.0
2 horas	$3,500.0
1 hora	$2,000.0
1.5 horas	$2,500.0

Previa cita y disponibilidad.

Nuestros precios no incluyen IVA.