Spa | AMET

MENU

MASSAGES

BACK MASSAGE — 25 min

Helps eliminate accumulated tension in the back, shoulders and neck.

AROMATHERAPY MASSAGE — 55 min

Relaxing Swedish technique that utilizes the effects of different aromas to help combat muscular tension.

SPORTS MASSAGE — 55 min

Deep and invigorating, to promote the recovery of tired muscles and balance the effects of intense exercise.

THERAPEUTIC MASSAGE — 80 min

Deep massage that eliminates accumulated tension in the body and reestablishes the flow of energy using acupressure, reflexology and stretching techniques.

PRENATAL MASSAGE — 55 min

Decreases soreness of the legs and back, improves circulation and increases the future mother's overall wellbeing.

THERAPIES

REFLEXOLOGY — 50 min

A therapy consisting of stimulation of reflexive points on the feet that correspond to nerve endings of the vital organs. Its activating action provides a therapeutic effect,and total relaxation of the hands and feet.

ACUPRESSURE — 80 min

An ancient curative art that uses finger pressure on key points on the surface of the skin, to stimulate the body's natural self-healing abilities.

LYMPHATIC DRAINAGE — 80 min

An excellent treatment that helps increase lymphatic and blood circulation, eliminate toxins and reinforce the immune system.

HOT STONE MASSAGE — 90 min

Feel the heat of the stones on your body, uniquely able to absorb negative energy. This is a therapy for combatting the anxiety produced by stress, leading to a state of relaxation, balance and wellbeing.

SPECIAL MASSAGES

MOONLIGHT MASSAGE (COUPLES) — 60 min

Share a relaxing massage as a couple in our specially-designed outdoor cabana. Feel the sensations of wellbeing and relaxation with a treatment dedicated to balance the body and mind. Enjoy this romantic experience under the moonlight and stars.

CANDLE MASSAGE — 60 min

Carried out with warm golden drops from a candle made of lavender, tangerine, salt, incense and palm wax. The exclusive manipulations and pleasant aroma of the candle make this therapy something unique and different.

ETERNAL YOUTH MASSAGE — 50 min

Soft and delicate; activates the circulation, improves lymphatic system function and eliminates toxins. Perfect for people with back and hip discomfort.

EXFOLIATION

SALT EXFOLIATION — 55 min

Uses salt from seaweed to exfoliate the skin and eliminate dead cells. Improves circulation, hydrates the skin and concludes with a light massage.

CHOCOLATE EXFOLIATION — 55 min

A cocoa extract body exfoliant with triple action: hydration, antioxidant and anti-cellulite. Leaves you with smooth skin and a pleasurable sensation of wellbeing.

BAMBOO EXFOLIATION — 55 min

A sophisticated fusion of bamboo, argan, olive, orange, and Jejú extract. It has an anti-inflammatory effect and is rich in antioxidants. Its essence revitalizes the senses, purifies the skin and removes dead cells while balancing the skin texture and tone.

TREATMENTS

VOLCANIC MUD WRAP — 80 min

A body application of volcanic mud, rich in minerals and enzymes that strengthen muscle tone and activate the circulation. It is also an excellent anti-inflammatory and helps detoxify the system.

SEAWEED WRAP — 80 min

Purifying and regenerating seaweed wrap with organic iodine and minerals that activate the functions of the body. Excellent for preventing and controlling cellulite.

CHOCOLATE WRAP — 80 min

An essential source of beauty and wellbeing that molds your figure, releases tensions and awakens the senses. An authentic choco-therapy with anti-cellulite action.

TREATMENTS

GRAPE WRAP — 80 min

A luxurious purple grape wrap that leaves the skin looking younger. This innovative therapy uses the antioxidant properties of grape extract, which stimulates the senses, relieves stress and rejuvenates the skin.

VITAMIN C WRAP — 80 min

Pamper your body with the goodness and benefits of vitamin C and micro-particles of orange peel and lemon concentrate; ingredients that help the skin neutralize free radicals, stimulate the production of collagen, regenerate and achieve better hydration, leaving it luminous and healthy.

FACIALS

DEEP CLEANSING FACIAL — 70 min

For all skin types, featuring deep cleansing, extraction, toning, relaxing massage and mask. The result: healthy skin.

HYDRATING FACIAL — 75 min

Combines the benefits of deep cleansing with hydration. Recommended for dry, combination, oily and sensitive skin.

REJUVENATING FACIAL — 75 min

A treatment that softens expression lines and tones the muscles with a concentrate of fruit vitamins. Includes extraction.

EXCEL THERAPY — 90 min

Enhanced by cytokines and soy proteins, this therapy improves the skin's self-defenses and cellular self-regeneration abilities. Its plastic mask re-firms and provides greater smoothness to the epidermis, with visible and immediate results that last several weeks.

FACIALS

HYDRALURONIC INTENSE HYDRATION — 90 min

For all skin types. Helps recover, balance and maintain optimum skin hydration levels, promoting its natural resistance against premature aging, climatic exposure, marked lines and lack of elasticity. Its principal ingredients are hyaluronic acid, lactic acid, micro-sponges of ceramides and volcanic thermal water. Together, they help control loss of water from the dermis, leaving the skin silky and deeply moisturized.

TIMEXPERT WRINK-LESS PRO-COLLAGEN THERAPY — 110 min

An exclusive method of working specifically on wrinkles and expression lines; its components correct, soften and reinforce the elasticity of the skin. Recommended for all skin types.

TIME EXPERT LIFT - REINVENTING THE COSMETIC FACELIFT — 110 min

The latest antiaging triumph, intended to “reconstruct” the support and filling structure of the skin. Its forces go directly to the tissues, to regain the contour of the face and improve skin quality. This profound action results in a lifting effect on the surface, as it elevates, fills and tightens. Recommended for all skin types.

FACIALS

ORGANIC FACIAL — 70 min

A delicate treatment using white tea cultivated in the highest mountains of China, which provides antioxidant properties to the skin. Active and organic agents offer protection against external factors and extend the life of cells, as well as hydrating, softening and improving cutaneous oxygenation.

VITAMIN C FACIAL — 80 min

This facial's anti-oxidant action, among other benefits, regenerates, illuminates, hydrates and provides the skin with a uniform tone. Recommended for all skin types, particularly skin that is dehydrated from prolonged exposure to the sun.

HYDROFIRMING-HYALURONIC FACIAL — 80 min

During this facial, small molecules of hyaluronic acid penetrate to the second layer of the skin and provide elasticity and firmness as well as decreasing the depth of wrinkles. The active agents of this treatment regenerate the stratum corneum and prevent dehydration.

Some services are not recommended for people with high blood pressure, pacemakers or allergies to marine and iodine components. Please consult our receptionists before making your appointment.

BEAUTY SALON SERVICES

- Waxing
- Nail care
- Manicure
- Pedicure
- Haircuts
- False eyelashes
- Hair treatments
- Color and permanents
- Updos
- Makeup
- Bridal Hairstyles



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