

*“Naj Naáy Spa gives you the most pleasant
welcome and invites you to pamper, relax and
rejuvenate yourself.*

*A special collection of treatments
that combines the ancient Zen
culture fusion of pure ingredients and
delicate fragrances, with innovative
quartz techniques and tropical fruits.*

*Let us pamper you according to your
needs*

Open daily from 9 am to 6 pm.

Massages

Back and Neck Anti-Stress

Relaxes neck, shoulder and back tension and muscle pain, improving circulation and alleviating neck stiffness and extreme fatigue.

30 min / 45 US

Swedish

Traditional muscle relaxation massage that combines light to medium soft strokes and manipulations which are ideal for relaxation, relief of muscle stress and restore the body's vitality.

60 min / 100 US

90 min / 135 US

Aromatherapy

Aromatic curative balms are applied with a multidimensional massage of rhythmic movements. The use of essential oils combines the sense of smell with the sense of touch to eliminate physical and mental tension, reduce stress, improve the immune system, and help the lymphatic system and vascular circulation.

Choose from:

- ✓ Detoxifying
- ✓ Energizing
- ✓ Balancing
- ✓ Anti-Stress

60 min / 120 US

90 min / 150 US

Deep Tissue

Aimed at the deeper tissue structures of the muscle, based on strong therapeutic pressure. Designed for people with chronic muscle pain as a result of injuries and contractions aggravated by travelling.

It's important to drink a lot of water after the treatment to help flush lactic acid out of the tissues.

60 min / 120 US

80 min / 150 US

Sports

A combination of stretching and rubbing to eliminate tension and alleviate muscular pain, stimulating circulation and discarding accumulated toxins. These techniques vitalize muscles and improve your range of motion.

60 min / 135 US

90 min / 160 US

Holistic

Holistic massage is an ancient method of healing that clears the lymphatic system and releases toxins from the body. Thought to relax your body and mind, releasing tension and stress, health's biggest enemy. This massage also stimulates blood circulation, helps muscles relaxation and improves skin health. It is appropriate for all parts of the body, especially back, neck, hands, arms, belly and head.

60 min / 120 US
90 min / 150 US

Energetic

A massage to balance body, mind and soul. Helps fight depression and fatigue, relieves emotional and physical tension, regulates the nervous system and eliminates toxins from the organism.

60 min / 150 US

Hot Stones

It is a traditional massage using heated smooth and rounded stones, which help the correct flow of vital energy throughout the body and relaxation of the muscles, healing pain, tension, ultimately achieving a state of harmony between body and mind.

60 min / 120 US

90 min / 150 US

Reflexology

By stimulating the reflex points of your feet, the therapist activates the natural energy of the corresponding organs and stimulates and restores proper body function. Pamper yourself with this natural technique that also releases tension and unblocks energetic flows.

60 min / 100 US

90 min / 145 US

Prenatal

This massage relieves many of the normal discomforts experienced during pregnancy such as backaches, stiff neck, leg cramps, headaches and swelling. It promotes relaxation, soothes nerves, reduces anxiety and decreases depression symptoms in this most magical time for mother and baby.

60 min / 150 US

Tired legs

Relaxing massage with scented oil that eliminates legs tiredness, contributing to reduce the discomfort generated from varicose veins. It reactivates blood circulation and eliminates liquids retention.

60 min / 100 US

Lymphatic Drainage

Lymphatic drainage is a therapeutic treatment. The massage uses very light pressure and gentle, repetitive strokes to increase the flow of lymph and thus encourage circulation, relieving fatigue and reducing toxins in your body.

60 min / 150 US

90 min / 200 US

120 min / 250 US

Cranial Reflexology

Relaxes muscular tension and helps to concentrate, through the application of pressure in specific cranial points, releasing compression in those areas.

60 min / 100 US

Neuromuscular Massage

Recommended for:

- ✓ Strong headache and migraine
- ✓ Stiffness in the back and neck
 - ✓ Severe back pain
 - ✓ Carpal tunnel syndrome
- ✓ Numbness and tingling in the limbs
 - ✓ Chronic pain
- ✓ Muscular injuries from sports practicing

90 min / 150 US

Decontracting

Personalized massage focused on the back, shoulders, neck and legs contractures.

60 min / 135 US

90 min / 160 US

Neuro Sedative

Relaxing massage applying slow movements, varying the levels of rhythm and pressure. Helps to relax the muscles and indirectly the nervous system.

60 min / 140 US

90 min / 170 US

Rain drops

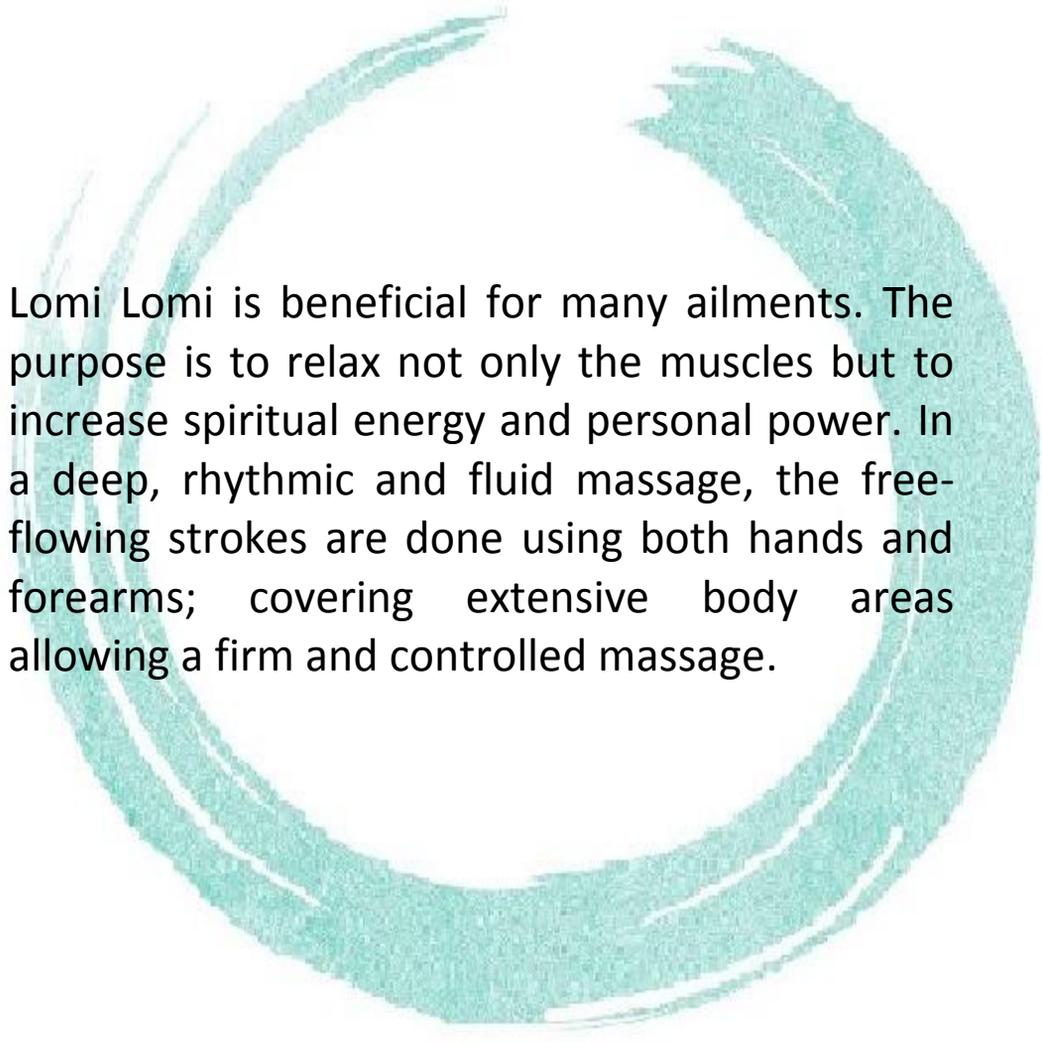
This technique is a natural therapy in which essential oils are applied on various areas of the body to help with relaxation, emotional release, tissue cleansing and spinal misalignments.

The goal is to give the organism its correct structural alignment, to remove toxins and problems related with the spinal column, in a soft contact simulating rain drops.

60 min / 120 US

Lomi-Lomi Massage

The art of Hawaiian sacred healing



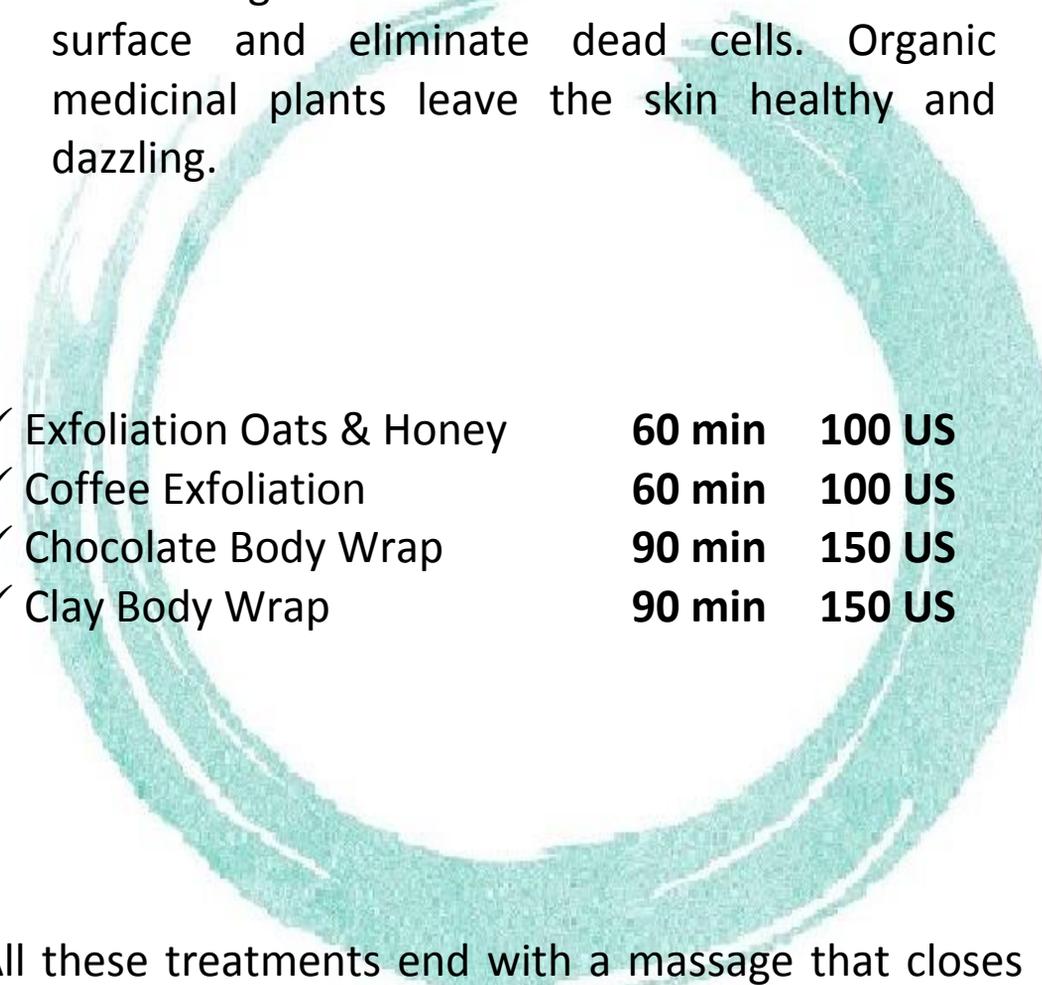
Lomi Lomi is beneficial for many ailments. The purpose is to relax not only the muscles but to increase spiritual energy and personal power. In a deep, rhythmic and fluid massage, the free-flowing strokes are done using both hands and forearms; covering extensive body areas allowing a firm and controlled massage.

60 min / 100 US

90 min / 135 US

Luxury Treatment Collection

Revitalizing treatments that clean the skin's surface and eliminate dead cells. Organic medicinal plants leave the skin healthy and dazzling.



✓ Exfoliation Oats & Honey	60 min	100 US
✓ Coffee Exfoliation	60 min	100 US
✓ Chocolate Body Wrap	90 min	150 US
✓ Clay Body Wrap	90 min	150 US

All these treatments end with a massage that closes the pores providing hydration and luminosity.

Gluteal Lift Massage

Slimming esthetic massage, obtained by using hot oils, rearranging the fat from legs and back to the gluteal area*.

*2 or more sessions are recommended.

90 min / 250 US

Ice Therapy

Slimming and toning treatment using ice that ends with the application of a layer of ice made with organic mud and herbs that molds the body and tones the skin, ideal to reduce cellulitis and skin lifting*.

*2 or more sessions are recommended.

90 min / 250 US

Organic facials

Revitalizing treatments that cleanse the skin's outer layer and remove dead cells. Natural and organic ingredients will help leave your skin healthy and luminous.

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| ✓ After sun | 90 US |
| ✓ Tonic (Papaya, banana & honey) | 95 US |
| ✓ Detox (clay, oat & honey) | 100 US |
| ✓ Moisturizing (cucumber, oat & honey) | 100 US |

All the above treatments end with a Vitamin E massage to close pores, moisturizing the skin and giving it luminosity.

We recommend the use of sun block after each facial.

Naj Manicure & Pedicure

Relaxes hand and foot tension, balances out negative energy that causes discomfort, since hands and feet are windows on harmony. These treatments are highly beneficial for your health as the use of minerals counteracts negative energy and restores balance.

Manicure and pedicure treatments include a relaxing massage, nail care, cuticle care, oil massage and nail polish.

Available from 9 to 11 am only

35 US each