



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

*In order to prepare you to receive the healing benefits, if you wish all therapies start with our healing circuit, which includes 60 minutes of: sauna, steam, cold water pool, hot water pool.*

**All our hotel guests are offered a 15% discount on treatments.**

## Regular Massages

**Swedish**

**60 minutes \$ 180 usd**

**90 minutes \$ 233 usd**

Massage to release tension, relax muscles and joints, has a toning effect, helps improve circulation. It is recommended for people who have never had a massage.

## **Thai (\*\* pending availability)**

**90 minutes \$ 245 usd**

This massage is done on a mat on the floor and is based on stretching - hands and fingers, elbows, forearms, feet and knees are used to exercise therapy. The whole body is worked with the aim of releasing tension. It is characterized by being a deep and intense but not painful massage and improves posture and flexibility.

## **Deep Tissue**

**60 minutes \$ 180 usd**

**90 minutes \$ 245 usd**

Intense pressure technique to release muscle tension, ranging from medium to high pressure with movements that release contractures of the muscle fasciae.

## **Back & Neck**

**30 minutes \$ 100 usd**

Decontracting therapy that helps to relax the back and neck muscles accurately and quickly.

## **Holistic**

**60 minutes \$ 180 usd**

**90 minutes \$ 245 usd**

Pressure massage and various techniques such as stretching, shiatsu, reflexology, deep tissue and lymphatic drainage. The body indicates where, what and how much pressure is necessary. Helps restore and balance the body's energy.

## **Reflexology**

**60 minutes \$ 150 usd**

**90 minutes \$ 190 usd**

It consists of the application of pressure to the head, hands and feet that releases stress, working the whole body through reflex points that connect to organs and systems, providing a sensation of real well-being.

## **Lymphatic drainage**

**90 minutes \$ 245 usd**

Soft and repetitive massage with a slower rhythm than in a traditional massage. The aim of this therapy is to move the body's liquids and eliminate the toxic substances. Indicated to treat fluid retention, post-operative edema and to reduce orange peel skin (Cellulite).

## **Prenatal (\*\* pending availability)**

**60 minutes \$ 180 usd**

Therapy designed to treat accumulated aches and pains that is applied from the 2nd trimester of pregnancy. Medium pressure and focus on tired areas like legs, hips, and back.

All reservations for treatments and the hydrothermal circuit can be cancelled up to 48 hours before the scheduled appointment free of charge. All cancellations made within 48 hours of the appointment will have a 50% cancellation fee. Reservations canceled the day of the service will have a 100% charge

