

# NAJ NAÁY *spa*



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

To prepare you to receive the healing benefits, if you wish all our therapies start with a healing circuit, which includes 60 minutes of sauna, steam room, and hot and cold water plunge pools.

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

# REGULAR MESSAGES

## SWEDISH

Massage to release tension. Relaxes muscles and joints, has a toning effect, and helps improve circulation. It is recommended for people who have never had a massage. ⌚ 60 or 90 minutes

## THAI

\*Pending availability

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 perform the therapy. The whole body is worked to release tension. It is characterized by being a deep and intense but not painful massage and improves posture and flexibility. ⌚ 90 minutes

## HOT STONE MASSAGE

Relaxation and deconstructing therapy with soft pressure circular movements with volcanic Stones. It allows the body to relax and frees your spirit with this unparalleled ancestral relaxation technique. ⌚ 30 minutes

## DEEP TISSUE

Intense pressure technique to release muscle tension, ranging from medium to high pressure with movements that release contractures of the muscle fasciae. ⌚ 60 or 90 minutes

## BACK AND NECK

Decontracting therapy helps to relax the back and neck muscles accurately and quickly. ⌚ 30 minutes

## HOLISTIC

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. ⌚ 60 or 90 minutes

## LYMPHATIC DRAINAGE

Soft and repetitive massage with a slower rhythm than in a traditional massage. This therapy aims to move the body's liquids and eliminate toxic substances. Indicated to treat fluid retention, and post-operative edema, and to reduce the appearance of cellulite. ⌚ 90 minutes

## REFLEXOLOGY

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. ⌚ 60 or 90 minutes

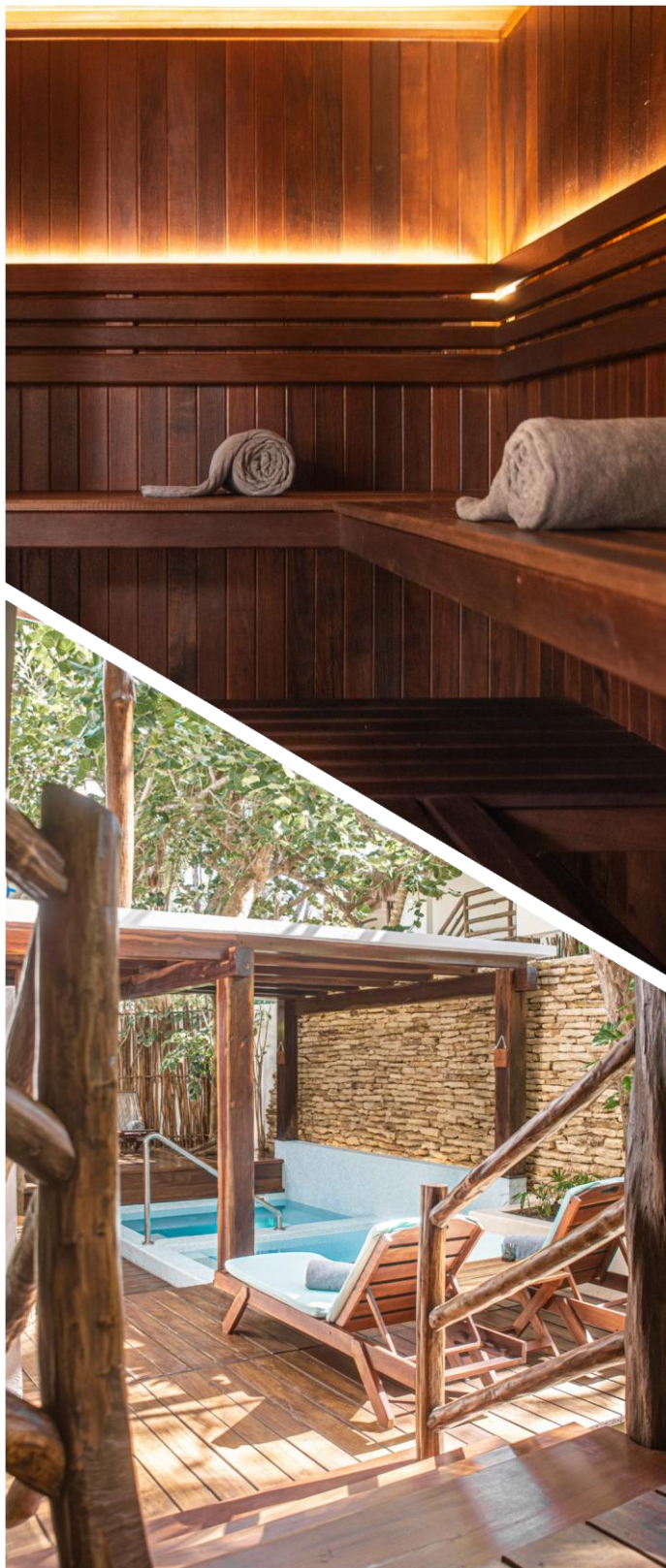
## PRENATAL

\*Pending availability

Therapy is designed to treat accumulated aches and pains. Applied from the third to the seventh month of pregnancy. With light to medium pressure manipulations. It focuses on tired areas like the legs, hips, and back. ⌚ 90 minutes



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## CANCELLATION POLICIES

All reservations for treatments and the hydro- thermal circuit can be canceled 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.

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