

## INFORMATION

### **HOURS OF OPERATION**

Spa: Monday - Tuesday 10:00 am to 6:00 pm / Wednesday to Sunday 9:00 am – 8:00 pm Gym: 8:00 am-8:00pm

### **APPOINTMENTS**

For your convenience, we suggest to book appointments in advance so that we can best accommodate your needs and schedule. If you are not a guest of Hotel Matilda, a credit card will be required to hold your reservation.

Spa Matilda guests must be at least 16 years old.

### **CANCELLATIONS**

As a courtesy to other guests and our therapists, we require at least 12-hours notice if you need to cancel or re-schedule any services. Failure to do so (including no-shows) will result in the full charge of treatments to your room bill or credit card.

### **THERAPIST AND SERVICE PROVIDERS**

Please specify your preference for a male or female therapist when booking your appointment. All of our therapists are expertly trained to ensure your privacy and comfort at all times.

### **SPECIAL REQUESTS**

Our team of therapists and service providers has many diverse skill and talents. If you are interested in a treatment or service not listed in the menu we will make every effort to fulfill your special request.

### **MEDICAL CONDITIONS**

Please inform us of any medical conditions, medications, allergies or injuries that could affect the safety or quality of your experience. We will be happy to recommend appropriate treatments for specific circumstances.

### **RECOMMENDATIONS**

Please Save at least 4 hours prior to receiving any skincare or body therapy. We suggest that you drink plenty of water before and after your treatment and recommend that you refrain or limit your consumption of alcohol prior to your visit.

### **WHAT TO WEAR**

We will provide you with robes, slippers and special attire. Our therapists will cover you appropriately during your treatments to maintain your privacy.

### **ARRIVAL**

Please arrive at least 30 minutes prior to your scheduled appointment time so that you have adequate time to prepare and transition. Treatments begin and end at the scheduled time, as a courtesy to all of our guests.

### **TRANQUILITY**

We strive to provide a peaceful setting, and request that you refrain from using cell phones or other electronic devices while in the spa. Please respect all guests' right to privacy and serenity.

### **VALUABLES/JEWELRY**

We suggest that you do not bring or wear valuables while using our facilities, as Spa Matilda cannot assume liability for the loss of any items.

### **PAYMENT / GRATUITIES**

Our prices are quoted in local currency (Mexican pesos) and do not include local taxes. Prices are subject to change without notice.

In appreciation of outstanding service, gratuities may be given at your discretion, in cash, credit card or added to room charge.

## PRICE LIST

### MASSAGE AND SPECIALTY BODYWORK

30 minutes \$910  
60 minutes \$1,530  
90 minutes \$2,090  
120 minutes \$2,580

### BODY THERAPIES

Body Scrubs (45 minutes) \$1,190  
Wraps and Infusions (60 minutes) \$1,670  
Hammam Ritual (30 minutes) \$910

### SKINCARE

30 minutes \$1,200  
60 minutes \$1,950  
75 minutes \$2,230  
90 minutes \$2,500

### BEAUTY SERVICES

Signature Manicure (45 minutes) \$540  
Signature Pedicure (60 minutes) \$770  
Waxing Services (15-75 minutes) \$210-\$900  
Head and scalp treatment (30 minutes) \$690  
Hair and Makeup Upon Request



### FITNESS AND MIND/BODY

60 minutes \$1,190  
90 minutes \$1,600

### INTEGRATED EXPERIENCES

Decompress (2 hours) \$2,690  
Recover (2 hours) \$2,950  
Energize (2.5 hours) \$2,950  
Focus (3 hours) \$4,000  
Radiate (5 hours) \$6,680  
Oxygenating (2.5hrs) \$4,060

All prices include IVA are quoted in local currency (Mexican Pesos) taxes included

## MASSAGE AND SPECIALTY BODYWORK

Featuring a diverse selection of modalities, massage and specialty bodywork sessions incorporate a variety of healing techniques and nurturing touch to deliver powerful results.

### **DEEP TISSUE (60 and 90 minutes)**

Focused pressure and specific areas of focus alleviate muscular tension, improve flexibility and enhance athletic performance.

### **CUSTOM (60, 90 and 120 minutes)**

A blend of styles and techniques to address your particular goals and objectives.

### **MATILDA STONE TREATMENT (90 minutes)**

Application of warm stones in variable temperatures enhances the work of the therapist while increasing circulation, dispelling toxins and easing aches and pains.

### **THAI (90 minutes)**

Active stretching, mobilization and compressions improve posture and body alignment and promote relaxation.

### **AROMATHERAPY (90 minutes)**

Essential oils, selected and blended specifically for you, address physical and emotional goals.

### **HERBAL POULTICE TREATMENT (90 minutes)**

Warmed herbal packs applied with massage movements nourish skin while soothing sore muscles.

### **PURIFYING HONEY TREATMENT (90 minutes)**

Specialized massage combines lymphatic drainage with traditional Chinese technique to remove toxins and purify the skin.

### **TARGETED (30 minutes)**

Concentrated work on specific areas of the body.

## SKINCARE

We feature the Natura Bissé and Primavera lines of technologically advanced skincare products with maximum concentrations of highly effective ingredients, providing a dramatic improvement in the function and appearance of the skin. Facial treatments deliver immediate results and long-term benefits, incorporating deep cleansing, repair and restoration.

### **HARMONAZING (30 minutes)**

Choose organic Primavera or Natura Bissé , this facial leaves a fresh , renewed and protected skin.

### **REVITALIZING (60 minutes)**

A new youth to the skin is given by reactivating healthy cells and nourishing the skin .

### **HYDRATING (60 minutes)**

Restores the skin's natural lipid barrier while replenishing moisture and elasticity.

### **VITAMIN C (60 minutes)**

Reduces sun damage, brightens the complexion and rebuilds collagen.

### **CALMING (60 minutes)**

Soothes irritation, reduces redness and strengthens sensitive skin.

### **HOLISTIC (75 minutes)**

Incorporates Primavera's certified organic formulations to restore the natural health, vitality and balance to the skin.

### **PURIFYING (75 minutes)**

Multiple stages of detoxification increase cellular turnover, improve resistance to stress and combat premature aging.

### **OXYGENATING (75 minutes)**

Eliminates impurities and congestion from pollution, smoking and traveling.

### **RE-SCULPTING (90 minutes)**

Diminishes ne lines and wrinkles while improving firmness, tone and texture.

## BODY THERAPIES

Uniting the power of water, heat and natural ingredients with the intuitive touch of your therapist, this timeless feature of spa culture is rooted in healing traditions found throughout the world to affect positive change to the skin, the body and the mind-body connection. Choose from our exclusive hand-blended apothecary formulations, composed of locally sourced artisanal ingredients corresponding to a specific therapeutic focus.

### **EXFOLIATING SCRUBS (45 minutes)**

Purify, soften and smooth the skin, while preparing to receive the maximum benefit of treatment products:

- Coconut, Vanilla and Lavender (*Decompress*)
- Cornmeal, Sage and Lime (*Energize*)
- Tres Leches (*Radiate*)
- Sea Salt, Juniper and Rosemary (*Recover*)
- Coffee, Cocoa and Mint (*Focus*)

### **WRAPS AND INFUSIONS (60 minutes)**

Remove toxins while absorbing vital nutrients to improve the look and feel of the skin and restore health and vitality to the body:

- Herbal Linen Wrap with Lavender and Vanilla (*Decompress*)
- Nopal, Ginger and Lime (*Energize*)
- Tres Leches (*Radiate*)
- Green Clay and Spirulina (*Recover*)
- Mineral Mud and Mint (*Focus*)

We encourage you to mix and match, experiment and explore, combining a scrub and wrap for maximum renewal and rejuvenation.

### **HAMMAM RITUAL (30 minutes)**

Aromatherapy steam and self-administered body scrub and mask can be enjoyed as a stand-alone treatment or the perfect introduction to a longer spa experience.

### **OXIGEN BODY TREATMENT (90 minutes) \$1,900**

Purifies the skin helping circulation and muscle tone making it smooth, firm and elastic, includes a body massage which helps to reduce stress and tension.



To guide you through our integrated treatment philosophy, we have provided suggested experiences corresponding to tangible themes that connect with your specific needs or current state of mind.

### **DECOMPRESS (2 hours)**

Tranquility and serenity encourage total relaxation and orient the body and mind to work in balance.

- Hammam Ritual
- Aromatherapy Massage

### **RECOVER (2 hours)**

A dual focus on detoxification and replenishment to restore the body and recharge the mind.

- Detoxifying Bath
- Sea Salt, Juniper and Rosemary Scrub
- Green Clay and Spirulina Wrap

### **ENERGIZE (2.5 hours)**

Reactivate the energy and vitality that have been depleted by the stress and tension of modern life.

- Personal Training, Yoga or Pilates Session
- Thai Massage

### **FOCUS (3 hours)**

Clarity and insight ground the body and center the mind.

- Private Yoga Session
- Coffee, Cocoa and Mint Scrub
- Matilda Stone Treatment



### **RADIATE (5 hours)**

Genuine beauty reflects the health and wellbeing that originates from a deeper level.

- Tres Leches Scrub and Wrap
- Re-sculpting Facial
- Matilda Hand and Foot Treatments
- Chef's Menu

### **OXYGENATING (2.5 hours)**

Harmonizes body and face giving light, elasticity and hydration.

- Oxygen Body Treatment
- Oxygenating Facial

Energize and activate a renewed sense of wellbeing within our state-of-the-art fitness center featuring a full array of cardio and strength-training equipment, which is complementary to all guests of Hotel Matilda. In addition we offer a selection of personalized fitness and mind/body services within private studio venues.

### **YOGA (60 and 90 minutes)**

Whether you are a beginner or an advanced practitioner, our expert instructors will customize your class to suit your individual needs.

### **PERSONAL TRAINING (60 minutes)**

Private fitness sessions targeting your particular goals and fitness level.

### **PILATES (60 minutes)**

Private and shared Reformer sessions and mat classes.

### **MEDITATION (30 and 60 minutes)**

A state of focused attention through postural awareness and deep breathing relaxes the body and quiets the mind to bring about a more grounded state of being.



San Miguel is the destination of choice for an increasing number of weddings and celebrations. To help you prepare for memorable events, Spa Matilda offers head-to-toe beauty and grooming, including hair styling and professional makeup services.

### **HAND AND FOOT TREATMENTS**

Our luxurious signature manicure and pedicure incorporate a full therapeutic treatment for hands and feet, including an exfoliating scrub, hydrating mask and massage, combined with expert shaping, grooming and polish application (or bung).

### **WAXING**

Gentle and effective hair removal from head to toe.

### **HAIR STYLING AND MAKEUP** *(by special request)*

We have access to the best free-lance beauty talent, or can also collaborate with your appointed providers.

### **HEAD AND SCALP TREATMENT (30 minutes) \$580**

Invigorating pressure point work on the neck and head eases tension while a nourishing and clarifying treatment mask for hair and scalp leaves hair shiny and soft.

