



**CALA LUNA**  
Boutique Hotel & Villas

## Spa Treatments

### Spa treatments

Ours is a one-of-a-kind spa experience, combining the expertise and caring philosophy of our professional spa staff and the healing elements of nature. Treat yourself to a wide array of treatments, accompanied by the sounds of the ocean and surrounding flora, in the middle of our lush garden. Your spa treatment will be an unforgettable experience.

Simply contact our reception staff at extension 0 or 122 to arrange one of our unique spa services during your stay, or book a series of treatments to be pampered to the ultimate level of relaxation.

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### Our top three recommended Cala Luna treatments

#### 1. Candle Light - 60 minutes \$100 from 5:30 to 6:30 pm

Relaxing massage: Candles and warm lighting create an ambience of serenity while slowly-heated essential oils are used for the perfect massage therapy treatment.

Hot stones therapy: Massaging and placing hot stones over specific energy points on the body brings about deep relaxation and healing.

#### 2. AromaTouch - 60 minutes \$100

The dōTERRA ArōmaTouch technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body.

#### 3. Head, Hands and Feet reflexology - 60 minutes \$100

A scalp massage with rosemary tonic, massages and stretches for your neck, upper back and shoulders, followed by pressure on specific points related to body organs, glands and skeleton, will encourage your hands, feet and body's health. We finish this revival treatment with pure essential oils to stimulate your breath and senses, leaving you feeling fully renewed.

*Massage is the study of anatomy in braille*

*Jack Meagher*

## Massages

### Swedish - 60 minutes \$80 or 90 minutes \$120

A delightful relaxation massage, which acts to soothe the superficial muscle layers, freeing joints and sensitizing your skin.

### Deep tissue - 60 minutes \$80 or 90 minutes \$120

Restores your body's well-being by releasing muscle tension and myofascial tissue through depth of touch.

### Acupressure - 45 minutes \$80

Ancient techniques balance the energy centers and energy meridians, awakening the body's own relaxation and healing power.

### Migraine and headache Relief - 30 minutes \$ 50

A combination of facial acupressure, acupressure, Vogler points, scalp and neck massage and relaxing aromatherapy.

## Beauty treatments

### Spa manicure & Spa pedicure

A special treatment to restore health to your hands, feet and nails. This treatment includes a small spa service including exfoliation and a moisturizing massage. After a few days in the sun and sea, your hands and feet will feel soft and smooth again.

**Spa manicure \$30 - Spa pedicure \$45**

### Body treatment

Profit from the soothing and relaxing properties of this purifying skin ritual. Plunge into the healing benefits of a detox scrub with all its seductive power to unlock your skin's inner glow, and let your body absorb antioxidants and vitamins that nourish fatigued skin.

### Cala Luna - 60 minutes \$75

cinnamon and ylang-ylang scrub with yogurt and honey wrap

### Latin - 60 minutes \$75

coconut & honey to remove dull cells and coconut milk to nurture and smooth skin

*Few of us have lost our minds, but most of us have long ago lost our bodies.*

Ken Wilbur

# Spa Treatments

## Facials - 50 minutes \$75

A deep facial cleansing: exfoliation, impurities extraction, facial massage, facial mask and moisturizer application. Re-establishes the skin's equilibrium leaving your face shine-free, fresh and alive, and feeling younger.

**Oatmeal, honey & yogurt**

**Coconut milk**

**Cucumber & aloe**

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## Special treatment

**Accelerated muscle therapy, healing sports and accident related injuries by Raquel Peña Morehead**

Feeling the effects of a long plane ride? Neck pain? Back pain? Sciatic pain? The Koontzin Approach helps realign the fibers of a muscle, thus restoring their natural elasticity and relieving pain. The effects are permanent.

The treatment utilizes a combination of assisted stretching techniques with manual pressure and specific positioning. Throughout the process the therapist is manually breaking free restricted scar tissue and realigning it with muscle fiber. This process restores strength and agility, increases range of motion and repairs damaged muscles.

Raquel obtained her Certificate of Completion, Advanced Muscle Therapy Internship from Lewiston ID in 2007 and has been practising ever since.