



## MASSAGE TREATMENTS

### ZEN SIGNATURE MASSAGE

Zen Spa offers you the most memorable experience, with our unique signature treatment. Swedish, Thai, Deep Tissue, Reflexology and Shiatsu techniques are combined to create the beginning of a wonderful customized relaxation journey.  
*80 minutes*

### ALL OVER THE WORLD MASSAGE

A little international taste, choose one of our exclusive all over the world massages and pamper yourself.  
*80 minutes*

### BACK, NECK & SHOULDERS MASSAGE

For an instant back relief, this massage focuses on back tension.  
*25 minutes*

### SWEDISH MASSAGE

Classic full body massage uses long, kneading strokes to reduce tension and soothe sore muscles. It increases circulation and promotes total relaxation.  
*50 minutes | 80 minutes*

### DEEP TISSUE MASSAGE

This intense massage uses deep, deliberate strokes to separate and lengthen your muscle fibers. Great for muscular tension and spasms due to athletic activities, stress or overwork.  
*50 minutes | 80 minutes*

### THERAPEUTIC HOT STONE MASSAGE

This unique massage technique utilizes heated and cooled stones applied in various strokes to relieve stiff, sore muscles. This stone therapy is a perfect way to relieve the deepest muscle aches and soothe the soul.  
*80 minutes*

### PRENATAL MASSAGE

A full body massage specially designed for the mother to be. Our custom body support system provides extra comfort for the expecting mother.  
*50 minutes*

### TENSE FEET RELIEF

Give your feet and legs some vitality with this relaxing massage. Reduces swelling, burning, and cramping.

### CABANA MASSAGE

Enjoy the magnificent view. Our signature outdoor treatment is performed in one of our private ocean front cabanas.  
*50 minutes | 80 minutes*

## ALL OVER THE WORLD

Are you looking for a traditional Spa experience from different places on the planet? You must try our special packages designed to give you a little taste of some of the most important countries of the Spa world. Our highly skilled therapists will guide you through this unique relaxation journey. *(2 hours, 30 minutes)*

### ZEN SPA MEXICAN JOURNEY

*KUKULCAN MASSAGE*  
*XTABENTUN FACIAL*  
*TEQUILA EXFOLIATION*

An ancient traditional Mexican techniques in combination with Mayan plants, will work on your sore muscles, while your skin will be renewed by the Xtabentun, a sacred Mayan liquor, and tequila exfoliation to clean your body.

### EUROPE VINEYARD

*WINE MASSAGE*  
*WINE FACIAL*  
*GRAPE EXFOLIATION*

Indulge yourself in the ultimate wine therapy experience. Wine stimulates collagen synthesis, a powerful antioxidant which acts as a free radical scavenger, defending the skin, and creating a more youthful appearance.

### TRADITIONAL YING YANG RELIEF

*THAI MASSAGE*  
*SHIATSU HEAD MASSAGE*  
*KOBIDO FACIAL*

The spiritual traditions of this region have given a deep understanding of the mind-body relationship. Thai massage involves deep, rhythmic and stretching movements of the entire body resulting in an intensely invigorating massage through yoga like postures. Shiatsu means finger pressure, include techniques with fingers, thumbs and palms; finish with a Kobido Facial for skin luminosity and elasticity.

SAMPLE MENU



## HOLISTIC MIND, BODY & SOUL TRAVEL

*REFLEXOLOGY*  
*MUD THERAPY*  
*MAGNET THERAPY*

Holistic is a form of healing focused on balancing the physical, emotional and spiritual aspects the life. Reflexology is the application of appropriate pressure to specific points on feet and hands; these points correspond to different body organs and systems and pressing them has a beneficial effect. Mud therapy will eliminate toxins of your body, and Magnet Therapy will regenerate injured cells with the application on magnets all over your body.

## VATTA, PITTA & KAPHA

*SHIRODHARA MASSAGE*  
*UDVARTANA*  
*HERBAL FACIAL*

The ancient Hindus were known to be highly intellectual and sensuous. One of their cardinal principles was that there is no dividing line in human personality between the mind and the body. Lying on your back, your body will be cocooned in warmed towels and your head will be positioned under an oil fountain stimulating the third eye, followed by a body treatment to detoxify your body and an Herbal Facial to rejuvenate your skin.

## AROMATHERAPY EXPERIENCE

*AROMATHERAPY MASSAGE*  
*AROMATHERAPY FACIAL*

A form of alternative medicine, using the natural oils extracted from flowers, bark, stems, leaves and roots. These oils are absorbed through the skin and bloodstream to stimulate brain functions and promote whole body healing.

## HAWAIIAN COMFORT

*LOMI LOMI MASSAGE*  
*ORGANIC FACIAL*  
*COCONUT EXFOLIATION*

A unique healing treatment inspired by ancient Polynesians and the masters healers of Hawaii. Lomi Lomi works muscles gently and deeply, with continuous flowing strokes that calm like ocean waves. An organic facial will follow and coconut exfoliation will provide complete relief.

## FACIAL / SKIN TREATMENTS

### ARCTIC BERRY ILLUMINATING FACIAL

Treat yourself to a premium anti-aging facial using luxury botanical and organic ingredients sourced from the Arctic for the ultimate renewal. This facial targets blemishes, uneven skin and fine lines to reveal a new level of luminosity.

*50 minutes*

### DEEP CLEANSE FACIAL

A deep exfoliating and cleansing facial to refine skin, unclog pores and brighten complexion. This facial is recommended for any skin type that demands pure and sophisticated immaculacy.

*50 minutes*

### GENTLEMEN'S FACIAL

Natural organic products are especially selected for man's skin and individual needs. Using steamed towels receive a face, neck and hand massage with non-perfumed, non-greasy, natural products. This facial is wonderfully relaxing and fantastic for keeping a man's skin in optimal condition.

*50 minutes*

### AFTER SUN FACIAL

Includes the softly glowing treatment and added the luxury of a light massage with our extra emollient honeydew body lotion and linden calendula treatment to protect the new layers of your skin. A truly gentle and nourishing way to care for your skin.

*50 minutes*

### BEAUTY EXPRESS FACIAL

Let us reveal your beautiful face with this sumptuous facial designed to soften and relax stressed skin. Potent ingredients deliver a purifying action to lift, smooth and nourish your skin, leaving it fresh and luminous.

*50 minutes*

### ANTI-AGING FACIAL

Using only the highest quality fresh organic fruits, herbs and spices this facial gives you the best possible natural results. Let one of our highly trained therapists pamper and heal your skin with the scrumptious gifts of Mother Nature.

*50 minutes*

SAMPLE MENU



ZEN SPA

### CAVIAR FACIAL

Caviar is one of the finest dishes that people indulge themselves in. Caviar is at the same time, a means of beauty, an excellent treatment for face brightness as it helps eliminating the fine lines, and combating aging agents. The effectiveness of its complex nature suffices it to be the best natural remedy.

60 minutes

### STEM CELL FACIAL

Plant Stem Cells are the leaders in skincare innovation, results and benefits. A breakthrough in Phyto-biology with proprietary advanced formulas, Stem Cell features two stem cell sources, Argan Tree and European Comfrey Root, which are proven to visibly repair aging skin.

60 minutes

### ORGANIC EYE TREATMENT

25 minutes

## BODY TREATMENTS

### SOOTHING WATER LILY BODY WRAP

Soothe and relieve the dry, depleted skin that the sun has left behind. Whether it's winter or summer, the elements wreak havoc on skin's natural defenses leaving it vulnerable to loss of elasticity and moisture. This treatment will rejuvenate you and restore your skin's moisture with powerful anti-oxidants and healing properties.

50 minutes

### CHOCOLATE & MINT BODY BODY WRAP

Chocolate is well known to have intense sensory properties; just the smell of chocolate will activate pleasure anticipation and food rewards neurons. Its absorption through the skin increases endorphins. Chocolate body wrap will increase the softness and luminosity of your skin.

50 minutes

### AROMATIC MUD BODY WRAP

This treatment will slim, tone and hydrate the skin, soothing the muscles. The aromatic mud relieves tired and aching joints, ease inflammation, and help flushing out toxins through sweating.

50 minutes

### SEAWEED BODY WRAP

The solution for dry and cracking skin is here, seaweed wrap helps the body feel better and remove toxins, detoxifying your body through the sweating process. If you have problems with aching bones, arthritis, joint pain or water retention, you find your relief.

50 minutes

### GREEN COFFEE BODY WRAP

Slim and tone your body with a cutting edge cellulite treatment. This slimming and toning wraps stimulates your body's ability to break down fat, increase metabolism, and eliminate water retention. Pure micronized green coffee, naturally rich in chlorogenic acid, polysaccharides, proteins, and essential oils, smoothes and enhances skin texture, visibly reducing spongy, dimply, cellulitis areas.

50 minutes

## EXFOLIATIONS

### TROPICAL FRUIT EXFOLITATION

25 minutes

### MOISTURIZING EXFOLITATION

25 minutes

## COUPLES MASSAGES

If you want to enhance your couple experience, book any of your Spa treatments in our beautiful exclusive Couple Suite that includes Jacuzzi and strawberries with chocolate, so that you can extend your couple time.

### COUPLE CABANA INDULGENCE

Relax in our *palapa* with breathtaking views and the sounds of the ocean.

50 minutes

### MOONLIGHT MASSAGE

A once in a lifetime romantic experience.

50 minutes

### ROMANTIC ESCAPE

Pamper your love one with this package, you can chose any 50 min. massage and 50 min. facial in our exclusive couples room.

2 hours

SAMPLE MENU

## KIDS SERVICES

### BACK TENSION MASSAGE

Release the stress of your kids with this back massage.

*25 minutes*

### HAPPY FEET MASSAGE

Refreshing feet massage

*25 minutes*

### CHOCOLATE FACIAL

Stimulate your child's senses with a delicious hydrating chocolate facial.

*25 minutes*

### ICE CREAM MANICURE

*25 minutes*

### ICE CREAM PEDICURE

*25 minutes*

### ZEN BRAIDS (HALF HEAD)

*50 minutes*

### ZEN BRAIDS (FULL HEAD)

*80 minutes*

## FAMILY SERVICES

Enjoy a beautiful spa day with your family.

### FAMILY WELLNESS

25 minutes back massage and 25 minutes basic facial

*50 minutes*

### LOVELY DAY AT ZEN SPA

50 minutes relaxing massage, 25 minutes body exfoliation, 25 minutes basic facial

*2 hours*

## WEDDINGS

Every bride deserves to be pampered blissfully before her big day. Zen Spa has created two packages for our beautiful brides to be.

### BRIDE TIME

Hairstyle, make up, and Swedish massage

*4 hours*

### CHIC BRIDE

Hairstyle, make up, and Swedish massage, spa manicure, spa pedicure.

*5 hours*

### GROOM TIME

Swedish massage, Gentlemen facial.

*2 hours*

## BEAUTY SALON

### NAILS

#### BASIC MANICURE

*25 minutes*

#### SPA MANICURE

*50 minutes*

#### BASIC PEDICURE

*25 minutes*

#### SPA PEDICURE

*50 minutes*

#### ZEN MANICURE

*50 minutes*

#### ZEN PEDICURE

*80 minutes*

#### POLISH CHANGE

*25 minutes*

#### FRENCH POLISH CHANGE

*25 minutes*

#### NAIL DECORATION

*50/80 minutes*

#### ACRYLIC NAILS

*2 hours*

#### ACRYLIC NAILS REFILL

*80 minutes*

SAMPLE MENU



**ACRYLIC NAILS REPAIR**

*50 minutes*

**ACRYLIC REMOVAL**

*50 minutes*

**GEL NAILS**

*50 minutes*

**GEL NAILS REFILL**

*25 minutes*

**GEL NAILS REPAIR**

*25 minutes*

**HAIR**

**WOMEN HAIRCUT & STYLE**

*50 minutes*

**MEN HAIRCUT & STYLE**

*50 minutes*

**HEAD OR BEARD SHAVE**

*25 minutes*

**SHAMPOO & BLOW DRY**

*25 minutes*

**STRAIGHTENING & FLAT IRON CURLS**

*50 minutes*

**NOURISHING HAIR TREATMENT**

*50 minutes*

**UP DO**

*50/80 minutes*

**BRIDAL HAIR TRIAL**

*80 minutes*

**BRIDAL HAIRSTYLING**

*80 minutes*

**EXTENSIONS**

*25 minutes*

**BRAIDS (HALF HEAD)**

*50/80 minutes*

**BRAIDS (FULL HEAD)**

*80/120 minutes*

**ONE BRAID**

*10 minutes*

**COLOR & TEXTURE**

**COLOR RETOUCH**

*80 minutes*

**FULL RETOUCH**

*80/120 minutes*

**COLOR REMOVAL**

*80 minutes*

**HIGHLIGHTS (SHORT HAIR)**

*80 minutes*

**HIGHLIGHTS (LONG HAIR)**

*120 minutes*

**MAKE UP**

**COLOR REMOVAL**

*80 minutes*

**HIGHLIGHTS (SHORT HAIR)**

*80 minutes*

**HIGHLIGHTS (LONG HAIR)**

*120 minutes*

**BRIDAL MAKE UP TRIAL**

*50 minutes*

**BRIDAL MAKE UP**

*50 minutes*

**WAXING**

**UPPER LIP**

*25 minutes*

**CHIN**

*25 minutes*

**EYEBROWS**

*25 minutes*

**FULL FACE**

*25 minutes*



**UNDERARM**  
50 minutes

**BIKINI**  
50 minutes

**HALF LEG**  
50 minutes

**FULL LEG**  
80 minutes

**ARMS**  
50 minutes

**BACK OR CHEST (REGULAR)**  
50 minutes

**BACK OR CHEST (ABUNDANT)**  
80 minutes

### **PARAFFIN**

**HAND TREATMENT**  
25 minutes

**FOOT TREATMENT**  
25 minutes

**BACK TREATMENT**  
25 minutes

### **ADMISSION**

There is a fee to access to the Spa hydrotherapy area. The fee will be waived at the purchase of any of our Spa services.

### **SPA RESERVATIONS**

We recommend you schedule your Spa service in advance. Our Spa representatives will gladly assist you.

### **CANCELLATION POLICY**

As a courtesy to other guests and our service providers, please give a 4 hour notice if you must cancel or reschedule an appointment. Less than a 4 hour notice for cancellations or no shows will result in a charge of 100% of the treatment price.

### **AGE REQUIREMENTS**

8 years minimum for Spa facilities and treatments. 17 years for Spa Treatments, no access to Spa facilities. 6 – 15 years for Spa Kids Treatments, must be accompanied by an adult, no access to Spa facilities.

### **SPA HOURS**

- Spa Facilities 8:00 A.M. to 8:00 P.M.
- Spa Treatments & Salon 8:00 A.M. to 8:00 P.M.

### **SPA RESERVATIONS**

EXT. 4303 | 4260 | 4500

### **HYATT ZIVA CANCUN**

Blvd. Kukulcan, Manzana 51, Lote. 7  
Cancun, Quintana Roo, Mexico, 77500