



SPA

THE GILDED IGUANA | SURF HOTEL



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Massages

Swedish Massage

60 min **\$110** | 75 min **\$130** | 90 min **\$150**

This is the classic relaxing massage, which helps the body regain its natural balance. Not only does it relax the muscles, but it also promotes blood and lymphatic circulation. Slow rhythmic movements are used, with light to moderate pressure.

Deep Tissue Massage

60 min **\$110** | 75 min **\$130** | 90 min **\$150**

Massage aimed at penetrating deeper structures of the muscle and fascia. This massage is recommended to release chronic muscle tension, knots or adhesions. It is characterized by generating greater pressure, using forearms, elbows and knuckles. Includes musclerapy gun.

Iguana Surf Massage

75 min **\$140** | 90 min **\$160**

It is our flagship protocol, specially designed for surfers. This massage combines the techniques used in deep tissue massage together with those used in sports massage. It focuses primarily on the upper body: arms, shoulders, scapula, and neck. This without neglecting compromised areas such as the lower back and hips. Techniques such as kneading, pressure points, tractions and stretching are used. Includes musclerapy gun.

Sports Massage

60 min **\$120** | 75 min **\$140**

Sports massage is a form of massage that involves the manipulation of soft tissue to benefit the person engaged in regular physical activity. In the same way, it seeks to avoid or improve the injuries typical of each discipline. Includes musclerapy gun.

Aromatherapy Massage

75 min **\$140** | 90 min **\$160**

Aromatherapy massage combines the benefits of therapeutic relaxing massage with the healing properties of aromatherapy, by incorporating the use of essential oils (highly concentrated vegetable oils). This massage helps to reestablish balance, harmonizing psychic and emotional states.

CBD Serenity Massage

60 min **\$130** | 75 min **\$150** | 90 min **\$180**

Hemp extract is a powerful relaxant that helps calm anxiety, relieves pain and improves sleep; It is performed with slow and rhythmic maneuvers with gentle - medium - deep pressure on the whole body.

Back, Neck and Shoulder Massage

45 min **\$80**

This is a shorter massage protocol than a full body one, ideal for people with little time or who want to focus on those areas specifically. A combination of techniques and custom pressure is used, as needed. Includes musclerapy gun.

Hot Stones Massage

75 min **\$140** | 90 min **\$160**

The temperature of the stones promotes the improvement of blood circulation, the elimination of toxins and the relaxation of stiff or sore joints and muscles. The pressure is light at medium depth with a slow and relaxing rhythm.

Caribbean massage

60 min **\$120** | 75 min **\$140** | 90 min **\$160**

Coconut oil massage soothes and relaxes the tense muscles of your body with deep relaxing movements. This is great if you are tired due to physical activity. If your skin is reactive, natural coconut oil is the best option with soothing and moisturizing benefits.

The prices indicated do not include 13% TAX. Read Cancellation Policies and Fees.

Tired Legs Massage

45 min **\$85**

Designed to improve circulation and leg fatigue thanks to special techniques and the use of a product designed to refresh the area.

Lymphatic Drainage Massage

LOCALIZED: 45 min **\$85**
FULL BODY: 105 min **\$195**

It helps to have a better blood circulation, draining heavy metals from our body through wave movements and relaxing pumps, this treatment includes gentle to medium pressure.

Face, Neck & Shoulders Massage

45 min **\$85**

The massage techniques performed help to counteract chronic headaches, mitigate stress and hydrate the skin and improve neck movement.

Foot Massage and Reflexology

30 min **\$60**

It consists of performing a massage with gentle and deep pressure in very specific areas of the foot to release tension accumulated throughout the day.

Kids Massage 3-7 YEARS OLD: 30 min **\$55** | 8-12 YEARS OLD: 45 min **\$80**

Designed for the needs of children benefiting the whole body, with relaxing rhythmic gentle maneuvers improving their mood.

Prenatal Massage 12 Week Of Pregnancy 60 min **\$110** | 80 min **\$135**

It improves blood circulation by reducing inflammation in the body, benefiting your emotional state and releasing stress in relaxation time, receiving a gentle to medium pressure.

Room Massage You can choose any massage from our menu at an additional cost of **\$20**. With previous appointment 24 hours before.



Day Spa Packages

Jungle Experience

150 min **\$280**

Exfoliation + Wrap + Moisturizing Mini Facial + Massage (Swedish or Deep Tissue).

Offshore Surf

150 min **\$280**

Cool your Skin + Moisturizing Mini Facial + Muscle Therapy Gun + Iguana Surf Massage

Iguana Luxury

135 min **\$255**

Deep Facial Cleansing + Foot Massage & Reflexology + Massage (Swedish or Deep Tissue).

Pink Island

75 min **\$140**

Back, neck & shoulders Massage + Muscle Therapy Gun + Moisturizing Mini Facial.

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Facial / Body

Deep Facial Cleansing

75 min **\$130**

Designed to eliminate blackheads, excess fat and pimples, using state-of-the-art equipment, it includes face, neck and décolleté with deep hydration to the skin's needs.

Moisturizing Mini Facial

45 min **\$75**

Options: Volcanic Clay Mask (Oily Skin) / Rosehip Mask (Dry Skin - Dehydrated - Sensitive).

Treatment focused on deep hydration of the face, neck and décolleté, with organic natural products that restore the vitality of the face.

Wrap & Exfoliation Body

75 min **\$150**

Body scrubs are recommended treatments for all skin types, ideal for removing dead cells, reactivating the skin, leaving it cleaner and smoother. Once this process is done, the application of a wrap is recommended; based on natural products, loaded with minerals that nourish the skin while relaxing our mind.

Body Scrub

40 min **\$85**

Eliminates dead cells, prevents aging, activates circulation and promotes oxygenation, stimulates the release of toxins through the skin's pores.

Body Wrap

40 min **\$85**

It provides great hydration to the skin, so it is especially recommended if you have recently exposed your skin to the sun intensely. The ingredients are nourishing for the skin.

Cool Your Skin

60 min **\$120**

This is a body protocol specially designed to help refresh and soothe irritated skin, after excessive sun exposure, with a delicious combination of aloe vera-based products and rose cream in a body wrap.

Waxing

AREA	PRICE (\$)	AREA	PRICE (\$)
Eyebrows	\$20	Buttocks	\$50
Upper Lip (Mustache)	\$15	Simple Bikini	\$35
Full Face	\$40	Brazilian Bikini	\$50
Chin	\$20	Full Legs	\$70
Woman Abdomen	\$40	Half Legs	\$45
Male Abdomen	\$50	Armpits	\$30
Chest	\$40	Arms	\$50
Woman Back	\$60	Half Arms	\$35
Man Back	\$70	Dawn Line	\$20

CANCELLATION POLICIES AND FEES: If you need to cancel or reschedule, please notify us at least 4 hours in advance. Any cancellation less than 4 hours in advance is subject to a cancellation fee equal to the cost of the scheduled service. We ask that you arrive 10-15 minutes before your appointment time. We will do our best to accommodate late arrivals.

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