



WELCOME TO LAS INDIAS SPA

SPA HOURS

**8:00 AM – 6:00 PM
EVERYDAY**

ELEVATE YOUR EXPERIENCE

We recommend scheduling your treatment with a minimum of two days prior to your arrival.

CANCELLATION POLICY

If you wish to cancel your reservation, please do so at least 2 hours in advanced. Otherwise, you will be charged with 50% of the cost of the treatment. An appointment change is possible at least 2 hours in advance, upon availability.

LATE ARRIVALS

If you are not on time for your appointment, the length of your treatment will be shorter.

GRATUITY

A tip of 10% is suggested, this amount may be accepted, rejected or modified.

- RESERVATIONS DIAL (0) -

SHORT TREATMENTS

HAND MASSAGE

This massage begins with pressures in circular motion, stretches and frictions that relieve and relax tensions in the hands. It finishes with a deep hydration and exfoliation of dead cells, which will visibly improve the appearance of your skin.

REFLEXOLOGY

Reflexology is an alternative medical technique based on the stimulation of points on the feet or reflex areas, which correspond to different organs of the body. Through this technique, the immune system is strengthened, energy levels are balanced and restored, and the elimination of toxins is favored.

CRANIOFASCIAL THERAPY

This massage is specifically dedicated to the head, the face, the neck and shoulders. Its technique reduces muscle tension, eliminates pain and discomfort accumulated from day to day. Essential oils will stimulate your senses and heal your soul through the hands of our therapists.

BODY EXFOLIATION

Massage with natural exfoliants that helps cleanse impurities from the skin, removing dead cells and preparing it for hydration. You can choose from two different types of natural scrubs: Colombian coffee, which is recognized for its aroma, has revitalizing, antioxidant, firming and stimulating properties of blood circulation or pulverized rice which, with its fine granules, is used for more delicate skin.



BODY MESSAGES

RELAXING MESSAGE

Classic anti-stress massage. Its technique of long and soft strokes that knead and compress with deep, circular movements and continuous vibration, achieve muscle relaxation, improve circulation, relieve pain and muscle tension, while reducing stress.

DEEP TISSUE MESSAGE

This massage aims to identify and dissolve tension in the deepest layers of the muscles. It is a technique that helps reduce the accumulation of tensions and helps muscles feel comfort and relief by gaining movement and flexibility.

This massage is suggested for those who prefer stronger hands and concentrated pressure.

PRENATAL MESSAGE

Massage with special oils of relaxing effect for women in a state of pregnancy. It helps eliminate the accumulated tension and improves circulation, acting as a therapy for prevention and relief of discomfort that may appear during the gestation period.

SPORTS MESSAGE

Therapy with techniques emphasized in stretching and strong pressure. It prepares the tissues for sports effort, helps the prevention and recovery of injuries.

LYMPHATIC DRAINAGE

This treatment improves the essential functions of the lymphatic system through precise, rhythmic maneuvers and with adequate pressure to help eliminate toxins and activate circulation. Its objective is to mobilize the body's fluids to promote the elimination of toxins and waste substances that accumulate between the cells.

WOOD THERAPY

Technique based on the use of wooden tools such as the cup, roller and molder to drain and reduce fat deposits. In addition, it stimulates venous and lymphatic circulation, reaffirming and shaping the body contour. Fights cellulite and orange skin.

It is also an especially effective technique to relieve contractures, back, neck pain and other muscle or joint discomfort.

COCONUT MASSAGE

Manual technique applied with coconut nut, accompanied by essential oils and aromatherapy that seeks to stimulate circulation favoring the drainage of toxins, energizing the body and allowing oxygenation and nutrition of tissues. It offers deep work on joints and muscles.

HOT STONES MASSAGE

Hot stones massage or geothermal therapy is an ancient asian technique inspired by disciplines such as reiki. This therapy combines therapeutic massage with the use of hot stones, placing them at strategic points getting energy flowing and relieving discomfort.

COUPLES MASSAGE

This ritual, specially designed for couples, seeks to relax and stimulate the senses, through the use of essential oils and aromatherapy, in a romantic and special atmosphere.

RITUALS

CARIBBEAN READY

The Caribbean welcomes you! Prepare your skin and hair with this "pre-sun" treatment. Our natural rice scrub will help remove dead cells from your skin leaving it soft and ready for sun exposure.

Then you will receive a Kerastase mask, specially selected to provide what your scalp needs. The ritual ends with a relaxing massage.

Body scrub + Kerastase hair mask + relaxing body massage.

UNDER LAS INDIAS SUN

Ancient civilizations knew Aloe Vera as the plant of immortality. Since then, its medicinal uses have been essential to treat many conditions such as skin sunburn. Its healing properties act as a protective layer for the skin and accelerate the hydration process. This "post-sun" ritual begins with cold water compresses on the skin, followed by a body wrap with aloe crystals and a light facial cleanse, ending with our Cold Mask by Biologique Recherche.

Cold water compresses + body hydration + face mask.

COLOMBIAN COFFEE

Coffee is a natural exfoliant, very effective in stimulating the renewal of cells. This plant contains antioxidant and detoxifying powers that promote the elimination of fat, tones and tightens the skin. The ritual begins with a body exfoliation with coffee granules, followed by a massage with wooden elements to shape the figure. Ideal for cellulite, circulation and shaping the body.

Exfoliation + body massage + coffee drink.

HEALING BODY AND SOUL

This therapy is ideal for people who have arrived after a long trip or who want to regain the balance of the organism. The application of warm compresses will help relax tired feet, followed by a relaxing massage or deep tissue with hot candle wax and aromatherapy.

Hot water compresses + reflexology + body massage.

LAS INDIAS BEAUTY

It is one of our favorite beauty treatments. We start our ritual with a Specific Oxygenating Treatment VIPO2 from Biologique Recherche. This facial will oxygenate and give balance to your skin leaving it glowing. Followed by a manicure and pedicure with exfoliation and paraffin to leave your skin soft and moisturized.

Facial Oxygenant Biologique Recherche + manicure + pedicure.

HOLY HANDS

In indigenous communities it is believed that health is linked to the balance of energy of a person, the community and the universe. In the ancient cultures of Latin America, healers developed sophisticated uses of medicinal plants before the Spanish conquest. We want to honor this tradition with a four-handed ritual. We will start with a foot wash followed by a four-hand massage with healing essential oils that will help relieve and relax the muscles. Therapists will focus on areas of tension and stress. We finished the ritual with warm compresses that will help relax the body.

Reflexology + body massage + warm compresses.

MOON BATH

Moon Bath is our most complete beauty ritual, ideal for brides. We start with a relaxing massage and aromatherapy of your choice. Then we will let our star facial, Booster restructurant et lissant from Biologique Recherche leave your skin with a porcelain effect. A manicure and a pedicure with exfoliation and paraffin will leave your hands and feet impeccable. Ending with a hairstyle and makeup by the best stylists in the city, they will make you look perfect for the most special day.

Relaxing body massage + facial Booster Restructurant et Alissant by Biologique Recherche + manicure + pedicure + hairstyle + makeup.

THE LOVERS

Have a unique experience with our ritual of couples. The Spa will be romantically decorated for the occasion with candles and rose petals. We start with a foot cleanse, essential oils and aromatherapy followed by a relaxing massage with hot wax. We will end the experience with a glass of champagne and chocolates.

Decoration + relaxing massage + sparkling drink.



SHORT TREATMENTS

HAND MASSAGE

30 MIN \$ 190,000

REFLEXOLOGY

30 MIN \$ 190,000

CRANIOFASCIAL THERAPY

30 MIN \$ 220,000

BODY EXFOLIATION

30 MIN \$ 260,000

BODY MESSAGES

RELAXING MASSAGE

60 MIN \$ 280,000

90 MIN \$ 400,000

DEEP TISSUE MASSAGE

60 MIN \$ 320,000

90 MIN \$ 470,000

PRENATAL MASSAGE

60 MIN \$ 380,000

SPORTS MASSAGE

60 MIN \$ 320,000

90 MIN \$ 470,000

LYMPHATIC DRAINAGE

60 MIN \$ 300,000

WOOD THERAPY

60 MIN \$ 320,000

COCONUT MASSAGE

60 MIN \$ 280,000

90 MIN \$ 320,000

HOT STONES MASSAGE

60 MIN \$ 380,000

90 MIN \$ 530,000

COUPLES MASSAGE

60 MIN \$ 620,000

90 MIN \$ 900,000

MANOS SANTAS

60 MIN \$ 590,000

90 MIN \$ 780,000

RITUALS

CARIBBEAN READY

90 MIN..... \$ 660,000

UNDER LAS INDIAS SUN

90 MIN..... \$ 630,000

COLOMBIAN COFFEE

90 MIN..... \$ 660,000

HEALING BODY AND SOUL

90 MIN..... \$ 630,000

THE LOVERS

90 MIN..... \$ 890,000



www.hotelcasadelarzobispado.com

 *@spalasindias*

Calle del Arzobispado No 34-52

+(57) 605 664 4162

+(57) 317 509 8738

