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Health, helping you feel better and find yourself.

Freedom, allowing you to reconnect with your spirit and mind.

Spirituality, embracing your energy and inner power.

Vital rhythm, for your body and soul. Getting in shape.

Authenticity, experiencing the local culture.

Sustainability, taking care of yourself and the environment.

Four Wellness Paths  
that all lead to the same place:  
**yourself.**



**REFRESH**

Elevate your energy to the highest level.



**RESTORE**

Revitalize yourself through a rehydration  
and restoration program.



**RELAX**

Elevate your sense of peace. Relieve stress,  
slow down your body, and quiet your mind.



**RENEW**

Bring your mind, body, and soul into harmony.  
Detox and renewal.



## Ayuna

We offer a natural and rejuvenating skincare program that uses an exclusive range of extremely pure and effective organic products by Ayuna. Using a scientific-botanical approach that focuses on “WELL-AGING”, these treatments not only nourish and regenerate the skin but also enhance the sensory area, feelings of peace, and the perception of one’s own inner beauty. And as one of the Seven Universal Laws states:  
as within, so without.



## Aromatherapy Associates

Aromatherapy Associates harnesses the natural healing powers of the finest natural ingredients, the purest extracts, and essential oils to create a highly effective, luxurious, and extraordinary experience. This award-winning range of handcrafted formulas allows us to bring you a sophisticated therapeutic experience that is truly pleasurable and improves your physical, mental, and emotional wellbeing.

# Refresh

## Hydrotherapy circuit

### **Refresh** Revitalize

Renew and rejuvenate the body with the shower of sensations, steam bath 10 minutes, relaxation and hydration 15 minutes, dynamic pool 10 and 15 minutes.

90 min. **\$40 USD**

## Massages

### **Muscle Release** Invigorating

A high-intensity massage focused on areas that carry the most stress and strain. Deep massage techniques are combined with essential oils that have powerful effects.

45 min. **\$150 USD**

75 min. **\$200 USD**

## Face treatments

### **Well-aging** Rejuvenating experience · **by Ayuna**

Pure, organic, loving. This unique experience is suitable for all skin types and invites you to embrace the passage of time with acceptance and joy. The treatment uses products and techniques focusing on three senses: aroma, sound, and touch. Plasmas rich in botanical cell factors which stimulate the skin's regenerative abilities.

60 min. **\$180 USD**

90 min. **\$270 USD**

### **Age Repair** Repairing · **by AA**

The skin is prepared by exfoliating it and it is then massaged with oils, all known for their antioxidant and cell renewal effects. Two masks are applied. While the masks are doing their work, you will be given a lymphatic eye massage and a relaxing head massage. For firm, plump, and youthful skin.

90 min. **\$350 USD**



## Body treatments

### **Breeze** Oxygenating body treatment · **by Ayuna**

A sublime sensation created by an exfoliation. It starts with a fine rain that subtly falls on the skin, followed by a refreshing mist that activates oxygenation from the inside out, improving blood circulation. The skin is smooth, hydrated, and radiant.

60 min. **\$180 USD**

### **Inner Strength & Resilience** · **by AA**

A massage focused on the back, head, arms, legs, and feet.

60 min. **\$200 USD**

*"A truly enriching treatment to strengthen the mind and body in difficult times. It consists of breathing deeply as hot products are applied that are rich in properties intended to promote emotional strengthening."*

## Face & Body treatments

### **Inner Strength & Resilience** · **by AA**

A facial treatment that includes cleansing, exfoliation, massage, and a mask.  
A massage focusing on the back, head, arms, legs, and feet.

90 min. **\$280 USD**

*"A truly enriching treatment to strengthen the mind and body in difficult times. It consists of breathing deeply as hot products are applied that are rich in properties intended to promote emotional strengthening."*

ADD-ONS (can only be added to a 60/90 min treatment)

### **Facial Express** Fine-tuning

A quick treatment to revitalize and refresh the skin.

30 min. **\$55 USD**

# Restore

## Hydrotherapy circuit

### Restore

Replenish the vitality of our body through a shower of sensations, 15 minutes in a sauna, 3 minutes immersion in a cold pool, relaxation and meditation of 20 minutes.

90 min. **\$40 USD**

## Massages

### The ultimate aromatherapy experience Aromas

An intense massage ritual based on a fusion of Eastern and Western techniques. Using a blend of specific essential oils, pressure is carefully applied to stimulate the nervous system, relieve muscle tension and improve lymphatic drainage. A full body treatment that melts away stress and tension, leaving you feeling deeply relaxed and recharged.

60 min. **\$180 USD**

90 min. **\$220 USD**

### Neck - Head

This partial treatment is designed to release both physical and emotional tension through the use of different stretching and massage techniques on the neck and head.

30 min. **\$80 USD**

60 min. **\$140 USD**

## Face treatments

### The ultimate aromatherapy facial Aromas

A tailor-made facial treatment, designed to meet the individual needs of each skin type. A blend of pure essential oils and plant extracts is applied using massage techniques to restore and recondition the skin, leaving the complexion smooth and luminous.

60 min. **\$210 USD**

90 min. **\$315 USD**





## Body treatments

### **Beautifulness** Full rejuvenating experience · **by Ayuna**

We have combined the WELL-AGING and NON-TOXIC ceremonies of Ayuna, creating an experience capable of silencing your mental discourse and immersing you in a feeling of relaxation where you lose the notion of time. A full treatment that nurtures the body both inside and out, resulting in a relaxed mind, a serene face, and a light body.

120 min. **\$450 USD**

### **Unwind & De-stress** · **by AA**

For people who arrive feeling the stress of their fast-paced lives. A double layer of products is applied to release the stress in both the mind and body with an head massage and pressure point techniques.

**SPECIFIC AREAS:** Guided breathing, gentle mobilizations, and massage focused on the back, head, face, arms, and chest.

60 min. **\$200 USD**

**BODY:** Guided breathing, gentle mobilizations, and massage focused on the back, legs, head, face, arms, and chest. Aromatherapy bath.

90 min. **\$280 USD**

ADD-ONS (can only be added to a 60/90 min treatment)

#### **Volcanic sleep – mask** Rejuvenating eye contour treatment

Rejuvenates, reduces inflammation, and relaxes the eye contour.

30 min. **\$50 USD**

# Relax

## Hydrotherapy circuit

### Relax

To relieve stress and tension we make a tour of sensations shower, 15 minutes Finnish sauna, 3 minutes immersion in cold water pool, 15 minutes relaxation and hydration, 10 minutes steam bath and 10 minutes dynamic pool.

90 min. **\$40 USD**

## Massages

### Signature **Spa Experience**

A therapeutic massage exclusive to Cayo Levantado Resort that uses techniques taken from the best treatments and combines them with the use of local stones to balance energies. It includes an aromatherapy consultation, which identifies the emotional and physical needs of the person, and a treatment combining pressure points and massage sequences using the chosen essential oils.

90 min. **\$220 USD**

## Face treatments

### **Breathe facial** Oxygenating and hydrating · **by Ayuna**

This facial creates a dialog between you and your skin. The session begins with a series of exercises to help you become aware of your breathing, accompanied by a blend of essential oils that calm the mind through the sense of smell. After cleansing using a gentle and nourishing foam containing activated charcoal, coconut, and olive oil, the skin enjoys an effervescent and carboxygenating treatment that activates microcirculation and promotes oxygenation. The result: hydrated, luminous, fresh, and oxygenated skin.

60 min. **\$180 USD**

### **Essential rose facial** Hydration · **by AA**

The skin is thoroughly cleansed, exfoliated, and toned using a blend of pure Damask rose (regenerating), geranium (skin balancing) and jojoba oil (nourishing). A pressure point massage using aromatherapy to release facial tension and congestion. While the mask is doing its work on the face, the arms and hands are massaged and the skin is then treated with a facial oil and a moisturizing cream. This treatment leaves you with smooth and radiant skin, as well as a relaxed state of mind.

60 min. **\$200 USD**



## Body treatments

### Tactile-c massage Relaxing · by Ayuna

A complete massage enriched with olive, borage, coconut, and sweet almond oils. The therapist manipulates the lines of least skin tension, encouraging the efficient organization of the collagen matrix and significantly improving skin tone. A massage designed around the Tactile-C maneuvers and their ability to connect to the peripheral nervous system, stimulating the pleasure receptors and allowing the mind to fully relax.

60 min. **\$210 USD**

### Relax & Sleep

Guided breathing and a massage focusing on the back, head, arms, legs, and feet.

60 min. **\$200 USD**

*"The perfect massage to help you sleep like never before. Carefully applied pressure relieves key areas of tension, as our blend of essential oils calms and soothes the mind to bring you into a deep state of relaxation."*

## Face & Body treatments

### Relax & Sleep

Guided breathing followed by a massage focused on the back, head, face, arms, legs, and feet. A facial treatment with cleansing, massage, and a mask. Aromatherapy bath.

90 min. **\$280 USD**

*"The perfect massage to help you sleep like never before. Carefully applied pressure relieves key areas of tension, as our blend of essential oils calms and soothes the mind to bring you into a deep state of relaxation."*

ADD-ONS (can only be added to a 60/90 min treatment)

### Relaxing bath - Aromatic

A hydro-aromatic experience.

30 min. **\$40 USD**

# Renew

## Hydrotherapy circuit

### Renew

Cleaning of our organism through a sensations shower, 15 minutes of steam bath, dynamic pool, 20 minutes of relaxation and meditation and immersion in a cold water pool.

70 min. **\$40 USD**

## Massages

### Taino Renewing massage

Helps to improve the oxygenation of the body and eliminate toxins. This massage alleviates the effects of jet lag, revitalizes the skin, calms the nerves, and reduces stress. Deeply restorative and relaxing.

60 min. **\$200 USD**

### Hot Stones Therapy

A treatment that uses smooth hot stones placed on strategic acupressure points in order to loosen knots, relieve tension and melt away stress. Cold stones are incorporated to balance energies.

60 min. **\$150 USD**

90 min. **\$200 USD**

## Face treatments

### Volcano Lift Firm & Detoxify · by Ayuna

A powerful detoxifying treatment that uses volcanic glass and activated charcoal to eliminate impurities while soothing and nourishing the skin. This treatment is accompanied by hand and foot reflexology. This results in a healthy glow: it redraws the facial contours and illuminates tired and dull skin.

60 min. **\$180 USD**

### Deep Cleansing Men's care · by AA

The skin is deeply cleansed and exfoliated with rich, invigorating essential oils and botanical extracts. A detoxifying and refreshing mask is then applied, followed by a relaxing head massage while the mask is doing its work.

60 min. **\$200 USD**



## Body treatments

### Holistic Luffa Renewing experience · **by Ayuna**

Inspired by fasting techniques as a tool to eliminate impurities, this ritual adds the softness of natural luffas and the properties of spirulina to the process of renewing and improving the appearance of the skin all over the body. The session starts with a soft and creamy cleansing treatment and an effective exfoliation, followed by a moisturizing treatment that nourishes the skin from head to toe.

90 min. **\$270 USD**

### Forest Therapy

A massage focusing on the back, legs, and head. A hot mud mask is applied to hands and feet.

60 min. **\$200 USD**

*"Stress melts away with guided breathing, cleansing, and a long, deep, massage to release tension. A warm mud mask applied to the hands and feet recharges and reconnects you to the earth while an expert head massage brings tranquility to your mind."*

## Face & Body treatments

### Forest Therapy

A massage focusing on the back, legs, abdomen, and head. Application of hot stones. A facial with exfoliation, a mud mask, and a pressure point massage. Aromatherapy bath.

90 min. **\$280 USD**

*"Stress melts away with guided breathing, cleansing, and a long, deep, massage to release tension. A warm mud mask applied to the hands and feet recharges and reconnects you to the earth while an expert head massage brings tranquility to your mind."*

ADD-ONS (can only be added to a 60/90 min treatment)

### Holistic Luffa Corporal · **by Ayuna**

Renewing body exfoliating experience.

30 min. **\$50 USD**

# Beauty Spa Salon

## Hands & Feet

### Full manicure

Includes exfoliation, mask, and massage.

50 min. **\$80 USD**

### Spa pedicure

An hour of pampering for the body parts that support us 24 hours a day.

60 min. **\$110 USD**

### Nail polish

30 min. **\$35 USD**

### Gel color remove

30 min. **\$40 USD**

## HAIR

### Wash and Blow dry short hair

50 min. **\$55 USD**

### Wash and Blow dry long hair

60 min. **\$75 USD**

### Wash and Cut women

60 min. **\$85 USD**

### Wash and Cut men

45 min. **\$45 USD**

### Straightening / Curling

30 min. **\$35 USD**

### Hair Style

60 min. **\$120 USD**

## Make up

### Make up

45 min. **\$100 USD**



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