

A high-speed photograph of a golden liquid droplet falling into a pool of the same liquid. The droplet is captured mid-fall, with a long, thin neck connecting it to the pool below. The impact has created several concentric ripples on the surface of the liquid. The entire scene is reflected in the liquid below, creating a symmetrical image. The background is a soft, warm gradient of yellow and orange.

# Jasha Spa

WELCOME

Through sophisticated and authentic experiences, JASHA Spa harmonizes well-being, discovery, and indulgence. With an integrated Wellness Lifestyle Experience in a stunning location, our guests are immersed in the art of living - well. Understanding that our guests consciously or subconsciously identify with elements of a Wellness Lifestyle, such as healthy eating, fitness and stress reduction, the Spa provides a menu of activities and services that are proven to have health and/or improved lifestyle benefits, yet indulging the desire to discover new and enticing experiences.

Authentic and uncomplicated, the spa services speak to the guest of familiar reasons to spa, while also encouraging the guest to discover a new spa Experience. Services reflect local culture, internal connection, while also being results driven. Offering a variety of treatments, the guest will find activities that they may already enjoy in their daily life, as well as new activities they would aspire to.





# SIGNATURE TREATMENTS

## LOS 4 VIENTOS RITUAL • 120 min

The 4 natural elements play an important role of orientation in time and space for all Native American cultures. The air, water, fire and earth elements are represented in the human body, the cardinal points, and the stages of natural development. In this signature treatment, we address the elements through specialized movements and application of native healing herbs, waters, and products to restore and rebalance your physical and energetic body. The ritual incorporates a cleansing treatment for the back and concludes with a replenishing treatment for the face, neck and décolleté.

## JASHA RESTORATIVE RITUAL • 120 min

Restoration, relaxation and release are the main focuses for this head-to-toe treatment involving a welcoming foot cleanse with native herbs and sea salts, facial cleanse with pineapple and passion flower and a relaxing massage and cocoon wrap with scalp treatment to balance and replenish both internally and externally on all levels.

## BAJA COUPLE'S RETREAT • 180 min

JASHA Spa is located on the Baja California Peninsula, a stretch of land bounded by two parallel yet distinct bodies of water. The influence of these bodies of water is our inspiration for the Baja Couple's ritual, highlighting the contrasting, yet complementary qualities of male and female. The experience begins with a welcoming ritual to ground, center and cleanse. We proceed with a deeply nourishing massage combining powerful techniques reminiscent of the waves of the Pacific Coast with gentle rocking and rhythmic motions, like the internal Sea of Cortez. A luxurious Personalized facial for her and Men's Refinery facial for him will help to restore a glow to the skin and an aromatic hydrotherapy experience, enriched with local ingredients, offers a relaxing conclusion and chance to connect.



## TEMAZCAL CEREMONY • 90 min

For centuries the Temazcal has been used by traditional Mexican cultures as a therapeutic means to promote health and well-being.

The Temazcal at Jasha Spa is a contemporary version of a traditional Temazcal and is nestled in the Spa garden surrounded by an area of relaxation. The Temazcal ceremony is lead by a Temazcalero (a), a master in the ancient art of well-being, who personalizes the experience with carefully selected herbs, leading the guest through a guided journey of discovery and rebirth.

### IMPORTANT NOTES

It is not recomendable if you have any of the following conditions:

Heart disease, high or low blood pressure, claustrophobia, recent surgeries, skin sunburn. Ages permitted from 18 to 60 years. Avoid during pregnancy







# SIGNATURE MASSAGES

## AROMATHERAPY

60/90 min

This restorative and balancing massage uses natural essential oils to affect your mood and alleviate pain. These essential oils are mixed with a carrier oil so that they can be easily massaged into the body. A clever diagnostic technique helps to identify the blend of aromatherapy oils that is best for your personal needs

## THERAPEUTIC DEEP TISSUE

60/90 min

This massage is aimed at reaching deep-seated tension within the tissues of the muscles. While the pressure during the massage will generally be more focused, and may be more intense, the therapist will work to release chronic tension or knots, leaving a noticeable sense of relief and relaxation.

## UP LIFT YOUR MOOD

60 min

This treatment provides an emotional lift and feeling of wellbeing with uplifting aromatherapy essential oils and harmonizing massage, to both elevate and rejuvenate.

## THE TIDES RELAXING MASSAGE

60/90 min

This form of relaxation massage uses varied techniques to stimulate the blood circulation and relax the superficial tissues of the body. This massage is excellent for relieving muscle stress and tension and giving an overall feeling of wellbeing.

## DESERT SAGE AND STONE THERAPY • 60/90 min

A specialty massage using smooth heated stones to glide over the surface of the body while deeply dispersing heat into the musculature, providing deep relaxation and release of tension.

## HEAD AND FOOT REFLEXOLOGY

60/90 min

A method used in the east for centuries, reflexology has been part of healing foundations in many cultures. This focused treatment includes pressure point massage on the feet and care of the head, hair and scalp, working on opening the Chakras of the upper body with massage for the face, ears and scalp, while also working the entire body through reflex points in the feet and ankles for a truly effective and relaxing treatment.

## MOM-TO-BE-MASSAGE

60 min

For the exciting and wonderful time when an expectant mom requires peacefulness, joy, and restoration above all else, this massage provides complete support. With the calming and replenishing properties of Rose, the healing touch and gentle focus of the massage will be a blessing for both mom and baby.







# BEAUTIFUL

## JASHA SPA MANICURE

A nourishing manicure to manifest perfect nails. The treatment replenishes essential moisture to protect nails and cuticles with proteins, rich oils, and relaxing pressure point massage.

## JASHA SPA PEDICURE

Nourishing and protecting creams and natural oils combine with an enzyme peel for beautiful skin, nails, and cuticles. A Reflexology foot massage relaxes tired feet preparing them for a well-deserved vacation.





# BODY THERAPIES

## SUCCULENT SKIN

60 min

An incredibly rich body treatment to refine and replenish the skin. Beginning with a skin polish to leave the skin supple and refreshed, followed by an application of enriching oils and body butters infused with exotic aromas of tuberose, vanilla, and tonka bean. You will be enveloped in a warm cocoon while a replenishing hand, foot and scalp treatment completes the totally succulent experience.

## BODY DETOX

90 min

For an overall body cleanse, purifying program and stimulating boost of energy, this treatment provides amazing results. Beginning with a dry brush exfoliation to tone and prepare the skin, the experience includes an exfoliation with products

stimulating for the lymphatic system, a flushing massage with cool stones on specific areas, and a reviving gel wrap to complete the detoxifying experience.

## SUN GODDESS

60 min

This is a treatment for those who love to be under the sun but need soothing and cooling benefits of after-sun care. The skin will be grateful with applications of lavender essential oil and local ingredients and natural oils gently applied to the skin providing instant nourishment in the form of a wrap. Once the healing ingredients have been absorbed, a relaxing massage with cool stones applied where necessary and additional fresh aloe vera will help to gently rebuild and calm damaged skin.

## COCO HYDRATING TREATMENT

90 min

A deeply moisturizing and luxurious treatment with the aroma of nourishing coconut. The treatment includes a dry exfoliation with coconut flakes and cactus fibers, followed by a warmed coconut poultice massage to deliver warmth and moisture to the whole body. Finally a deep massage and cocoon wrap allows for a completely replenishing experience.





# SPECIALIZED FACIALS

## ULTIMATE RADIANCE LIFT

90 min

The ultimate treatment to lift and purify, ideal for a tired skin showing signs of tiredness, lacking tone and elasticity. The regenerating power of rose combined with electrical impulses, stimulates circulation and lymph flow resulting in supremely nourished, hydrated and plumped skin.

## AROMA CLEAR

60 min

For a skin requiring a deep and effective cleansing facial that cannot be achieved with products alone. This facial is recommended to maintain clear and balanced skin. Electrical impulses combine with bio electric gel for a clear, clean and bright complexion.

## AROMA LIFT

60 min

Ideal for the skin needing a boost in tone and texture, this facial focuses on improving elasticity, reducing wrinkles and signs of

aging. Gentle micro-currents visibly lift and tone muscles, while an enzyme peel effectively exfoliates, smoothing fine lines and providing for a radiant and luminous complexion.

## ILLUMINATING AGE REPAIR

90 min

This facial is the one for guests who would like a highly effective facial to reduce the signs of aging, without the addition of a micro-current. A luxurious, natural facial combining healing hands, innovative technology and cutting – edge scientific skincare products to firm and plump the skin, bringing about a more youthful looking complexion.

## PRESCRIPTION FACIAL

60 min

Aromatherapy products specifically selected to complement the skin and restore vitality are used in this tailor made facial. A consultation determines the immediate areas of skin concern that are then treated

individually, restoring balance to the skin.

## PINEAPPLE AND PASSION FLOWER ENZYME • 30 min

This highly effective deep cleansing enzyme peel exfoliates the skin, smoothing fine lines and clearing congestion for a radiant and glowing complexion.

## MEN'S REFINING FACIAL

90 min

Using restorative and balancing aroma-therapy ingredients specially selected to complement the skin and restore vitality, this facial is perfect for male skins of all ages. A consultation determines the immediate areas of skin concern which are then treated individually, and facial massage techniques to build the skin's natural defenses are complimented by a back massage to release tension and expand the breath, resulting in a purifying and hydrating facial with toned, nourished, and youthful looking skin.





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**JW** MARRIOTT  
LOS CABOS

## SIGNATURE MESSAGES

Aromatherapy		203	279		
Therapeutic Deep Tissue		192	261		
Tides Relaxing		192	261		
Desert Sage and Stone Therapy		203	279		
Up lift Your Mood		203			
Head and Foot Reflexology	105	192	261		
Ayurvedic Scalp Massage	105				
Back and Neck Massage	105				
Mom to be (only between 3 to 7 months)		203			

## BODY CONSCIOUS THERAPIES

Succulent Skin		192			
Sun Goddess		192			
Body Detox Wrap			261		
Coco Hydrating Treatment			261		

## SPECIALIZED FACIALS

Ultimate Radiance Lift			331		
Aroma Clear					
Aroma Lift		279			
Illuminating Age Repair		279			
Prescription Facial			302		
Hibiscus & Passion Flower Enzyme Peel		192			
Men's Refining Facial	87		261		

## SIGNATURE TREATMENTS

Private Temazcal Ceremony (1-5 guest)*	580				
Group Temazcal Ceremony (min 3 to max 15 guest)	105				
Guided Meditation	p/p				
Los 4 vientos	58				
Jasha Restorative Ritual			325		
Baja Couple's retreat			325		

## WAXING

Brazilian	93
Full Leg & Bikini	140
Full Leg	93
Half Leg	58
Under Arm	47
Bikini	58
Eyebrow	35
Lip, chin, cheek or nose	24
Full Face	82
Face Grooming	82

\*EXTRA PERSON \$105 USD  
 PRICES IN AMERICAN DOLLARS  
 PRICES INCLUDE 16% OF FEDERAL TAXES.

## SALON

Intensely Nourishing Hair Treatment	59
Women's Hair Cut	59
Men's Hair cut	30
Blow Dry with body short length	35
Blow Dry with body medium length	59
Blow Dry with body long length	75
Up Do	110
Make Up	115
Eye Lashes	35

## BRIDAL

Make Up	155
Make Up Trial	78
Bride Up Do	125
Bride Up Do Trial	67
Bridesmaid Make Up	110
Bridesmaid Up Do	115
Flower Girl Make Up	35
Flower Girl Up Do	39

## HANDS, FEET & NAILS

Jasha Spa Manicure	75
Jasha Spa Pedicure	85
Age Repair Hand Treatment	115
Intensely Nourishing Foot Treatment	135

## ADDS ON

French Polish Change	15
Gel polish Removal	25
Gel polish application	15
Hands or feet massage with soy candle	25