



S P A M O N T A G E

LOS CABOS



SPA MONTAGE

Los Cabos

Welcome to Spa Montage Los Cabos, where majestic desert landscapes meet the turquoise blue Sea of Cortez.

Inspired by the traditional Mexican folklore surrounding the Tree of Life as well as the historic Torote tree that graces the entrance to the resort, this nurturing refuge offers a unique experience steeped in the beauty and healing powers of its incredible surroundings. It is here that a wonderful array of sensuous spa treatments, many inspired by the rhythms of the ocean, desert and local traditions, will soothe and renew.

In this unparalleled environment, you can also partake in proven wellness and beauty treatments from around the globe. To deepen your sense of rejuvenation and bliss, splendidly appointed private changing rooms and sophisticated garden lounges complete with steam rooms, and jetted hot and cold plunge pools, allow for pleasurable pre and post treatment relaxation experiences.

Enjoy repose in the very private, serene, adult-only outdoor Serenity Pool and jetted pool. Bathe, swim, rest, meditate, read, dine or dose as you take in the fragrant sea air. Choose to enjoy the warm sun or to spend the day in a beautifully shaded poolside cabana. For your wellness and beauty needs, workout in our state-of-the-art fitness center and movement studio or enjoy a service in our luxurious hair salon and nail studio. Take a moment to browse the beautiful array of spa merchandise in our sophisticated spa lifestyle boutique.

At Spa Montage Los Cabos, the power of the customs and traditions of Baja are seamlessly and elegantly intertwined into every experience. We anticipate your arrival with a commitment to your renewal and well-being.



FACIAL THERAPIES

TATA HARPER BEYOND BEAUTY FACIAL

120 minutes

This hydrating treatment fights the visible signs of aging and is the pinnacle of luxury. Inhale transformative aromas as you begin your journey by selecting a purifying back treatment or welcoming foot ritual. You will then be treated to a targeted triple cleanse and exfoliation that leaves your skin with a radiant glow and a silky-smooth texture. Three luxurious masks are weaved throughout your facial to purify your skin, while you experience a beautifying hand and arm ritual, and soothing tea eye treatments. This treatment concludes with a luminescent Diamond Dust moisturizer that will leave you with soft, supple skin.

TATA HARPER ULTIMATE ORGANIC FACIAL

90 minutes

This complete treatment, firms and lifts the skin using natural muscle-relaxing neuropeptides to instantly reduce wrinkles, reinforce collagen and restore the skin's youthful cushion. Through therapeutic massage and high performing active ingredients, wrinkles are smoothed and reduced. The relaxing experience includes a luxurious Ageless Hand Treatment and Eye Therapy.

TATA HARPER ORGANIC FACIAL

60 minutes

Intensify your results with a customized treatment mask to focus on hydration, firming or purifying concerns. Completely treat the skin with concentrated formulas of high performing natural ingredients paired with specific techniques tailored to your skin's needs. Enjoy a nourishing and therapeutic face massage, leaving your skin with a healthy inner and outer radiance.





FACIAL THERAPIES

BRIGHTENING AND CORRECTING REPAIR FACIAL

60 minutes / 90 minutes

This results-oriented treatment is customized with a multi-acid or enzyme peel to address specific conditions of the face, neck, décolleté and hands.

Ideal for skin types concerned with hyper-pigmentation, congested skin, fine lines and premature aging. A heated hand treatment is also incorporated into the experience. Upon completion, you will immediately notice a more refreshed and radiant appearance.

ESSENTIAL FACIAL

60 minutes / 90 minutes

This European inspired, customized and deeply relaxing facial is suitable for all skin types and ages calling on a range of luxurious, botanically-based skin care products and techniques to address your unique skin care needs.

Begin with a consultation to set your goals and then experience a facial created just for you. The 90-minute version may include a specialty facial massage or treatment ampoule depending upon your desired results.

GENTLEMEN'S BARBER FACIAL

60 minutes / 90 minutes

It's about gathering men who pay attention to their look, who believe that skincare is an integral part of a man's journey to defining his own style.

This fashionable facial incorporates products especially targeted to keep male skin healthy and youthful. Customized to remedy problems related to daily shaving and environmental exposure, this comprehensive and relaxing treatment incorporates dynamic pore-cleansing, specialty facial massage techniques, hot steamed towels and finishes with a scalp, neck and shoulder massage.

BODY THERAPIES

Our luxurious body treatments combine ancient wisdom arts with modern day experiences and are designed to provide transformation, rejuvenation and stillness of mind.

CRYSTAL FLOWERS OF THE SEA

60 minutes / 90 minutes

An agave fiber body-brushing is followed by an exfoliation with the purest crystal sea salts, infused in fresh organic seaweed, acai and passionfruit. Dead skin is sloughed away and new cells are nourished and hydrated. Pomegranate mist boosts antioxidants and a soothing application of re-mineralizing balm replenishes moisture. A neck and shoulder massage leaves you feeling refreshed and renewed.

PACIFIC BOTANICAL ENCOUNTER

60 minutes / 90 minutes

Reveal your radiance with this pacific herbal body scrub. The union of mineralizing salts and hydrating sugar with plant and fruit-based oils refines the structure and integrity of the skin. Botanical essences of rosemary, lemon and peppermint boost mental clarity and soothes muscle fatigue. Reawaken the mind and senses with a vivid breath of vitality.

BAJA DESERT COCOON

90 minutes

Desert sage, both purifying and euphoric, sets the tone for this detoxifying botanical wrap. An agave fiber body-brushing stimulates the system while boosting collagen and elastin before a refreshingly uplifting polish with notes of lavender, basil and eucalyptus. An ultra-nourishing warm application of fresh muddled sage oil purifies and softens the skin in a healing cocoon. Neroli Scalp scalp and neck massage kneads tension away as your skin absorbs the nutrients. After a luxurious hydration, you will leave feeling cleansed, hydrated, toned and soft.

SUN WORSHIPPER RECOVERY

90 minutes

This full body refreshment is designed for those who have overindulged in the Los Cabos desert sun or who would simply like to prolong their Baja California tan. A hydrating body mask of lavender and aloe reduce redness and irritation. The face is treated with a refreshing Gigartina algae gel and cool massage globes to rejuvenate and rehydrate the skin and maintain your healthy glow. Enjoy a foot massage as you quench your body with essential nutrients and moisture.



CABO SUNBEAMS

90 minutes

This nourishing and refreshing body scrub uses mineral rich sea salt and raw sugar crystals to reveal your skin radiance, leaving it vibrant and incredibly soft. Choose from the following essential oils:

South California Spiced Citrus;

An uplifting blend of mandarin, sweet orange, lemon and ginger

Sun Energizer

A sublime infusion of peppermint, rosemary and eucalyptus.



MASSAGE THERAPIES

Our massage therapists will draw upon their extensive bodywork repertoire to provide you with relaxation and relief.

BAJA RELAX

60 minutes / 90 minutes / 120 minutes

A light to medium pressure massage using primarily restorative Swedish techniques will transport you to a sacred place of relaxation, improved circulation and flexibility. Inhalations of soft meditative aromas encourage your body to let go and unwind.

BAJA THERAPEUTIC

60 minutes / 90 minutes / 120 minutes

A strong pressure, therapeutic massage effectively targets deeper layers of tissue for relief of deep-seated muscle pain and tension. A therapeutic heat pack releases overworked muscles while a refreshing aromatic blend relieves neck and shoulder restrictions.

TROPICAL RAIN

90 minutes

Our unique massage to rejuvenate your mind and balance your body. This breath-taking technique has been used for centuries and combines 10 essential oils to create the most powerful effect. Delight your senses and bring serenity into your life.

REFLEXOLOGY

60 minutes / 90 minutes

Ancient civilizations discovered that through finger-applied pressure on specific points on the feet, many ailments could be relieved. Today, reflexology is extremely popular and celebrated for initiating self-healing and relaxation. Your entire body will benefit from an overall renewal of vital life-force energy.

FREEDOM MASSAGE

60 minutes / 90 minutes

This treatment incorporates ancient wisdom and techniques to improve your flexibility, mobility and sense of physical and emotional freedom. A therapist-assisted stretch with floor Thai massage uses isolated stretching combined with a focus on nerve pathways to promote the release of chronic aches and pains.

Please come prepared dressed in active attire.



SWING YOUR SWING MASSAGE

60 minutes / 90 minutes

Your golf swing is our concern. Spa Montage Los Cabos designed an exclusive golf massage to improve your balance, swing and rotation for distance and accuracy. It's a combination of massage, stretching and shiatsu that will aid you in improving in your golf performance.

MEZCAL RENEWAL MASSAGE

60 minutes / 90 minutes

In all of Oaxaca, locals believe the Mezcal drink to possess curative powers and have devised a delightful proverb for it: "For everything bad, Mezcal renewal massage; and for everything good, too." Completely relax and indulge yourself with this classical Mexican combination of dry body brushing and full-body massage with Mezcal essential oils. For good measure, we will end your authentic experience with a taste of Mexico's nectar.

JUST FOR COUPLES

Rekindle romance and enjoy some respite together. Our couples' treatments are a wonderful way to reconnect and indulge as you take time to relax and unwind in our beautiful spa sanctuary.

TOTALLY TWO

180 minutes

Indulge yourselves with a day of decadence at Spa Montage. This ultimate experience is set in a private couples' sanctuary. We invite you to combine your choice of a 90-minute therapeutic massage with any of our ultra-indulgent 90-minute traditional facial therapies for a day of pampering

ROMANTIC ESCAPE MASSAGE

60 minutes / 90 minutes

Soft aromas of rose and geranium seduce the senses to a state of repose and set the intention for a truly romantic couple's massage. Created for just the two of you, this tailored-massage allows you to enjoy quality time together during a side-by-side treatment as you relax and renew.



BEACH & POOLSIDE EXPERIENCES

Inspired by the Ayurvedic traditions of the Kansa Wand & Marma Points Massage, our vitality beach and poolside experiences were designed to improve energy flow to the entire body and calm your mind.

HANDS & ARMS VITALITY

30 minutes

HEAD NECK & SHOULDERS VITALITY

30 minutes

FOOT VITALITY

30 minutes

CABAÑAS EXPERIENCES

Exclusively designed to be enjoyed in the comfort of your poolside cabaña.

This profoundly healing body and mind massage relieves muscle and mental fatigue, increases vitality and slows the signs of aging by softening and strengthening the skin.

FULL BODY VITALITY

90 minutes

FEET FIRST VITALITY

60 minutes

SALON MONTAGE

Polish your look with our stunning finishing touches.

BAJA BLISS MANICURE & PEDICURE

Enjoy a creative experience filled with luxury, authenticity and pampering specifically designed for you. This treatment includes paraffin, mud mask and reflexology.

Manicure
90 minutes

Pedicure
120 minutes

SPA MONTAGE MANICURE & PEDICURE

All the luxury of our Classic nail services with an added clay mask.

Manicure
60 minutes

Pedicure
90 minutes

GENTLEMEN'S GROOMING DELUXE MANICURE & POWER PEDICURE

This classic manicure and pedicure includes nail trimming and shaping, a hydrating scrub, massage and buff. The perfect grooming to keep your nails looking their best.

Manicure
45 minutes

Pedicure
60 minutes

NAIL SERVICE ADD-ONS

French Polish
Gel Nail Removal
Paraffin Treatment for
Hands and Feet
Polish Change
French Polish Change

PRECISION CUTS & STYLING

Shampoo / Blow Dry
Ladies Haircut & Style
Gentlemen's Haircut
Formal Style (on clean, dry hair)
Bridal Design

MAKE UP

Makeup Application
Eyelashes





TEEN SPA SERVICES

Spa Montage welcomes those ages 16 and up to have access to all of our treatments and facilities. Knowing that wellness is a family affair, Spa Montage offers specially designed services for those ages 13 through 16 that may be enjoyed with the supervision of a parent or guardian. A bathing suit is required for massage.

BALANCING MASSAGE

60 minutes

This Swedish-style massage relieves tension and soothes tired muscles.

BALANCING FACIAL

90 minutes

Nature's best ingredients replenish the skin for a healthy, clear complexion. A relaxing facial massage, gentle exfoliation and customized mask illuminates the skin.

TOTAL BODY BALANCE

90 minutes

The perfect fusion for an ultimate feeling, a relief massage and a facial combined for a total body experience.

MANICURE AND PEDICURE

A soak, cleanse and massage are followed by a nail shaping and painting with a color of your choice.

Manicure
45 minutes

Pedicure
60 minutes

FITNESS

Our wellness experts specialize in a variety of fitness techniques and are here to assist you with looking and feeling your best. Resort, Residence and day guests are welcome to enjoy complimentary access to our wellness center and select group fitness classes. Private group fitness classes, training sessions and series pricing is available upon request. Please come prepared dressed in active attire.

PERSONAL TRAINING

A full-body assessment creates a personalized training session and provides information and guidance to continue your fitness regimen for a lifetime.

YOGA

Bring body, breath and mind into balance with our master yoga instructors. Each class can be modified to all levels and styles.

PILATES

Find balance to sculpt your core and become stronger with controlled fluid movements. Instructors will guide guests through movement using body weight, Pilates rings, exercise balls and other equipment to improve posture, balance and strength.

BEACH BOOT CAMP

Challenge yourself with a combination of cardio drills, plyometrics, strength training and agility moves. Finishing with an intense core workout and several deep sport stretches.

FUNCTIONAL STRETCH

With assisted stretching, learn proper body alignment and lengthen muscles for injury prevention from a master instructor.

REV UP CYCLING

45 minutes of heart-pumping, fat burning spin followed by 15 minutes of stretching to relieve tight muscles.

AQUATIC FITNESS

A non-jarring water workout that supports the body while providing resistance on all surfaces. Water provides greater resistance than air, resulting in a low-impact and effective workout.

VISITING THE SPA

HOW TO RECEIVE A MASSAGE

If you have not previously enjoyed a massage, you may not know what to expect. Below are some guidelines to put you at ease and assist you in receiving the maximum benefit from your massage.

- Take a warm shower and enjoy the spa facilities prior to your massage.
- Your body will be professionally draped at all times.
- Should there be any massage techniques you are uncomfortable with, please communicate it to your therapist.
- Advise your therapist about areas of your body that are injured, sore, or tense.
- Mention any medical conditions such as pregnancy, high blood pressure, heart problems, headaches, varicose veins or recent surgery to your therapist.
- If you are suffering from a cold, flu, or skin condition, please advise your therapist, as massages will often increase the health risk and discomfort brought about by these ailments.
- During your treatment, we invite you to close your eyes, focus on breathing slowly and deeply to maximize your relaxation.

TRANQUILITY CONSIDERATIONS

Spa Montage is a place of tranquility; therefore we ask that you respect other guests by refraining from bringing cell phones into the spa. To ensure all guests thoroughly experience an environment of solitude and relaxation, children under the age of 16 are prohibited.

NO SMOKING

We ensure a healthy environment for our guests by upholding a non-smoking policy.

CANCELLATION POLICY

All reserved services must be guaranteed with a valid credit card or room confirmation number. Spa services are reserved especially for you, so we ask that you give us six hours' advance notice should you need to reschedule or cancel your service. No-shows or cancellations made less than six hours before the scheduled appointment time will be billed at the full treatment rate.

WHO CAN GUIDE ME IN CHOOSING TREATMENTS?

Any of our Wellness & Spa associates can assist you in planning the perfect spa experience.

IS THERE A MINIMUM AGE?

Spa guests must be 16 years of age or older to enjoy the spa facilities, spa pool and fitness center. An adult, parent or guardian must be present in the room for any guests under the age of 16 who wish to receive spa services. Salon services are available for all ages.

WHAT DO I WEAR DURING MY TREATMENT?

Most treatments are enjoyed without personal clothing as professional draping is used. For your convenience, the spa provides you with disposable underwear.

WHAT IF I HAVE ANY HEALTH CONSIDERATIONS?

Please notify our Wellness & Spa coordinator when booking your treatments if you have high blood pressure, a heart condition, recent surgeries, allergies, or if you are pregnant. Also, please advise us of any medication you are taking. If you have any concerns, please let us know. It is always advisable to check with your doctor prior to your arrival.

WHEN SHOULD I ARRIVE?

For enhanced comfort and relaxation, we encourage that you arrive at least 30 minutes prior to your appointment to enjoy the exclusive facilities and to have a consultation with your therapist.

WHAT ABOUT MY JEWELRY AND VALUABLES?

It is recommended that no jewelry is worn at the spa. Lockers are available for your personal items. Montage Los Cabos accepts no responsibility for the loss of valuables brought onto the spa premises.

HOW SHOULD I COMMUNICATE MY PREFERENCES?

This is your time and you should fully delight in your experience. Whether it is the room temperature, the amount of massage pressure or the volume of the music, please notify us at any time of any discomfort or preferences.

WHAT IF I AM LATE FOR MY APPOINTMENT?

Spa Montage kindly requests that guests arrive on time as treatments are carefully planned. Late arrivals are finished within the scheduled treatment time, as courtesy to our next guest, while the fee remains unchanged.

SHOULD MEN SHAVE BEFORE A FACIAL?

Shaving isn't necessary, but it is recommended. If you do choose to shave prior to your facial, be sure to do so at least two hours prior to your scheduled appointment.

IS A SPA LUNCH AVAILABLE?

We offer Fresh Spa Essential Nutrition. Lunch may be added a la carte to any service.

WHAT IS THE CANCELLATION POLICY?

All services booked are guaranteed with a valid credit card or room number. For any rescheduling or cancellations of treatments, guests should allow a 6 hours' notice.

No shows, changes or cancellations made less than six hours before the start time scheduled will incur a fee.

HOW TO PAY FOR SPA SERVICES

All major credit cards are accepted. Spa services can be also charge to your resort or residence bill. For your convenience, any payment is also accepted prior to any treatment.



SPA BOUTIQUE

Browse a splendid assortment of spa-inspired beauty products, quality leisure wear, elegant accessories and luxurious gift items, and satisfy your inner fashionista with beautiful active wear. Our boutique is open to all guests, and you do not need to have a spa service to shop with us.

PRICE LIST

Price are listed in Mexican pesos and include a 16% mandatory tax and 15% service charge.

FACIAL THERAPIES

| | | |
|--|--------------|---------------|
| Tata Harper Beyond Beauty Facial | 120 mins | 11,450 |
| Tata Harper Ultimate Organic Facial | 90 mins | 8,590 |
| Tata Harper Organic Facial | 60 mins | 5,730 |
| Brightening & Correcting Repair Facial | 60 90 mins | 5,480 8,220 |
| Essentials Facial | 60 90 mins | 5,480 8,220 |
| Gentlemen's Barber Facial | 60 90 mins | 5,480 8,220 |

BODY THERAPIES

| | | |
|-----------------------------|--------------|---------------|
| Crystal Flowers of the Sea | 90 mins | 8,220 |
| Pacific Botanical Encounter | 60 90 mins | 5,480 8,220 |
| Baja Desert Cocoon | 90 mins | 7,840 |
| Cabo Sunbeams | 60 mins | 4,980 |
| Sun Worshipper Recovery | 90 mins | 7,470 |

MASSAGE THERAPIES

| | | |
|--------------------------|--------------------|------------------------|
| Baja Relax | 60 90 120 mins | 5,230 7,840 10,460 |
| Baja Therapeutic | 60 90 120 mins | 5,230 7,840 10,460 |
| Tropical Rain | 90 mins | 7,470 |
| Reflexology | 60 90 mins | 4,980 7,470 |
| Freedom Massage | 60 90 mins | 4,980 7,470 |
| Swing your Swing Massage | 60 90 mins | 5,230 7,840 |
| Mezcal Renewal Massage | 60 90 mins | 5,230 7,840 |

JUST FOR COUPLES

| | | |
|-------------------------|--------------|----------------|
| Totally Two | 180 mins | 31,380 |
| Romantic Escape Massage | 60 90 mins | 9,460 14,200 |

JUST FOR TEENS

| | | |
|----------------------------------|---------|-------|
| Balancing Massage | 60 mins | 4,730 |
| Balancing Facial | 60 mins | 4,980 |
| Total Body Balance | 90 mins | 7,470 |
| Manicure | 45 mins | 1,615 |
| Pedicure | 60 mins | 2,240 |
| Teen Personal Training | 60 mins | 3,485 |
| Teen Private Yoga and Meditation | 60 mins | 3,485 |

PRICE LIST

Price are listed in Mexican pesos and include a 16% mandatory tax and 15% service charge.

NAIL SERVICES

| | | |
|-------------------------------------|----------|-------|
| Baja Bliss Manicure | 90 mins | 3,920 |
| Baja Bliss Pedicure | 120 mins | 5,230 |
| Spa Montage Manicure | 60 mins | 2,615 |
| Spa Montage Pedicure | 90 mins | 3,920 |
| Gentlemen's Deluxe Manicure | 45 mins | 1,615 |
| Gentlemen's Power Pedicure | 60 mins | 2,240 |
| French Polish | 30 mins | 400 |
| French Polish Change | 30 mins | 775 |
| Gel Removal | 30 mins | 575 |
| Paraffin Treatment for Hands & Feet | 30 mins | 1,715 |
| Paraffin Treatment for Hands | 15 mins | 900 |
| Paraffin Treatment for Feet | 15 mins | 900 |
| Polish Change | 15 mins | 575 |

PRECISION CUTS, STYLING

NOTE: All services and prices are subject to change depending upon length and thickness of hair

| | | | |
|--------------------|--------------------|---------------------------|-------|
| Gentlemen Haircut | 1,615 | Flat-Ironing Only | 1,240 |
| Ladies Haircut | Starting at: 2,850 | Special Occasion Style | 2,375 |
| Shampoo Only | 1,140 | Wedding Hair Consultation | 2,375 |
| Shampoo & Blow dry | 1,615 | Wedding Up Do | 2,375 |
| Curls Only | 950 | | |

MAKE-UP

| | | | |
|--------------------------|-------|----------------------|-------|
| Day Make-Up Application | 1,815 | Wedding Consultation | 2,375 |
| Special Occasion Make-Up | 2,375 | Wedding Application | 3,325 |

FITNESS

| | | |
|------------------------------------|--------------------|-----------------------|
| Personal Training | 60 90 120 mins | 3,485 4,730 7,000 |
| Personal Training Additional Guest | | 1,745 |
| Private Mat Pilates | 60 mins | 3,485 |
| Private Meditation | 60 mins | 3,485 |
| Private Pilates Reformer | 60 mins | 3,485 |
| Private Spinning | 60 mins | 3,485 |
| Private Yoga | 60 90 mins | 3,485 4,730 |



S P A M O N T A G E
L O S C A B O S

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