



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



# 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.





# SIGNATURE & BAJA WELLNESS JOURNEYS

## BAJA SENSORIAL JOURNEY

**150 min \$786 USD**

You can create your magical Baja experience by choosing from an assortment of local healing and beauty remedies that best suit your needs and mood. Your experience begins with a traditional Mexican blessing using burning sage incense, followed by a relaxing foot bath ritual. Select your natural body scrub and mask from our local favorites – Datil, cocoa and coffee. Then relax with the application of a healing body mask of your choice. Your mask is then exfoliated with an ayate cloth, followed by a warm, herbal rinsing ritual using locally sourced ingredients. A massage application of sage oil concludes your magical encounter with Mystical Baja.

## THE JEWEL OF BAJA

**120 min \$629 USD**

Natives from Baja believe in the seductive and healing power of the Damiana Flower, known as the Jewel of Baja. Your experience begins with a foot bath ritual followed by a full-bodied cleansing with a natural sea sponge. This cleansing prepares your body and mind to receive the power of local herbs combined with natural Damiana and agave honey in a nurturing wrap. While you are cocooned to allow the herbs to penetrate into your skin, a cold floral facial mask will be used to balance your body temperature. Now you are ready to receive a vigorous ritual four hand massage to feel the inner energy of La Baja. Your journey will end with our signature Damiana elixir.

## TWIN DOLPHIN COUPLE JOURNEY

**3 hours \$1,884 USD**

Guided by our Yoga Guru, your journey together begins with connecting to each other through a one hour breathing and mindful meditation ritual that will evoke the feeling of romance. You will then be guided through the Damiana Tea Ritual of Love, and gratitude will be celebrated by presenting an offering to your partner. Your journey is completed with a romance inspired side-by-side massage that will take you and your loved one to new heights of happiness.



# ELEMENTS OF WELLNESS

*Our experienced Spa Master Therapists undergo hundreds of hours of specialized education to create truly customized therapies that best suit your unique needs. Through careful consideration of your individual constitution, your Master Therapist will design a treatment that offers transformation, rejuvenation, and a stillness of mind.*

## ELEMENTS OF WELLNESS EXPERIENCE THERAPY

**90 min \$472 USD / 120 min \$629 USD**

Elevate your wellness to a new level by experiencing the best that spa science and ancient wisdom can offer. Your journey to true balance and renewal begins with this extraordinary signature massage & body therapy. Drawing from a palette of spa bodywork offerings, your Master Therapist will create a personalized therapy utilizing a variety of modalities such as traditional massage, aromatherapy, gentle connective tissue massage, stone therapies, sound therapy, balancing reflexology, earth and ocean elements, body brushing, herbal poultices, body scrubs or wraps. Coupled with a personalized blend of aromatic oils to interrupt stress patterns, remedy aches and pains, and strengthen the immune system, this therapy invites a deepened state of relaxation followed by a renewed sense of spirit. This customized treatment is developed to address your specific concerns and wellness goals providing a results-oriented experience to





# MASSAGE THERAPIES

*Whether suffering from travel fatigue, work-induced stress, specific aches and pains or seeking new ways to unwind, our massage therapists will draw upon their extensive bodywork repertoire to provide relaxation and relief with their artful work in massage therapy.*

## BAJA RELAX

60 min \$275 USD / 90 min \$413 USD / 120 min \$551 USD

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 min \$275 USD / 90 min \$413 USD / 120 min \$551 USD

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.

## MEZCAL RENEWAL MASSAGE

90 min \$413 USD

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 healing friction massage and full-body traditional massage with Mezcal essential oils. For good measure, we will end your authentic experience with a taste of Mexico’s nectar.

## TROPICAL RAIN

90 min \$393 USD

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.





## SWING YOUR SWING MASSAGE

90 min \$413 USD

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 acupressure that will aid you in improving in your golf performance.

## FREEDOM MASSAGE

90 min \$393 USD

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.

## REFLEXOLOGY

60 min \$262 USD / 90 min \$393 USD

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.





# BODY THERAPIES

*With a focus on your specific needs to achieve total body wellness, our luxurious body therapies 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 min \$288 USD / 90 min \$433 USD**

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

**90 min \$433 USD**

Reveal your radiance with this pacific herbal body scrub, deep tissue and stretching massage. 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 min \$413 USD**

Desert sage, both purifying and euphoric, sets the tone for this detoxifying and stress relief 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 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 min \$393 USD**

This full body refreshment is designed for those who have over indulged in 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 min \$393 USD**

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:

- Southern California Spiced Citrus – an uplifting blend of mandarin, sweet orange, lemon and ginger
- Sun Energizer – a sublime infusion of peppermint, rosemary and eucalyptus

# FACIAL THERAPIES

## CELULLAR REJUVENATION

Valmont Facials – Science. Art. Spa.

A true anti-aging expert for more than 30 years, Valmont has been perpetuating the unique expertise of Swiss cellular cosmetics and the legacy of the famous Valmont Clinic with treatments that offer instant and lasting results of unparalleled quality. True to the concept of cellulotherapy, Valmont delves into the very nucleus of the skin's cells with peerless anti-aging properties: Triple DNA and RNA. Each 90 minute and 120 minute Valmont beauty treatment features a signature collagen infused mask composed of pure medical grade collagen. Designed to strengthen and stimulate cells suffering from the effects of time or outside aggressions, the collagen infusion reveals sublime and youthfully radiant

## THE MASTERPIECE

120 min \$786 USD

Experience the ultimate in anti-aging perfection and cellular renewal. This exclusive treatment, designed specifically for Spa Montage, combines the power of a dual cleansing process with six masks including a complete collagen treatment for the face, neck, décolleté and the eyes. Furthermore, this elevated ritual provides brightening elements for the face as well as re-sculpting and lifting the silhouette of the face. To enhance your experience, you will enjoy a hand and foot treatment during your treatment. You will have glowing, clarified and lifted skin.



## ANTI-WRINKLE AND FIRMNESS – SUMMIT OF CERVIN

90 min \$472 USD

This intensive chrono-cellular lifting treatment addresses the loss of firmness and the appearance of wrinkles on the skin, and helps delay these visible signs of aging. The results of the lifting and sculpting facial massages are further amplified by the pure medical grade collagen mask that plumps the facial tissue and redefines the contours of the face.



## ANTI-AGE UV REPAIR – DELICATE SWISS MOMENT

60 min \$315 USD

This sun repair treatment soothes the fragile skin of the face and décolleté, repairs sun and wind damage, and deeply regenerates the skin. Whether you are sunbathing on the beach or skiing down the slopes, this treatment will erase the undesirable effects of UV rays on your skin. To enhance the healing process, this treatment



## NATURAL LUXURY

Tata Harper Facials – Defining The Next Generation of Beauty.

Made for the uncompromising person who wants the best skincare in the world, Tata Harper blends the natural with high performance. Tata Harper's Complex Formulas are engineered with the highest possible number of innovative and precious ingredients, meticulously captured at their peak for maximum potency. The sublime result: unparalleled benefits for your skin.

## BEYOND BEAUTY FACIAL

120 min \$603 USD

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.

## ULTIMATE ORGANIC FACIAL

90 min \$452 USD

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.

## ORGANIC FACIAL

60 min \$302 USD

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.



# JUST FOR COUPLES

Rekindle romance and enjoy some respite together. Our couple 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 min \$1,652 USD

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 min \$507 USD / 90 min \$747 USD

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 min \$131 USD

## HEAD NECK & SHOULDERS VITALITY

30 min \$131 USD

## FOOT VITALITY

30 min \$131 USD

## 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 min \$367 USD

## FEET FIRST VITALITY

60 min \$244 USD



# SALON MONTAGE

Be transformed and refreshed in our luxurious beauty salon. Our highly skilled hair, make up and nail experts will cater to your needs and provide the ultimate pampering and beauty experience.

## BAJA BLISS MANICURE & PEDICURE

**Manicure 90 min \$206 USD / Pedicure 120 min \$275 USD**

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

## SPA MONTAGE MANICURE & PEDICURE

**Manicure 60 min \$138 USD / Pedicure 90 min \$206 USD**

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

## GENTLEMEN'S GROOMING DELUXE MANICURE & POWER PEDICURE

**Manicure 45 min \$85 USD / Pedicure 60 min \$118 USD**

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

## NAIL SERVICE ADD-ONS

French Polish **30 min \$21 USD**

French Polish Change **30 min \$41 USD**

Gel Nail Removal **30 min \$30 USD**

Paraffin Treatment for Hands & Feet **30 min \$90 USD**

Paraffin Treatment for Hands or Feet **15 min \$47 USD**

Polish Change **15 min \$30 USD**

## MAKE UP

Day Make-Up Application **\$96 USD**

Special Occasion Make-Up **\$125 USD**

Bridal Trial **\$125 USD**

Bridal Full Make-Up **\$175 USD**

## PRECISION CUTS & STYLING

Gentlemen Haircut **\$85 USD**

Ladies Haircut Starting at **\$150 USD**

Shampoo Only **\$60 USD**

Shampoo & Blow dry **\$85 USD**

Curls Only **\$50 USD**

Flat-Ironing Only **\$65 USD**

Special Occasion Style **\$125 USD**

Bridal Trial Styling **\$125 USD**

Bridal Up-Do Up Do **\$125 USD**

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



# TEEN SPA SERVICES

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. Access to the Spa facilities or pool is not available. A parent must be present for all services, including in the treatment room for massage and facial services.

## BALANCING MASSAGE

60 min \$249 USD

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

## BALANCING FACIAL

60 min \$262 USD

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

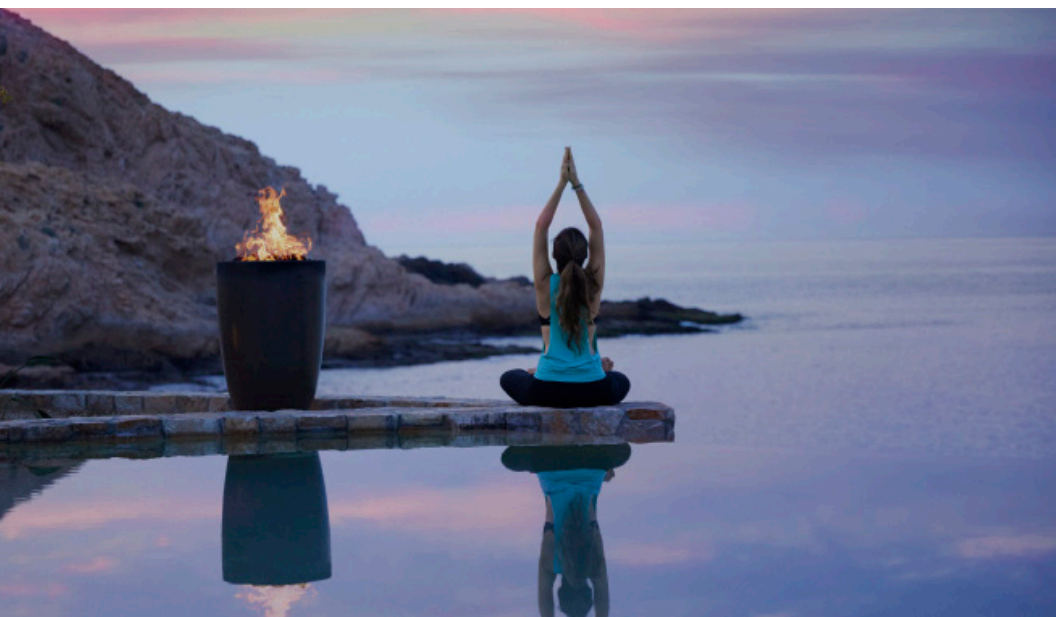
90 min \$393 USD

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

## MANICURE AND PEDICURE

Manicure 45 min \$85 USD / Pedicure 60 min \$118 USD

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



# 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

## 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.

## 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.





## 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.



# 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 MONTAGE  
LOS CABOS

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