



Desert Spa  
At Villa del Arco

RESPIRA ... TOMATE UN TIEMPO





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## DESERT SPA AND FITNESS CENTER LOS CABOS

“Relaxation and wellbeing in a uniquely accommodating environment”

The Desert Spa and Fitness Center opened in July, 2007 with 31,000 square feet of tranquility making it the largest spa and wellness facility in the state of Baja California Sur. It has the leading hydrotherapy and relaxation spaces available along with the friendliest and most accommodating professional staff. The adjoined fitness center is 4,500 square feet making it unique in its ample size and quantity of equipment.

This exclusive wellness facility offers its guests a multitude of services and treatments to achieve ultimate relaxation and health including but not limited to: Baja inspired body treatments and facials, signature massages, trademark foot and hand care, romantic adventures as well as group exercise classes and personal training.

### Hours of Operation:

- Spa - 8am to 8pm Monday through Sunday
- Fitness Center - 6 am to 8pm Monday through Sunday

## SPA GUIDE

### What time should I arrive for my spa service?

We encourage you to arrive a minimum of 30 minutes prior to your treatment and enjoy our extensive hydrotherapy circuit to relax before your spa service. Arriving late will limit the time for your treatment, thus lessening its effectiveness and your pleasure. Whether you arrive on time or not, your treatment will end at the scheduled time so that the next scheduled guest is not delayed. Please note that if you arrive late, you will still be charged the full price of your treatment.

### What should I wear for my massage/spa service?

We provide spa robes and slippers for your comfort while at the Desert Spa. It is customary to wear just your robe to your service, although undergarments may be worn if preferred. You will be given the opportunity to disrobe and cover yourself in privacy. During all treatments, the body is fully draped except for the area being addressed. The separate men's and women's spa areas are clothing-optional environments. Using a bathing suit is optional.

### What to bring?

We recommend that you do not bring valuables with you, as the spa and hotel will not be responsible for any items lost or stolen during your visit. Since the Desert Spa accepts room charge as a form of payment, there is no need to carry cash or credit cards to the facility.

### After I check in for my service, what should I do with my time to prepare?

Bask in the rejuvenating power of water in our whirlpools, cold plunges, pressure showers, or the sauna and steam rooms. Being in a relaxed state before your spa service will provide you significantly more joy and benefit from your treatment. A spa attendant will escort you to the relaxation room when it is time for your appointment. All guests are required to shower before using the wet areas and/or having a spa service.

### What do I do when my massage/spa service is over?

We suggest that you drink plenty of water to hydrate your body and enable your system to flush out toxins (this is especially important after a body wrap). You are welcome to sit in one of our lounge chairs and/or use our hydrotherapy pools for as long as you desire. Take your time, and enjoy the moment!

Please do not hesitate to ask our spa concierge or attendants any other questions you may have

## DESERT FACIALS

### *The Desert Spa Signature Enzyme Facial*

**80 min.**

Turn back the clock with this result driven anti-aging facial. After a professional assessment and cleanse, a stimulating cinnamon enzyme peel brings oxygen and nutrients to the surface cells while dissolving rough skin and revealing a more vibrant complexion. This is immediately followed by a series of collagen inducing masks and a unique protein enzyme that activates cellular metabolism. The result is tighter, brighter and more youthful looking skin in only one treatment.

### *The Cure Facial -Desert Restorative Facial*

**80 min.**

Combat the elements with this facial antidote to restore and bring the skin to its natural balance. Steam activated enzymes purify and meticulous extractions open the pores to receive the oxygenating mask and healing serums. Experience beautifully balanced, hydrated, radiant skin.

### *Inhibit Facial - High Definitio*

#### *Lift and Illuminate Facial*

**80 min.**

Significantly smooth, tighten and tone the neck and face with this innovative advanced facial. A master cleanse preps the skin for the lifting massage with the unique Activating Brush followed by a Hyaluronic Mask infusion. Concentrated and powerful peptides provide exceptional and immediate results strengthening and prolonging the effects of medic-aesthetic procedures.

### *Essential Deep Cleansing Facial*

**80 min.**

This is a deep cleansing facial inspired by the nature and flavors of Mexico; this intensive treatment provides fresh sensations, includes an exfoliation of enzymes for a healthy appearance. After a diagnosis of the skin, a silk elixir is selected to personalize your experience and improve the texture and tone of the skin.

### *Healing Plankton Facial*

**80 min.**

A healing and soothing facial that includes an exfoliation of papaya with pineapple, preparing the skin for an oxygenating phase with propolis, lavender and vetiver (purifying and invigorating). Its alginate mask reaffirms and revitalizes your skin leaving it feeling soft and fresh.

### *Desert Rose Replenishing Facial*

**50/80 min.**

The elements can take a toll on your skin leaving it dehydrated, lackluster and inflamed. This facial directly addresses and corrects these concerns. After gently cleansing and exfoliating, a custom blended, mineral rich mask is applied to balance, calm and hydrate your skin. A soothing facial massage is then given using the finest penetrating rose oils to bind moisture to the skin, oxygenate it and reduce sensitivity. The treatment is then sealed under a cooling green tea, cucumber, and aloe vera blend that leaves the now vibrantly healthy skin protected and petal soft.





***CARBoxi-EXPRESS RENEW-  
Express Restorative Facial***

***50 min.***

See excellent results in record time with his super powered combination of 5 AHA's. This exfoliating treatment works in three phases giving the skin a lovely luster and bright healthy appearance.

***Instant Glow Facial***

***25 min.***

This is guaranteed to be a quick and effective way to refresh and revive dull skin. Enjoy a custom professional cleanse and exfoliation, followed by a hydrating mineral mask and a protective moisture layer. This time effective treatment makes a great addition to any massage or body treatment. This facial does not include extractions.

***Royalty Ritual***

***80 min.***

The Royal Treatment fit for a King or Queen, is an experience only to be enjoyed in the luxury and comfort of your personal spa suite. We begin by anointing and cleansing the feet with organic oils and finish with a natural pedicure. Simultaneously you are blissfully pampered with the foot treatment, your practitioner will customize a facial treatment for your skin type with natural, indigenous inspired ingredients, for a lady or gentlemen. Feel renewed from head to toe.



## DESERT TOUCH

### *Relaxing massage\**

This time-honored classic Swedish-style massage nurtures and relaxes the whole body. The gentle-to-firm full body massage enhances circulation and soothes tired muscles. You will feel gentle restoration within yourself.

50 | 80 min.

### *Deep Tissue Massage\**

This is a deeper more vigorous massage that is designed for those familiar with concentrated muscle stimulation. It is best suited for the individual looking to release inner muscular tensions.

50 | 80 min

### *Muscular Release Massage Therapy*

This specialized massage is intended to reduce pain and increase mobility in individuals with chronic aches. This massage can be uncomfortable for some as the pressure to release the contracted soft tissue can be profound and the necessary stretching can be intense. This massage is done without using any oil or lotion, so you may remain clothed if desired.

50 | 80 min

### *The Signature Desert Spa Massage*

This full body massage was created for the Desert Spa and specifically for the spa goer looking for a unique massage experience. It combines different techniques such as Swedish, Deep Tissue and Reflexology with some stretching movements. Basalt stones are also used during part of the massage to enhance the benefits of this exceptional physical therapy.

80 min

### *The Desert Spa Hot Stone Massage*

This “Mexican stone therapy” utilizes the movement of smooth, heated Basalt stones on key tension areas of the body. The combination of the deeply penetrating heat of the stones with the pressure of the strokes allows the muscles to warm and release.

80 min

### *Neck and Back Massage\**

This concentrated massage focuses on the neck, shoulders and upper back, employing a variety of techniques. You will experience maximum massage benefits in a limited time. This is not a full body massage.

25 min

\*These massages are available in-room for an additional charge.

## SIGNATURE DESERT MOMENTS

### *Desert Spa Total Body Ritual*

Our experienced therapists will guide you through our expansive selection of body scrubs for a customized sensory experience. We begin with an enticingly full body scrub followed for a mask to Cocoon your body while we deliver a relaxing scalp massage. This is followed by a hydrating full body massage with a hand-crafted infused Oil to nourish your skin and spirit.

### *120 min Blissful Body Cocoon*

Includes a purposefully chosen scrub and mask to cocoon your body while we deliver a relaxing scalp massage. This wonderful experience of the senses ends with a full body application using a quality body lotion formula.

### *Renewal Body Massage*

Indulge in all we have to offer with a guided tour through our scrubs. This is followed by a hydrating full body massage with the lavish Epicuren® Body Moisturizer. This indulgent Experience will leave your skin beautifully polished and hydrated.

### *Espresso Limón Slimming Body Treatment*

Treat your body like temple with this detoxifying and firming treatment, guaranteed to leave your body looking sleek and smooth.

### *Lumafirm – Firming body treatment*

Includes and exquisite Karité smooth application with Lime essential oil that will wrap you in a current citrus environment while reaffirming and toning your skin. After a Kombucha's cocoon (Elixir of life) will leave your skin velvety soft while rendering your body visibly rejuvenated, firmer and more toned.

### *100 min*

### *100 min*

### *80 min*

### *80 min*



### *Coconut Milk Immersion*

Immerse yourself in an aromatic soak of kukui oil and coconut milk infused with chamomile and marigold. You are then invited to relax into a luxurious coconut milk massage that is sure to leave you feeling refreshed and silky soft.

### *80 min Bespoke Body Scrub*

Customized body scrub treatment utilizing our signature technique to indulge your senses. A specially chosen body lotion will be applied in to further soothe and soften your skin after the body scrub.

*50 min*

### *Desert Savannah Mud Exfoliation*

A scrub mix of black Mexican clay grown by the Aztec tribe for detoxification. An almost mystic combination of minerals coming from the earth to clean and purify your skin, leaving a smooth, fresh pure result for the whole body.

*50 min*

### *Sea of Cortez Body Scrub*

We bring you mineral rich sea salts from the beautiful Sea of Cortez for this Baja body experience. Baja California is known for its unique climate and flora where desert meets the sea. Your skin will be infused with the essences of Nopal Cactus, local seaweed extracts, and Rosemary essential oil. An invigorating, exfoliation treatment best for those that require a deeper scrub for dry, rough skin.

*25 min*

### *Desert Lime Body Scrub*

This mild, soft exfoliation treatment features Mexican lime essential oil known for its brightening refreshing qualities. Designed for skin that is more sensitive, this citrus treat will leave your skin feeling soft and your body invigorated.

*25 min*



## ROMANTIC DESERT ADVENTURES



### *Romantic Night\**

50 | 80 min

This tender couple's experience is offered in one of our expansive spa suites which includes a private bathroom and a large whirlpool. This passionate moment includes a couple's massage followed by 25 minutes of private relaxation with your loved one to enjoy a bottle of sparkling wine and varied fruits dipped in chocolate.

### *Sugar for Two\**

80 min

Looking to try a new spa experience with your partner? Give in to this fun, romantic adventure that will enliven your senses. Using a sweet, brown sugar mix, two therapists will provide the couple with full body exfoliations to improve circulation while leaving the skin clean and soft. The couple may then use the spa suite's shower to clean off the excess product. The final delight is a massage for two where each partner has their own therapist.

\*Advanced reservation is necessary.

### *His and Hers\**

65 min

To create the most divine memory for a couple on vacation, indulge in this exceptional Desert Spa moment offered in one of our two luxurious spa suites. Couples begin their romantic adventure in the aromatic water of a Jacuzzi while being pampered with neck, shoulder and scalp massages given by two massage therapists. This is followed by a relaxing massage, with each person having their own personal therapist.

### *Couple's Massage\**

50 | 80 min

Enjoy your favorite spa treatment with your loved one. Each of you will be pampered with your own personal therapist in the same private environment.

### *Desert Spa Suite Downtime\**

25 | 50 min

Share some private downtime with your partner in one of our large spa suites before or after your spa services. This private leisure time includes a bottle of sparkling wine along with fruit and chocolate.



## ONLY FOR MENS

At the Desert Spa we have not forgotten our male guests. We understand that men have different needs and expectations regarding their grooming and wellbeing. For these reasons we have created select services designed to especially fit our male clients' needs.

### *Manicure de lujo para caballero*

*40 min.*

For those who take their grooming seriously, the gentlemen's hand therapy includes a natural buff, cuticle trimming and an application of our own Desert Spa hand lotion. It will leave you with impeccable hands and nails.

### *Pedicure para deportistas*

*50 min.*

Designed specifically for men, this custom foot treatment will polish off excess dead skin, remove cuticles and cut and buff your nails. It is a healthy grooming necessity for men of all ages.

### *Facial de limpieza profunda para caballero*

*50 | 80 min.*

A sophisticated experience, only for knights. Strengthens sensitive skin for the shelled, while providing essential strengthening nutrients like caviar black, marine collagen and marine elastina. Ideal as intensive corrective treatment.

### *Haircut Gentlemen*

Gentlemen did you forget that last minute trim before leaving home? Don't worry, we have you covered.





## DESERT BEAUTY

### *Desert Spa Manicure\*\**

This luxury for your hands includes expert cleansing, cuticle removal, shaping, exfoliation, a highly hydrating hand wrap, hand massage and your choice of nail polish.

### *Desert Spa Pedicure\*\**

Spoil your feet with the ultimate foot love, including a deep cleansing, nail shaping, cuticle removal, exfoliation, an incredibly hydrating foot wrap, foot massage and your choice of nail polish.

### *Polish Change*

It's the little things that often matter most, like having the perfect color on your nails to add the desired detail to your overall look.

### *Shampoo and Blow Dry*

The less you have to do on your vacation, the better. Let us take one more task off your list.

### *Style*

One word says it all, style. Let us create yours.

\*Advanced reservation is necessary

\*\*Available in shellac

### *Professional Makeup Application\**

If you are planning a big night out or a romantic night in, let us create a look especially for you. Our professional makeup artists will find the color palette that most accentuates the beauty you possess, whether you want light and natural or bold and dramatic.

### *Hair Design\**

If you want a fresh look for those candid vacation photos, come into the salon and let our professional hair stylists get you picture perfect.

### *Waxing*

Nothing says vacation like fun in the sun. Get yourself ready for sun dresses and bikinis with professional hair removal. We offer full leg, half leg, full arm, half arm, bikini, underarm and back waxing.



## DESERT WEDDINGS

At the Desert Spa we believe that a long and happy marriage should begin with a beautiful bride and a handsome groom. We have mastered the art of creating both to perfection. All services can be done in our beautiful spa and salon facilities or in your private suite.

### *The Beautiful Bride*

We are experts in preparing the bride to look her very best on the most important day of her life. We strongly recommend a trial service prior to the wedding day for both the makeup application and the hair design, which we offer at a discount to the regular price.

### *Hair Design and Makeup\**

This combination is highly recommended to achieve the picture-perfect look for your dream moment. You will walk down the aisle as the shining diamond of the day.

### *Professional Makeup Application\**

To create a look especially for you, leave it to our professional makeup artists to find the color palette that most accentuates the beauty you possess. Whether you want light and natural or bold and dramatic, we can bring out your inner model.

### *Hair Design\**

Whether you desire an elegant up-do or a soft, natural flow on your wedding day, our hair stylists can create your designer look. Come in and relax in the very capable hands of a hair professional.

### *The Handsomely Prepared Groom*

The perfect way to prepare the groom for a lifelong commitment begins with a 50 minute relaxing massage... trust us, he will need it. This is followed by our very own gentlemen's deep cleansing facial and then by our custom hand grooming for men and deluxe sports pedicure

\*Advanced reservation is necessary.



## BACHELORETTE AND SPA PARTIES

Girls and boys just want to have fun! Every bachelorette deserves some pampering, and we are here to provide it. So grab your maid of honor and the special women and men in your life and get ready to celebrate your upcoming nuptials or special event.

If you believe in a woman's and man's right to choose, then this package is for you. You may select one of the following options: spa pedicure and manicure, or an 80 minute facial, or an 80 minute massage and receive 25 minute neck and back massage or 25 minute body scrub. (Minimum of four)

To truly have the best of everything, for an additional fee we add the private spa suite for 25 min or 50 min. For additional fee includes to your celebration a bottle of sparkling wine along with fruits dipped in chocolate or cheese plate that you can enjoy all together after your services.

*\*Advanced reservation is necessary.*



### General Information

- Room charge and all major credit cards are accepted as a form of payment at the Desert Spa. As a company policy, cash is not accepted as a form of payment.
- We request the courtesy of a six hour notice in the event you need to reschedule or cancel your appointment. Otherwise you will be responsible for 50% of the treatment charge.
- The hotel will not be responsible for any lost or stolen objects during your visit to the Desert Spa. We strongly recommend that you do not bring valuables with you to the facility.
- Fitness Center facilities are only available for those 16 years of age and older



*Thank you*



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*Pure Hydration*