

REMÈDE®

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SPA



## REMÈDE SPA MENU

### REMÈDE SPA

Remède Spa is committed to creating an exceptional experience for each guest. From the tranquility of our “*Palapas*” and lush gardens, to our unique and customized treatments, we strive to surpass all expectations and accompany you in your journey to total relaxation and rejuvenation.

### CUSTOMIZATION

Remède Spa recognizes that each guest, face, and body is unique. We customize each treatment to meet your individual needs and to deliver the benefits you seek. No luxury is spared in our quest to create unparalleled results and experiences.

### ANCIENT TRADITIONS

For guests who desire locally-inspired experiences, Remède Spa at The St. Regis Punta Mita Resort offers an exclusive selection of treatments featuring native traditions inspired by the Huichol Indians and their unique healing traditions. The Huichol, also known as “*The Healing People*” have elaborate ceremonies for all the seasons to bring balance and harmony to their people and environment.

### PUNTA MITA EXCLUSIVE INTENTION RITUAL

Upon arrival, you will be asked to set an intention for your journey using an intention stone from our ceremonial Huichol gourd bowl. These colorfully decorated bowls are used by the Huichol Indians during ceremonies to carry symbols for protection, health and abundance. This ritual will help you to stay mindful and present during your journey.



## INDIGENOUS EXPERIENCES

*Inspired by Huichol shamanism, these unique body experiences focus on uniting your physical and spiritual bodies. The Huichol believe that this process allows for rejuvenation of your life force or “kupuri” which will bring good health and fortune.*

### UPLIFT YOUR SOUL · ‘HISI’ AWAKENING RITUAL | 120 min

Allow your soul to merge with the universe with this blissful experience that reawakens the body and spirit. Hisi, from the native Cora language, means Dream Healer. This indulgent whole body experience begins with an organic Pink Grapefruit and Jasmine smoothing exfoliation leaving your skin healthy, refined, and soft as silk. Your body is then harmonized with a sublime massage and concludes with a pure cucumber and aloe vera facial to speed skin repair and regeneration. This full body treatment will enhance your mental, emotional, and physical well-being and leave you refreshed and awakened.

### CONNECT WITH NATURE · PITAYA SENSORY JOURNEY | 120 min

Pitaya, a type of prickly pear from the scaly-skinned fruit of a column cactus, is indigenous to this region of Mexico where your journey begins by enjoying a luxurious but gentle prickly pear body polish rich in Vitamin E and essential oils. As you drift away with the aromas of nature, your journey is followed by a replenishing body massage with red marine algae, a type of algae found on the coasts of Nayarit. Our expert therapists connect your journey back to earth with a pressure, point style foot massage. Guests conclude this invigorating experience by tasting our fresh seasoned fruit.

### UNIFY YOUR LIFE · MINDFULNESS EXPERIENCE | 180 min

Harmony is inherent to nature and thus also intrinsic to shamanism. Part of our life’s journey is to unify the three aspects of Body, Heart, and Spirit. This one-of-a-kind experience starts with a mindfulness guided meditation that enables a shifting of consciousness to be more open and accepting of all that arises in the present moment. Once you shift from the “doing” to “being” mode, you will receive a mindfulness massage allowing the therapist to “body scan” bringing attention to every part of your body using techniques to heighten mental and physical engagement.

This unique journey ends with a flotation therapy session which involves relaxing in a state-of-the-art float pod, containing 10” of water, and infused with 1000 pounds of Epsom salt. The high level of salt content allows you to float effortlessly, completely removing the pull of gravity from your body.

The mindfulness experience will allow you to take an orientation toward something beyond this world an exploration of that which transcends the ordinary to experience the possibility of a truth which is beyond the conventional. It is the cultivation of pure and vivid self-awareness.

## SKINCARE

### SUNRISE RUBI · Restructure · Strengthen | 90 min

Harness the power of precious minerals; carefully selected activators and scientifically tested formulas with this treatment that is specially designed for combination and mature skin. The regulating action of Ruby combined with Red jasper adds elasticity to your skin and makes it stronger and healthier. This facial includes a collagen mask while you get a scalp massage. Let yourself live a genuine relaxing experience with the unique sensation of the precious stones on your skin.

### CRYSTAL ESSENCE · Soothing · Protecting | 90 min

Calm and protect your skin with the fast-acting smithsonite. You’ll be amazed at the rapid benefits and protective action of this gemstone that combines its repairing and protecting action with hibiscus for a treatment that soothes even the most sensitive skins. Face and neck are covered by an exclusive cocktail of vitamins, trace elements and minerals with a Blue Alginate Mask which reinforces skin protection, irritation disappears and your complexion brightens.

### DIAMOND LIFE INFUSION · Renews · Revitalizes | 90 min

Preserves the youth of skin and slows the aging process. Dramatically reverses premature aging while increasing firmness and elasticity. This treatment includes specific anti-aging massage techniques and our Chromo Rejuvenating Mask (LED Mask) which speeds the penetration of the active ingredients on to the skin, stimulates the synthesis of collagen, minimizes the length and depth of expression lines and wrinkles, boosts skin’s hydration, lightens and illuminates the skin thanks to the effect of chromatic phototherapy.

### ESSENTIAL YOUTH · Firms · Tightens | 60 min

An exclusive cocktail of essential nutrients for youthful skin created to combat age marks and the damage due to excessive exposure to external agents. A cocktail of amino acids, isoflavones and antioxidant vitamins (A + C + E) keep a smooth, supple and wrinkle free skin. This repairing treatment stimulates cellular functions to erase the signs of aging caused by hormonal fluctuations obtaining a firmer, glowing and brighter skin.

### ENZYMATIC DETOXIFYING CURE · Detox · Hydrates | 60 min

A deep cleansing protocol based on a cutting-edge thermo-active enzymatic detoxification. Enzymatic heat opens and softens the pores while refreshing botanical elements close and purify the pores. Extractions are meticulously performed while the nanostimulating mask, with a deliciously foamy texture, efficiently releases its moisturizing, soothing and revitalizing effects on the skin. The final touch is a tinted hydrating veil that provides a radiant and luminous appearance.



## ESSENTIAL TOUCH - MESSAGES

### **CUSTOMIZED MESSAGE | 60 min**

Whether you seek relief for overexerted muscles, or simply want to let your mind and body escape reality, your Remède Spa technician will customize your massage using specialty products including aromatherapy blends to achieve ultimate relaxation and rejuvenation.

### **HERBAL HEALING MESSAGE | 90 min**

Drift away tensions while enjoying this unforgettable herbal massage. First your therapist selects one of our three different all indigenous healing herb poultices, then the therapist starts this experience with pressure points to open all the energy channels followed by massaging the deep medicinal heat of the poultice into your muscles. Allow all the energy of this experience to take your body on a journey of total renewal.

### **LAVA SHELL MESSAGE | 90 min**

For hundreds of years, South Pacific Islanders have harvested beautiful Tiger Striped Clams for food, and then thrown the shells away. Now, Punta Mita Remède Spa together with a team of experts has combined these discarded shells with porcelain, creating the world's most powerful heated massage tool.

### **BULE MESSAGE | 90 min**

Immerse into the “Huichol” cosmology with this ancestral massage performed with “Huichol” guard bowls (bules). This deep relaxing massage starts with a spiritual cleanse using copal incense to provide protection and purification, then your body will feel the transformative movements from the guard bowls alternating with the therapist's expert hands to heal and balance your physical and energetic bodies.

### **BODY OIL CEREMONY | 60 min**

Experience the healing effects of aromatherapy in a relaxing and restorative massage that combines the purifying property of Copal with the soothing value of a relaxing massage. The uniquely blended massage oil will rebalance your vital energies restoring harmony and calm to your body and mind.



## BODY TREATMENTS

### BIODYNAMIC BOTANICAL EXPERIENCE | 90 min

This blissful experience invigorates your body with organic skin care rooted in a holistic approach to farming and production. A body scrub using green pears prepares the mind and body for a luxurious moisturizing and rejuvenating body work with a green apple massage soufflé to increase elasticity and improve the texture of the skin. Reset your mind with this unparalleled sensorial experience rendering fruits and herbs that are unusually high in nutrients by Biodynamic farming, resulting into a collection of products that are the ultimate in pureness and results-driven skin care.

### BAMBOO CRAFT CLEANSE | 90 min

Heal your body and awaken your senses with this bamboo based treatment that remove dead skin cells to smooth, remineralize and refine skin's texture. Since pre-Hispanic times, bamboo has been harvested in Mexico and it has also been of great importance to the Huichol ethnic group for crafting the "equipal", a type of chair used by healers. This treatment is enhanced with a rejuvenating massage combining essential oils to stimulate, regenerate and nourish the skin deeply. You will leave the treatment room with renewed vitality as well as firmer and intensely hydrated skin.

### EXOTICO MANGO INVIGORATION | 90 min

Unwind to the benefits of this exotic body experience with Mango as it has been used in folk remedies for centuries. Start with an exfoliating treatment of raw sugar cane granules and wrap yourself in a mango cocoon rich in enzymes to dissolve dryness, fine lines and pigmentation. Finish with a scalp and luxurious full body rehydration massage of rich virgin coconut oils and grape seed oil to return firmness and deep moisture. A tropical paradise!

### SACRED CHOCOLATE RITUAL | 90 min

The Huichol Indians consider chocolate a sacred gift from paradise and have used it in ceremonies since time immemorial, leaving it as offerings to show their love for Mother Earth. This sacred ritual starts by exfoliating the entire body with pure cacao, which is then gently brushed off. A purely smooth chocolate immersion with the finest warmed chocolate prepares you for a wrap to feel the heat of the healing properties. The soothing rain from our suspended shower relaxes the body and mind enveloping you as your therapist gives the ultimate cacao massage. This ritual concludes by tasting a SHAMAN Organic Chocolate, the "Food of the Gods".

### TANGERINE FIRMING BODY POLISH | 60 min

Find your energy and immediate hydration contained in the vitamin C with this body experience that reaffirms and repairs the skin with a natural sweet citrus scent incorporating a firming and antioxidant massage with a luxurious body lotion.

## WELLNESS

### FLOTATION THERAPY | 60 min

Floataction therapy or "floating" is a highly effective and researched practice that involves individuals relaxing in a state of the art float pod, containing 10" of water infused with 1000 lbs of epsom salt. The weightless tranquility of the float pod provides a unique opportunity to screen out external stimuli and allow you to shift your mind and body into a peaceful and deeply relaxed state, unlike any you have experienced before. Floating has a wide range of applications including enhanced creativity or problem solving, muscle recovery, neck, back, and joint pain relief, and a greater overall sense of well-being to name a few. Private session.

### MINDFULNESS MEDITATION | 60 min

Most of life is spent unconsciously obsessing with the content of the mind absorbed in the past that has already gone or in a future that hasn't yet happened. During this session you will learn to become fully and deeply aware of the present moment, cultivating a quality of attention into awareness without judging. Private session.

### YOGA | 60 min

This unique workout comprises a series of postures that exercise both the body and the spirit, simultaneously improving the well-being of both. This involves engaging all of one's senses, getting in touch with nature and enjoying the serenity of the practice itself. Namaste. Private Session.

### WATSU | 60 min

The world's first aquatic bodywork performed in warm water, (around 92°F) combining elements of massage, joint mobilization, stretches, and point work. Imagine, the warmth and sense of weightlessness induced by water,... your eyes closed, so there is just the play of light across your eyelids, your ears are under the water so the sound of the world is muffled. The world starts to disappear, leaving just yourself and your experience of body and being in the water, nothing to do, nowhere to go, just receiving and letting go, into the graceful movement, rocking cradling and gentle rhythm. Private session.

### MINDFULNESS MASSAGE | 90 min

Pay attention in a particular way; on purpose, in the present moment by allowing the expert therapist to "body scan" bringing attention to every part of your body using hand movements techniques to heighten mental and physical engagement so that the full present power of the bodywork and the mind-body connection can be experienced.







## BEAUTY PARLOR

### CLASSIC MANICURE | 45 min

Includes exfoliation, nail shaping, cuticle care, massage and polish application.

### THE ROYAL MANICURE | 60 min

Our classic Manicure with a luxurious mask that nourishes, soften and even out skin tone.

### CLASSIC PEDICURE | 60 min

Includes exfoliation, buffing, nail shaping, cuticle care, massage and polish application.

### THE ROYAL PEDICURE | 60 min

Our classic pedicure with a hydrating foot mask for those feet that need a little extra nourishment for feeling soft and smooth.

### POLISH CHANGE

We offer you a polish and nail color change according to your needs, we have more than 40 different colors for you to choose from.

### HAIR

Men's Haircut / Women's Haircut

Shampoo and Blowout

Updo-Style

Make-up application

Damaged Hair Treatment

Fine and Weak Hair Treatment

Treatment for highly processed and faded Hair

### FACIAL & BODY WAX



### TAKING YOUR EXPERIENCE BACK HOME

Well-respected ranges of luxurious and high-quality skincare products are available, our therapists will recommend the perfect products to prolong your Remède Spa experience.

### GIFT CERTIFICATES

If you would like to extend a special gesture in kindness, Remède Spa Gift Certificates are available.

## SPECIALS

### CABANA SPA

Indulge in a selection of spa treatments in the comfort of your cabana setting. Select from the following menu of soothing and skin protecting treatments:

- Environmental Defense Massage
- Age-Defying Facial with UV Damage Repair & Protection
- Back & Shoulder Massage
- Feet Exclusive Massage

*\*These services are only available at the beach.*

### SPA PARTY UPGRADES

Weather is a birthday, a bridal party or any other celebration a Spa party is the perfect choice to celebrate a special time together in our exclusive Luxury Wellness Suite as you indulge in the private treatment room, relaxation lounge and sun-kissed patio with Jacuzzi. Select the treatments you desire and reserve the suite for one hour, half day or a full day retreat. A bottle of champagne and our chef's sampling of fruit, cheese and chocolate complete your spa party. Contact the Spa Director for a customized plan.

### UPGRADES

**EYE PATCHES WITH MICROCURRENT TECHNOLOGY.** Minimize expression lines and wrinkles.

**PURIFYING MASK.** Eliminate environmental toxins, dirt and dullness.

**EXFOLIATING MASK.** Speedily dissolve dead cells with essential ingredients Lactic Acid and Papain.

**ILLUMINATING MASK.** Even skin tone and give new life to your complexion.

**24K NANOGOLD FACE MASK.** Age-defying, instantly firms, anti-inflammatory and reduces puffiness.

**24K NANOGOLD EYE MASK.** Experience dramatic targeted under-eye skin repair to reduce puffiness.

**DIAMOND RADIANCE FACE MASK.** Age-Defying, brightening, enhances radiance, reduces dark circles.

**DIAMOND RADIANCE EYE MASK.** Experience dramatic targeted under-eye skin to reduce dark circles.

## SPA GUIDELINES

- Remède Spa at The St. Regis Punta Mita Resort is open seven days a week from 9:00 am to 9:00 pm (summer hours may change).
- Remède Spa is a non-smoking environment.
- Cell phone use is prohibited on spa premises and all cellular devices should be turned off prior to entering spa reception.
- Remède Spa is not responsible for any lost or stolen items.
- In order to maintain a relaxed and safe environment, clothing or bathing attire is required in Remède Spa's plunge pools and public areas.
- Guests of Remède Spa must be at least 16 years of age. Nail and salon services are available for patrons under the age of 16, when accompanied by an adult.
- Our therapists are male and female; they are all well trained and highly professional. Unless you state your preference, bookings are scheduled with the first available spa therapist.
- Most of the treatments offered are suitable for and benefit both men and women.
- Before your massage begins, your therapist will ask you some questions in order to know your needs and preferences so we can customize your experience. Please kindly inform your spa therapist of areas to be avoided. During your massage, please let your therapist know if you feel any discomfort or the pressure you prefer.
- Our cancellation policy requires 24 hours advance notification. Full payment is required should cancellations be received after this time.
- Please note that should you arrive late for your treatment, your therapist may have to shorten the duration of your service to avoid inconveniencing other guests. Full rates would still apply in this instance.
- All prices are in US Dollars and subject to variation in Mexican pesos due to the exchange rate.
- All prices include 16% federal tax (IVA). A 10% service charges will be added.





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