

ESENCIA

WELLNESS

SPA MENU

E

MENU OF SERVICES

EDEN ROC SIGNATURE TREATMENTS

FACIALS

ADD ON

BODY TREATMENTS

NOBU SIGNATURE TREATMENTS

FOR HIM

ESENCIA FOR TWO

EDEN ROC SIGNATURE TREATMENTS

4 THE WORKAHOLICS 50 Minutes

A massage that focuses on accumulated back, neck and shoulder tension, in which the therapist applies pressure based on your personal preferences and needs.

#IWORKOUT 80 Minutes

A therapeutic massage designed to alleviate tension and muscular stress. Specialized techniques concentrate on specific areas of concern to restore and heal overextended muscles.

MOMMY 2 BE 50 Minutes

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. The focus will be on alleviating muscular aches while helping to relax, restore and revitalize. Recommended after first trimester of pregnancy.

ROCKS, NOT DIAMONDS 80 Minutes

Combining the healing properties of heated, smooth stones with reconstructive massage to alleviate muscle pain, tension and accumulated fatigue. The healing properties of this treatment will balance your mind, body and soul.

KEEP CALM 50/80 Minutes

Restore your vital energy with this full body massage. This soothing and indulgent massage leaves your mind, body and spirit soothed and relaxed.

FACIALS

THE SUNSHINE - BY NATURA BISSÉ 50 Minutes

This antioxidant treatment relieves sun-damaged skin and helps fight the signs of premature aging. High concentrations of Vitamin C improve the skin's appearance and stimulates collagen production to renew the firmness. The active ingredients, combined with the citrus aromas and exclusive massage create sculpted, luminous and nourished skin.

DIAMOND - BY NATURA BISSÉ 80 Minutes

Preserves the youth of skin and slows the aging process. Visibly diminishes fine lines and wrinkles and restores a youthful energy to every level of the skin. Dramatically reverses premature aging while increasing firmness and elasticity.

THE HYDRAFACIAL™ 50/80 Minutes

Hydra Facial™ is a breakthrough in aesthetic technology that uses non-laser, non-invasive skin resurfacing. The Hydra Facial™ treatment removes dull skin cells and extracts impurities while cleansing, hydrating and moisturizing. It improves the appearance of fine lines, wrinkles, oil or acne-prone skin and hyperpigmentation. The treatment is soothing, refreshing, non-irritating and immediately effective.

THE BECO WAY 50 Minutes

This powerful facial helps to minimize expression lines and wrinkles, preventing signs of aging and improving the skin's luminosity with a potent infusion of vitamins A, C and E, plus antioxidants.

SKIN DETOX - BY NATURA BISSÉ 80 Minutes

A true antidote against the damaging effects of modern life, this comprehensive facial begins by cleansing the skin. It then incorporates an innovative enzyme detox, and a thorough extraction process to reveal your skin's inner beauty, leaving it renewed and amazingly soft.

OXYGEN FACIAL - BY NATURA BISSÉ 50 Minutes

Purifying, revitalizing, hydrating and brightening, Oxygen helps to even out skin tone. A burst of oxygen is perfect if your skin feels dull due to environmental damage, stress or even long airplane flights.

THE RECOVERY 50 Minutes

Soothe and hydrate even the most sensitive or dehydrated skin. Our moisture rich nourishing cream mask calms and quenches thirsty, dry and stressed, weary skin, whilst replenishing lost moisture and recovering skin's luminosity.

ADD ON

EYE TREATMENT 10 Minutes

Treatment that combats swelling and dehydration around the eyes thanks to a cocktail of draining, nutritious and decongesting ingredients.

LIP TREATMENT 10 Minutes

Complete treatment for softer, fuller and more beautiful lips.

FEET & HAND MASTER 10 Minutes

A paraffin treatment is recommended to relax the muscles of the hands and feet, as it has the ability to provide relief from pain or stiffness; while providing deep hydration.

NU FACE 10 Minutes

A Mini face lift effect using micro current.

BODY TREATMENTS

SOUTH BEACH REVIVAL 110 Minutes

A marvelous combination of a relaxing massage & a full-body wrap made of green clay to regenerate, oxygenate and deeply balance your skin and reduces signs of aging.

CITRUS DRENCH - BY NATURA BISSÉ 80 Minutes

Pamper your skin with an infusion of citric energy thanks to this treatment that uses highly concentrated vitamin c emulsion to protect your skin from dryness and premature aging. Your skin will be intensely hydrated and will reveal extraordinary firmness.

OXYGEN BODY DETOX - BY NATURA BISSÉ 80 Minutes

Oxygen is life. It's purity, it's essential. Your skin, your body's direct interface with the environment. A detoxifying wrap that will help to rebalance and rehydrate tired skin followed by a full body application of Oxygen cream.

OCEAN GLOW 25 Minutes

This skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

SUN SOOTHER 25 Minutes

This essential after-sun ritual soothes and relieves discomfort caused by over-exposure, repairing skin to help prevent early peeling. Enjoy cooling relief with our exclusive sunburn body wrap.

NOBU SIGNATURE TREATMENTS

NOBU NAGOMI RITUAL 105 Minutes

Designed to increase relaxation, flexibility and energy flow, our signature ritual takes you on a journey that awakens the senses. We begin with a relaxing floral foot bath followed by an Asian-inspired fusion of massage, facial cleansing and body exfoliation. Warm handmade herbal poultices soothe your muscles, purify your body and ground your mind. Customized essential oils hydrate and nourish your skin. This combination of multiple techniques increases relaxation, joint mobility and energy flow.

NOBU ZEN 75/105 Minutes

The Nobu Zen massage is tailored to your needs by using techniques from across the globe. No two bodies are alike and no one treatment fits all. Our therapists utilize a combination of several massage techniques along with your selection of an aroma oil blend creating a customized treatment that addresses your specific needs. You'll feel the stress and tension melt away.

JAPANESE SILK - BY NATURA BISSÉ 90 Minutes

Inspired by the traditional Japanese art of caring for the body, this is a luxurious and energizing body ritual that stimulates circulation and flow of energy. Your journey begins with a body exfoliation to prepare your skin for nurturing full body massage with use of hot stones and concluding with a luxurious scalp massage and hair mask. Find balance, feel revitalized and restored.

FOR HIM

HERO 80 Minutes

An experience that delivers triple results by targeting three key areas - The back, scalp and face.

Includes: Back Exfoliation, Back & Scalp Massage and Facial Cleanse.

MODERN DAPPER 50 Minutes

A refreshing treatment designed especially for men, in which natural activators restore balance and hydration to your skin, resulting in less visible signs of aging.

TAILORED EXPRESS 25 MIN

A massage that focuses on accumulated back, neck and shoulder tension, in which the therapists applies pressure based on your personal preferences and needs.

ESENCIA FOR TWO

A space designed to receive a beautiful experience of relaxation, luxury amenities and treatments create the ideal environment to share a special moment as a couple.

AROMATIC INFUSION 100 Minutes

20 MIN HOT TUB + 80 MIN MASSAGE

This soothing and indulgent massage using aromatherapy oils leaves your mind, body and spirit soothed and relaxed. Let us whisk you away to a state of relaxation by relieving muscle and joint stiffness in a tailored massage. Allow your senses to relax through the choice of a customized essential oil for complete balance.

DIAMONDS, NOT ROSES - BY NATURA BISSÉ 100 Minutes

20 MIN HOT TUB + 30 MIN SCRUB + 50 MIN MASSAGE

Let yourself be enveloped by the exquisite fragrance of the Damascus rose in this revitalizing treatment that intensely nourishes your skin. Start the experience with a micro-granulated exfoliating emulsion that notably smoothes the skin texture revealing an extraordinarily soft and resplendent skin, then a comforting massage with ultra-nutritive body oil that seduces with its floral fragrance and its exceptional anti-aging, anti-stress and antioxidant properties.

100% NATURAL 100 Minutes

20 MIN HOT TUB + 30 MIN BODY WRAP + 50 MIN MASSAGE

Your time in tranquility will begin with a body wrap that combines the detoxifying ingredients of sea and land, followed by a deeply nourishing massage that helps your body feel rejuvenated and your mind to unwind.

Enjoy the detoxifying effects of this personalized organic treatment and transform your skin with 100% natural ingredients.

IT TAKES TWO 50/80 Minutes

An intimate spa experience designed to be shared with that special someone.

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