



Cayo Espanto Spa Menu

Therapeutic Massages

Reflexology Massage

This session starts off with a relaxing scalp and hand massage, leading up to techniques that manipulate points on the feet that correspond to specific regions of the body, in order to relieve stress and bring balance and harmony to the entire body.

(40min)

60

Partial Body Massage

Focusing on the key stress areas, this Back, Shoulder, Head, and Foot massage is a great way to take the edge off. (40min)

80

Full-Body Massage

A blending of Swedish and Esalen style bodywork along with Energy Balancing techniques bringing health benefits, tension relief and relaxation to the entire body. (60min)

100

Deep Tissue Massage

This massage is for those who like extra firm pressure for deeper tension relief, great for those with soreness or specific health needs. (75min)

120



Revitalizing Body Treatment

Moor Mud Pack

Enjoy a magical treatment as ancient therapeutic Moor Mud is applied to the body. This type of mud is a natural resource, which revitalizes, tones, and detoxifies, leaving the skin soft and radiant. (40min)

150

Aztec Clay Body Mask

Awaken your senses with this purifying mask for your face and body. This clay treatment helps to re-mineralize and detoxify while a scalp massage will ensure total relaxation. (50 min.)

150

Sea Algae Body Mask

Nourish your skin with a cooling blend of Aloe and fresh Seaweed smoothed over the entire body. As the nutrients penetrate the skin, a massage for your face, scalp and feet will leave you feeling pampered. This luxurious sea treatment is especially soothing following a day in the sun and salt water. (60 min)

150

Honey Oatmeal Scrub

This treatment gently exfoliates while restoring the skin's natural moisture balance, increasing circulation, leaving the skin looking radiant and feeling soft and smooth. (40min)

100

Sea Weed Scrub

Take pleasure in a seaweed scrub to relax the muscles and the mind. This seaweed scrub will increase circulation, exfoliate and rejuvenate the skin, and aids in the reduction of water retention, restore elasticity, and rejuvenates the skin. (50min)

110

Sea Salt Glow

An invigorating treatment, using natural Sea Salts to exfoliate, detoxify, tone and re-mineralize, while improving circulation. A hydrating massage follows resulting in glowing, baby-soft skin.

Not recommended for sensitive skin. (60 min)

120



Facials

Tropical Twist Facial

Using fresh local fruits and local brown sugar, this exotic facial, exfoliates and moisturizes leaving your face feeling clean and fresh! To top it off, you get a taste of it in a healthy, tropical drink. (30min)

65

Moor Facial

This Gentle facial was formulated with a combination of vitamins and minerals to provide a unique revitalizing, anti-stress treatment. This facial includes a face, neck and foot massage. (45min)

75

Manicures, Pedicures, Ear Candling

Sea Scape Spa Manicure

Go ahead indulge yourself! Your manicure begins with nails and cuticles being groomed and treated with Jojoba Oil then, you will experience a re-mineralizing Sea Salt Exfoliation followed by a moisturizing massage for your hands and arms. To complete it all, your nails will be finish with the polish of your preference, or if you like Nails can be buffed and kept natural.

(50 min.)

45

Sea Scape Spa Pedicure

The Ultimate Pedicure! Relax while your feet soak in an Aromatherapy foot Jacuzzi and your Nails and cuticles are groomed and treated with Jojoba Oil. The focus then turns to smoothing rough feet, followed by our mineralizing Sea Salt Scrub and a refreshing foot massage. Nails are finished with the polish of your choice, or can be buffed and left naturally if you prefer.

(60 min.)

55

Change of polish

Try a fresh look for your nails. Choose from a variety of colors. (20 min.)

15

Ear Candling

Ear candling is a centuries-old practice used to relieve pressure and soothe the ear where a cylinder is placed in your ear and lit at the opposite end creating a gentle vacuum. You'll feel calmer and more relaxed with the special properties from the cylinder available in everything from paraffin to lavender to sage. (45 min.)

100

All Prices are in US\$

A fee of 100% may be charged for all cancellations