



espiritu
spa at costabaja

a Journey
of body and mind
in Mexico's Pearl
Costa Baja Resort and Spa



Massage Therapies

Damiana Body and Spirit Ritual

Damiana, a local ancient herb with aromatic, therapeutic and antioxidant properties is the star of this treatment. Immerse yourself into a foot ritual followed by a full body massage personalized to meet your specific needs and invigorate your spirit.

Stress Be Gone

Embrace relaxation as your therapist focuses on the areas that commonly retain the most stress and tension, neck, back and shoulders. A variety of therapeutic techniques loosens tightened nerves, release accumulated tension and relieve stress-related tenderness.

Swedish

The Swedish massage therapy features specific movements to ease pained muscles, cleanse tissue and improve circulation. Tension drifts away as the therapist combines various techniques to restore the well-being.

Deep Tissue

Deep tissue massage uses deep pressure combined with very slow movements. For those who often strain muscles through physical activity resulting in excessive muscle stress.

Sport

This therapeutic massage appeals to active people with sore muscles or limited range of motion. Different stretching techniques are incorporated in order to improve stamina, relieve muscle fatigue, soreness and induce flexibility.

Hot Stone

A once simple healing practice, stone therapy massage is a complex and highly synchronized treatment that uses hot stones with Swedish techniques to re-energize and stimulate the muscles. This experience restores stability and harmony to the body.

Couples

A great experience to share with a friend or loved one in the Spa signature couple massage room. Massages are given side by side, each with your own therapist.

Maternity Massage (4 – 9 months)

The soothing essence of this nurturing massage is tailored to the needs of moms-to-be. Ideal to alleviate muscle tension, improve lymphatic and blood circulation, reduce fluid retention and fatigue. A sublime experience to invigorate your body and spirit.

In room massage is available (Suites only)



Facial Care

Beauty Break Facial

This express facial is ideal for those on the go. Your skin is cleansed with light exfoliation and then gently massaged, resulting in a noticeably revitalized complexion.

Signature Facial

Appropriate for all skin types and with traditional European deep-cleansing techniques, this facial is designed to detoxify and replenish the skin's natural radiance. This treatment is personalized with an exclusive masque for skin's diverse needs.

Myoxy Caviar High Performance Facial

This opulent anti-aging treatment lavishes your skin with pure Caviar and Pearl extract, and a revolutionary blend of Phyto extracts-Escutox. Improving wrinkles, elasticity and texture, this luxurious mask increases skin oxygenation and suppleness while reducing aging signs. Hard lift-off mask for ultimate rejuvenation.

Luminous "C" and Sea Facial

Provide your skin with the ultimate antioxidant boost and experience the refreshing and relaxing benefits of this gentle yet effective lift-off mask. This anti-aging treatment features a potent blend of stabilized vitamin "C" combined with the latest high-tech formulation of freeze-dried seaweed. It reduces fine lines, strengthens elasticity, and provides relief for dull, sun-damaged skin. Your complexion is visibly renewed, firm and extremely smooth with a luminous glow.

Gentleman's Skin Fit Caviar Facial

Maintain your competitive edge and counteract the aging process with this proven-effective anti-aging treatment. Repairing Caviar and smoothing freeze-dried Escutox (Hibiscus Esculentus Blend) replenish skin while counteracting aging aggressors. This mask promotes healthy, youthful-looking skin.

Skincare Enhancements

Maximize the effect of each treatment with the addition of specifically selected enhancements

De-stress Eye Puffiness Treatment

Your eyes can often reflect poor nutrition, the demands of your daily lifestyle, travel fatigue and other factors. Formulated with Ginkgo Biloba, this treatment effectively relieves dark circles and unappealing puffiness for refreshed, radiant eyes.

De-Stress Eye Wrinkle Treatment

Premature aging, sun exposure and environmental elements can strip your delicate eye area of its youthfulness and radiance. This potent treatment containing Collagen Cryo, smoothes away crepiness and wrinkles, while tightening your eye contour for youthful, vibrant eyes.





Body Treatments

Desert Heat Body Wrap

Experience this warm, soothing, bubbling wrap formulated to vanquish fatigue and stress. Delivering nature's riches Red Seaweed and mineralizing golden Arizona Desert Mud, enriched with copper, magnesium, and zinc. As healing and nourishing minerals seep in, every inch of skin is relieved and renewed resulting in a fatigue free, re-mineralized body.

Water Lily Sun Relief

Provide your skin immediate relief from sunburn or sensitivity due to excessive sun exposure. This soothing wrap cools and desensitizes by combining Water Lily, Green Tea, and Chamomile. Promptly alleviating burning and stinging sensations, this treatment heals, desensitizes, and decreases skin temperature.

Aromatherapy Salt Glow

The first step for a successful body care program. Gentle and deep cleansing, it eliminates dead cells, superficial toxicity, impurities, and sebum accumulation. Renders dry and rough areas soft and smooth, resulting in a more youthful skin. Recommended for all skin types.

Sculpting Green Coffee Wrap

Slim and tone your body with a cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism, and eliminate water retention. Pure 100% Micronized Green Coffee, naturally rich in Chlorogenic Acid, Polysaccharides, Proteins, and Essential Oils, smoothes and enhances skin texture, visibly reducing spongy, dimply, cellulitic areas.

Seaweed Smoothing Body Wrap

Detoxify and increase your skin's circulation with this smoothing micronized algae wrap. It is proven effective to improve your overall skin tone on problem areas such as waist, hips, abdomen, thighs, and buttocks for a sleeker, silkier contour.

Moor Mud Body Wrap

This scientifically-proven holistic, healing black magma dates back to ancient civilizations. A warm Aromatic Moor Mud rich in natural vitamins, minerals and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and stress vanishes. Ideal for those with prone to chronic pain or fatigue, rheumatism, arthritis pain and post-sports injuries.



A light blue background featuring a collage of spa-related items: seashells, smooth stones, and a small white towel, creating a serene and relaxing atmosphere.

Spa Journeys

On the Go Package

Stress Be Gone Massage
Beauty Break Facial

Signature

Damiana Body and Spirit Ritual
Signature Facial

Hair, Hands and Feet Beauty

Classic Manicure
Classic Pedicure
Shampoo and Styling

Bridal Journeys

For the Bride

Seaweed Smoothing Body Wrap
Luminous “C” and Sea Facial

Magic Moment

Waxing (eyebrow shaping, underarm, bikini and full legs)
Classic Manicure and Pedicure
Bride’s Updo

For the Groom

Deep Tissue Massage
Gentleman’s Skin Fit Caviar Facial

Eternal Love

Couples Massage
Beauty Break Facials

Hair and Nail Services

Shampoo and Styling

Haircut and Styling

Color

Highlights

Haircut Gentleman

Haircut Child

Hair Treatments

Deep Conditioning Mask

Scalp Treatment

Blowout and Updo

Updo

Bride's Updo Try-out

Bride's Updo Wedding Day



Manicure and Pedicure

Classic Manicure

Pamper your hands with this traditional beautifying manicure. Hands are moisturized, cuticles are perfected and nails are clipped, shaped and buffed. Select the nail polish of your preference for the ultimate touch.

Classic Pedicure

Bring your tired feet back to life with the ultimate pampering pedicure. After a relaxing foot bath follows a softening exfoliation, cuticles are perfected, nails clipped, shaped, buffed and polished. Select the nail polish of your preference for the ultimate touch.

Gentlemen Hand Grooming

This service is designed to enhance the appearance of gentlemen hands. The Treatment includes nail clipping, shaping and buffing.

Gentlemen Foot Grooming

This service is designed to enhance the appearance of gentlemen feet. The treatment includes a relaxing foot bath, nail clipping, shaping and buffing.

Princess Manicure or Pedicure

Our special guests ages 6 to 10 will be given the royal treatment with this manicure which provides nail shaping, buffing and polish. Parents must be present during the treatment.

Add a Paraffin Treatment to your Manicure and Pedicure

Waxing

Eyebrow Shaping

Upper Lip

Chin

Full Arm

Half Arm

Underarm

Bikini

Half Leg Lower

Half Leg Upper

Full Leg

Chest

Back

Fitness Center

Our Fitness Center offers a variety of cardiovascular and strength-training options.

Private Yoga and Pilates classes

Available upon request

A 24 hr. notice is required

Children are not allowed in the Fitness Center



How to Spa

Reservations

Please contact the Espiritu Spa Reception at extension 6018 or (612)123-6018 to make a reservation. For non-hotel guests bookings a credit card is required.

To ensure your preferred time and services are available, we kindly recommend to book in advance. The Spa accommodates walk-ins based on availability.

Espiritu Spa welcomes hotel guests and clients age 16 and older. For those who are 16 or 17 years old, a parent must be present and will be required to sign a waiver of liability.

The Salon services are available for ages 6 and older. A parent must be present at all times.

Health Concerns

At the time of booking, please advise us of any health conditions, allergies, pregnancy or injuries that could affect your service.

Upon arrival at the Spa, you will be asked to complete a Health Assessment Questionnaire in order to ensure your comfort, safety and the best personalized service.

Cancellation Policy and Lateness

If you must reschedule or cancel your appointment, we kindly ask you to give a minimum of four hours notice to avoid being charged the full service fee. Arriving late will only shorten the time available for your Spa treatment. Kindly remember that your treatment must end on time to prevent further delays.

Spa Etiquette

We recommend that you refrain from bringing any valuables to the Spa.

For your enhanced comfort, we encourage you to arrive 20 minutes prior to your appointment.

In order to promote a tranquil and relaxing environment, kindly speak softly; turn off mobile phones, cameras, pagers and music devices.

During your Espiritu Spa journey, you will be provided with a locker, bathrobe, towel and slippers. For body treatments, we provide disposable undergarments.

For the safety of our guests and staff, we reserve the right to refuse service to individuals who appear intoxicated, under the influence of alcohol, drugs or with inappropriate behavior.

Home Care and Gift Certificates

Gift Certificates are the perfect gift for any special occasion and can be purchased at the Spa Reception as well as all products used in our treatments. Our Spa staff would be delighted to assist you.





COSTABAJA
Resort & Spa

