

SIERRA
LAGO 
RESORT & SPA

SPA LAGO

SERVICES MENU

WHERE BEAUTY
IS BALANCE





IMMERSED IN NATURE, WELLNESS AND WARMTH

Indulge in deep relaxation surrounded by the tranquil sounds of the forest and the goodness of nature at Spa Lago, a sanctuary that uses the restorative powers of water to take you on a serene healing journey. With exceptional treatments and a pleasant water circuit of shower, steam room and jacuzzi, escape from the outside world at the ultimate oasis and emerge feeling completely revitalized.

LAKE AWAKENING EXPERIENCE | 80 MIN

This exclusive therapeutic massage was specially designed to alleviate muscle tension, to relieve and restore your body, leaving you in a blissful state of deep harmony and wellbeing. With herbal pindas made up of aromatic and medicinal herbs and essential oils, this treatment is the perfect blend of ancient Ayurvedic medicine and sophisticated techniques such as deep tissue, reflexology, and acupressure, combined to take your body and mind to a new level of wellness.

COUPLE'S RITUAL TO REKINDLE LOVE 50 / 80MIN

Fall in love all over again with a delicate but stimulating massage for two, performed with a sensual and warm scented oil candle. Step into an atmosphere of relaxation and romance that will caress your soul from the first minute. The candle massage uniquely awakens your senses to a new experience, it is designed for those who wish to discover something new. Indulge in the beauty of this therapy that will reconnect you with your special person while you recover your balance and energy.



SIERRA LAGO FACIAL | 50 MIN

Let us reveal your most beautiful and balanced self through innovative skincare methods, in a careful and customized session. A highly qualified specialist will design the treatment that will best address your specific beauty needs. Allow Spa Lago to pamper your skin and unveil a luminous complexion.

GREEN LIFE PURIFYING FACIAL | 80 MIN

This is the perfect treatment to help correct and prevent multiple skin conditions such as acne, swelling and hyperactive oil production. It heals and purifies your skin by combining exfoliating enzymes, sulfur, probiotics and the latest technology, this specialized facial therapy reveals a radiant, clearer, and cleaner appearance. A detailed extraction session is included.

ANTIAGING ELEVATION FACIAL | 80 MIN

Harnessing the mighty antioxidant properties of Vitamin C, this facial treatment addresses sun damage, dehydration, and premature aging signs. It stimulates collagen production to invoke renewed firmness and elasticity that naturally decreases with age. The citric essence helps remove dark spots caused by environmental agents and visibly restores the natural skin tone and brightness.



HOT STONES MASSAGE | 80 MIN

Melt away your tension with this unique full body relaxing therapy. Smooth hot stones are placed carefully on key points of the body to release pain and stiffness caused by stress.

Embrace the restorative powers of this treatment that completely eliminates tiredness, increases blood circulation, and helps relieve chronic pain.

DEEP TISSUE MASSAGE | 50 / 80 MIN

Surrender yourself to a powerful treatment that focuses on realigning the deepest layers of muscle and the connecting tissue through a specialized technique that addresses your individual needs. After firm pressure is applied to the muscular system at the deepest level, tension is completely released, giving way to a blissful feeling of rest and tranquility that takes over the whole body.

AROMATHERAPY MASSAGE | 50 / 80 MIN

Our most fragrant treatment at Spa Lago engages your senses to instantly lift your spirits and take you to the realm of pure serenity. As the massage alleviates tension through soft pressure and the delightful scents caress your soul, an instant sensation of healing and overall rejuvenation will embrace you. Allow a new you to emerge in a deep state of calm, this therapy effectively releases stress and accumulated tension.

AROMATIC REFLEXOLOGY (HANDS AND FEET) | 50 MIN

Embark on a journey for the senses across ancient Eastern healing traditions. Sink into a deep state of bliss in this therapy session that stimulates specific points in your palms and soles, directly corresponding to vital organs and the nervous system, to promote effective healing and wellbeing. Put yourself in the skillful hands of our therapists and relax as glorious scents fill the air.

SPA GUIDELINES

These guidelines have been designed to enhance your experience at our Spa and to guarantee your satisfaction, comfort, and privacy.

Hours of operation: Our Spa Lago facility is open daily from 9:00 AM to 5:00 PM. Should you require a service outside of these hours, please contact our Concierge to inquire.

Reservations: We highly recommend making your reservations with a window of at least 24 hours to find ample availability and options for scheduling. In the case of last-minute requests, if we have an opening and staff is available, it will be our pleasure to confirm your service. For special requests or specific information on any treatments or services, please contact to us.

Health conditions: At the time of making your reservation, we respectfully request that you inform us of any health-related restriction we should be aware of. You will be asked to complete a health questionnaire before your treatment where you can notify us of any allergies, pregnancy, injuries, and other conditions that could affect the results of the therapy. This is for your comfort, safety, and for us to customize the service according to your individual needs. The Spa is not responsible for personal health-related incidents.

Gift certificates: All services are available for gifting someone with an unforgettable Spa experience, reach out to our hotel staff for assistance.

Forms of Payment: Room charge and most credit and debit cards are accepted as forms of payment. Cash is not accepted according to hotel policy.

Appointment cancelation and rescheduling policy: We kindly ask that you notify your need to cancel or reschedule your appointment at least 6 hours in advance. Failing to cancel and not showing up to your appointment will result in a 50% charge of the cost of the treatment.

Delays: If a service suffers a delay as a result of the client arriving late, the total time of the treatment will be reduced, and the treatment will end as per the original schedule. This allows us to maintain a precise itinerary and to provide exceptional service to every client.

Spa experience: For your safety and comfort, we suggest removing all jewelry items, hair pins and other objects that could get in the way of a smooth Spa treatment experience.

If you have any concerns regarding your treatment, please do not hesitate to let the receptionist know. We kindly ask that you respect other guests' privacy by avoiding using cell phones and cameras during your visit. The Spa is a smoke-free zone.

Hydrotherapy circuit: To fully experience the benefits of the Spa, we highly recommend that you arrive 40 minutes prior to your reservation time to register and enjoy our wet areas (steam room, shower, and jacuzzi). This water healing ritual is the ideal complement that will relax and prepare your body to receive the most benefits from our treatments and therapies. It is mandatory that all guests wear a bathing suit at all times in this area, as it is open to both men and women.

In the event you do not wish to use these areas, we suggest you arrive 20 minutes early to register and to answer our health questionnaire, which is needed before we begin your treatment.

More information:

- Please consider that alleviating severe muscular tension caused by stress can sometimes require more than one massage session.
- We recommend that you avoid bringing any valuables, the Spa is not responsible for losses or damages your items may suffer.
- As part of the Spa rules, we kindly ask that you do NOT ingest alcoholic beverages prior to or during your visit to the Spa. Please avoid having to be denied entrance for this reason.
- The use of the wet areas is exclusively for clients taking Spa services and treatments.
- Prices are subject to change without previous notice. Gratuities are welcome, however not required or expected.