

An aerial photograph of a beach and ocean. At the top, turquoise waves with white foam wash onto a wide, sandy beach. In the middle of the beach, there are two long, narrow, parallel rows of small, dark, rectangular objects, possibly lounge chairs or umbrellas. Below these, a large, wooden, boat-shaped lounge area is situated. This area has a dark, oval-shaped pool in the center, surrounded by numerous lounge chairs with white cushions. The boat-shaped area is connected to a smaller, similar structure in the water by a narrow wooden pier. The water is a deep turquoise color.

THE SPA

AT VICEROY LOS CABOS



CORE PHILOSOPHY


THE SPA at Viceroy Los Cabos is dedicated to indulging your senses. Thoughtful in every detail, we offer the most advanced health and wellness experiences whether you're here for a special treatment or engaging in a series of health-boosting rituals over time, we will cater to your every need. Our 11,000 sq.ft. full-service luxury spa offers guests a wide range of holistic treatments.

Our signature vitality pools induce deep relaxation and stress relief through thermal chambers, ice fountains, experience showers, hydro-massages, meditative lighting and tranquil music, ensuring supreme results.

Our treatment rooms are quiet sanctuaries where you will find escape through your choice of locally inspired and signature Viceroy treatments.

We believe in authenticity and paying tribute to our ancestors with our customized experiences for special events.

Our Beauty Salon incorporates local, sustainable and natural ingredients. The Harley Pasternak designed high-tech Fitness Center ensures your workout routine doesn't miss a beat with a selection of advanced cardiovascular, strength and resistance equipment.

An aerial photograph of a resort pool area. The pool is composed of several interconnected sections. At the top, there is a circular pool with a wooden deck and lounge chairs. Below it is a larger, kidney-shaped pool with a wooden deck and lounge chairs. At the bottom, there is a circular pool with a thatched roof. The pool is surrounded by a paved walkway and some landscaping. The water is a deep blue color. The sky is a light blue color. The overall scene is a luxurious and relaxing environment.

*"Whatever road to relaxation
and wellness you choose, rest
assured knowing **THE SPA at
Viceroy Los Cabos** is truly a
luxurious experience"*



VICEROY UNIQUE EXPERIENCES

We make people expect the remarkable with our unique experiences, incorporating local ingredients known for their restorative properties. Intended for those that want a truly authentic and singular experience.

HERBAL DREAM CATCHER (90 min)

An energy cleanser with healing herbs, a relaxing massage and an ancient traditional technique are part of this unique treatment that will allow you to align the body and relieve stress and fatigue. It's followed by a cupping ritual that will give you a feeling of release and relaxation. Free your body from tensions and negative energy generated by day-to-day stress.

HEALING CACAO (120 min)

Heal your heart with this amazing experience that combines the principles of a cacao ceremony including a cacao drink to stimulate the endorphins of your body, followed by an exfoliation with cacao nibs and coffee to remove dead cells and activate your energy flow. Complete your transition through a cacao cream massage focused on unblocking your emotions and open your heart again.

TRANQUIL DAMIANA (90 min)

This is not a typical massage. Experience sensorial indulgence, fusing a classic massage with autonomous sensory meridian response (ASMR) sleep techniques. Featuring the aromatic splendor of the native flower, known as the Mexican Damiana, guided by an exclusive music composition of sustained rhythms and pulsing beats, the therapist synchronizes each movement to gently guide the way to profound relaxation. Ideal for jet lag, disrupted sleep patterns or private time with a loved one.

VICEROY SIGNATURE BODY (60-90 min)

Complete customization to restore equilibrium and promote deep relaxation through variations of deep muscle tension release and gentle surface strokes. Request specific areas or choose a full body approach.

REFLEXOLOGY (30-60 min)

Enjoy this unique experience that will transport you to another world. Heal your body and mind with reflexology massage to remove blockages and restore your energy.

VICEROY RITUALS



REPLENISHING WRAP (90 min)

An excellent remedy to replenish elasticity and restore balance to the skin. A sensorial cocooning experience nourishing vitamin body mask that bestows soft, silky skin. The perfect body treatment for depleted skin as a pre or post- sun treatment during and pregnancy. Includes a soothing scalp massage and a full body hydrating finish, including a foot massage with pressure points.

DETOX & RENEW WRAP (90 min)

A muscle-warming, remineralizing and purifying body wrap. Indulge in a deep cleansing mud mask for the body with therapeutic aspects of thermal waters for sore muscles and stiff joints, stimulating energy flow and bestowing a sense of relaxation, comfort and vitality. Includes a soothing scalp massage and a full body hydrating finish after an in- room-shower rinse.

A wooden mortar and pestle, a string of wooden beads, a purple crystal, and a small brass bowl with a candle on a wooden surface.

HEALING SERVICES

ACUPRESSURE POINTS *(60-90 min)*

Acupressure helps to correct functional imbalances and restore the flow of energy, returning the body to a more natural state of well-being. This is an effective form of stimulation used to help relax the muscles.

CACAO GROUP CEREMONY *(120 min)*

Cacao is used in a sacred medicinal ritual where intentions are set, and once consumed euphoric states are unlocked, negative emotions are released, and we are able to connect to ourselves and the loving energy in our body. A heart opening journey of oneness, love and ecstasy.

MOON GROUP MEDITATION *(60 min)*

As the moon is connected to spiritual practices, it is very good to meditate on a full moon day or New Moon. Moreover, the moon influences water and our body is approximately 70% water. Meditation rejuvenates our body and mind.

PRIVATE SOUND HEALING *(75 min)*

The sound of quartz bowls, gongs and other instruments will allow you to experience a relaxing meditation, to connect with your inner wisdom and release tension.

SPECIALIST OSTEOPATHY & PHYSIOTHERAPY

OSTEOPATHY AND POSTURE SESSION *(90 min)*

A treatment that globally assesses a person's physique. Before and after the treatment the person's static and dynamic posture is analyzed. A series of techniques may be used; massage, mobilization, body adjustments, lymphatic drainage, dry needling, etc.

REHABILITATION *(60-90min)*

A series of movements and exercises that help you recover from injuries. Includes knee and ankle sprains, pre and post surgery, shoulder tendonitis, fractures, etc.





MASSAGES

Each of the Viceroy massages has a distinct focus to accompany your pressure or technique preference. Our therapists are trained on a wide variety of classic massage techniques and therapeutic modalities. After a thorough consultation your therapist will customize your treatment to your specific needs.

AROMASOUL MASSAGE (60-90 min)

Offers a profound sense of grounding. Begin with a personalized selection from our unique collection of aromatherapy oil blends. Explore four distinct worlds: the exotic Orient, the vibrant knowledge Mediterranean, of India the and life the mesmerizing world of the Arabian desert tribes.

FITNESS MASSAGE (60-90 min)

For those who are fitness forward. Improve muscle tone, eliminate toxins, stimulate metabolism and encourage adrenal recovery. The best alternative to a workout session at the gym.

MUSCLE RELEASE MASSAGE (90 min)

Restores equilibrium and promotes deep relaxation through variations of deep muscle tension release and reflexology points, request specific areas or choose a full body approach.

DETOX + DESTRESS MASSAGE (60-90 min)

A body massage unlike any other. Encourage deep purification and elimination of toxins throughout your treatment using an innovative massage-mud with thermal water.

FACIALS



VICEROY SIGNATURE FACIAL (60-90 min)

Rebalance the skin with a completely customized facial leveraging the power of natural ingredients. A prescription facial according to your skin condition and concerns, whether it be deep purification, intense hydration or a soothing remedy.

SUBLIME LIFT (90 min)

Everything you could ask for in a facial. Lift, plump, firm, hydrate, glow and relax. Also includes a refreshing eye treatment to reduce puffiness while visibly correcting signs of fatigue to improve eye contour.

URBAN RECOVERY (60-90 min)

Clinically proven to reduce the effects of pollution, stress and lifestyle aging - targeted to renew dull and depleted skin or Featuring detox deep impurities. a unique rolling style massage technique that restores tone and repositions the skin tissues revealing vibrant younger-looking skin immediately.

Treat your skin to the care it deserves. A bespoke power packed facial designed especially for your skin's needs whether it be age, protection, hydration, purification or soothing. Let us create a customized skin care strategy

MAN CAVE

THE SPA at Viceroy Los Cabos offers a wide array of treatments distinctly designed for men. Take time to relax and renew with our male services including massages, facials, manicures and pedicures.

MUSCLE RELEASE MASSAGE (90 min)

Restores equilibrium and promotes deep relaxation through variations of deep muscle tension release and reflexology points. Request specific areas or choose a full body approach.

MALE FACIAL (60-90 min)

Rebalance the skin with a completely customized facial leveraging the power of natural ingredients. A prescription facial according to your skin condition and concerns, whether it be deep purification, intense hydration or a soothing remedy.

MALE MANI & PEDI COMBO (75 min)

A mani and pedi combo is not just for the ladies anymore. Adding this simple task to your regular men's grooming routine will not only help your hands and feet look superior aesthetically, but it will also make them feel better. This combo for men entails filing down nails, softening the skin on the hands and feet, shaping the cuticles and finishing with a pressure point massage.





COUPLES EXPERIENCES

A couples massage is the perfect anniversary gift or wedding present that can be shared together. Or just simply the best date ever. Take a much-needed break with your partner and relax together while you both receive an amazing massage.

COUPLE RELAXING EXPERIENCE (110 min)

Experience a sensorial indulgence. Renew and energize your body with a therapeutic blend of massage techniques such as aromatherapy, deep tissue, body stretching, warm back pillows and the healing power of hot stones. Experience a feeling of relaxation and release muscle tension. Surrender to the power of love followed by a hydrating and soothing facial. Complete your experience with a sparkling wine and sweet delights.

LOVE SURRENDER (60-90 min)

Surrender to the power of love with this amazing relaxing couples massage, finishing with a beautiful and romantic set up in your guest room with sparkling wine. The most romantic experience of all!

INTERACTIVE COUPLE MASSAGE (60-90 min)

The best gift of all is to give. This service is a four-handed massage: one person receives a massage from two therapists, one of them being your partner. With the guidance of our professional therapist they will learn special techniques and particular areas to focus on. You will receive a gift to take with you that will enhance at home massages.



PREMIUM UPGRADES

LEG + FOOT RELIEF *(30 min)*

Brings immediate relief to heavy legs that tend to be painful due to swelling. Accompanied by therapeutic techniques that activate pressure points on the feet and augment healing and relaxation throughout the body.

EXPRESS FACIAL *(30 min)*

Revitalize and rejuvenate the skin in half the time of a traditional facial. Focused on achieving immediate results.

BODY SCRUBS *(30 min)*

The ultimate body scrubs to restore silky smooth skin, ideal for dry skins.

ADD-ONS TO YOUR SERVICE

REFRESHING EYE PATCHES

A refreshing treatment providing immediate relief to the eye area. Visibly corrects signs of fatigue while reducing puffiness to improve eye contour.

HAIR MASK

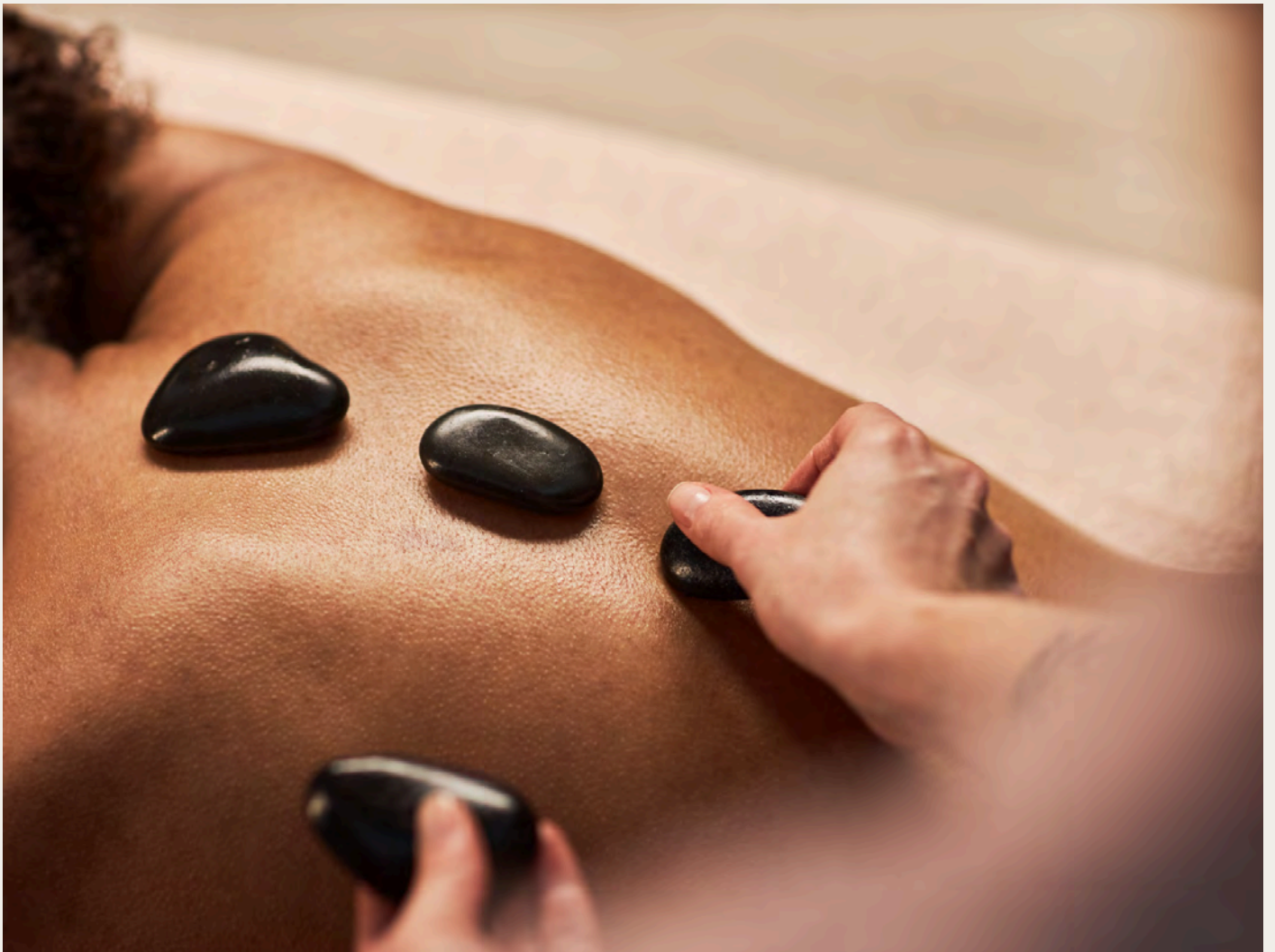
When your hair needs a little extra love, try our masks. There's one for every type of hair or occasion: from instant shine to deep nourishment and repair.

BAJA STONES

Enhance your massage utilizing soothing heated stones from the Baja with therapeutic essential oils. Relieve muscle pain while melting away stress.

HEMP / CBD

Application of CBD balm or oil to enrich your spa experience with the benefits of CBD; relax your muscles, relieve pain and stress.





THE SPA THERMAL JOURNEY

(60 min)

Our signature vitality pools induce deep relaxation and stress relief through thermal chambers, ice fountains, experience showers, hydro massages, meditative lighting and tranquil music, ensuring supreme results. Our home-made herbal drinks, scrubs and Rose Mist will enhance the experience, finishing with the best technology to calculate your meditation levels, including ten minutes of foot or scalp massage.



CHILDREN'S SPA

CHILDREN MASSAGE *(30-60 min)*

Our children's massage will help with relaxation, growth, stimulation and development, improved patterns. sleep Treatments for children between the ages of four and twelve will take place at the Kids Club. Thirteen to seventeen year olds will receive services at THE SPA with the company of a parent or guardian. The use of hydrotherapy it's not allowed for minors. Parent or guardian consent is needed for any minor to receive massage services.

FOOT MASSAGE *(60-90 min)*

HAIR BRAIDS *(60 min)*

TOES AND NAILS *(60 min)*

PET SERVICES

CANINE MASSAGE *(30 min)*

Alternative therapy that promotes dog's health can improve physical and emotional well-being. Dog massage benefits include, relaxation, increase of the blood, pain relief, improved flexibility, improved immune system, reduced age-related issues, muscle tension, soreness, weakness, and spasm relief.

To respect our guests and preserve cleanliness, we do not allow any pets in THE SPA facilities. Pet services will take place in-room.



THE GYM

Discover our 4,055 Sq. Ft. high-tech fitness center, curated by celebrity fitness guru and New York Times best-selling author Harley Pasternak. Step up your cardio and strength training with Hoist Roc-It strength equipment, spin bikes, a bootcamp/circuit fitness room, and "adult jungle gym" or with a variety of fitness programs and classes.



FITNESS INFORMATION

Fitness Center: Open 6 am to 9 pm. To use THE GYM facilities, prior reservation will be required. Fitness trainer from: 7:00 AM to 7:00 PM. A variety of group fitness classes and Private Fitness or Yoga lessons are available every day, for more information on class schedules contact the concierge or at THE GYM.

PRIVATE YOGA SESSION (60-75 min)

Yoga cultivates health and wellbeing in all aspects physical, emotional and mental. Through the regular practice of a range of many different techniques, including postures, breathing exercises, relaxation and meditation, greater integration of being and union is achieved.

PRIVATE MEDITATION (60-75 min)

Learn a varied selection of meditation techniques to silence your mind from everyday noise.

HOW TO SPA

HOURS OF OPERATION

THE SPA is open daily from 9.00 AM to 7.00 PM. Treatments are also available outside these hours by request.

RESERVATIONS

To book an appointment, please contact The Spa Reception. We welcome both resident and non-resident guests aged 18 and older. Non-resident bookings will be secured with a credit card. To ensure your preferred time and services are available, advanced booking is advised. THE SPA accommodates walk-in bookings based on availability.

LATENESS AND CANCELATION POLICY

Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of 12 hours notice for changes or cancellations. With fewer than 12 hours notice you will be charged for 100% of your treatment.

IN ROOM TREATMENT

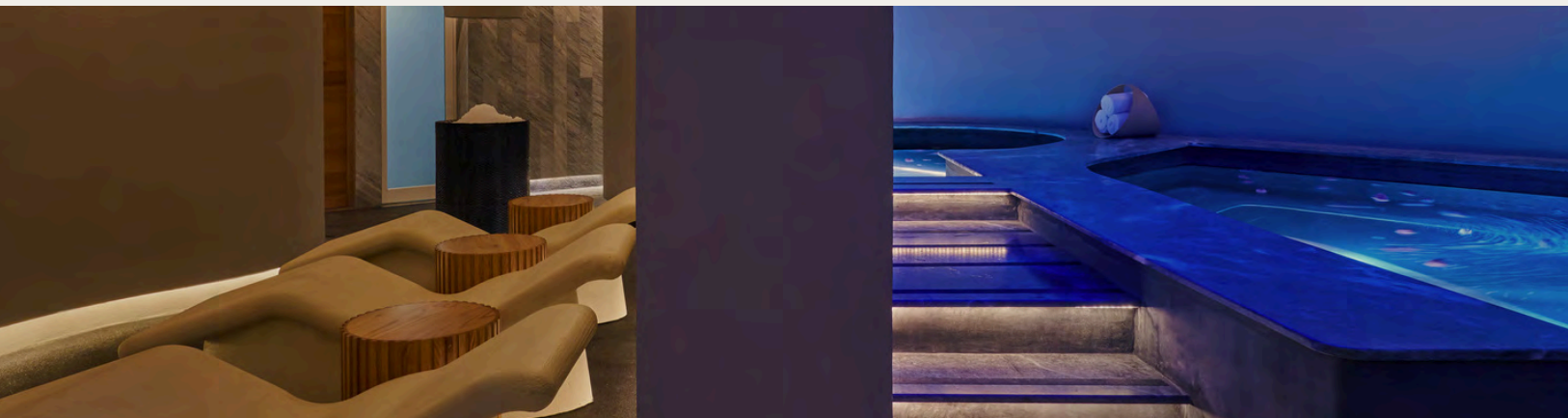
A fee of \$45 USD will apply per in- room services.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please contribute to this serenity by speaking in soft tones or enjoying the quiet. Please respect all spa guests right to privacy and refrain from the use of mobile phones, pagers and cameras during your time with us. THE SPA is a smoke-free zone. We encourage you to arrive 60 minutes prior to your appointment to enjoy the spas wellness facilities including steam room, sauna, vitality pool, hot tub, ice fountain and cold plunge pool. Our staff will be happy to assist with any recommendations based on your chosen treatments. During your time at THE SPA you will be provided with a locker, robe, towels and slippers. Disposable undergarments are also available at your request. We do recommend that you refrain from bringing any valuables. After your treatment concludes, our relaxation room is the ideal place to continue its benefits.

HEALTH CONCERNS

When making your spa reservation, please advise us of any health conditions, allergies, or injuries that could affect your service. You will be asked to complete a healthAssessment prior to your treatment so that we may ensure your comfort and safety and provide a service customized to your needs. Please allow our spa staff to guide you in selecting the treatments most suitable for you during this special time.



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FOR MORE INFORMATION PLEASE CONTACT THE SPA CONCIERGE:

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