

THE
AYURVEDIC 
INSPIRED WELLNESS
 MENU



TREATMENTS

SANARÁ SPA

sanarahotels.com



Our Vision

We believe in harnessing the power of nature, coupled with our own innate healing capabilities to support your vitality. Our world-class Wellness Center forms an integral part of the Sanará experience, both within our core Nourish & Heal immersive programs, and for our hotel guests and visitors.

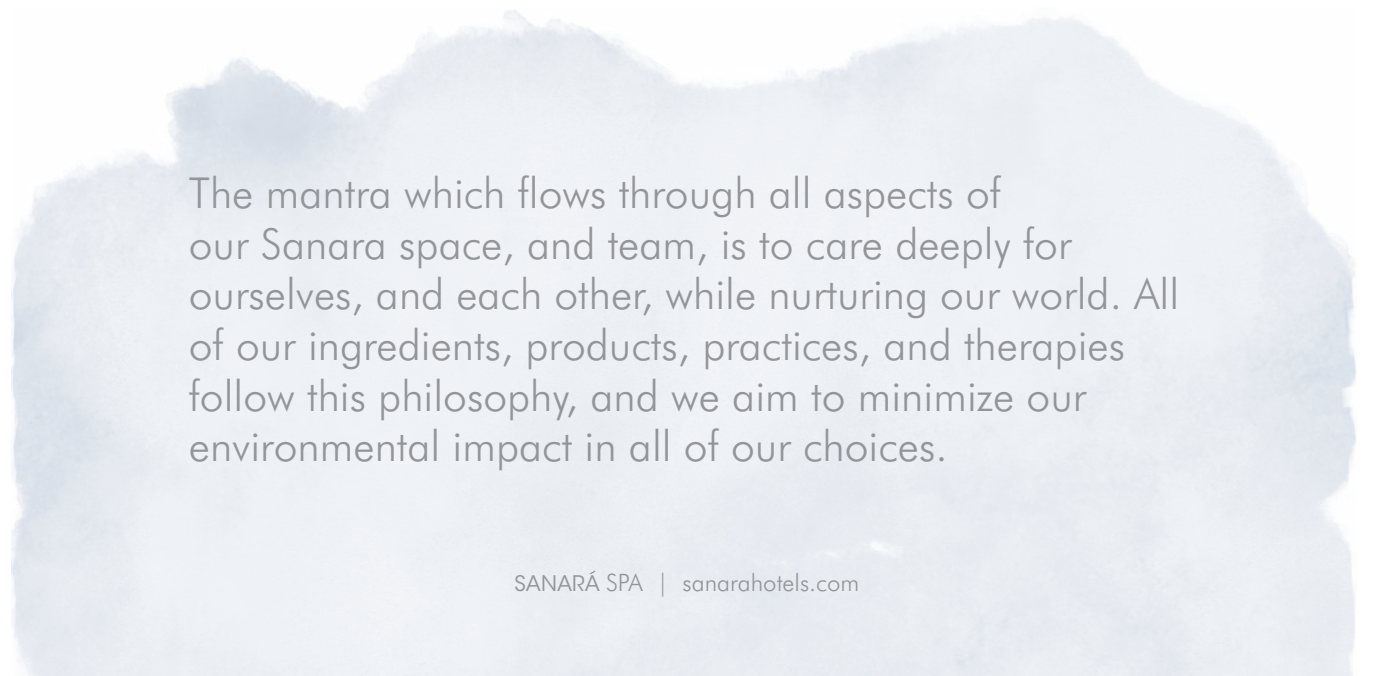
Our Independent therapists, as well as visiting alternative and complementary practitioners provide our guests with a wide range of treatment options, whether you are simply in need of deep relaxation or an energy boost, a complete rethink in your lifestyle, or are dealing with a health issue.

Sanará also offers a range of spa treatments to soothe, relax and rejuvenate including: our signature Sanara Holistic Facial, pedicure, manicure, waxing, and other rejuvenation treatments. We source pure and natural ingredients for all our treatments and therapies and within our Daniella Hunter range of products which are available for purchase within the Wellness Center Boutique.

Treatments and therapies are offered in one of our 4 treatment rooms, and many therapies may be taken in the privacy and comfort of your room, including massages, detox baths, and one-to-one counseling/consultations.

“I believe that we are all walking a path towards true vitality and peace, and we have boundless, untapped energy and healing abilities if we give ourselves the blessing to explore the true essence of our Being.”

DANIELLA HUNTER



The mantra which flows through all aspects of our Sanara space, and team, is to care deeply for ourselves, and each other, while nurturing our world. All of our ingredients, products, practices, and therapies follow this philosophy, and we aim to minimize our environmental impact in all of our choices.

AYURVEDIC HEALING TREATMENTS

WHAT IS AYURVEDA?

Ayurveda is considered the oldest healing science. In Sanskrit, Ayurveda means “The Science of Life.” Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the “Mother of All Healing.”

For the Ayurveda every person is made of five basic elements found in the universe: space, air, fire, water, and earth. The combination of these elements form three life forces or energies called DOSHAS, which control how your body works.

VATA DOSHA

SPACE & AIR

PITTA DOSHA

FIRE & WATER

KAPHA DOSHA

WATER & EARTH

When booking one of our Ayurvedic Treatments, you will be requested to arrive a few minutes before in order to complete a simple questionnaire to determine your doshas combination and therefore, personalize the treatment with specific essential oils blend to balance your energy.

ABHYANGA MASSAGE

Abhyanga massage is one of the most used techniques in Ayurveda. Using a special essential oils blend according to your Dosh, combines a series of manual movements, rhythms and intensities in the body to mobilize and stimulate the elimination of toxins through biological systems. In addition, it helps to release tension of the muscles, and achieve an overall sense of well-being.

\$250.00 1.5 HOUR

INDIAN HEAD MASSAGE

Ayurvedic traditional head massage that treats the physical, mental, emotional and energetic levels using warm oil. It works on the Nervous System, which controls the functioning of our organs and is essential for our well-being. It helps reduce anxiety, insomnia and emotional stress.

\$160.00 1 HOUR

AYURVEDIC REFLEXOLOGY

Manual therapy in the feet and legs, where pressure and kneading are applied at different reflex points, connecting with the systems and organs of the body. The treatment gently reduces stress, improves blood and lymphatic circulation, and naturally promotes the elimination of toxins. By stimulating reflex points in the feet and hands, the body can return to a more balanced state.

\$135.00 1 HOUR



SHIRODHARA EXPERIENCE

Shirodhara comes from the two Sanskrit words “shiro” (head) and “dhara” (flow). It’s an Ayurvedic healing technique that involves the gentle pour of warm oil onto your forehead for deep relaxation and energetically helps the opening of the third eye. The treatment includes a soothing full body massage for a complete experience. Let go of control and surrender to the present moment!

\$250.00 1.5 HOURS

On Wednesdays you can finalize your experience at our **Real Coconut Restaurant** where we have a special Indian Menu.

Now that you know your Dosha, you will be able to choose your food and drinks as your medicine.

AYURVEDA PACKAGES

GAHARA VISHRAAM (DEEP RELAXATION) 2 HOURS

This package will stimulate the elimination of toxins through biological systems, in addition to releasing the tension of the muscles, stimulating the lymphatic system and purifying the body. It includes relaxation, improved joint functioning and emotional release.

- Abhyanga Massage
- Nourishing Bath
- Beverage according to your Dosha

\$310.00

VEDIC ASTROLOGY READING with Stefania Leone

Discover your karmic code and your personal cosmic frequency as they are interpreted through your Vedic birth chart. In Vedic astrology, a person’s destiny is determined by his/her karma, which is set forth in the cosmic design. For those of you on a journey of personal discovery, your vedic birth chart is a way to gain a deeper insight and understanding. Your reading is recorded and sent as an MP4 in dropbox.

\$200.00 PER HOUR INDIVIDUAL
\$300.00 1.5 HOURS COUPLE

AANTARIK SANTULAN (INNER BALANCE) 2 HOURS

This package will help you balance your physical, mental, emotional and energetic levels using warm oils, pressure points and head massage.

- Indian Head Massage
- Ayurvedic Reflexology
- Beverage according to your Dosha

\$280.00

BHAARATEEY SAAR (INDIAN ESSENCE) 2 HOURS

Let yourself immerse in a traditional Indian experience and enhance your energy with these relaxing and balancing treatments.

- Shirodhara Experience
- Bath using Aromatic Herbs
- Beverage according to your Dosha

\$310.00



WELLNESS & SPA PACKAGES

Discover our customized packages;
designed to be an indulgent
experience for body, mind and soul.



IMMUNITY

IMMUNE FORTIFIER | 2 HOURS

Naturally strengthen your immune system by first eliminating toxins in our calming Detox Bath, then settle down for a journey to align yourself with your own healing ability using the art of Reiki, to rebalance and clear energy blockages, through the support of our Reiki Master therapists.

- 1 Detox Bath
- 1 Reiki Healing

\$216.00
(save \$54 USD) worth \$270.00



Add a Health Boost to
Immune Fortifier:
Gin Zing Shot
+ Super Kale Juice
\$11.00

CLEANSE

SOLAR PLEXUS HEALER | 2 HOURS

Cleanse your body of toxins, reduce inflammation, and align your digestive system. If you suffer from digestive issues or just want to detox before beginning to eat a healthier diet, this is the perfect package.

- 1 Detox Bath
- 1 Sobada Maya

\$272.00
(save \$68 USD) worth \$340.00



Add a Health Boost to
Solar Plexus Healer:
Probiotic Coconut Water
Shot + Aloe Aloha
Digestif Juice \$11.00



REVIVE

DE-BLOATING | 2.5 HOURS

De-bloat, feel lighter and revitalized. This is the perfect package if you've been experiencing water retention, bloating, or inflammation in the body.

- 1 Lymphatic Drainage Massage
- 1 Detox Bath
- 1 Anti cellulite - Circulation Booster Massage

\$320.00

(save \$80 USD) worth \$400.00



Add a Health Boost to De-Bloating: Supergreen Shot + Aloha Aloha Digestif \$11.00

BEAUTY

BEAUTY ENHANCER | 2.5 HOURS

The perfect rejuvenation package. Naturally increase collagen production in your skin, and smooth fine wrinkles with our Natural Lift Facial. Improve circulation and improve skin tone, with our Anti Cellulite Circulation Booster Massage.

- 1 Revitalizing Bliss Scrub
- 1 Natural Lift Facial
- 1 Anti Cellulite - Circulation Booster Massage

\$332.00

(save \$83 USD) worth \$415.00



Add a Health Boost to Beauty Enhancer: Phyto Shot + Purple Basil Bloom Juice \$11.00

HEALING

INNER HEALING | 2 - 2.5 HOURS

Heal from the inside out. This emotional yet relaxing treatment will help recenter and reground you.

- 1 Biomagnetic Therapy & Biodecoding
- 1 Crystal Healing & Reiki

\$400.00

(save \$100 USD) worth \$500.00



Add a Health Boost to Inner Healing: Phyto Shot + Healing Green Juice \$11.00

* All these packages count as 2 treatments for Nourish & Heal Program.

SIGNATURE HOLISTIC TREATMENTS



Our Signature menu is designed to offer holistic healing therapies, including traditional Mayan rituals and techniques. Restore your inner harmony, revive your tired body and quiet your mind. Let our therapists and practitioners guide you on a journey to wellness.

SANARÁ BREATHE MASSAGE

The perfect massage to decompress after arriving at Sanará. The Breathe massage was created to calm your mind, stimulate circulation throughout the body, relieve tension and provide deep relaxation. Our Breathe therapy strategically combines elements of Reiki, Breema, Shiatsu, and hand-touch therapy to soothe and relax.

\$160.00 1 HOUR | \$190.00 1.5 HOURS

SANARÁ RELIEVE MASSAGE

This deep tissue massage eases stress by releasing any tension in tight muscles, and soothes soreness from overexertion and exercise. Ideal for those who prefer long deep strokes combined with firm pressure point massage. Our Sanara Relieve massage is a great daily treatment option.

\$160.00 1 HOUR | \$190.00 1.5 HOURS

SOBADA MAYA MASSAGE

This traditional Mayan healing technique involves 'reading' the body's energy flow, discovering blockages, and working to open channels for healing through focus on meridian points and massage. Sobada Maya focuses often on gentle, non-invasive abdominal manipulation to correct the position of internal organs that have shifted thereby encouraging increased flow of blood, lymph, nerve channels, and chi, or energy. Your practitioner will customize this treatment based on your individual needs.

\$190.00 1 HOUR | \$250.00 1.5 HOURS

TUNING FORKS HEALING MASSAGE

This transformative massage is truly an all-inclusive experience. Deep, healing massage techniques designed to relieve tension are combined with crystal-tipped tuning forks on and off the body. The use of tuning forks balances the body energetically, reduces muscular blockages, and induces a calm, mental state.

\$250.00 1.5 HOURS

RITUAL HEALING WITH PALO SANTO & WARM OILS

Discover the sensation of freedom, tranquility and inner peace that connects us all through human love. Increase the capacity to give and receive with this deep energetic healing ritual. During this treatment you will experience a relaxing full body massage to realign your energy and invigorate your body. Thermotherapy and Reiki is also performed using palo santo and aromatherapy oils to facilitate in energetic cleaning.

\$250.00 1.5 HOURS

UUMBAL RITUAL & HOT STONES

Uumbal "swinging in Maya" is a ritual that guides your way to find balance in your search for personal well-being. Activating the flow of vital energy through the stimulation of each of the energy centers, harmonizing your mind, body and spirit and at the same time relieving your tired muscles, decreasing tension and fatigue with an ancestral hot stone massage and end with a restorative Mayan purification accompanied by medicinal herbs.

\$250.00 1.5 HOURS

SPINAL ALIGNMENT & ENERGY FLOW

Enjoy a relaxing back massage while carefully selected essential oils are applied along the spine to open and balance all your chakras. Allow the magnets to align your spine while reflexology is performed on your feet. This holistic treatment will leave you floating in the clouds.

\$250.00 1.3 HOURS

REIKI HEALING & MASSAGE

Reiki healing is a hands-on energy treatment..The practitioner has been trained to access and serve as a channel for the life force (ki or chi), places her hands on or just above the client's body in order to activate healing energy within receptive points on the body. Your practitioner will customize your complimenting massage based on your needs.

\$190.00 1.5 HOURS

CRANIOSACRAL THERAPY & MASSAGE

Craniosacral therapy is a gentle, non-invasive, hands- on healing modality that focuses on a wave-like rhythmic pulse that travels through the entire body. The practitioner uses light touch on the head and body allowing the entire body to relax and self-correct. This hybrid massage begins with a Sanara Relieve massage during the face down portion of the treatment, and finishes with Craniosacral Therapy while face-up.

\$250.00 1.5 HOURS

SHIATSU & MASSAGE

Developed in Japan, shiatsu is a finger-pressure technique utilizing traditional acupuncture points. Similar to acupressure, shiatsu concentrates on unblocking the flow of life energy and restoring balance in the meridians and organs in order to promote self-healing, bringing about a sense of relaxation while stimulating blood and lymphatic flow. The benefits of this treatment may include pain relief and a strengthening of the body's resistance to disease and disorder. In this session, Shiatsu is combined with our Sanara Relieve Massage.

\$250.00 1.5 HOURS

Take a moment to escape! We invite you to indulge in our unique and luxurious therapies

THAI MASSAGE

Monitoring the flow of the vital life energy (known as chi, ki, prana or qi) is at the heart of the Asian body-work. Using physical pressure, manipulation and stretching of the body, the healer evaluates and modulates this energy flow to attain a state of balance. Thai massage is practiced on a firm mat on the floor.

\$250.00 1.5 HOURS



CRYSTAL HEALING & MASSAGE

Crystal healing therapy is used to detect subtle energy blocks that reflect the patient's condition and the type of energy that is required to heal. Crystals are used as tools to transform, amplify and recharge the vibrational energy field. This therapy can facilitate the process of clearing, cleaning, and reconnecting your body's energy to a higher vibration. In this session, Crystal Healing is combined with our Sanará Breathe Massage.

\$250.00 1.5 HOURS

BIOMAGNETIC THERAPY AND BIODECODING

Biomagnetic pair or terrain restoration therapy is a natural therapy that re-establishes cellular balance within the body through the use of magnets, which helps to restore the body's pH levels. This dynamic therapy uses magnets to depolarize areas in the body that may be imbalanced due to pathogens or energetic blockages. You will develop more awareness and a deeper understanding of your emotions.

\$250.00 1.5 HOUR

ENERGY ALIGNMENT: A CONNECTION WITH YOURSELF

Connect with your inner Self and allow the energy to flow within your body and in unity with the Universe. Each session is personalized to your needs and will help you release tension and blockages caused for trauma or stress.

\$150.00 1 HOUR

*The time of each session depends on each individual and their needs.

REFLEXOLOGY

Foot zone therapy is based on the premise that energy flows through the body in meridians from the brain to the feet. Every organ and cell has a representative point. On the foot, when pressure is applied, the brain sends a signal to the corresponding part of the body to facilitate healing and restore balance. Temporary pain, defined also as a blockage of energy flow, is felt on areas of the foot which correspond with the affected organ or body part. Positive and apparent results are felt almost immediately.

\$120.00 1 HOUR

HOLISTIC BEAUTY TREATMENTS

SANARÁ HOLISTIC FACIAL

Designed to hydrate and revitalize the skin, pull out toxins, remove dead skin cells, and stimulate collagen production, our Sanara Holistic Facial is suitable for all skin types. Using a combination of organic ingredients, accompanied by our range of Daniella Hunter skincare products we begin with an oil cleansing technique to clean and prepare the skin for exfoliation. Our sugar scrub then gently exfoliates away any dead skin, followed by a second cleanse with our Black Moroccan Soap. Our Revitalizing Clay Face Mask, infused with marine phytoplankton, helps detox your pores and removes any impurities on the surface, as well as providing a super antioxidant boost. This is followed by our Soothing Cleansing Face Mist to tone and refresh, and a second hydrating face mask made of natural home-made coconut yogurt. Your facial is finished off with a face massage, using our Advanced Face Oil.

\$130.00 1 HOUR

Add Gua Sha to lift and tone \$20.00

NATURAL FACIAL LIFT MASSAGE

This natural lift facial massage uses a combination of traditional Japanese, and Chinese Gua Sha techniques along with acupressure points in the face, head and neck, to restore natural glow and production of collagen and leaves you looking refreshed and energized. This treatment includes a gentle face, neck and shoulder massage. Using a range of simple techniques helps to relieve tension and allow the facial muscles to lift. It also helps release localized toxins which may have built up within the lymphatic system.

\$110.00 50 MINS





REVITALIZING BLISS

Experience an all-natural full body treatment to unveil a more youthful and radiant glow. Our house Cacao & Brown Sugar Scrub works to gently stimulate and lift dead skin cells. A moisturizing & soothing mix of organic ingredients is applied to the whole body, before being wrapped with warm towels to support absorption of nutrients. The experience is completed with a gentle massage using our Hydrating Body Balm.

\$150.00 1 HOUR

AVOCADO, ALOE VERA & CUCUMBER WRAP

This all-green and all-natural treatment helps to restore hydration and elasticity of the skin. Particularly soothing for over exposed or sunburnt skin. While wrapped in our refreshing body mask, you will receive a light head massage to relax the mind, and body, followed by our hydrating and healing, Soothing Body Balm, applied generously all over the body.

\$150.00 1 HOUR

MANICURE

This traditional hand and nail treatment includes an exfoliating scrub, cuticle maintenance, nail shaping, hand massage, followed by your choice of non-toxic nail polish.

\$70.00 45 MINS

PEDICURE

Designed to bring tired and overworked feet back to life, our mineral foot soak prepares the feet for a stimulating scrub. Nails are then clipped, shaped, buffed and polished with your choice of non-toxic nail polish.

\$85.00 45 MINS

Your skin deserves to be loved. Naturally, we use only pure, natural ingredients in our products. Our menu of beauty treatments will have you looking good and feeling great.

ADD ONS FOR YOUR TREATMENTS

BACK & NECK MASSAGE

\$90 30 MINS

Enhance your body treatments or facial with a relaxing massage for a full relaxing experience.

DETOX BATH

\$90 30 MINS

Finish your treatment with a detox bath to stimulate the elimination of toxins to purify the body.

GUA SHA

\$25

May be added to any body or face treatment, this traditional Chinese massage technique uses a crystal tool to move energy, through gently rubbing the skin in long strokes, to promote regenerative healing.

CUPPING

\$30

To help ease tense muscles your therapist can include “cupping” within your treatment, a suction technique of the skin that stems from Chinese medicine and decongests muscles, blood and lymph, improving energy pathways and promoting circulation & oxygenation. Please be aware that marks on the skin may appear for a few days. They are a sign that the underlying congestion has been brought to the surface for release.

FACE MASK

\$30

To support skin hydration, a natural mask made of our homemade coconut yogurt can be applied to your face and décolleté during your chosen massage.

WAXING

UPPER LIP \$50

UNDERARM \$60

BIKINI \$75

FULL LEGS \$150

HALF LEG \$85

EYEBROWS \$65

All prices are in US Dollars





SPECIALIST THERAPIES & SESSIONS

MAYAN ASTROLOGY READING with Aiesha Cosmos

Using your date of birth, Aiesha channels through the Mayan calendar, a session which facilitates the better understanding of your inner greatness. Choose from several options for your Mayan Astrology reading.

- Natal chart: the most comprehensive way to view your individual map within the matrix of the Mayan calendar.
- Relationship dynamic: this session deepens the understanding of self in relationship to other, as well as clarify the dynamic of the two and the lessons and gifts they hold for one another.
- Year transit: you may discover what this year has in store for you.
- Oracle guidance: Look for guidance in specific areas or issues.
- Guidance for children: this session is perfectly suited for children seven and up. Children may connect with their own divine gifts.

\$300.00 INDIVIDUAL | \$480.00 COUPLE

All prices are in US Dollars