



BOTÁNICA SPA & APOTHECARY

At Botánica, we believe in the wisdom of plants to unlock our natural ability to achieve physical, mental, and spiritual well-being.

At the heart of the Botánica experience is our beautifully verdant on-site apothecary, where we custom-formulate a range of powerfully curative oils, lotions, and balms using herbs, fruits, and medicinal flora harvested from our gardens or foraged from our regional lands. All of our apothecary formulations are designed to work with the body's natural systems, restoring balance, removing toxins, and increasing vitality.

Our team of trained and certified practitioners have developed an array of massage, therapeutic, and beauty treatments. Some of our treatments are focused on specific issues. Some deliver more general benefits. All are highly effective in removing stresses and physical blockers, clearing the way for a holistic well-being.

We invite you to join us on this soulful and rewarding journey.



BOTANICA MASSES

* ALBAHACA SANTA 50/80 min

\$220/\$305

Our classic treatment. Freshly harvested basil leaves - a powerful anti-inflammatory - are soaked in gently-warmed oil and applied as part of a full-body Swedish massage that will leave you feeling relaxed, balanced, and rejuvenated.

* DELICIA DE ANONA Y ORÉGANO 80min

\$320

A Botánica exclusive. Indulge in a flowing sequence of five different massage techniques using oil from the Anona tree - known for lowering stress and relieving muscles - infused with organic oregano, a natural antioxidant. All while relaxing into a bed of heated, herb-infused aromatherapy pillows. The ultimate treatment for true spa aficionados.

* RICA MENTA 50min

\$205

When you take care of your feet, the benefits extend to your whole body. This focused treatment begins with an organic foot polish to smooth and brighten skin. A proprietary blend of mariola tree oil, fresh mint, and dollar plant is then applied as part of a deep foot massage and reflexology treatment, leaving you feeling relaxed, revived, and refreshed.

* REFUERZO ROMERO 50/80min

\$220/305

Boost your immune system, improve circulation, and relieve contracted muscles with this invigorating, full-body, deep-tissue rosemary massage. By focusing on key trigger points and using a methodically applied sequence of hot stones, we restore the flow of your chi and activate the natural healing power of your body.

* EL CLAVO BALANCEADO 80min

\$320

Inspired by indigenous temaxcal rituals and traditional hot/cold balancing therapies, this combination of thermotherapy and cryotherapy delivers powerful physical and mental benefits. Using a choreographed sequence of hot and cold stone applications, we help your body restore its natural balance and reactivate muscular and nervous systems, while also promoting deep meditative calm and a sense of well-being.

THERAPEUTIC TREATMENTS

* **DELICIOSA ARNICA** 50min

\$235

Your body's lymphatic system is crucial for removing toxins and supporting immune response. This focused lymphatic therapeutic treatment uses arnica oil - a known anti-inflammatory - in combination with a targeted sequence of slow, powerfully applied strokes that encourage the movement of lymph fluids, reducing inflammation, restoring balance, and boosting immunity.

* **EL MAGNESIO** 80min

\$325

Magnesium is a mineral used by your body to regulate a range of essential functions, including sleep, muscular recovery, nerve function, blood glucose, and blood pressure. This restorative treatment begins with a warm magnesium wrap followed by a full body, warm coconut oil relaxation massage.

* **EL TERAPEUTICO** 80min

\$340

An ultra-personalized Botánica service where we collaborate with you to design a custom treatment program addressing your unique needs. The journey begins with a one-on-one consultation with a certified staff member to identify areas of concern and opportunities for enhanced well being. We then design and apply your unique treatment, which can include everything from hot and cold stone treatments to herbal remedies formulated from our on-site medicinal garden to targeted massage therapies using custom-blended oils.

TREATMENTS FOR TWO

✧ **DAMIANA AMOROSO** 120min

\$765

Damiana - a desert shrub native to the deserts surrounding Rancho - has for centuries been used by indigenous cultures as a natural aphrodisiac. This luxuriously indulgent treatment for two includes a potent Damiana elixir, aura cleansing, body polish, massage with your choice of pressure, and a topical gemstone facial, ending with a singing bowl harmonization. You'll fall in love all over again!

✧ **CEREMONIA DE AGAVE** 120min

\$765

A sensory journey for two centered on agave - long worshiped for its magically soothing, healing, and restorative properties. It starts with a decadent agave oil foot treatment followed by a blended-technique massage as your body absorbs the oil's benefits. This is followed by a gentle sequence of facial Gua Sha massage and head acupressure treatments, as well as a combination of aromatherapy oils to complete the sensory experience and leave you feeling relaxed, flowing, serene, and restored.

BODY TREATMENTS

* **LA MARGARITA DE LA CASA** 40min

\$160

This restorative treatment begins with an invigorating full body lime citrus & sea salt polish to scrub away dead cells, open pores, and prepare your skin to maximize antioxidant absorption. Next comes a soothing, healing, all-natural balm application that will leave every inch of your skin nourished, glowing, and silky smooth.

* **EL CAPPUCCINO** 40min

\$160

An invigorating, full-body treatment that uses the natural power of coffee to remove topical impurities and revive dull skin while reducing the appearance of cellulite due to its naturally dilating effect. Followed by a soothing, hydrating body cream application, you'll emerge feeling fresh, smooth, and glowing.

* **EL JUGO DE SÁBILA** 80min

\$325

After a day under the Baja sun, your body deserves this deeply regenerative skin-repair treatment. We begin with a refreshing cold wrap infused with chamomile and calendula, which calms the skin and accelerates the healing process. As your skin absorbs the nutrition of the wrap, we deliver a relaxing scalp massage followed by a full-body massage using freshly cut, naturally hydrating aloe vera to help your skin rebuild while reducing the inflammation and discomfort of over-exposure.

* **EL SMOOTHIE TROPICAL** 100min

\$345

Designed exclusively for Botánica, this anti-aging and cellular renewal treatment combines the antioxidant power of pomegranate, mango, and papaya to detox skin and leave your whole body feeling rejuvenated and refreshed.

FACIALS

* **RAPID RESULTS GEMSTONE FACIAL** 25min

\$145

Uplift the senses and achieve rapid benefits with this energizing gemstone facial. Using a potent combination of gemstone-infused balms, botanical extracts, and other active, natural ingredients, you will enjoy more balanced, healthy, energized, and glowing skin in under half an hour.

* **GUA SHA FACIAL** 50min

\$245

Enjoy a deep cleansing facial using natural botanicals complemented with a powerful Gua Sha stone massage to help boost the skin's natural circulation, flush out toxins, and activate cellular restoration leaving you with a smoother, brighter, more radiant complexion.

* **BOTANICA AGELESS FACIAL** 80min

\$325

This luxurious facial is designed specifically to combat the signs of aging and restore your skin's natural hydration. It harnesses the power of vitamin C to exfoliate, refine, and tighten pores as well as nourishing botanicals that protect against free radicals, and visibly brighten dull skin, leaving it youthful and luminous.

* **COCONUT CORRECTIVE FACIAL** 80min

\$325

Coconut has long been revered for its powerfully hydrating and antioxidant properties. This skin-firming and restoring facial uses a range of tropical flora including monoi, coconut, hibiscus and neroli to deliver healthier, tighter, more radiant skin along with long-lasting anti-aging benefits.

* BOTÁNICA SIGNATURE PEDICURE 60min	\$85
* BOTÁNICA SIGNATURE MANICURE 60min	\$85
* EXPRESS MANI & PEDI 30min	\$75
* POLISH CHANGE 20min	\$45

FITNESS & WELLNESS

* GROUP CLASSES	\$X
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We offer a variety of group classes. Inquire for the schedule, pricing, and more details with our Spa receptionist.

* ONE-ON-ONE	\$100
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A personalized, one-on-one session with a certified fitness or wellness coach.

HOURS OF OPERATION

Botánica Spa: 08:00am to 06:00pm, daily

Fitness Center: 07:00am to 09:00pm, daily

PRICING

All prices are in US dollars and inclusive of tax. An additional 15% service charge will be added.

SPA POLICIES

We appreciate your help maintaining a calm, relaxing environment for all by speaking in a low voice and refraining from the use of cell phones in the Spa area.

Please arrive 45 minutes prior to your Spa treatment to enjoy all Botánica spa has to offer while ensuring we are able to provide treatments in a timely fashion.

Please leave all valuables in your room. Botánica is not responsible for lost or misplaced items. Prior to your Spa treatment, we will provide you with a locker as well as robe and sandals for your comfort.

Following your treatment, we invite you to take advantage of the relaxation area, where you can also enjoy a refreshing drink of your choice.

CANCELATION POLICY

Botánica Spa kindly requests a notice of 6-hours prior to your appointment time for any changes or cancellation. Any cancellations made within 6-hours are subject to a 50% charge of your treatment.

IN ROOM SERVICE

A 60 USD fee for in room services. We require a 24-hour advance notice for scheduling and availability.