

La Tortuga Hotel and Zen Eco Spa gives you the most pleasant welcoming and invites you to pamper, relax and rejuvenate yourself.

A special collection of treatments, incorporating the ancient Zen culture fusion of pure ingredients and delicate fragrances, with innovative quartz techniques and tropical fruits.



LUXURY TREATMENT COLLECTION

Back and neck anti stress

Relaxes the tension and pain of the muscles of the neck, shoulders, and back, improving the circulation and alleviating neck stiffness and extreme fatigue.

25 min. 50 U.S

Swedish massage

Traditional muscle relaxation massage that combines soft hand rubbings and manipulations with a calming action that eliminates stress and restores the body's vitality.

55 min. 100 U.S/80 min. 140 U.S

Sports massage

A combination of stretching and rubbing to eliminate tension and alleviate muscular pain, stimulating circulation and discarding accumulated toxins. These techniques restore and reanimate the muscles.

55 min. 120 U.S/ 80 min. 150 U.S

Aromatherapy

Aromatic curative balsams are applied throughout the body with a multidimensional massage of rhythmic movements. The utilization of essential oils combines the sense of smell with the sense of touch to eliminate physical and mental tension, reducing stress, improving the immune system, and helping with the lymphatic and vascular circulation.

Choose from:

- Detoxifying
- Energizing
- Balancing
- Anti stress

55 min. 140 U.S

Hot stone massage

Rituals involving hot stones, where one experiences a sense of profound balance and relaxation, aligned with the body's energy centers, were an important part of Native American Indian culture. The heat, together with the aromatic oils, relaxes muscular tension, stimulates circulation and improves mobility of the joints.

80 min. 160 U.S

Zen shiatsu

Oriental therapy based on stretching and pressure. Combines Yoga postures, Reiki, Reflexology and Meditation Techniques. Improves the energetic flow, the vitality of the internal organs and the body's flexibility. Alleviates stress and reduces corporal fatigue.

* Massage applied wearing loose clothing.

80 min. 160 U.S

Samunprai

Thailand's traditional massage that helps eliminate tension and muscular pain through soft movements and hot packs that contain exotic herbs; ginger, lavender, laurel and tamarind leaves. This therapy ends with a massage of hot essential oils.

80 min. 160 U.S

CORPORAL TREATMENT COLLECTION

Exfoliation

Revitalizing treatments that clean the skin's surface and eliminate the layer of dead cells. Organic medicinal plants leave the skin healthy and dazzling.

Included are:

Olive oil to purify, regenerates, and renovates the skin

Coffee extract with rejuvenating and revitalizing effects. Thanks to coffee's antioxidant power, it stimulates the natural defenses of the organism and provides superior effects of detoxification and free radical reduction.

Chocolate stimulates memory, emotions and the chemicals that cause happiness. It offers great smoothing, firming and shaping benefits.

Invigorating and hydrating vanilla from natural organic seeds.

All these treatments end with a massage that closes the pores providing hydration and luminosity.

55 min. 100 U.S

Body wraps

Delicious flavors for a skin thirsty for beauty; a tempting diet for corporal health. This treatment offers effective, unique, fresh, and genuine recipes with pure natural and ecocompatible ingredients for total wellbeing.

Included are:

- Stimulant chocolatherapy
- Antiinflammatory and detoxifying draining agent
- Revitalizing coffee
- Relaxing green coffee and "mate"
- Regenerating ginger and lime

80 min. 180 U.S

Anti cellulite slimming body wrap

Advanced and effective anti cellulite and excessive adipose tissue system. This intense therapy creates a slimming action by combining two types of marine algae applied in the form of face masks and serum.

55 min. 160 U.S

Firming body wrap

Treatment with a tonic action that includes a face masks of thermal gel that smoothes and hydrates the skin.

55 min. 160 U.S

Men’s body wrap

Revitalizing treatment that cleans the surface of the skin eliminating the layers of dead cells. Ending with a rejuvenating and invigorating cream especially for men.

55 min. 160 U.S

FACIALS COLLECTION

European facial

Cleans and restores the natural balance for a radiant skin. Includes cleansing, exfoliation, vaporization and application of active serum; revitalizing face mask for the specific needs of each skin type:
Soothing, humidifying or purifying.

100 U.S

Purifying facial

For skin that is predisposed to acne. Herbal face masks that balances and purifies, ending with a sun protection cream and the recommendation to stay away from the sun.

120 U.S

Hyposensitive facial

Hydrating facial therapy for dry and sensitive skin. Humidifying action with balancing vitamins that act on the skin, regenerating tissues.

120 U.S

Anti aging facial

We utilize the most advanced anti aging products that promote the formation of collagen and elastin which are vital to a firm and radiant skin.

130 U.S

Luxury facial

The most advanced methods in skin care and sensorial technology, this facial is an energy generator, formulated with active ingredients including orchids, which prepare the skin to dazzle, smooth tension lines, specifically of the eyes. Different face masks are utilized depending on the skin type requirements.

130 U.S

Men's facial

It's an effective advanced treatment, responding to the specific needs of men. Heals and softens sensitive skin, hydrates dry skin, and purifies oily skin. It includes exfoliation, cleaning with application of vitamin E active serum, and face masks in accordance to personal needs.

120 U.S

Zen manicure and pedicure

Relaxes tension on hands and feet, neutralizes and balances negative energies that provoke discomfort, since hands and feet are harmony's windows. This treatment is highly beneficial to your health through the use of minerals of great healing power, and energy charged waters with essence of tropical fruits.

50 U.S /Each

FACIAL AND BODY DEPILATION