

LIVE AQUA URBAN RESORT  
SAN MIGUEL DE ALLENDE

*feel*  
URBAN SPA  
BY LIVE AQUA

Natura Bissé  
Barcelona





## WELCOME

*Feel Urban Spa* by **Live Aqua & Natura Bissé** have come together to create a surreal experience for physical beauty and inner spiritual growth.

This is the ideal place for you: a refuge where you can let loose and be yourself while your body and mind rediscover the perfect balance.

### SPA ADMISSIONS

All reservations are subject to availability.

We allow access to people over 15 years of age.

Spa services are not included in the room rate.

Prices per person in Mexican Pesos.

Taxes and service included.

Open daily from: 9:00 a.m. a 9:00 p.m.





## RECOMMENDATIONS & IMPORTANT INFORMATION

All our services, includes a welcome ritual, one hour in the hydrotherapy areas before your treatment and special amenities.

If you wish to enjoy our hydrotherapy circuit, we recommended to arriving one hour before your scheduled treatment. If you wish to go directly to your treatment, please arrive 20 minutes early for registration.

All our guest must fill out a medical questionnaire prior to the treatment.

Eating immediately before a spa treatment is not recommended.

Please avoid arriving under the influence of alcohol or drugs.

We recommended to wearing bathing suit and sandals in the hydrotherapy areas.

If you have any health-related concerns or you are pregnancy, please advise to the spa receptionist before reserving your treatments.

To enjoy a better spa experience, avoid using cellular phone or keep it in silent to respect our other guests.

All cancellations must be made 24 hours prior to your appointment, failure to respect this time frame will result in a charge of 50% of the total value of the service. By arriving late, you are limiting the time available for your treatment, meaning we cannot guarantee the enjoyment of the complete experience.

The Spa is not responsible for lost jewelry or items of value, we recommended to keeping your jewelry and valuables in the locker assigned to you during your stay at the spa with your personal password.





## MÄKANDÄHI EXPERIENCE

100 min

\$4,450.00 MXN  
PER PERSON

100 min.  
\$8,900.00 MXN  
COUPLES

*Exclusive treatment in  
our Premium Suite.*

## EXPERIENCES

· *Restore the mind. Transform the body.* ·

This ancestral ritual inspired by the cultural heritage of San Miguel de Allende, and of its ancestors, the Chichimecas-Otomíes, will lead you to an absolute renewal and an unimaginable connection between body, mind and spirit, as well as a fusion with the elements of the nature.

Feel the magic in this fascinating massage through the healing power of the hands of our therapist and enjoy various techniques that will bring you to a state of absolute relaxation.

End this memorable experience with an energetic bath of healing herbs.

*This service requires special preparation, to enjoy this experience we suggest booking 3 days in advance or inquiring about availability.*





## EXPERIENCES

### · Reborn inside our Mother Earth ·

#### TEMAZCAL EXPERIENCE 130 min

\$7,000.00 MXN  
PER PERSON

\$3,900.00 MXN (p/p)  
COUPLES

\$2,900.00 MXN (p/p)3-  
5 PEOPLE

\$2,600.00 MXN (p/p)6-  
10 PEOPLE

One of the most ancient rituals on the earth, the temazcal, the name comes from the nahuatl dialect and means “house where you sweat”. Live this unique experience of introspection, you will come renewed. the benefits includes: physical, mental and emotional purification. This guided ceremony begins with a sound bath that will harmonize and balance your energy. Before you enter the Temazcal, feel the emotional release and energetic regeneration with the copal cleanse and healing herbs. Mother earths womb opens through the steam with the fusion of medicinal herbs and volcanic stones. The power of the elements water, fire, air and earth come together to purify and renew body, mind and spirit.

The temazcal ritual has multiple benefits. Cleaning and purification, Strengthens the respiratory system, improves blood flowand and the muscular system, helps reduce stress and anxiety.

#### RECOMMENDATIONS:

- Wear comfortable clothing and bathing suit.
- Do not consume alcohol at least 24 hours before.
- Have a light breakfast.
- Stay hydrated.



## MASSAGES

· *Restore the mind. Transform the body* ·

### FEEL MASSAGE

60 min

\$3,200.00 MXN

90 min

\$3,600.00 MXN

Restore your inner balance with a fusion of holistic techniques: shiatsu and lomi-lomi, applying pressure tailored to your needs, (soft, medium, firm). Experience a sensation of well-being and pleasure through aromatherapy and awaken all your senses ending with a comforting facial massage.

### SWEDISH MASSAGE

60 min

\$2,800.00 MXN

90 min

\$3,300.00 MXN

Classical massage that combines soft muscle manipulation with the use of selected essential oils. You will experience pleasure and well-being as the flexibility and circulation in your body improve, creating immediate renewal. The ideal treatment for a perceivable relaxation.





## MASSAGES

· Restore the mind. Transform the body ·

### HOT STONE MASSAGE

90 min

\$3,600.00 MXN

An ancient Native American healing practice based on the use of hot basalt stones to massage the body. This ritual dissipates muscle tension through the use of moderate heat that gently penetrates the body. A truly relaxing experience.

*Important: this treatment is not recommended for pregnant women or those 5 with sunburned skin.*

### DEEP TISSUE MASSAGE

60 min

\$3,000.00 MXN

90 min

\$3,500.00 MXN

Therapeutic massage that provides complete wellbeing by applying pressure to the deepest layers of muscle to induce relaxation. It is ideal for people who perform constant exercise or are looking for relief after intense activity.



## MASSAGES

· *Restore the mind. Transform the body* ·

### SOUND HEALING MASSAGE WITH TIBETAN BOWLS

90 min

\$3,500.00 MXN

Sound therapy combined with the hands of our therapist produces a wonderful healing and relaxing effect, providing a sense of peace and raising the vibrational frequency.

In this holistic massage, the vibration of the Tibetan bowls penetrates deeply in to the body, generating a massage at cellular level that stimulates energy circulation, harmonizing at all levels: physical, mental, emotional and spiritual.

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## MASSAGES

· *Restore the mind. Transform the body* ·

### MOM TO BE

60 min

\$2,900.00 MXN

90 min

\$3,600.00 MXN

Treatment specially designed for moms-to- be. This massage focused on relieving areas of tension and stress. Helps to relieve tired legs, muscle pain in the lower back, muscle tension in the cervical area, shoulder area and helps to improves circulation.

This experience creates a unique connection with the baby and help to find an emotional and mental balance in this important stage.

***IMPORTANT:*** *This service is recommended from the 24th week of pregnancy and before 35th week. remember to consult your doctor before.*



## FACIALS

· *Escape to your personal sanctuary.*  
*A place where everything else disappears* ·

### THE CITRUS ESSENCE

70 min  
\$3,000.00 MXN

Powerful antioxidant treatment that restores sun damaged skin and helps reverse the signs of premature aging. Vitamin C stimulates collagen production, renews the skin's firmness, neutralizes free radicals and lightens hyper pigmentation.

### DIAMOND COCOON

70 min.  
\$3,500.00 MXN

Awaken the full potential of your skin with this beauty room treatment. A revitalizing and renewing ritual designed to minimize the appearance of signs of and stress on your skin, such as a dull complexion, accentuated lines, wrinkles and dark spots. A detoxifying break which, due to its powerful ingredients and enveloping massage techniques, helps you emerge with glowing skin that dazzles with natural beauty.

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## FACIALS

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*A place where everything else disappears* ·

### OXYGEN

70 min  
\$3,000.00 MXN

This essential exfoliating and invigorating treatment re-energizes cellular function for visibly hydrated skin. The revitalizing power of pure oxygen cleanses and brightens a dulled complexion, restoring clarity and a healthy glow.

### 3D COLLAGEN SHOCK

90 min  
\$3,900.00 MXN

This remodeling and firming treatment utilizes three types of collagen of different molecular weights, high, medium and low, sculpts and defines facial contour, improves skin density and preserves moisture. This innovative facial provides an outstanding **lifting and firming effect for incredibly supple and plump skin.**



## BODY TREATMENTS

- *Let your inner beauty shine through* ·
- *Pamper yourself with one of the following options* ·

### CITRUS BODY PERFECTION TREATMENT

90 min  
\$3,900.00 MXN

Flood your body with citric energy with this emulsion-based treatment with a very high concentration of vitamin C that protects from dryness and premature aging. The skin of your entire body is revealed to be highly hydrated, smooth, vitalized and luminous. This treatment includes full body exfoliation, mask and hydration as well as a relaxing massage.

### WELL LIVING EXPERIENCE

90 min  
\$3,900.00 MXN

It's up to you!

You choose the sensorial mood you want to experience. Our professionals will create an exceptional diamond well-living experience designed just for you. This treatment includes body scrub, body mask and massage.

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## ADDITIONAL EXPERIENCES

· Let your inner beauty shine through ·

### BODY EXFOLIATION

\$700.00 MXN

From the Natura Bissé Luxury line hydrating exfoliation. You can choose personalized well living scrub or citrus scrub.

### FACIAL MASK APPLICATION

\$500.00 MXN

From the Natura Bissé Luxury line you can choose different options for your type of skin; vitamin c soufflé, oxygen, essential shock and stabilizing mask.

### OXYGEN BAR

\$450.00 MXN

Helps reduce stress and oxygenate the body, providing a feeling of relaxation and well-being.

You can choose from lavender or citrus scent.

## PREMIUM SUITE

*· Let your inner beauty shine through ·*

Enjoy the experience as a couple in the comfort of our private luxury suite. Our Premium Suite, has its own hydrotherapy circuit (steam, sauna, shower and pool).

### **INCLUDES:**

a Premium amenity for two  
and a 60-minute stay in the suite before your service or at the end.

\$3,300.00 MXN

*Subject to availability.*





## WELLNESS CLASSES

· *Restore the mind. Transform the body.* ·

**BOOK 24 HOUR IN ADVANCE**

### HATHA YOGA

60 min | 2 guests  
\$2,200.00 MXN  
+ extra guest: \$300.00

It integrates physical postures (asanas), breathing exercises (pranayama), concentration and meditation. It improves physical health, while leading us to develop consciousness. Ideal for all levels.

### VINYASA YOGA

60 min | 2 guests  
\$2,200.00 MXN  
+ extra guest: \$300.00

It's a fluid practice style in which breathing and movement are synchronized and postures intertwine. It increases energy levels, liberates tension and promotes relaxation.



## WELLNESS CLASSES

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**BOOK 24 HOUR IN ADVANCE**

### ASHTANGA YOGA

60 min | 2 guests  
\$2,200.00 MXN  
+ extra guest: \$300.00

One of the most demanding forms of the Yoga practice. Recommended for those who prefer a faster rhythm and a more rigorous style of the yogic practice. The order of the postures is completely predefined.

### YOGA & LIVE MUSIC

60 min | 2 guests  
\$2,950.00 MXN  
+ extra guest: \$450.00

One of the most beautiful experiences is the practice of Yoga with live music. The mind focuses on music and practice flows more easily. The healing power of music has already been scientifically proven.





## WELLNESS CLASSES

· *Restore the mind. Transform the body.* ·

**BOOK 24 HOUR IN ADVANCE**

### *feel* MEDITATION

60 min | 2 guests

\$2,200.00 MXN

+ extra guest: \$300.00

We offer different techniques to achieve relaxation, reduction of stress, fatigue and depression, increase concentration, energy and tranquility. We have experience with simple techniques for beginners.

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## SCHEDULE

Facilities, rituals and treatments are available daily from 9:00 a.m. to 9:00 p.m.

## CONTACT US

To request an appointment, please call 41 5150 2300, extension 30040.

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