



Inspiration

SPA & GALLERY

Rediscover your body





Inspiration Spa & Gallery

A Spa inspired by the wealth of great stories transmitted in each of the masterpieces by artistic geniuses from around the world, such as Van Gogh, Picasso, Carlos Mérida, Miró, Klimt and Matisse, among others.

Disconnect from your daily routine with our luxurious services, an exquisite hydrotherapy circuit, splendid themed treatment rooms with extraordinary art works, a spa suite, beauty salon, Kids Studio and bridal lounge.

This is the pleasure of offering wellness with experiences that will renew your day. Enjoy the art of experiencing a new story with us. Chenzira!



M E N U



SIGNATURE SENSORIAL TREATMENTS

SENSORIAL FACIAL TREATMENTS

SENSORIAL BODY EXPERIENCES

SENSORIAL BODY MASSAGES

SPECIAL EXPERIENCES

HYDROTHERAPY CIRCLE

SPA FOR THE KIDS AND TEENS

BEAUTY SALON

SPA GUIDE







Signature Sensorial Treatments

INSPIRATION EXPERIENCE

120 min. | Massage + Facial

A luxurious massage and facial ritual created to release areas of tension with a full, harmonious body massage, seasoned with bamboo canes to balance body and soul. To activate your skin with a renewing and revitalizing facial designed to reverse the effects of modern pollution and everyday stress. Your skin will be radiant and healthy-looking.

ROYAL CITRUS EXPERIENCE

120 min. | Massage + Facial

Vitamin "C" repairing ritual. A body and facial treatment that stimulates collagen production, improves skin tone, radiates, hydrates and brings your skin back to life with stimulating aromatherapy. A session where concentrated ingredients are applied through exfoliation that accelerates cellular regeneration, follow with a soufflé textured mask and an essential citric oil massage. For a radiant and toned skin.

QUIROGOLF SPORT EXPERIENCE

120 min. | Massage + Facial

An integral massage applied by using golf balls, pressure points, aromatherapy and stretching to improve your flexibility by reducing joint pain. We apply an oxygen concentrated facial to offer vitality and lighting the skin. A perfect treatment for frequent travelers.

VITALITY EXPERIENCE

120 min. | Massage + Facial

A balancing therapy with hot stones applied with massage techniques focused on relieving stress and tension, followed by a complete four-layer facial that combines the benefits of minerals with the main active ingredients of european seaweed. Your skin will look toned, rejuvenated, regenerated. Stimulating your skin instantly. A supreme experience.

B-CALM EXPERIENCE

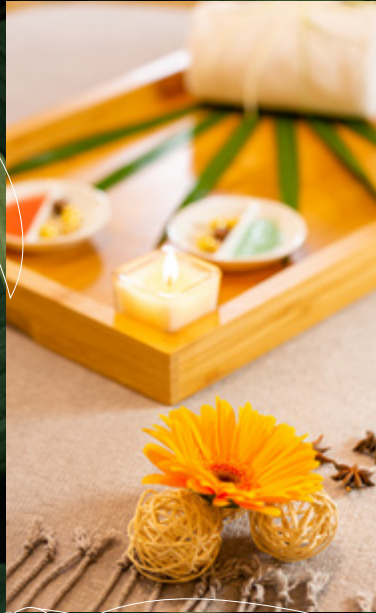
120 min. | Body treatment + Facial

A repairing experience for skins that have been exposed to the sun. A body wrap with a facial mask rich in herbal actives that helps balance tolerance to external factors such as excess of sun. Followed by a hydrating facial that offers immediate comfort and repair. A calming, cooling and softening sensation.

FOR MEN FACE & BODY

120 min. | Body scrub + Massage + Facial

A body exfoliation applied with products made with bamboo extracts, followed by an exquisite massage using relaxing and decongesting techniques. It ends with a vitamin "C" and activated charcoal that restores balance and hydration to male skin.







Sensorial Facial Treatments

RADIANT

80 min.

A facial specializing in regenerating cellular functions by strengthening your skin. This facial has a triple protection against atmospheric factors, artificial light pollution, and sun. For an oxygenized and radiant skin.

Suggested complementary service. 15-minute of reflexology. (Additional charge)

LUMINOSITY

80 min.

For a radiant luminosity for all type of skin. To unify the skin tone and reduce pigmentation. Ideal for mature skins.

Suggested complementary service.
15-minute of feet hot stones massage.(Additional charge)

ANTI-AGING

80 min.

Powerful actives are combined in this comfort and beauty experience. A facial focused on working expression lines and tired looking areas. Offering vitality, coolness and an immediate lifting effect. Radiant!

Suggested complementary service. 15-minute of scalp massage. (Additional charge)

EYE TREATMENT

25 min.

Tratamiento para nutrir el contorno de ojos y disminuir las líneas de expresión. Diseñado para que el área de los ojos luzca suave y revitalizada.



DEEP CLEANSING

80 min.

A facial with enzyme products that help to remove impurities accumulated in the skin. This session includes extractions. The perfect preparation for receiving a subsequent service.

Suggested complementary service. 15-minute of scalp massage. (Additional charge)

SENSITIVE SKIN

50 min.

Service with specialized products for treating sensitive skins or tend to redden. We will take care of your face with this balancing and glowing facial.

Suggested complementary service. 15-minute of scalp massage. (Additional charge)



HYDRATING

50 min.

Look great with a nourished and balanced skin. A cleaning routine with products with high antioxidant concentrates that will help to release the dehydration caused by radical weather changes. Say goodbye to tired skin!

15-minute of eyes treatment (Additional charge)

FOR MEN, FACE AND BODY

50 min.

Facial treatment that combines the benefits of vitamin "C", birch sap and activated charcoal to react to protect against to free radicals. Providing greater hydration in the shaving area. Recommended facial to reduce the fatigue and daily stress.

Suggested complementary service. 15-minute hot stones massage. (Additional charge)

**All 80-minutes facials include extractions.





Sensorial Body Experiences

SKIN DEEP NATURE

50 min.

The ancient benefits of Mexican herbal medicine applied to the skin with scrubs and masks to eliminate toxins. Leaving the skin soft, with elasticity and hydrated. Select the combination of your choice: * Lavender with Rosemary *Aloe with Chaya and Yucca *Aloe with Cactus and Amaranth *Cacao. The richness of nature on your skin.

NUTRITION WITH MINERALS

50 min.

A treatment rich in spirulina and antioxidants that help to accelerate the toxin eliminating process to nourish the skin to make it look younger and plump. Starting with the application of the scrub, followed by the mask, sealing with a cream to show off a fully hydrated skin.

BODY EXFOLIATION

40 min.

Stimulating routine to remove skin with exfoliants made with natural extracts and exquisite aromas. Our choice of synergies is * Lavender with Rosemary *Aloe with Chaya and Yucca *Cacao *Aloe with Cactus and Amaranth.





Sensorial Body Massages

WHITE CANVAS | MY FAVORITE ARTIST

80 min.

A selection of massage techniques of different origins expressed in a renewing session. Enjoy techniques such as Lomi-Lomi, stretching, Shiatsu pressure points, scalp massage and reflexology, among others.

Suggested complementary service. Muscle contracture gel. (Additional charge)

HOT STONES MASSAGE

80 min.

Balancing experience with hot stones applied using decongesting massage techniques. Massage suggested for pampering the body and balancing energy.

Suggested complementary service. Facial massage with gems. (Additional charge)

DEEP TISSUE MASSAGE

50 min. | 80 min.

A therapy for those who prefer muscular work with pressure and firmness. Reduces chronic tension derived from exercise.

Suggested complementary service. Application of contracture removing gel. (Additional charge)

RELAXING MASSAGE

50 min. | 80 min.

A harmonious experience that combines the firmness of a relaxing massage with the power of pure essential oils. Guiding the body to a state of higher serenity and calm. Focused on muscular tension, improving circulation and increasing relaxation in the nervous system.

Suggested complementary service. 15-minute of reflexology. (Additional charge)

PRENATAL

50 min.

We work areas of greater tension, such as the lower back, legs, feet, neck and shoulders on a bed adapted with special pillows to offer comfort to mother. Massage available to women at least twelve months pregnant.

TIRED LEGS MASSAGE

50 min.

A massage focused on treating tiredness and fatigue in the feet and legs, offering fresh vitality through draining techniques accompanied by a restoring wrap.

Suggested complementary service. 15-minute of scalp massage (Additional charge)



A background image for a spa advertisement featuring several grey, smooth, rounded stones scattered across a light-colored, textured surface. In the foreground and midground, there are several orchid flowers with vibrant pink and purple petals and intricate vein patterns. The overall aesthetic is clean, natural, and relaxing.

A NEW DAY

Start a new story, Chenzira!

Only available from 9 to 11 am.

50 min.

Start your day with balance, relax and pamper with this full body massage. We will work contractures by using harmonious and draining hand movements. Enjoy an energizing drink. The best way to start the day!

Suggested complementary service.
Facial massage with gems. (Additional charge)





SPECIAL EXPERIENCES

"I DO" EXPERIENCE FOR THE BRIDE

180 min.

The big day has arrived. Inspiration Spa has prepared, just for you, a ritual that will really make your skin look like silk, ready for celebrating your wedding! The experience begins with a honey and almond scrub and body wrap, followed by a personalized massage. It ends with a hydrating facial that will leave your skin ready to let your make-up look spectacular and radiant.

ROMANTIC, YOU AND ME

150 min.

Enjoy this Inspiration Spa experience, like honeymoon in the intimacy of our luxurious suite, starting with repairing facial rich in vitamins, antioxidants, and minerals. Followed by a harmonious massage with aromatherapy and a hydrotherapy bath with essential oils. Enjoy sparkling wine and chocolate covered fruit to complement this romantic moment with your loved one.

TIME FOR THE GROOM

120 min.

A moment to relax and get ready for the long-awaited moment. Energize your body with a sea salt and mint essential oil exfoliation, followed by a releasing massage with firm pressure, ending with serum and a moisturizing mask applied to the face. Your face will feel cool and refreshed.



Hydrotherapy Circle

60 min.

Enjoy the healing properties of water on a circuit of different stations: sauna, steam, and hot and cold-water baths that help your body release its tensions.







Spa For The Kids And Teens

Experiences designed for the queens and kings of the house.
Services created to offer kids an unforgettable memory of their first spa service.
For their safety, services for the kids do not include access to the hydrotherapy circuit; these zones are for 18's and over.

KIDS MASSAGE (Kids from 5 to 10 years).

40 min. | Massage

Relaxing full body massage with fun, aromatic massage creams, choose from: *Chocolate * Blueberries * Princess glow. Expert hands will look after the kids during this experience. An accompanying adult must be present during this service.

FUSION TEENS (Visitors from 11 to 17 years).

50 min. | Massage

A range of facial treatments with the flavor of their choice, hands, arms and legs massages. During their visit they will receive a smoothie with the same flavor as their massage. * Red Fruits *Chocolate * Vanilla.
An accompanying adult must be present during this service.

CITRIC EXPLOSION MASSAGE (Visitors from 11 to 17 years).

50 min. | Massage

Enjoy a stimulating massage full of vitamin "C". A full body session with light pressure and an explosive citric aroma.



Beauty
Salon

HANDS AND FEET SENSORIAL EXPERIENCES

INSPIRATION SPA LUXURY MANICURE AND PEDICURE

100 min.

Enjoy this experience and pamper your hands and feet; try our luxury spa manicure and pedicure that includes a la carte choice of any exfoliant and a mask to hydrate and pamper your skin.

Suggested complementary service.

15-minute paraffin hands or feet treatment. (Additional charge)

SPA MANICURE

50 min.

SPA PEDICURE

50 min.

Select the nail polish service of your preference, traditional or gel.





STYLING AND MAKE-UP

Long hair style
Medium hair style
Short hair style
Shampoo and blow dry
Hair blow dry
Clip hair extension
One french braid
Lady's hair cut
Make-up
Eyelashes
Gentleman's hair cut

**Hair styles do not include shampoo and hair dry services.

WAXING

Full leg
Half leg
Bikini line (not Brazilian)
Arm
Under arm
Eyebrow (does not include filler)
Mustache

SALON FOR KIDS

Sweet Manicure
Shine Pedicure
Girl's hair style
Fantasy girl's make up
Single braid
Child's hair cut



Enhance your experiences with the delights of our complementary services.

At your choice, 15 minutes each.

-
- Reflexology
 - Hot stone feet massage
 - Scalp massage
 - Gem facial massage
 - Deconstructing gel application
 - Paraffin for hands or feet



ADD ON SERVICES



SPA GUIDE



RESERVATIONS

Extension 3414

E-mail: inspirationspa@sensiraresorts.com

OPENING HOURS AND LOCATION

Our hours are from 9:00 am. to 5:00 pm.

Inspiration Spa & Gallery is located on the ground floor of the main building.

FACILITIES AND ACCESS

We recommend check-in at least 15 minutes prior to your appointment. This will allow you enough time to register, get your locker assignment, change into your robe, and enjoy for few minutes our facilities and amenities before your spa treatment begins.

If you have booked the Hydrotherapy experience, please arrive one hour prior to your treatment if you want to enjoy our luxurious facilities with hot tubs, immersion plunge, sauna, steam room and more.

Our hydrotherapy area is mixed; therefore, you must wear a swimsuit to enjoy the experience.

Access to the Spa Hydrotherapy at no additional cost, is only on the day of the booked service. Hydrotherapy is not included in the beauty salon services.

Arriving late may limit the time for your treatment. As a courtesy to the following guest, your treatment will end at the previously programmed time.

We recommend you to leave valuables in your room.

POLICY FOR MINORS

Our treatment services for children require the presence of an accompanying adult in the cabin, either receiving a service or just as an observer.

In the interests of children's safety and wellbeing, the hydrotherapy circuit is only for 18's and over.

HEALTH STATUS NOTIFICATION

Our services are focused on relaxation.

It is of vital importance for us that we are advised in the medical questionnaire provided before each service of any medical situation, allergies or injuries that should be considered during the treatment.

Please consider that relief from muscular tension or stress can require more than one massage session. During our massages we work at muscle level, therefore due to this stimulation you may feel uncomfortable in the massaged areas the next day. We ask you to take this into consideration when you request more pressure from the therapist.

CONDITIONS

Cancellations must be made at least 6 hours before treatment time. There is a 100% charge for not showing up for treatment.

GIFT CERTIFICATE

Inspiration Spa and Gallery are a perfect option for any occasion. They are a great idea for a gift.





52 (998) 868 5460

For reservations dial ext. 3414

inspirationspa@sensiraresorts.com

sensiraresorts.com