



Holis Wellness Center

Let nature be your guide to wellness.

•• MASSAGE THERAPY ••

Pure Bliss Massage

Incredibly relaxing, a **Swedish massage** to rebalance the central nervous system calming the mind and releasing muscle tension. Perfect at any moment.

60 min - \$85 | 90 min - \$110
Couples 60 min - \$165 | 90 min - \$220

Holisynergie Massage

Blend of **Deep Tissue massage** techniques with Thai Massage stretches. This treatment addresses tight muscles and fascia as well as energy meridians and pressure points.

60 min - \$95 | 90min - \$125
Couples 60 min - \$165 | 90 min - \$220

Somato Awareness System

Our signature massage is a combination of effective body work such as Deep Tissue, Cranio Sacral Therapy, Thai Massage and Holistic Aromatherapy. Proven to offer effective relief from lumbar pain, migraine and related symptoms, stiffness and joint restriction, sense of heaviness, anxiety and shortness of breath.

2hrs - \$195 | 90 min - \$145

Traditional Thai Massage

This ancient massage practice from Thailand uses acupressure points and passive stretching to give your body profound relaxation, increased flexibility and energy. Please wear comfortable clothing.

90 min -
\$130

•• BODY TREATMENT ••

Chocomokacoco

Energy Booster body wrap with chocolate, coffee and yogurt.

60 min - \$85

Spicy Ginger Rub

Ginger, organic honey wrap for immune system , uplifting.

60 min - \$85

Tropical Enzyme Polish

Peeling, special for delicate skin with Fruit enzymes.

60 min - \$85

Muddy Buddy

Mud wrap with hot stones special for detox.

60 min - \$95

Aloe Mint Smoothie

Aloe vera wrap cooling , refresh sunburned skin.

60 min - \$95

Slimming Kelp Cocoon

Kelp cocoon wrap special for slimming and toning.

60 min - \$95

•• HOLISTIC & CRANIOSACRAL THERAPY ••

Highly effective, subtle therapy known to treat a wide range of symptoms including: neck and low back pain, chronic fatigue, TMJ, fibromyalgia and even emotional issues like depression and anxiety. *Great after physical activity or for muscle pain, tension or stress.* **ONLY AVAILABLE AT OUR WELLNESS CENTER**
90 min - \$125

.. FACIALS ..

Essenthya Deluxe

Organic ingredients and essential oils are chosen according to your skin type.

75 min - \$85

Essenthya Hydratation

Organic aloe vera restore and hydrate your skin.

60 min - \$65

Essenthya Mini

Includes cleanser, massage and mask.

45 min - \$50

.. HAND & FEET CARE ..

Holis Spa Manicure

Manicure with hand exfoliation and massage

45 min - \$40

Manicure for Men

A hand treatment specially designed for men.

30 min - \$30

Holis Spa Pedicure

Pedicure with exfoliation and feet and legs massage.

60 min - \$50

Pedicure for Men

Spa pedicure with an extra long foot massage to unwind and relax

60 min - \$40

Holis Spa Manicure/Pedicure

60 min - \$75

.. SPA PACKAGES ..

Let's Party

- ESSENTHYA Facial
 - HOLISYNERGIE Massage
 - Choice of Body Wrap
 - Choice of HOLIS SPA Manicure/ Pedicure
- 3.5 hours - \$275

Pura Vida

- ESSENTHYA Mini Facial
 - PURE BLISS Massage
 - Choice of HOLIS SPA Manicure / Pedicure
- 2 hours - \$165

Share the Magic

- PURE BLISS Massage (90 min)
 - CHOCOMOKACOCO Body Wrap
 - HOLIS SPA Pedicure
- 3.5 hours - \$495
each couple

Detox System

- HOLISYNERGIE Massage
 - MUDDY BUDDY Body Wrap
 - ESSENTHYA Facial
- 2 hours - \$185

Refresh

- ALOE MINT SMOOTHIE Body Wrap
 - ESSENTHYA HIDRATION Facial
 - Choice of HOLIS SPA Manicure/ Pedicure
- 2.5 hours - \$210

Head to Toe Bliss

- CHOCOMOKACOCO Body Wrap
 - PURE BLISS Massage (90 min)
 - ESSENTHYA Facial
 - HOLIS SPA Pedicure
- 3 hours - \$275

YOGA, AERIAL YOGA & GYROTONIC®

Private Classes are 75 min long

One on One Class \$75

Couples Class \$45 each person

Group Classes: \$25 each (Minimum 4 people)

Drop in class, schedule available at Holis Wellness Center, please visit our website at www.spaholis.com

For more information or reservations, please contact your receptionist or concierge.