



SPA MARQUIS

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*Fuente de Vitalidad*

M E N U



## AN OASIS OF RELAXATION AND VITALITY IN THE CITY

Consistently acclaimed as one of the best spas in Mexico City, its more than 16,000 sqft offers all the amenities to inspire your senses and restore balance to your body, mind and spirit.

Reconnect with your most inspired and energized self in this extraordinary spa, whether alone, in as a couple or on a special getaway with your friends. At the spa, every detail and every experience is at the service of wellness and selfcare.

# MASSAGES



# MASSAGES

## MARQUIS CUSTOMIZED MASSAGE

*Signature treatment*

75 MINS \$2,720.00 | 90 MINS \$3,569.00 | 120 MINS \$4,680.00

Free choice technique that can combine different kinds of massage (hot stone massage, relaxing, anti-stress, deep tissue or sport massage, lymphatic drainage or reflexology) focused on the particular needs of each person.

## THAI MASSAGE

*Signature treatment*

90 MINS \$2,900.00

A massage with static and rhythmic pressure along with stretches that stimulate the network of nerve endings. Helps improve mobility, flexibility, and the vital energy and helps minimize possible injuries to joints.

## HOT STONES MASSAGE

75 MINS \$2,395.00 | 90 MINS \$3,183.00

The stone massage is a technique that is performed with hot and cold stones in movement all through the muscles of the body, considering also, energetic points and chakras. This massage allows that the superficial nerve endings that communicate to our nervous system receive positive energy that balances perfectly the connection mind-body. Oxygenates and revitalizes the skin. Also acts notably on muscles, tendons, ligaments, organs and in general and the energetic system.

Prices in MXN, taxes included. Prices may vary without prior notice.  
By making any reservation you accept the rules and policies of Spa Marquis.



# MASSAGES

## ANTI-STRESS

50 MINS \$1,863.00 | 75 MINS \$2,396.00 | 90 MINS \$3,267.00 | 120 MINS. \$ 4,404.00

This massage is characterized by large movements with medium pressure that relax muscles and stimulate lymphatic and circulatory system. Ideal for counteracting digestive problems, headaches, anxiety, insomnia and irritability. (The time for the massage is recommended upon height and body complexion)

## DEEP TISSUE

50 MINS \$2,141.00 | 75 MINS \$2,637.00 | 90 MINS \$3,322.00 | 120 MINS \$4,500.00

A combination of Swedish massage, acupressure and deep circular movements which favors the release of toxins and chronic muscle tension. \*This massage can be painful depending on your muscle contractions (The time for the massage is recommended upon height and body complexion)

## DREAM CUDDLE

50 MINS \$1,766.00

Reflexology in hands and feet with an emphasis on areas with greater tension ending with a delicious scalp massage scalp releasing accumulated stress.

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MASSAGE  
AND FACIAL

# MASSAGE AND FACIAL

## PREGNANCY AND MOISTURIZING FACIAL

75 MINS \$2,900.<sup>00</sup>

This massage helps diminish water retention through drainage, offers relief in the tiredness of the lumbar spine and legs, giving you a feeling of lightness, also we offer a hydration to the dermis through a floral facial. If you wish, we can use a table especially designed for the body of pregnant ladies, and for a little extra charge we can add a cool gel for your legs, it will give you more relief.

## INTENSIVE DECONTRACTING

75 MINS \$2,728.<sup>00</sup>

This facial and body treatment aims to release the tensions of the soft tissue to allow the body to regain its balance through muscle stretching, pressure and traction. Through this massage you will find relief from muscle tension and chronic pain as the back pain, migraines, and headaches, improves mobility and joint flexibility. Our therapists will help you feel relaxed and to restore harmony to your nervous tissue and circulatory system.

\*This treatment can be painful.

## RELAXING FLASH

50 MINS \$1,969.<sup>00</sup>

In this accelerated pace of life is essential to save an exclusive space to give us a pleasure. In 50 minutes, our therapists will make you feel renewed with a relaxing massage and moisturizing facial.

Ideal just before a business meeting or special event. Give yourself a break and return to life.

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A woman with dark hair tied back is lying on her back on a white massage table. She has her eyes closed and a slight smile, appearing relaxed. Her skin is glistening with oil. Two hands are visible, one on her upper back and another on her shoulder, performing a massage. The background is a textured, light-colored mat.

BODY  
TREATMENTS

# BODY TREATMENTS

## EGYPTIAN BATH

*Signature treatment*

120 MINS \$4,900.<sup>00</sup>

We start this ritual with an exfoliation to remove dead skin cells, continuing with a bath in the style of ancient emperors, in which proteins of milk and marine collagen silky texture caress moist skin with scented bubbles that in contact with the same, transfers and penetrates moisturizing and nutritive virtues giving welfare to the body mind, and spirit. While you enjoy this delicious bath, we will make you a small hydrating facial or a scalp massage. And to finish, our therapists will ensure you reach maximum relaxation culminating with a gentle relaxing massage. Before the end of this ritual, we will give you a refreshing beverage.

## CITRUS BATH

90 MINS \$3,654.<sup>00</sup>

Drench your skin with energizing nutrients CITRUS DRENCH is an ideal body treatment for skin that has been damaged by the sun or the free radicals in our environment. This body wrap brings back elasticity to the skin along with an intense, deep hydration. Natural ingredients, such as crystallized honey, shea butter, ascorbic acid, and orange juice protect the body's skin against dryness and premature aging. Rejuvenating, antioxidant and firming results will be seen from the first session.

This treatment includes a relaxing massage of 25 minutes, with a delicious citric body cream.

## PANCHAKARMA

120 MINS \$2,900.<sup>00</sup>

Resultant from the ancient traditional medicine Ayurveda in India, this is a technique that purifies and balances the nervous system and the energy flows, facilitating the circulation of these, it helps to calm tensions, provides a State of deep relaxation, helps to improve digestion and debugged, and to detoxify the lymphatic system through a rhythmic massage and "pindas" with essential herbs, which is placed warm over the body, also moisturizing and nourishing your skin. (Shirodhara is not used in this treatment). This ritual begins with foot cleansing in order to purify and give new start to our life pad in a symbolic way.

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# BODY TREATMENTS

## DIAMOND WELL-LIVING RITUAL

*Signature treatment*

75 MINS \$2,900.00 | 90 MINS \$3,850.00

A personalized ritual according to the client's needs, passing through different textures and aromas, a sensory experience accompanied by an exfoliation and massage with aromatic lavender oils, cedar, eucalyptus, menthol and citrus, applied from head to toe, helps to recover from jet lag.

## DELUXE MARQUIS COCOA

*Signature treatment*

90 MINS \$2,798.00

Enjoy a relaxing massage with a prior body exfoliation, a body wrap and an express facial, all made of cocoa; essential fountain of beauty and health. Smooth, warm and delicious wrap that cares of the silhouette, pampers the skin, awakes the senses and gives a sensation of pure pleasure. Cacao influences the production of endorphins in the body, known as "the happiness molecules". These substances activate the natural process of fat elimination.

## CITRUS SCRUB

25 MINS \$1,300.00

Indulge your body with the highest concentration of Vitamin C, green tea and rose hip oil. This potent antioxidant treatment is ideal for skin suffering from the loss of elasticity and dehydration due to sun and environmental damage at any age. The protective treatment polishes the surface of the skin due to its highly effective botanical and natural exfoliating agents that eliminate dead cells and provide the skin with a soft, radiant and glowing appearance.

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A close-up, profile view of a woman with her head tilted back, eyes closed, and a slight smile. She has dark hair pulled back into a ponytail. The lighting is soft and warm, highlighting her skin. The word "FACIALS" is overlaid in white, sans-serif capital letters across the center of her neck and jawline.

FACIALS

# FACIALS

## DIAMOND LIFE INFUSION

*Signature treatment*

90 MINS \$3,775.<sup>00</sup>

Prodigious and exclusive facial ritual that provides an "elixir of youth for the skin" fighting the signs of aging through the regulation of skin biomarkers combined with specific massage techniques.

## INHIBIT

75 MINS \$3,509.<sup>00</sup>

LA ALTERNATIVA treatment uses NATURA BISSÉ's exclusive INHIBIT COLLECTION, which is a sophisticated alternative to most injectable treatments. Due to targeted ingredients, this line dramatically helps reducing expression lines and wrinkles, leaving the face smooth and rejuvenated. INHIBIT is the first anti-wrinkle treatment formulated with NATURA BISSE's own Octamioxyl ingredient, which is the most effective inhibitor of facial contractions, and a Lipofiller complex to fill existing deep wrinkles and expression lines.

\*Not recommended for claustrophobic people.

## CITRUS A PEEL

50 MINS \$2,918.<sup>00</sup>

Give it a boost of energy with 100% pure Vitamin C, This anti-oxidant treatment relieves sun-damaged skin and helps fight the signs of premature aging. A reparative serum, containing a high concentration of Vitamin C, is formulated to improve appearance and stimulate collagen production to renew skin's firmness. CITRUS-A-PEEL provides an extraordinary experience for your skin by drenching it with essential vitamins and nutrients. Skin will emerge nourished and revitalized.

\*Not recommended for people with acne.

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# FACIALS

## THE CURE

75 MINS \$2,565.<sup>00</sup>

A thoroughly cleansing protocol based on a cutting-edge thermo-active enzymatic detoxification. Extractions are expertly performed through a nearly imperceptible Extraction Technique while the nano-stimulating mask with a deliciously foamy texture efficiently releases its moisturizing, soothing and revitalizing effects on the skin. The final touch is a hydrating veil that provides a radiant and luminous appearance.

## MOISTURIZING FACIAL

50 MINS \$1,485.<sup>00</sup>

This facial has a soothing and softening effect, it joins the nature and technology so the skin can recover progressively its usual performance. With this facial, you can get a healthy and extraordinary aspect. Ideal when the skin is irritated, to recover and prevent the damaging effects of the climate (Sun, cold, wind, etc.) and for people with a little tolerance to other cosmetic products.

## CARBOXI-EXPRESS

25 MINS \$1,300.<sup>00</sup>

A new concept in skin therapy by incorporating the latest trend of aesthetic medicine, carboxitherapy, a novel technique that employs CO2 to combat the signs of aging. Carboxitherapy produces an explosion of oxygen resulting in a visible revitalization of the skin. This is combined with technologically advanced anti-aging and lifting ingredients. In addition, four individual and exclusively developed massage techniques will be majestically performed. Altogether, this powerful and unique experience offers outstanding, rejuvenating results.

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PACKAGES

Natura Bissé  
Barcelona

DIAMOND  
WELL-LIVING



# PACKAGES

## ALL OUR PACKAGES INCLUDE:

Use of facilities per day (Jacuzzis, Sauna, Steam, Pool and Fitness Center).  
2 hours of complimentary parking per package.  
SPA Menu (choice of food and beverages).

### MARQUIS LUXURY PACKAGE:

*Signature treatment*  
240 MINS \$7,614.<sup>00</sup>

Egyptian Bath + Rejuvenating Facial + Podal  
Reflexology + Flash Treatment for eyes,  
feet and hands.

### CUSTOMIZED RITUAL WITH FOUNTAIN OF YOUTH FACIAL

165 MINS \$5,780.<sup>00</sup>

Customized massage  
+ Fountain of Youth Facial.

### DIAMOND MAGNETIC LIFE INFUSION RITUAL

180 MINS \$7,260.<sup>00</sup>

Diamond Magnetic Ritual  
+ Life Infusion Facial.

### MOROCCAN RITUAL

120 MINS \$5,489.<sup>00</sup>

- Body Exfoliation + Scalp Exfoliation  
+ Body Wrap + Relaxing Massage  
and Hair Treatment with Argan oil  
+ Mini Facial + hands moisturizing  
+ feet hydration

### CITRUS EXPERIENCE

120 MINS \$4,658.<sup>00</sup>

Citrus Drench + Citrus-A-Peel Facial.

### ROMANTIC LUXURY EXPERIENCE

90 MINS \$7,480.<sup>00</sup>

Mediterranean Rhythmic Massages  
with reflexology in double cabin.  
*Couples package*

### DELIGHT PACKAGE

90 MINS \$6,897.<sup>00</sup>

Mediterranean Rhythmic Massages  
with reflexology in double cabin.  
*Couples package*

### COUPLES PACKAGE

50 MINS \$3,702.<sup>00</sup>

2 Relaxing Massages in double cabin.  
*Couples package*

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## HOW TO ENJOY THE SPA?

The Spa is located on the second floor of the Hotel and is only for guests over 18 years old.

When booking you must leave a credit card as a guarantee, you can cancel up to 24 hours before your appointment to avoid a 50% charge, any no show will be charged 100%.

You must arrive 30 minutes in advance to fill out our special requests form. You should not take any treatment on a full stomach

We will not provide treatments to any client under the influence of alcohol or drugs.

Access to the gym and spa is free of charge for our guests, prior reservation is required.

## HEALTH AND HYGIENE MEASURES:

Every user goes through temperature control and a disinfectant door before entering the hotel.

Chlorine doses in Jacuzzis and pools are controlled every 30 minutes and maintained at 0.8 - 1 Ppt.

Towels are changed and loungers are disinfected after each guest's use.

Towel baskets are disinfected before fresh towels are placed.

All points of contact, including doors, handrails, switches, are disinfected, etc. are disinfected at all times.

All training equipment is disinfected after each guest's use.

Hand sanitizers, disinfectant wipes and mouth covers are placed in the Fitness Center for guests' use.

Monday to Sunday from 8 am to 6 pm.  
Service only by reservation at +52 (55) 5229 1200  
Services must be scheduled at least 24 hours in advance.

Contact:  
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[spa@marquisreforma.com](mailto:spa@marquisreforma.com)

