



K A O

K A M A S A

S P A

Treatment Menu

# Introduction to the Pesh

*Wellness, Healing, and Spiritual awareness are at the heart of any well-curated treatment. We honor the Pesh traditions and the Honduran-Roatán environment at Kao Kamasa Spa*

The Pesh are an indigenous group located in northeast Honduras. At the time of contact with Europeans at the beginning of the 16th century, they were also established in what is now the Bay Islands. The probable remains of the ancient Pesh on the islands are shards of broken pottery that the people of Roatán call “yaba ding dings.”

Through work done by foreign and Honduran archaeologists, anthropologists, and historians, much has been learned and uncovered about the Pesh. However, a lot remains unknown. The discovery in 2015 of the archaeological site now known as “The City of the Jaguar” (also historically known by the name “The White City” or Kao Kamasa in Pesh) is a literal informational gold mine. At present, there are 12 remaining Pesh villages with a population of less than 3000. Their language and culture are quickly fading as they blend into their surrounding Hispanic neighbors.

When creating Kao Kamasa Spa, we intended to honor the Pesh, ancient and current, as evident in the many intricate details and artifacts you will see throughout Spa. You will note that we have incorporated many Pesh words into our menu descriptions and have intentionally curated each treatment and touchpoint to reflect the unique characteristics we have learned about the Pesh.



For example, the Pesh were known to have painted their faces and bodies for ceremonies and special events using the bark and surrounding berries to create a paste. A few unique treatments incorporate face and body painting to pay tribute to this Pesh custom.

Also, experts discovered that the Pesh hold very special significance, even a mystical reverence, for the number ‘3’ and any multiple of ‘3’ (most especially the number ‘9’). This was a part of their cosmovision and continues today. So, as easy as “1, 2, 3”, our abbreviated treatments are named in the Pesh language as “As-Pook-Mai” in honor of this significant and unique spiritual world view.

Jade, precious stones such as Obsidian, cacao (universally known as cocoa), and small handcrafted bells were treasured items to the Pesh. They used these items in ancient times to trade with other indigenous groups. To honor the Pesh, we’ve incorporated these items in many of our Spa touchpoints, and our signature scent, Cocoa Tonka, is featured in all of our spa amenities.

We’ve become fascinated with the Pesh and hold them close to our hearts. We hope that bringing awareness of the Pesh and their presence as signified throughout the Spa will also resonate with you and pique your interest to learn more about them.

At Kao Kamasa Spa, we proudly feature items made by Pesh artisans and hope you will support them and their existence by purchasing some of their handcrafted items.

# Facial Treatments

## Pesh "Painted-Jade" Restorative Facial

The art of transforming oneself with precious stones, make-up, and masks is a universal phenomenon among all people of the world, as it used to be for the ancient Pesh. This is the inspiration for our phenomenal restorative facial. Jade has properties that firm and lift in concert with our skin's chemistry. Our Jade roller smooths wrinkles and sculpts facial muscles. Custom facial cleansing coupled with biodynamic cranial-facial therapy, algae, and botanical extracts is combined with a Pesh-inspired painting of multiple skin restorative masks creatively painted on the face to erase the telltale signs of aging. We include a therapeutic neck, shoulder, and hand massage that will leave you relaxed and renewed. **60 min**

## Gua Sha Stone Rejuvenator

Jade, which was used in pre-Columbian times in the territory that is currently now Honduras, has healing properties based on natural currents, temperature, and texture. Harnessing your skin's vibrational energies using the Jade stone's properties will create alignment and universal harmony to reverse time. A healthy dose of firming antioxidants paired with a Jade-crystal massage visibly smooths fine lines while stimulating collagen production. Your skin will feel dewy, sculpted, and toned. **90 min**

## Mermaid Firming Facial

Pesh traditional belief includes a ceremony to "the mermaid, the mother of fish, who cares for the fish." This age-defying facial takes its cues from the sea and the people who revere it to moisturize, firm, and tone severely dry, sun-damaged skin. Harnessing pure derivatives from the sea, including all-white algae wine and tea combined with copper peptides, oceanic vitamin C, and a probiotic exfoliation gives the skin a superior boost. We add a smoothing eye and lip treatment in conjunction with a collagen-enhancing infusion mask and a brightening hand treatment to help make you fabulous and youthful. **90 min**

## As-Pook-Mai Awakening Facial

In ancient Pesh cosmivision, three was a sacred number. We honor this mystical view by naming this treatment in their ancient language. Ideal for those pressed for time but want to relax and refresh, our Pesh-inspired awakening facial is as quick as 1(As), 2(Pook), 3(Mai). This abbreviated treatment includes a facial cleansing, exfoliation, a skin-specific facial mask, and a relaxing neck and shoulder massage. **30 min**

## Ancient Ritual-High Tech Facial

For nearly 1000 years, we can trace Pesh culture and existence around the Bay Islands, where they acquired knowledge of how nature acts as a powerful healing source. Through science, we now know that carbon dioxide is cycled through the thick, indigenous rainforests creating oxygen in just the right proportion to sustain life and heal. Utilizing this knowledge, our GeneO+ technology uses the power of a CO2 carrier to infuse essential nutrients and antioxidants deep into cells. This causes the body to send oxygen-rich blood into the treated area to bind with these healing essentials to reveal a smoother, firmer, revived complexion. You will love your naturally youthful skin. **90 min**

## Ākaka

*Choose an enhancement to upgrade and "amplify," as the ancient word describes, the effects of your facial treatment.*

### Ténwā "Light" Therapy

A non-invasive, LED light-wave technology targets fine lines and wrinkles, pigmentation concerns, or breakouts. The remote areas of the Honduran central highlands are the current home to the Pesh. This area enjoys gorgeous sunlight and is the inspiration for this therapeutic light therapy.

### Collagen "Warka Ehka" Infusion

An infusion gel mask is used to enhance hydration and skin tone. A potent, plant-based Amino Acid Compound encourages pro-collagen synthesis while gently firming and plumping the skin. This treatment is "to restore" a youthful appearance.

# Temazcal Patokaa Rituals

*Our Temazcal Patokaa Rituals take place in our ocean facing Jaguar treatment room. The Jaguar, known as the most mighty and ferocious animal in the Honduran rain forest, was genuinely significant in the Pesh culture as it was the symbol of their shaman. The Pesh revered their shaman as having almost supernatural knowledge of the power of plants and their healing properties.*

Our purifying full body Patokaa (heat) rituals occur in our modernized Temazcal, meaning “house of heat”. For centuries, heat and aromatic water turned to steam have been used for warmth, cleanliness, and purification. Here, we combine “téhwā” (fire) and “asò” (water) by pouring herb-infused water over heated volcanic stones in the room’s center to create an aromatic steam inhalation for deep purification and improved circulation, providing an exquisite nurturing experience of renewal that feels both grounding and freeing.

## Pesh Obsidian Palm Stone Ritual

Sea salts, skin-nourishing algae, and aromatic botanical moisturizing oils buff away dull, dry skin. A duo of seaweed and clay-based mineralizing body masks are artfully applied to the body in homage to native Pesh custom. Following a refreshing warm water rinse, a full body massage rich with aromatic algae oil soothes muscles and deeply nourishes the skin. Palm stones, made of Obsidian which is naturally found in Honduras, are used in this treatment to detox, ground, release negativity, and create protection around the subtle energy-body. **120 min**

## Aroma Rose Quartz Stone Ritual

Based on the fruits & flowers of Roatán, such as calming Lemongrass and detoxifying Cedar, this full-body cleansing incorporates an invigorating scrub ritual, a rejuvenating herbal mud masque envelopment, and a deeply relaxing scalp massage. A full body massage using a captivating aromatic oil with its signature indigenous floral resonance and a relaxing foot massage using an ancient balancing bowl follows. The treatment concludes with a unique rocking technique that introduces a gentle wave to unify body and mind and release any remaining tensions. Palm Stones of Rose Quartz are used in this treatment to bring a sense of peace and unconditional love. **120 min**

# Body Treatments

## Jade Stone Chakra-Balancing

This treatment begins with the anointment of a precious blend of oils, along with the transcendent sound of bells, which were treasured by elite ancient Pesh. A profoundly nurturing oil is applied to the body’s energy centers. Jade Chakra stones further balance the body to stimulate and awaken the Chakras and provide peace and clarity to the mind. A unique Jade roller is also used for a soothing, rejuvenating, and tension-melting facial massage. This offering ends with a relaxing scalp, neck, and shoulder massage followed by a balancing foot bowl treatment. Achieve a feeling of renewal or, as the Pesh would say, “waikakà.” **60 min**

## Purifying “Saïna” Body Scrub

This treatment opens with an aromatic inhalation of a transformative oil combined with Sweet Orange, Sage, and Lavender. It is followed by applying deeply re-mineralizing sea salt mixed with Neem, Honey, Lemon, and Orange for a full-body exfoliation. The experience includes an invigorating scalp massage and a balancing foot treatment using a unique wand to enhance a revitalizing feeling of rejuvenation. **60 min**

## Deep-Soothing Wrap

This deeply restful and restorative treatment opens with a relaxing aromatherapy inhalation followed by a restoring back massage using aromatic blended calming oils and a nurturing and hydrating algae, white kaolin clay, and lavender. A relaxing scalp massage is followed by a facial massage using a balancing Jade wand to soothe, tone, and release stress from facial muscles, neck, and shoulders. The transcendent sounds of bells induce a sense of well-being and mark the end of this profoundly restorative treatment. The Pesh would whisper “akapāk a paintua” which translates to “reclaim stillness.” **90 min**

## Foot and Leg Refreshing “Seïka”

A nurturing aromatherapy inhalation featuring a rare Lotus and Rose blend awakens and uplifts subtle energies. The feet are cleansed and exfoliated with a refreshing “seïka” and purifying algae-aloe scrub. The experience concludes with a foot massage and Kansa bowl treatment, leaving one feeling deeply relaxed and radiantly invigorated. **30 min**



# Massage Therapies

## **Uruhchā Piras Kukaya** *deep intention, deep tissue*

Alleviate muscle tension and muscular stress with this moderate to firm massage inspired by the benefits of deep, intentional work in the Pesh tradition. This full-body massage employs substantial manipulation of strategic muscle groups to renew vitality and restore energy. **60/90 min**

## **Ocean “Asotapak” Wave Therapy** *meditative*

Based on Quantum Harmonic sound therapy, this treatment features precise and complex audio frequencies matched to the body’s organs and energy centers (chakras). A highly efficient oscillation massage system integrated within the table’s lying surface to simulate an “ocean” wave, this treatment provides vital benefits of mindfulness, meditation, and deep relaxation to release stress and promote deep relaxation. **45 min**

## **Arkachihwa** *relaxation*

Integrating various classic massage techniques, named in the Pesh word for calm, our skilled therapists soothe and relax the body and mind. This lighter touch massage utilizes traditional Swedish methods that will be sure to make you feel still and meditative. **60/90 min**

## **Kaki** *prenatal*

In the Pesh language, “kaki”, the word that means mother, is endeared. Mothers-to-be, and new moms, need nurturing and relaxation. This relaxing therapy is designed to ease muscle discomfort, lower backache, and water retention to benefit mom and baby. **60 min**

## **Buh Buh Pā** *reflexology*

Activating reflex points release toxins and tensions, so the flow of energy throughout the body is re-established. “Buh buh pā”, meaning “to press” in the Pesh language, is our inspiration for the name of this ancient healing ritual. Applied pressure that stimulates reflex points in the feet, which correspond to the body’s internal organs, will increase healthy function and aid in detoxification. **30/60 min**

## **Payo Bokín** *couples*

Private time together unwinding from an active schedule with dual massages is ideally delivered in the comfort of one of our beautifully appointed ocean-front couple’s suites. The Pesh words “payo” and “bokín” have always been honored and revered as it means “with you” and “couple.” We created this so you can experience relaxation together. **60/90 min**

## Ākaka

*Choose an enhancement to upgrade and “amplify,” as the ancient word describes, the effects of your massage treatment.*

### **Aromatherapy**

The diverse Roatán topography is reflected in its flora. Organic Sesame, Macadamia, Almond, and Avocado oil are carefully blended with combinations of plant essences, inspired by the Pesh people’s fruits and flowers, which impart specific benefits to your body as it will enhance your senses. You choose Soothing, Calming, or Energizing.

### **Deep Muscle Relief**

Nature’s pharmacy is present in the botanical diversity found in Honduran plants such as Cedarwood, Aloe, and Yarrow. Our muscle-release blended oil is formulated to provide a soothing and aromatic experience. It supports restoration and relief from achy, tired muscles—a perfect addition to the Deep Intention massage treatment.

### **Warm Basalt Stone**

The indigenous elements of Roatán contain healing properties when combined with therapeutic skin emollients. We use smooth round basalt stones, gently heated and smoothed over the body. The stones’ heat combined with essential oils will penetrate muscle tissue inducing deep relaxation and muscle relief.

### **Awah Tamanka Salt Stone**

Warmed salt stones ground and balance the body’s electromagnetic field, central nervous system, and meridians and will gently soothe away an accumulation of stress and tension. The Pesh practitioners inspired us to provide a therapeutic “transformative” treatment that promotes deep relaxation and a sense of calm, as the definitive words “awah tamanka” describes.

# Hair Treatments

## Hair Spa Treatments

Using products that are notably “skincare for the hair,” a Hair Spa treatment combines specific treatment combinations for scalp renewal, detoxifying and deep purification, and aromatherapy and heat therapy. Honoring Pesh world views and their myths that multiples of 3 were significant, we’ve created this comprehensive nine-step Hair Spa treatment that is customized to address your hair concerns. **60 min**

### Luminage Treatment *Anti-aging and Intense Repair*

Featuring a full-bodied sensual, warm floral bouquet, this treatment features the Cera-filler Complex, a trio of potent actives to reconstruct, fortify the hair and shield the scalp. Prevents color fade and repairs fragile, brittle hair.

### Caviar Treatment *Ultimate Shine and Supreme Nourishment*

Featuring sublimely elegant and sophisticated floral bouquets of white blooms blended with warm, luxurious wood and amber, this decadent treatment works in harmony with the caviar extract to repair, rejuvenate, soothe and purify from the root.

### Resplendisse Treatment *Curl Defining*

Richly spiced florals, earthy woods, and musk aromatics scent the hair and bring together four deeply nourishing oils and silk proteins that tame and reactivate curls, smooth frizz, lock in moisture, and restore elasticity.

## Shampoo and Blow Out

Found deep in the Honduran rainforest is the Ojon tree. Ojon Palm Nut oil, extracted from the tree, has been revered as an ancient beauty remedy due to its healing properties to the hair. Our shampoo and blowout services include this oil and omega oils and other reparative nutrients to ensure soft, shiny, manageable hair.



# Nail Care

## Crystal Spa Manicure and Pedicure

Crystals and stones used in ancient times in Honduras and today’s essential oils are intuitively incorporated into our signature manicure and pedicure. Each spa-inspired treatment begins with you choosing your intention of either grounding, relaxing, or revitalizing. Salt and essential oils are blended with warm water to commence this treatment, followed by a soft exfoliation and moisturizing hand or foot wrap. A curative massage creates the true essence of relaxation and renewal and finishes with cuticle care and polish. **Manicure and Pedicure each 60 min**

### Honduran Crystal and Stones and Oil Blends

Grounding and Purifying

Obsidian and Smoky Quartz combined with essential oils of Pine and Cedar.

Relaxing and Balancing

Rose Quartz and Amethyst combined with essential oils of Rose and Lavender.

Revitalizing and Energizing

Citrine and Clear Quartz combined with essential oils of Ginger and Lemongrass.

## As-Pook-Mai Traditional Manicure and Pedicure

As translated in Pesh and as quick as 1(As), 2(Pook), 3(Mai), our manicure and pedicure is the swift route to looking and feeling impeccable. The treatment includes cuticle care, exfoliation, and polish. It’s perfect for those short on time but wanting total nail care. **Manicure 35 min, Pedicure 45 min**

## Male “Árwā” Inspired Manicure and Pedicure

Árwā, meaning male in the Pesh language, and especially for him, this treatment is the perfect remedy to smooth, buff, and groom the hands and feet. **Manicure 30 min, Pedicure 45 min**

Buff and Polish  
*hands*

Polish Change  
*hands or feet*

French-Polish  
*hands or feet*

# The Kao Kamasa Spa Experience

## Make-up

*The art of transforming oneself with facial painting for revered events and occasions is a universal fact among all people globally, including the Pesh of northeast Honduras and the Bay Islands. Whether it is for a special occasion or event or everyday use, we feature a collection of the highest quality mineral-based make-up that promotes healthy skin and a beautiful, flawless look.*

### Special Occasion Make-Up

Our gifted artisans will create your desired look for your wedding, a relaxing resort date night under the stars, girls' night out, or a legendary selfie! **60 min**

### For Your Eyes Only

Our talented artists create the desired look from a natural, soft, day look to a dramatic, smoky evening look. **30 min**

## Waxing

We use the finest in low-reactive waxes for the most perfect result.

Brow  
Cheek  
Lip  
Chin

Full Face  
Full Arm  
Half Arm  
Back

Bikini Line  
Full Leg  
Half Leg

### Spa Treatment Reservations

Call +504-2433-9033 to reserve your Spa and Salon treatments. A credit card is required to hold your reservation.

### Appointments

Please arrive 30 minutes before your appointment to allow ample time to register at spa reception and enjoy our therapeutic steam rooms, the Tamanka experience, outdoor pool, and relax in our tranquil relaxation lounge.

### Late Arrival Time

#### Spa Cancellation Policy

If a late arrival is unavoidable, please notify the front desk concierge as soon as possible, so we can try to adjust your treatment time. Please be advised that if we cannot adjust your itinerary, we must still complete your treatment by the designated end-time to accommodate the next guest. Should you need to cancel or reschedule, we kindly ask that you notify us 8 hours in advance to avoid a charge for the total value of your scheduled treatments. All no-show appointments will be charged for the full value of your scheduled treatments. A notice of 72 hours is required for changes and/or cancellations for groups of five or more.

### Age Requirement

The minimum age to experience the services at Kao Kamasa Spa are as follows: 16 years old for facials and waxing; 18 years old for massage.

### Gratuities and Tax

A 10% gratuity and a 15% tax will be added to all Spa and Salon services at time of checkout.

### Spa Attire

Kao Kamasa Spa will provide you with a robe and slippers for added comfort and a locker for personal belongings. Please do not bring jewelry or valuables. Kao Kamasa Spa assumes no liability for personal items.

### Relax and Enjoy

We wish to provide you with the most relaxing and unique experience. While enjoying the treatments and facilities at Kao Kamasa Spa, we respectfully request refraining from the use of cell phones and other electronic devices. To ensure complete privacy for you and other guests, photography is prohibited. We ask that you shower before all body services and before using any of the water amenities following your massage.

### A Curated Shopping Experience

Our Spa shop features items made by Pesh, Honduran, and Roatán artisans. We offer a wide range of skin and body care products, aromatherapy, and home ambiance, jewelry, and resort wear collections.

### Gift Cards

A perfect gift for any occasion, the Kao Kamasa Spa gift card is available in various denominations.



# Our Featured Relaxation Water Experience

## Tamanka Room

“Tamanka” is the Pesh word meaning “rotation”. In our “Tamanka Room”, we invite you to rotate through a series of pool plunges for an experience of pure sensory bliss.

Under the watchful view of ancient eyes peering through the jungle in our Pesh-inspired murals, enjoy the color therapy, salinity variations, and temperature gradients used to create an experience like no other, culminating in the final “tamanka kwini”, meaning rotating fountain, which is our centerpiece. Enjoy this therapeutic water circuit and leave feeling serene, balanced, and at one with our Kao Kamasa spirit.



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[www.grandroatanresort.com/kao-kamasa-spa](http://www.grandroatanresort.com/kao-kamasa-spa)