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DIAL EXT. 5723 / 5724



SPA



Invigorate Your Senses



**YHI,
GODDESS OF THE LIGHT:
THE LEGEND**

Many moons ago, the land was dark and silent. Nothing moved. It was the Time of the Dream. In a dark and deep cavern a beautiful young woman named Yhi slept. Waking her gently, the Great Spirit whispered to her, "Yhi... Yhi... Get up." As Yhi opened her eyes, she emitted beams of light that eliminated the darkness all across the land. She got up and began a long trip. As Yhi walked, flowers sprouted up under her feet and she did not rest until everything was covered with a blanket of green. With her magical light she made the waters. Once the land was full of brilliance and life, Yhi transformed herself into an enormous ball of fire.

**YHI SPA
INVIGORATE YOUR SENSES**

Welcome to YHI SPA,

a place bathed in the energy of YHI,

a place to invigorate the senses,

dedicated to purifying the body,

balancing the mind,

and elevating the soul.

WELCOME

Where should I leave my jewels and other valuables?

A locker is assign to clients for their exclusive use throughout the spa experience. However, the spa is not responsible for valuables lost or forgotten within our facilities.

What are the basic rules of yhi spa?

Smoking is not allowed, nor outside food or drinks, phones or other electronics. Access is restricted for people under 18 years old ... We honor silence.

What is the cancellation policy?

If you want to cancel an appointment it must be notified at least 24 hours in advance to avoid an automatic charge of 50% of the treatment to your account. A change of date or time will be possible at least 4 hours in advance, this depending upon availability in order to avoid making the same charge of 50% of treatment.

What if i'm late for my appointment?

Since we work with scheduled appointments, you must keep in mind that arriving late will simply reduce the time of your treatment and the full price of the treatment fee will be charged to your account. Depending on the duration of treatment, a long delay can become an absence and will therefore our cancellation policy will come into effect.

What are the payment options?

Spa treatments must be paid in cash or by credit / debit cards. In the event that you have credit on your room account, a charge to that account will be processed. It is customary between 18% and 20% extra as a tip of the therapist.

Which are the payment forms?

Spa treatments must be paid in cash or by a credit /debit card. If you have a room account, a charge to this can be processed. It is accustomed between an 18% and additional 20% as it offers of the therapist.

Do you advise advance reservations?

We encourage you to make reservations as early as possible to ensure the availability of your favorite treatments.

Our menus and price lists are available on all desktops in the rooms of the hotel along with the hotel services directory.

Please dial the extension 5723 / 5724 or visit the spa reception.

FREQUENT QUESTIONS

Who helps me in selecting a treatment?

Yhi spa staff is available to help with the selection of services and treatments including their appropriate order.

Can I choose between a male or female therapist?

For your convenience, you can request a male or female therapist, however the availability of a particular therapist or gender cannot be guaranteed. All therapists are professionals with deep knowledge of all the treatments and will make your experience an unforgettable moment of wellness.

What type of precautions should I take?

For your safety, treatments should not be taken with a full stomach, and will not be carried out to any customer who is under the influence of alcohol or drugs. Shaving before exfoliation treatment and burns before any spa service must be avoided.

What if I have a health problem?

Please notify the spa staff when booking if you have hypertension, allergies, physical disabilities, or are pregnant.

How early should I arrive to the spa?

You should arrive at least 15 minutes before your treatment in order to have enough time to assign you a locker, put on the robe and sandals we will provide, and relaxing in the spa relax area. We invite you to arrive 60 minutes before your treatment and enjoy the hydrotherapy ritual. To access this area a swimming suit is mandatory.

Should I wear my underwear?

We advise you to take off your personal cloth as you feel comfortable and communicate any concerns to your therapist. A set of disposable underwear will be provided for body treatments.

TO YHI SPA

As you enter YHI SPA,
you'll enter a Zen-like sanctuary
with soothing aromas
and soft mystical music
awakening your spirit.

The tender touch of expert hands
will linger in your memory
as an unforgettable moment of wellness.

We have selected extraordinary
spa treatments with the most
prestigious products to balance, revitalize,
and energize your whole body

At YHI SPA we are committed to promoting
a spa experience in an energetic
and involving space that
awakens the senses
and supports a total wellness of
body, mind and spirit.

SIGNATURE TREATMENT RICE DELIGHT

Rice is recognized for its important anti aging qualities, whether as an extract, an oil or as water, thanks to its natural antioxidants contained in it, aids in preventing the damage of epidermis by oxidation. Furthermore, it acts as an astringent for oily skin.

Has moisturizing and softening actions, improving the flexibility of the skin. In fact in Japan women used rice water to recover dry skin through baths, and rice husks to exfoliate the epidermis. Rice powder was first used in France in the beginning of Century XX to deal with imperfections in the skin. Rice has a high content of lipids, rice oil owns a composition similar to the natural oils of the skin, which makes it better tolerated. Rice contains high levels of Vitamin E, protein, starch and fatty acids, and has Oryzanol, an effective antioxidant that helps the skin to guard itself of the harmful action of free radicals.

We invite you to choose between our collection of exfoliating scrubs, radiant, bio massages , facials, baths for the spirit, masks, wraps and body treatments as well as ritual spas that by their cosmetic properties, the result of rice mixing, will fulfill and energize your being.



YHI MOVES

Find another way to get fit in YHI SPA! For our clients, the spa is no longer a fad or a luxury spot is your own health club every day. We offer different types of classes and personal training for you to choose the best suited to your needs

Individualized wellness program to achieve personal goals, physical and mental. Our experienced personal trainers will advise on your fitness needs and appropriate therapies.

One-on-one
Personal Training
Pilates / Yoga / Spinning / Aerobics

Pilates

Low impact training system by the german athlete joseph pilates, exercises combining stretching and strengthening of bones and muscles.

Spinning

High-impact exercise performed in a static bicycle. This is a revolutionary way to make spinning with a rotary, magnetic system that allows the cyclist to have a smooth, calm and predictable session.

Yoga

Hindu millenarian technique that combines stretching exercises producing physical and mental well-being.

Meditation

Body and mind relaxation using techniques intended to take you off this earthly plane.

Aerobics

The ultimate in aerobics, combining tae-boon and cardio kickboxing with high and low impact aerobics.



EXCLUSIVE TREATMENT RICE DELIGHT


120 Min

Body and massage. An experience of sensuality to enjoy with a recipe that used by the ancient Maya in their beauty rituals. This gourmet treatment gourmet using virgin and pure ingredients provides nutrients and elasticity to the skin.

Rice is rich in proteins and amino acids, highly nutritious, and in this treatment they are drawn to give the skin the extreme softness of silk.

Rice protein for skin elasticity and a more slender and compact body.

YHI GLOBAL TREATMENTS

Yhi spa global services is the spa experience available for you to be enjoyed in all our yhi spa in the world, the best selection of treatments and rituals, a must for the awakening of the senses and especially designed as an inspiration for welfare: health, beauty, relaxation, rejuvenation and vitality, this is achieved by gathering the best treatments of ancient cultures where our yhi spa now stands. All of them, by the hand of high quality natural products reaffirming the exclusivity of an yhi spa treatment. All identified with the mandala yhi spa. 

ENERGY

RENOVATION

FACIALS



The Cure

90 min

The enzymatic action in innovative ingredients helps to open and soften the impurities accumulated in the pores, while botanical active ingredients provide a fresh texture and purify the skin. This facial also includes extractions performed with an imperceptible technique that leaves no unwanted traces. The final touch is provided by the nano stimulan mask. Its luxurious texture foam expands on the skin, gradually releasing all their moisture activity. A veil of color and maximum protection lights the facial skin throughout the day.



Essential Collection

90 min

An exquisite collection where each treatment is customized to solve those problems that most affect the facial skin.

ACQUA ESSENTIAL

90 min

Intensive Facial for dry skin

ESSENTIAL CONTROL

90 min

Intensive Facial skin with a tendency to oily skin

CALM ESSENTIAL

90 min

Intensive Facial for sensitive skin

FIRMING ESSENTIAL

90 min

Intensive facial for mature skin



Diamond Luxury Lift

90 min

This revolutionary facial treatment provides dramatic results. A cutting edge scrub-art system helps prepare the skin before the application of the energizing nectar. It combines several massage techniques restoring and achieving facial muscle tone. Regenerating ingredients and an infusion of marine DNA are only part of the precious components of this unique treatment. A before and after you will not want to escape.



The Alternative

90 min

This revolutionary facial treatment is designed to reduce wrinkles and expression lines. The spectacular results are achieved thanks to the revolutionary combination of ingredients and most advanced techniques. This treatment is the most serious alternative to aesthetic medical microinjections.



Facial 4 Teens

60 min

A fun experience especially designed to meet the needs of a youthful and active skin.

YHI SALON

Underarm Waxing
 Eyebrows And Mustach Waxing
 Bikini Area Waxing
 Brasilian Waxing
 Back Waxing
 Half Leg Waxing
 Full Leg Waxing
 Half Arm Waxing
 Full Arm Waxing

Short Hair Washed And Dried
 Medium Hair Washed And Dried
 Long Hair Washed And Dried
 Wash and Cut Gentleman
 Wash and Cut Ladies
 Wash and Styling Short Hair
 Wash and Styling Long Hair
 Highlights Short
 Highlights Medium
 Highlights Large
 Color Application Short
 Color Application Medium
 Color Application Long
 Bridal Preview
 Bridal Makeup Tryout
 Bridal Styling
 Bridal Makeup
 Ladies Styling
 Braids Half Head
 Braids Full Head

HANDS AND FEET COLLECTION

Spa Manicure



45 min

Exclusive brand with organic oils which immerses you in an experience of colors and flavors to hydrate through the release of mineral nutrients and fragrant oils that enrich your skin.

Spa Pedicure

45 min

Exclusive brand with organic oils which immerses you in an experience of colors and flavors to hydrate through the release of mineral nutrients and fragrant oils that enrich your skin

-  Energizing Manicure 45 min
-  Energizing Pedicure 45 min
- Volcanic Stone Manicure 45 min
- Volcanic Stone Pedicure 45 min
- Paraffin Treatment for Hands
- Paraffin Treatment for Feet
- French nails for Hands and Feet
- Nail Polish Change for Hands and Feet



Fruits Facial

60 min

Exotic facial with a selection of products dedicated exclusively to moisturize and face matif, eliminating oxidative stress effects. Offers a plastic mask ideal for men and women leaving the skin more radiant with an anti-aging effect, through its cutaneous bioactivator, vitaminic and powerful antioxidants such as beta-carotene.

Facial for gentlemen

50 / 80 min

Exotic facial with a selection of products dedicated exclusively to moisturize and face matif, eliminating oxidative stress effects. Offers a plastic mask ideal for men and women leaving the skin more radiant with an anti-aging effect, through its cutaneous bioactivator, vitaminic and powerful antioxidants such as beta-carotene.

Stem Cells Anti-Aging Facial

90 min

A "youth activator" stress treatment using apple stem cells to counteract the ageing of the skin and preserve the active life of skin stem cells.



PACKAGES

You can choose between the most exclusive beauty treatments from Natura Bissé , activate your energy in the gym, find your inner peace based on the philosophy and Ayurvedic massages or, as the water falls on you, feel your body and soul approaching until finding the perfect balance, an experience of pleasure and relaxation. "

ONLY WITH YOU

If for you the best time is to enjoy alone with that special someone, let us help you filling it with aromas, music and harmony in a ritual designed just for you ...

- **Rice Delight for Couples** **120 min**

SPA CHIC

Would you like to share with your friends an afternoon of pampering and beauty as you put up to date with a fruit cocktail? YHI Spa organizes for you the perfect plan: an evening just for girls!

- **YHI Mandala Experience**
- **Facial with soothing fruit** **140 min**

Spa Privé

Why not celebrate your birthday, bachelor party, a new baby or just a special occasion differently? Celebrate your special events YHI SPA and enjoy our unique water circuit.

- **Ritual Water**
- **Maya Massage**
- **Facial for men** **130 min**

Sweet Waiting

The flowers, rings, cake, dress, the guest list ... Take a break and wrap yourself in YHI energy to be radiant on your wedding day.

- **Yogurt delight**
- **Facial diamond Luxury Lift**
- **Manicure and Pedicure** **240 min**



CALMING DOWN

YHI WATER RITUAL

Known since ancient times for its therapeutic virtue, hydrotherapy today is still used to improve bone disorders, muscular or circulatory, and all kinds of disorders such as anxiety, stress and mental fatigue. Our goal is to provide an immersive and relaxing space that allows to live this experience and enjoy the incredible benefits of water in our hydrotherapy circuit.

All the treatments include ritual hydrotherapy

1 Warm shower

2 Steam Bath

3 Cold Shower

4 Hydrotherapy Pool

5 Vitality Pool (cold water jacuzzi)

6 Jacuzzi

7 Sauna



RADIANT EXFOLIATIONS


The beauty of the Caribbean, the secret of eternal youth, the origin of life, pure and eternal primary energy, the use of plants, herbs and oils used since ancient times, now modernized with nanotechnology allow us to work and manipulate molecules of the skin, restoring, strengthening and slowing the aging process naturally.


Organic 50 min


One hundred percent organic experience combining aromatherapy with deep cleaning only for YHI SPA, this exfoliation mixture of albaricoce bones, oats and banana moisturise leaving your skin soft dramatically soft.


Ocean 50 min

After a gentle cleansing, this exfoliant with marine extracts tonifies, softens and prepares the skin to improve its appearance and accelerates the production of collagen and elastin, while providing a moment of intense well-being to finish with a deep, intense massage.

 **Citric Cocoon 75 min**
Exfoliation and wrap a base of citrus and honey

 **Mediterranean Cocoon 75 min**
Exfoliation and wrap with honey and essences of the Mediterranean

 **Marine Cocoon 75 min**
Exfoliation and fiber-based packaging of bamboo and spirulina seaweed

 **Herbal Cocoon 75 min**
Exfoliation and fiber-based packaging of bamboo and Matte herbs.

Yogurt Delight 50 min

A unique recipe, fresh and genuine, made from cosmetic yoghurt with natural ingredients to reaffirm the skin and give full nutrition with a sweet and appetising fragrance.

Balsamic Freshness 50 min

This body treatment gives the skin the fresh and fruity fragrance of the grape. The grape seed extract and olive together with the glycoproteins, purifies and regenerate the body's skin while also ensuring a prolonged hydration time.

ABUNDANCE

MASSAGE



Muscular & Deep

50/80 min

This massage promotes deep and full discharge of muscle tension caused by stress, enhancing the release of blocked energy and reducing pain and stiffness of the muscles of the body.



Yhi Mandala Experience

80 min

This sensory therapy is an ancient treatment that combines aromatherapy and hot stones to provide immediate well being and calm. It is designed to facilitate harmony and balance between body, mind and soul.



Yhi Abhyanga

80 min

Abhyanga means "touch with love" ... Rhythmic, deep, relaxing and rejuvenating massage with warm essential oils that helps get rid of inert energy and move the "PRANA" or life force to stimulate the vital energy of our body.



Yhi Indian Scalp massage

30 / 50 min

This massage will provide immediate signs of rejuvenation as well as stimulate hair growth, and moisturizes the scalp to get rid of stress and tension.

Maya Massage

50/80 min

This manual therapy is based on rebalancing the vital energy (Qi energy) The imposition of hands, the careful work on the joints and stimulation of the main meridians producing a sedative effect and stress reliever.

Reflexology massage

50 min

Natural therapy that involves stimulation by the finger-pressing reflex points on the feet of various organs, tissues and body systems. It detects, prevents and improves health , emotional and physical ailments of the person through the optimal functioning of the body.

In Room Massage

80 min

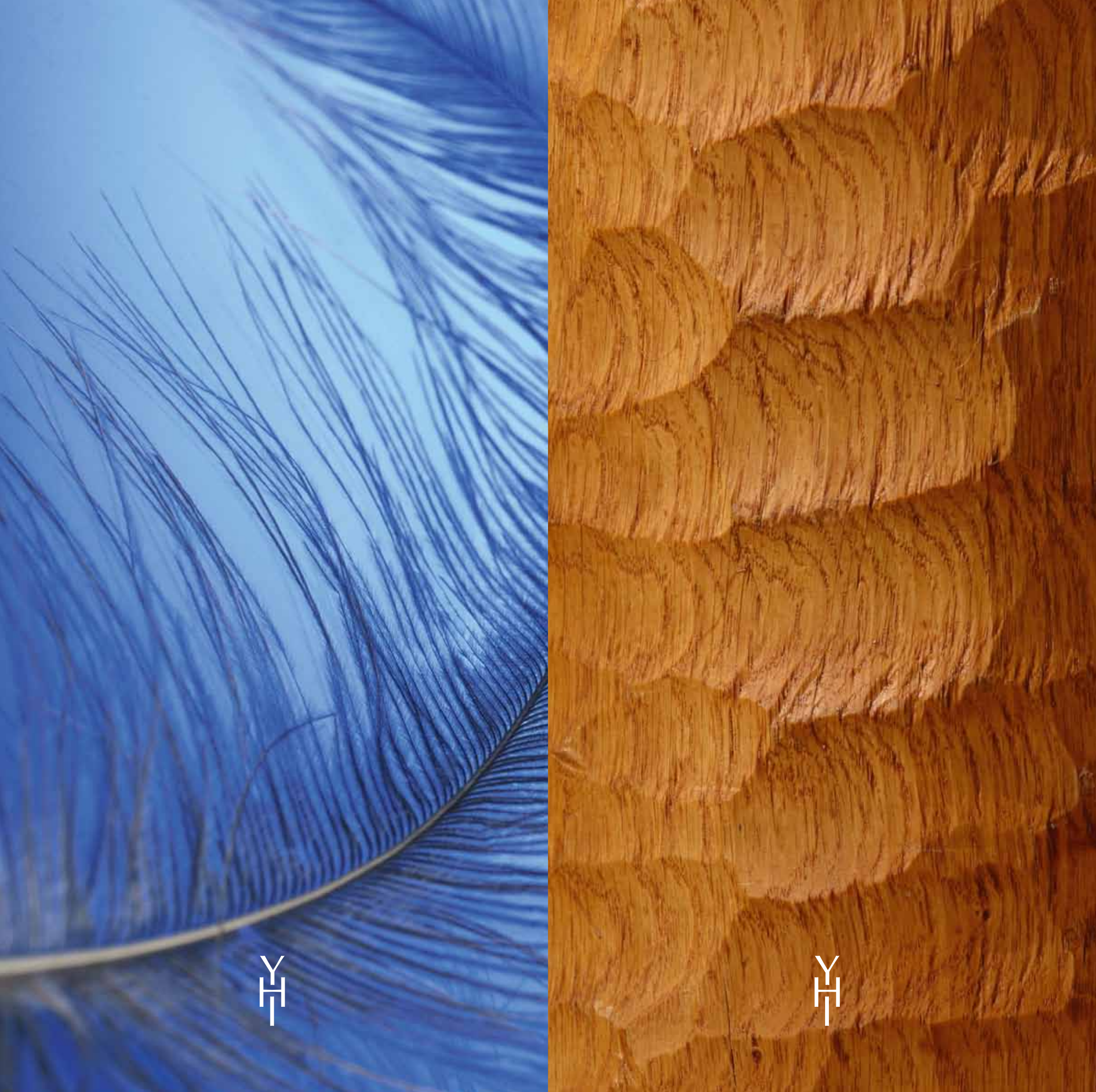
If it is for you the best time of day is to enjoy alone with that special someone, let us help you filling it with aromas, music and harmony in a ritual designed just for you ...

ROMANCE BY PARADISUS



Let us be part of such an important time in your life, let yourself indulge in the privacy of the unique place designed especially for you. "Bridal Suite"

1 Rice Delight	120 min
2 Diamond Luxury Lift	90 min
3 Yogurt Delight	50 min
4 Bridal Makeup	80 min
5 Bridal Hairstyle	80 min
6 Energizing Manicure	50 min
7 Energizing Pedicure	50 min



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ESSENTIAL YHI



Back Special

60 min

Skin care and muscle relaxed. Intensive exfoliation precedes a superb oxygenating massage. The Dead Sea muds are used to purify and nourish the skin. Rich in minerals and precious salts makes this treatment the perfect choice to treat delicately the skin on the back.



Vital support

60 min

Perfect to relieve tired legs. After a light exfoliation, a refreshing minty gel creates an incredible localized cooling effect. This treatment improves the energy flow and facilitates the return of circulation. Tiredness and heaviness disappear.



Anti-Oxidant Hands and Feet

60 min

This exquisite hand and foot treatment is like a fragrant caress with orange flavour. To start, a bath based on a neuro-therapeutic oil helps to relax the area and prepare the skin for release of imperfections. The delicious scrub exfoliation with vitamin C leaves the skin soft, supple and radiant. Maximum pleasure is achieved by a massage with rose hip oil.



Perfect Duo

120 min

Face & Body Ritual. Sensory therapy to enjoy alone or with a partner that means a wonderful feeling of immediate well being, providing comfort nourishes and hydrates the skin of the body and face. Includes tasting of flavors, bubble bath, energy alignment, facial treatment and full body massage.



Mineral Ritual

120 min

"Facial & body ritual.. This ritual helps to eliminate toxins and improves blood and lymphatic circulation. This exquisite treatment cleanses and purifies the body from the inside out, providing relief, serenity and comfort to the recipient. Includes tasting of flavors, complete exfoliation with honey, the two clay wrap, bubble bath and mineral massage."



Marine Ritual

100 min

Body and massage. Treatment of the marine world, a rite of purification and rebirth, to lighten the silhouette and recover the energy through a mixture of mud and marine crystals that eliminate retained fluids and excess toxins. The result of this draining wrap is a skin more smooth and homogeneous.

Moisturizing Ritual

50 min

Exclusive body treatment to regain balance and quench the thirst of the skin, this emulsion rich in plankton and seaweed joined with a sea water mask hydrates the skin and gives radiance and freshness

Oxygenating Ritual

50 min

Cascade of active oxygen bubbles that release on the skin all the revitalizing energy of the sea, in conjunction with a massageable rubbery mask effect, that activates natural oxygenation due to the presence of seaweed and plankton, carriers of oxygen, resulting on a more oxygenated skin, bright, giving a healthy, fresh and vital appearance.