

# Our Treatments

Our treatments fuse ancient traditions and the latest innovations to ensure your time on the table leaves you feeling wonderfully relaxed and revived.

## JUNGLE BEAT

60 / 90 mins

A classic deep tissue massage using muscle stretching combined copaiba oil, South America's legal alternative to CBD. This oil is an anti-inflammatory agent that will boost your cardiovascular and immune systems and give you a hit of happiness.

## ISLAND TIME

60 / 90 mins

Focusing on sound therapy, sweeping massage strokes using forearms and a bespoke oil made with kahai, the Amazon's secret anti-aging weapon. This is route one to relaxation.

## SCRUB AND TUB

60 mins

Customize your scrub with your favorite scented oils or therapeutic herbs, then relax in your tent's bathtub before an application of your personalized lotion leaving your skin silky soft.

## SECAS HAND SOOTHER

60 mins

Give your hands some tender loving care, starting with a nail file and customized scrub, followed by a gentle buffing treatment to restore the natural beauty of your nails leaving them shiny and healthy. No polish.

## THE BIG CHILL

90 mins

This refreshing massage features cold stones, hydrating aromatherapy mists and rehydrating rainforest oils to cool you down and help your body learn to love our sultry tropical heat.

## HEAD SPACE

60 mins

A jade comb stimulates your scalp before a restorative massage calms your mind. Enrich the treatment with argan oil that restores and returns shine to your hair.

## SECAS HOLISTIC HEALING

60 / 90 mins

Enhances both physical and emotional wellbeing, using some of the essential oils in our Secascent Box. Ylang Ylang helps release emotional stress, Bergamot improves your digestion, Cedarwood increases focus and Vetiver aids a restful sleep.

## SECAS SOUND SHOWER

60 mins

The sweet sound of singing bowls combined with str breathwork helps you access your theta brainwaves, the frequency of deep relaxation. This is the easiest way to reach a meditative state for even the busiest of minds.

## SECAS SOUND SYMPHONY

60 mins

Experience the calming effect of singing bowls as a family with a sound symphony on your casita terrace. As you soak up the vibrations on the road to relaxation (Max 5).

## MAGNIFICENT ME TIME

90 mins

Combine your favorite elements from our menu to create your best-ever pampering experience. Choose a scrub or sound therapy with a 60-minute massage, or Head Space with Secas Hand Soother.

## SECAS FOOT SOOTHER

60 mins

Show your toes some love, starting with a nail file and customized scrub, followed by a gentle buffing treatment to restore the natural beauty of your nails leaving them shiny and healthy. Followed by a reflexology foot rub. No polish.

Prices: \$85 for 30-minutes, \$155 for 60-minutes and \$215 for 90-minutes treatment.

Price does not include additional 7% taxes.