

A courtyard with stone walls, a wooden balcony, a palm tree, and a stone fountain.

WELCOME TO

CARTESIANO

Boutique & Wellness Hotel

PUEBLA, MÉXICO



# *SPA* MENU

Awarded as the Best Spa in the Americas by the World Spa & Wellness Awards, discover treatments that revitalize both body and spirit.



# SIGNATURE MASSAGES

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**Traditional Baroque Massage** 60 min. \$ 2,250 MXN 90 min. \$ 2,950 MXN

*Our signature massage. Enveloping pressure and precise technique to release tension, realign the body, and restore deep, elegant calm.*

**Thai Massage** 90 min. \$ 2,950 MXN

*A mobility and alignment therapy with rhythmic pressure and assisted stretches. Performed fully clothed, with no direct skin contact.*

**Bio-Tuning Balance Massage** 90 min. \$ 2,690 MXN

*A neurosensory harmonization to restore balance, clarity, and steady serenity. A deep reset for body and mind.*

**Oriental Cupping Session** 60 min. \$ 2,190 MXN

*Liberación profunda de fascia y tensión localizada. Ideal para espalda y hombros cargados, con sensación inmediata de ligereza.*

**Serenity Flow** NECK, SHOULDERS & BACK 45 min. \$ 1,490 MXN

*An elevated reset in 45 minutes. Relieves neck, traps, and upper back for immediate calm and a lighter posture.*

# BOTANICAL FACIALS

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**Sublime Skin Facial** 60 min. \$ 2,790 MXN

*Instant firmness and radiance. A high-performance facial for visibly smoother skin and more rested-looking features.*

**Eternal Longevity Facial** 60 min. \$ 2,290 MXN

*Vitality and balance. Nourishes, strengthens, and refines texture for a more even, stable, luminous complexion.*

**Detox** 60 min. \$ 2,290 MXN

*Urban clarity. Purifies, balances, and refines texture without tightness—ideal for congested skin or visible pores.*

**Integral Hydration Facial** 60 min. \$ 2,150 MXN

*Deep comfort. Advanced hydration that calms, softens, and restores elasticity with a natural glow.*

**Intensive Signature Facial** 90 min. \$ 2,990 MXN

**CHOOSE YOUR FOCUS: Firmness & Glow | Detox & Longevity**

*An extended protocol with selected technology to enhance results.*

# BODY TREATMENTS

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**Organic Honey Purifying Wrap** 90 min. \$ 2,550 MXN

*Warm, comforting nourishment. Exfoliation + warm honey for deep softness, radiant skin, and overall lightness.*

**Thermal Mud Detox Wrap** 90 min. \$ 2,550 MXN

*Detox and lightness. Professional body exfoliation + thermal mud with a drainage-focused approach to revitalize and renew the skin.*

**Bridal Veil – Radiant Skin Ritual** 90 min. \$ 2,550 MXN

*A double-renewal body ritual for polished, radiant, silky skin, finished with intensive nourishment for an impeccable touch.*

# THERAPEUTIC TREATMENTS

## Deep Tissue Repair Massage

*One of our most requested for its effectiveness. Myofascial release and progressive deep pressure to ease tightness and restore mobility.*

90 min. \$ 2,950 MXN

## Manual Lymphatic Drainage

*Immediate lightness. A gentle technique that supports drainage, reduces fluid retention, and refreshes legs and body.*

60 min. \$ 2,090 MXN

## Ancestral Foot Reflexology

*Balance through the feet. Precise pressure points to calm the mind, support deep rest, and help you feel centered.*

60 min. \$ 1,550 MXN

# RITUALS

## Herbal Ritual

*Warm oil and herbal poultices to relax, ease tension, and wrap the body in botanical well-being.*

60 min. \$ 2,450 MXN 90 min. \$ 2,950 MXN

## Sacred Hot Stones Ritual

*Therapeutic heat and flowing massage to soften muscles, calm the nervous system, and promote deep rest.*

60 min. \$ 2,450 MXN 90 min. \$ 2,950 MXN

## Here and Now Hindu Ritual

*SHIRODARA. A meditative ritual for mental serenity with craniofacial massage and warm oil for clarity and deep rest.*

60 min. \$ 2,200 MXN

## The Origin of Rebirth in Water

*Warm-water aquatherapy with guided floating to invite deep rest, emotional lightness, and sustained calm.*

60 min. \$ 2,450 MXN

## Rebirth in Water & Tibetan Bowl

*SOUND THERAPY VIP. A water-and-sound immersion with an aquatherapist and sound therapist for an integral, meditative, transformative restoration.*

90 min. \$ 2,950 MXN <sup>VIP</sup>





# *Gharieni* MENU

Elevate your well-being with technology  
unique in the Americas. Four experiences  
designed to renew body and mind.



# GHARIENI SENSORY EXPERIENCES

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## Deep Sleep Restoration (Welmanis)

60  
min.

\$ 1,450 MXN

*Biohacking with binaural beats to support deep rest, mental disconnection, and nervous system recovery.*

## Sensory Experience (Quartz)

60  
min.

\$ 2,200 MXN

*A Gharieni quartz and sensory session for profound calm.*

**INCLUDES AN INTEGRAL RELAXATION MASSAGE**

## Quartz Sound Healing Experience VIP (Quartz)

90  
min.

\$ 2,950 MXN

*An extended session focused on vibration and meditative rest for clarity and lasting balance.*

**INCLUDES AN INTEGRAL RELAXATION MASSAGE**

## Detox Body Session (iDome)

60  
min.

\$ 1,990 MXN

*A controlled thermal therapy for gentle detox, muscle relaxation, and a light, refreshed feeling.*

**INCLUDES A CRANIO-REGENERATIVE MASSAGE**

## Body Sculpting (Celliss)

45  
min.

\$ 1,450 MXN

*A non-invasive treatment to support contour, texture, and the appearance of the skin.*

**INCLUDES FOOT REFLEXOLOGY**





# Experiences & *events*

Wellness, Art, Gastronomy, and Connection.

Every event is thoughtfully designed to be  
experienced with intention.





# DINNER in *Robes*

Delight Your Senses

- 3 Course Menu
- Couples Massage on the terrace
- Hydrocircuit

RESERVE IN ADVANCE  
AT +52 221 667 1666

## *Amor* a la Carta

TAILORED ROMANTIC DINNERS

Create a personalized experience  
and turn your dinner into an  
unforgettable memory

RESERVE AT +52 221 662 1149



## *Mercaleria* NIGHTS

MONDAY TO SATURDAY | 8 PM  
Ground Floor | Custodia Restaurant

BOOK TO 222 491 5699

# Piano & Bar Nights

TUESDAY THURSDAY & SATURDAY  
Ground floor | Custodia Restaurant

BOOK TO 222 491 5699



## VIERNES DE VINOS

FRIDAY  
3rd Floor | Comedor 360

BOOK TO 221 662 1149

## MONTHLY EXPERIENCES

A curated selection of one-of-a-kind experiences throughout the month, created to enrich your Cartesiano journey through three essential dimensions.

### Gastronomy

*Seasonal culinary events that celebrate flavor, origin, and creativity.*

### Body

*Monthly spa specials, thoughtfully designed around the energy and rhythms of each season.*

### Mind

*Wellness events filled with conscious experiences that integrate movement, music, silence, and presence.*



Explore our monthly experiences on the website



# Discover

## CARTESIANO

Spaces designed to inspire wellness and  
enjoyment in every moment of your stay.





## Comedor 360

Contemporary fine dining, sophisticated  
ambiance, with views of the heart of Puebla.

🕒 From 7 AM to 11 PM 📍 3rd Floor



CUSTODIA  
RESTAURANTE

Flavors that celebrate the essence of Mexico  
with a contemporary touch, private and cozy.

🕒 From 7 AM to 11 PM 📍 Ground Floor

CUSTODIA  
CAFÉ

Specialty Coffee & Artisan Bakery

🕒 From 7 AM to 11 PM 📍 Ground Floor



## —CARTESIANO— THE7SPA

Enjoy personalized treatments and ancestral rituals, complemented by a hydrotherapy circuit that revitalizes body and energy.

🕒 From 8:30 AM to 8:30 PM 📍 3rd Floor



## Wellness Experiences

Balance Body and Mind. Connect with Yourself.



Mornings of Movement  
Midday Breathing Sessions  
Afternoons of Meditation  
Evenings of Relaxation



Check the schedules  
on the website.



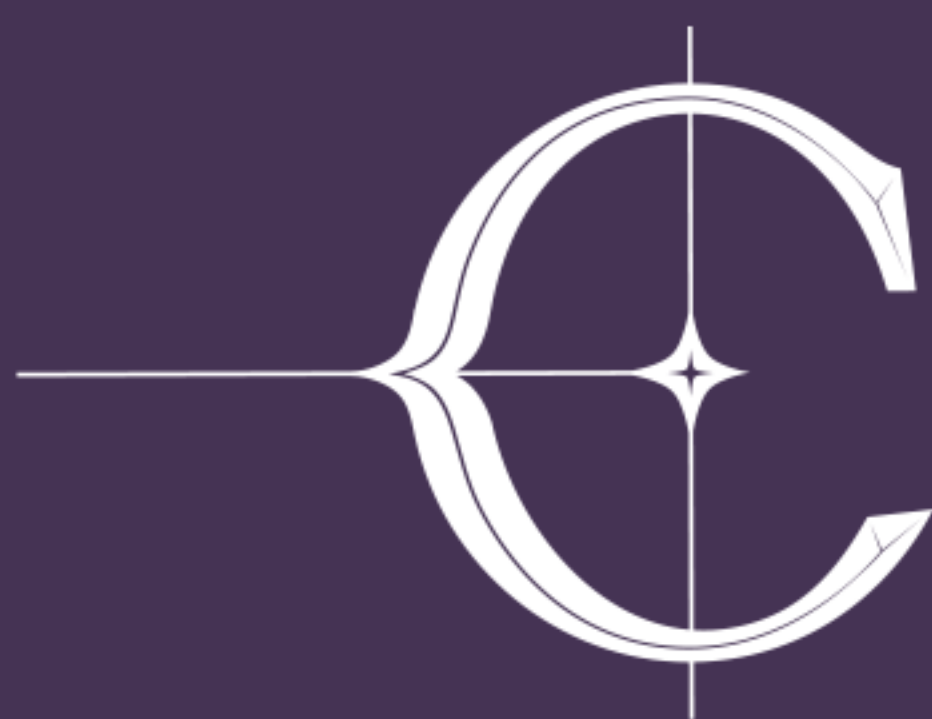
# POOL

🕒 Open from 8 AM to 6 PM

📍 3rd Floor


# Wi-Fi

Connect to the **Cartesiano** network and enter your email to enjoy full access.



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