



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

Traditional Baroque Massage 60 min. \$ 2,250 MXN	90 min. \$ 2,950 MXN
<i>Our signature massage. Enveloping pressure and precise technique to release tension, realign the body, and restore deep, elegant calm.</i>	
Thai Massage	90 min. \$ 2,950 MXN
<i>A mobility and alignment therapy with rhythmic pressure and assisted stretches. Performed fully clothed, with no direct skin contact.</i>	
Bio-Tuning Balance Massage	90 min. \$ 2,690 MXN
<i>A neurosensory harmonization to restore balance, clarity, and steady serenity. A deep reset for body and mind.</i>	
Oriental Cupping Session	60 min. \$ 2,190 MXN
<i>Liberación profunda de fascia y tensión localizada. Ideal para espalda y hombros cargados, con sensación inmediata de ligereza.</i>	
Serenity Flow <i>NECK, SHOULDERS & BACK</i>	45 min. \$ 1,490 MXN
<i>An elevated reset in 45 minutes. Relieves neck, traps, and upper back for immediate calm and a lighter posture.</i>	

BOTANICAL FACIALS

Sublime Skin Facial	60 min. \$ 2,790 MXN
<i>Instant firmness and radiance. A high-performance facial for visibly smoother skin and more rested-looking features.</i>	
Eternal Longevity Facial	60 min. \$ 2,290 MXN
<i>Vitality and balance. Nourishes, strengthens, and refines texture for a more even, stable, luminous complexion.</i>	
Detox	60 min. \$ 2,290 MXN
<i>Urban clarity. Purifies, balances, and refines texture without tightness—ideal for congested skin or visible pores.</i>	
Integral Hydration Facial	60 min. \$ 2,150 MXN
<i>Deep comfort. Advanced hydration that calms, softens, and restores elasticity with a natural glow.</i>	
Intensive Signature Facial	90 min. \$2,990 MXN
<i>CHOOSE YOUR FOCUS: Firmness & Glow Detox & Longevity</i>	
<i>An extended protocol with selected technology to enhance results.</i>	

BODY TREATMENTS

Organic Honey Purifying Wrap	90 min. \$ 2,550 MXN
<i>Warm, comforting nourishment. Exfoliation + warm honey for deep softness, radiant skin, and overall lightness.</i>	
Thermal Mud Detox Wrap	90 min. \$ 2,550 MXN
<i>Detox and lightness. Professional body exfoliation + thermal mud with a drainage-focused approach to revitalize and renew the skin.</i>	
Bridal Veil – Radiant Skin Ritual	90 min. \$ 2,550 MXN
<i>A double-renewal body ritual for polished, radiant, silky skin, finished with intensive nourishment for an impeccable touch.</i>	

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. ^{VIP} \$ 2,950 MXN





Gharieni MENU

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



GHARIENI SENSORY EXPERIENCES

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

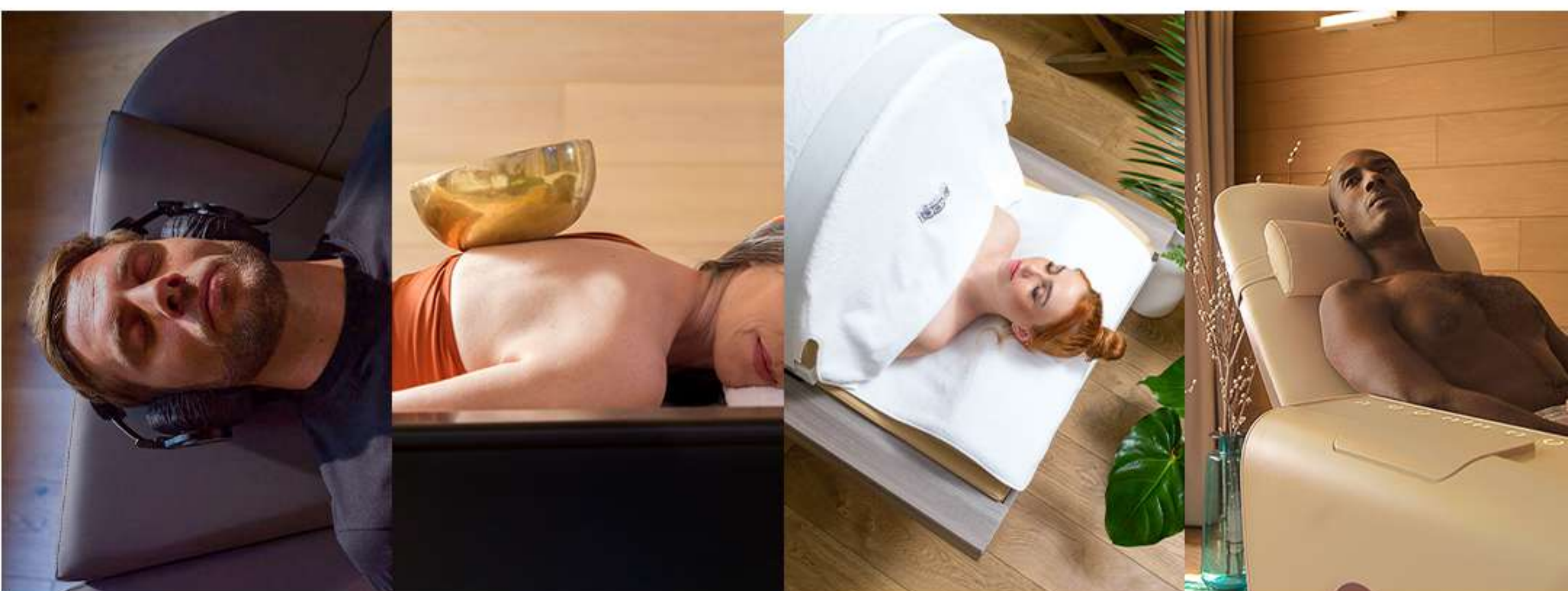
Body Sculpting (Celliss)

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.





THE LOVE Ritual

Hydro • Massage • Glow • Brindis

- Couples Ceremony
- Decorated Treatment Room
- Toast & Gourmet Amenities
- Couples Massage
- Couples Facial
- Hydro Circuit

BOOK IN ADVANCE
AT +52 222 709 9113

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



Cereemonias Wellness

SPECIAL CELEBRATIONS

A meaningful moment designed
to celebrate, connect, and create
unforgettable memories.

BOOK IN ADVANCE
TO +52 221 667 1666

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.





Comedor360

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 8:00 AM to 7:30 PM 📍 3rd Floor



Wellness Experiences

Balance Body and Mind. Connect with Yourself.



Mornings of
Movement

Midday of
Breathing & Meditation

Evenings of
Relaxation

Discover our private, premium experiences with your Wellness Advisor



Check the schedules
on the website.

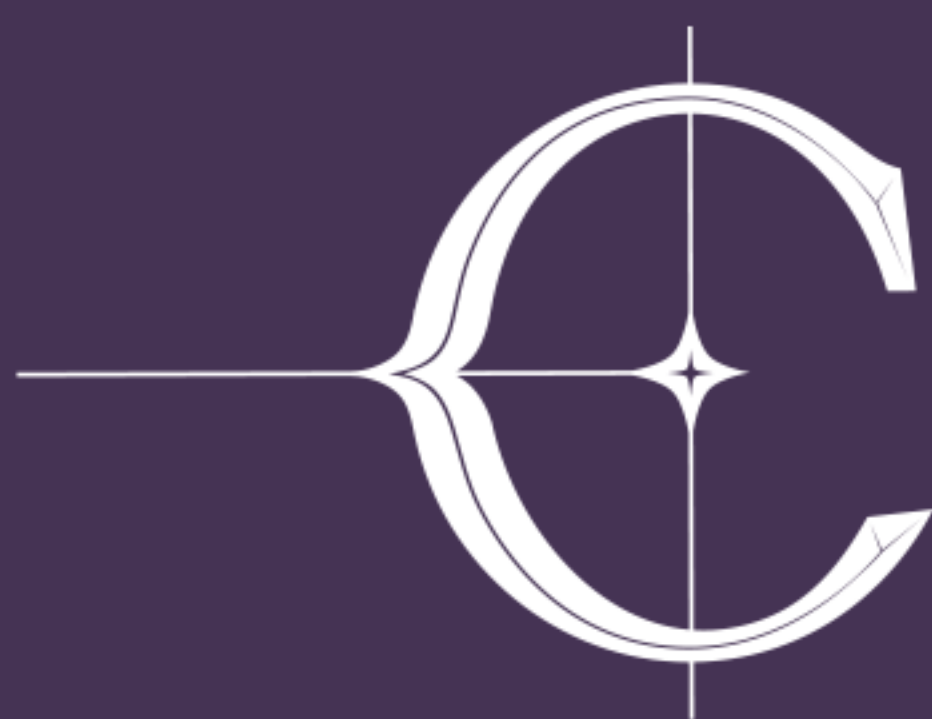


POOL

🕒 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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