

# SPA

## HOTEL HÉRCULES

All our treatments and massages include access to the spa amenities.



Showers and lockers



Hammam



Hydromassage pool



Hot plunge pools



Sauna



Steam room

# SIMPLE NATURAL WELLNESS

We would like to introduce you, how easy herbs can be part of your daily life. By using herbs, throughout your spa journey power of nature healers are used throughout your spa experience and combined with integrated touch therapies and nature's medicine from the hand and from the earth, simple healing with touch and herbs. Our herbs come right here from the Huerto at Hércules.



# THE POWER OF HERBS

The medicine of the ancients, herbs have been a part of health cultures as far back as 5000B.C. Medicinal herbs are used in many areas of modern medicine. We use herbs throughout the spa, in the hopes of educating our visitors, the easy way to incorporate herbs into their daily life.



## HOPS

Hops increase energy flow, support reproductive organ function, rich in phytoestrogens, lessens spasm pain and increases circulation. Member of the Hemp family. Our hops are carefully selected by our team of Hercules brewers.

# SIGNATURE TREATMENTS

(Inside the Hammam) - \$2,700



# NATURE'S LITTLE HEALER

- Hops, cinnamon, sage and salt calming scrub
- Skin Repair Aloe Vera Wrap
- Brewer's Yeast and Calendula Exfoliating Facial Scrub
- Coco and Frankincense Rejuvenating Facial Massage
- Beer Hair Rinse
- Destress Grapefruit Scalp, Neck and Shoulder Massage



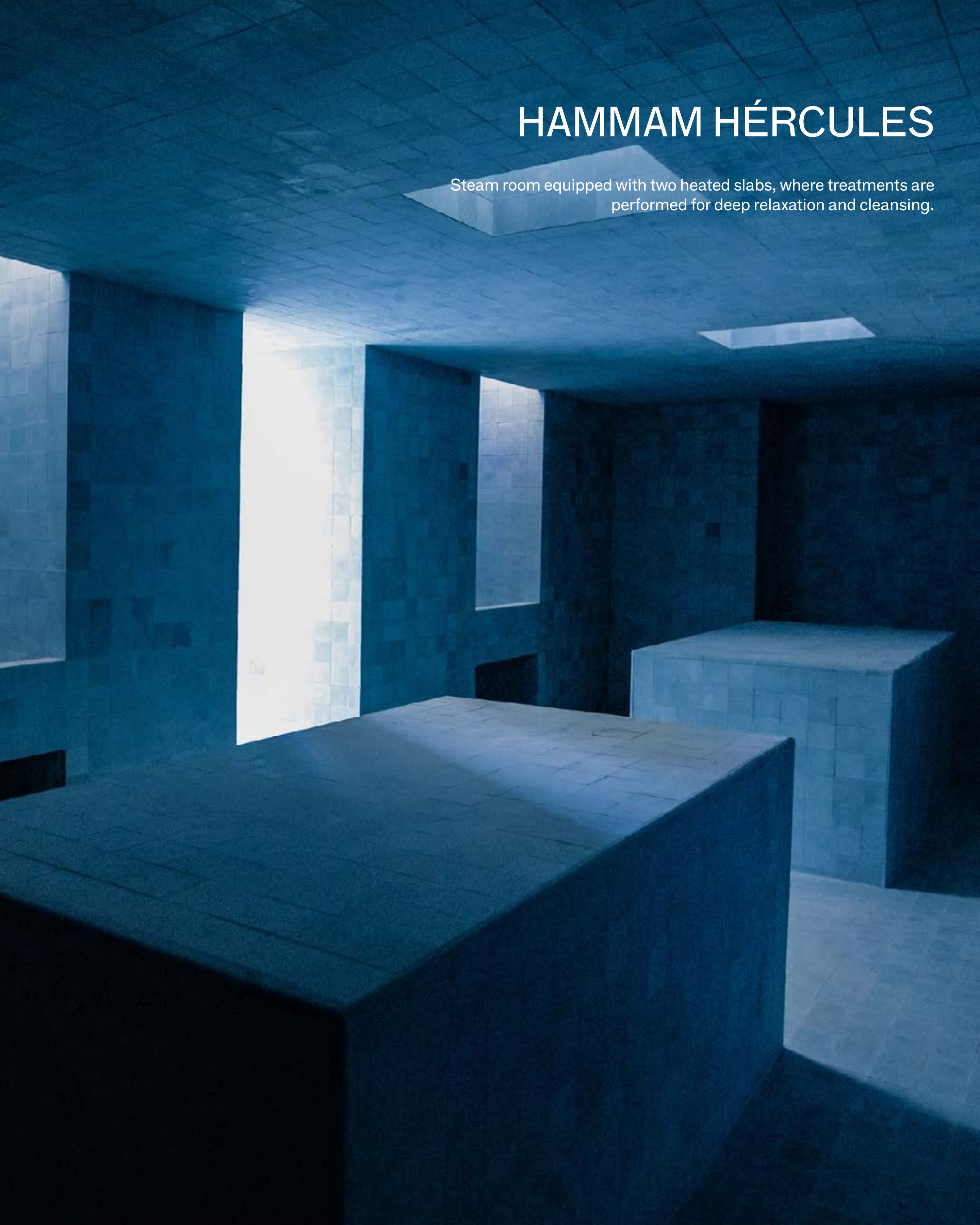
# OLIVA 60

- Detoxifying Dry Body Brushing
- Eucalyptus Invigoration Ritual
- Traditional Reviving Turkish Leg Soap Massage
- Rose Facial Cleansing and Exfoliation
- Detoxing Rose Oil Facial Massage
- Lavender and Rosemary Shampoo & Hair Mask



# HAMMAM HÉRCULES

Steam room equipped with two heated slabs, where treatments are performed for deep relaxation and cleansing.



45 minutes

Select and combine 2 elements below to make your own Hamman treatment - \$2,200

Select and combine 3 elements to create your own Hamman treatment - \$2,900

- Salt or sugar scrub with combo of herbs that you select (lavender, rosemary, manzanillo, herbabuena, or salvia)
- Body wrap with aloe
- Hair treatment with scalp massage
- Facial treatment and massage
- Dry brushing & foot massage



# MASSAGES

Relaxing full-body massages with your choice of pressure: soft, medium, or strong.

Each one of our massages begins and ends with a ritual burning of Palo Santo to cleanse your energy of any stored negativity. Our opening ritual also includes a freshly blended aroma spray and inhalation to enjoy an aroma boost. Your own personal herbal bag will be warmed and placed on your chest during the treatment to enjoy the added benefit.

60 minutes - body only - \$2,200

90 minutes - body, face, scalp  
and stomach - \$2,900

## COUPLES EXPERIENCE

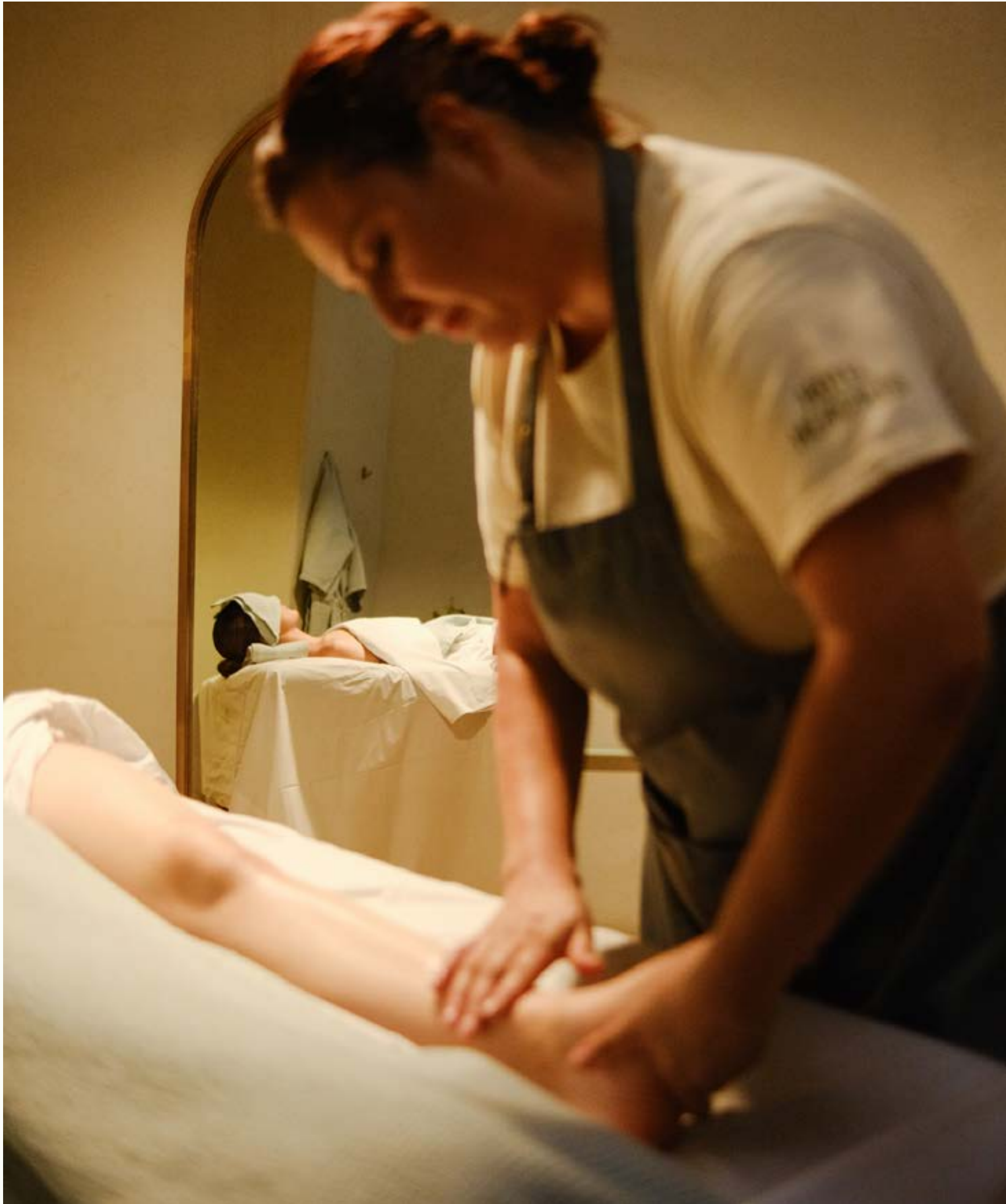
Simultaneous massages in the same room. Valid on weekdays or subject to availability on Saturdays and Sundays. Includes two beers.

60 minutes - \$4,000



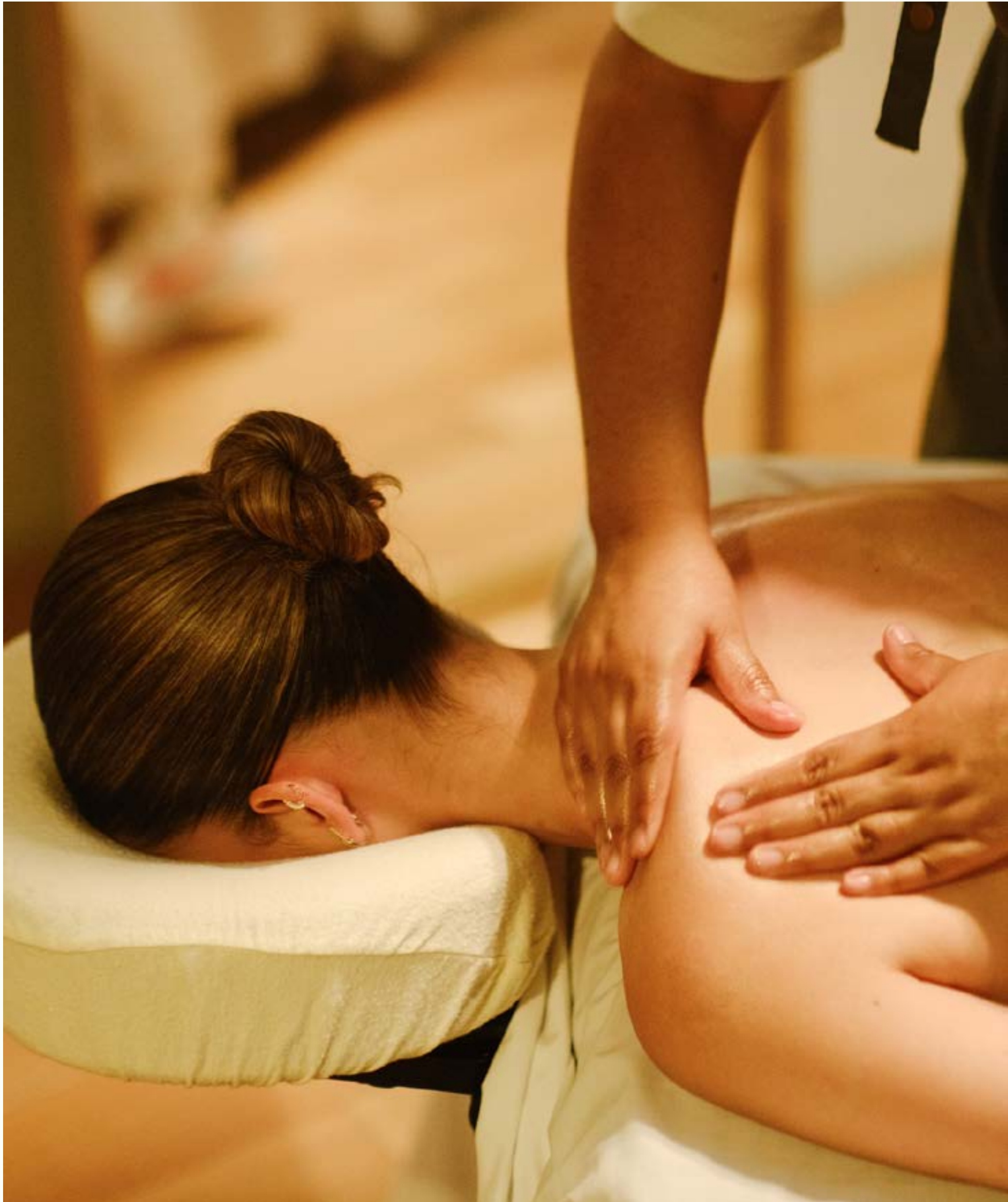
# RELAXING (soft)

A gentle, light-pressure massage. Ideal for those experiencing anxiety, stress, and sleep disorders. This mixed-technique massage incorporates Swedish-style massage and lymphatic drainage techniques, aimed at relaxing the nervous system.



# INTERMEDIATE

A medium-pressure massage with a strong Swedish influence. Hand and thumb techniques are used to reach deeper muscle layers and improve circulation, helping to relieve pain and tension while reducing stress.



# DEEP TISSUE (strong)

Deep movements target the tissues and muscles, using firm pressure to enhance circulation, increase muscle oxygenation, and reduce inflammation.



## ADD ONS

All add on's can be combined to target your needs or to experience something new. Feel free to combine the selections below too.

30 minutes - \$1,300

### REFLEXOLOGY

Throughout the history of the world, from the Egyptians, Chinese to the Mayans, the map of the feet has been said to correspond to the different organs of the body, by stimulating the points on the feet, it increases the energy and circulation. Please note that it can be a little painful, but in a good way.

### FACE, SCALP & SHOULDERS

Release the store up tension in the face, scalp and shoulders that accumulates with stress.



# SPA ACCES

Enjoy all the amenities of our spa: hot plunge pools, hydrotherapy pool, sauna, and steam room.

- Monday to Friday: unlimited time.
- Saturday and Sunday: limited to 4 hours per visit.

Guests - \$270

(one-time payment and unlimited access time during your stay)

General public - \$550



# HOW TO SPA



Please call our Spa Concierge to schedule your treatment. We recommend reserving one week in advance. We can also personalize your spa treatment, ask for more details at the spa reception.

We recommend that you use our spa facilities before your treatment, to ensure benefits from your treatment oil. Essential oil benefits last for up to 90 minutes.

Beer is part of our world in Hercules, and you will appreciate the beauty of a cold beer in the spa. However, intoxication and hot and cold areas combined with alcohol is a serious health risk.

The minimum age to use the facilities is 18 years old. **NO MINORS ARE ALLOWED.**



Open everyday from 9am to 6pm

Make reservations by calling or via WhatsApp at +52 (446) 138 4420



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