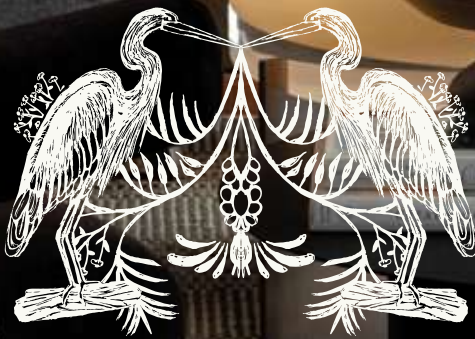




NIMA

URBAN SPA



Life is a mirror; its reflection shines your image back to you.

The central concept of NIMA Urban Spa is reflection, referring to an inner encounter with the outer world.

Inspired and guided by the phrase “As within, so without, as above, so below” NIMA has created an ideal environment for an urban retreat and a reconnection with your inner being. While enjoying a moment of rest from everyday life, the pristine environment of NIMA Urban Spa allows for diverse experiences guiding you to deepen your inner awareness and strengthen your connection with the outside world. The luxurious yet relaxed style helps each guest adjust to natural rhythms, to establish life balance and restore your serenity.

Surrender, reconnect and enjoy your time with us!

PRICES INCLUDE 16% VAT



NIMA HEALING RITUALS

The pillars of the Nima Wellness program offer a complete experience for the body and soul. We believe that each guest brings a unique life expression and set of experiences that must be recognized and engaged for healing to be enabled. Each of our personalized rituals considers healing to takes place on a deep level: physical, mental and emotional, and we provide the ideal environment for that to happen.



Soul Soothing Ritual

120 minutes \$5,220

“What is happening on your inner most self i is worthy of all your love.” —Rainer Maria Rilke

This beautiful harmonizing and healing treatment brings complete relaxation and restoration on a physical and energetic level. Our signature holistic treatment is based in the dynamic frequencies and resonances that promote vitality and balance in all living systems. The experience begins with the renewing benefits of flowing massage techniques and rhythmical movements, using the Spa’s signature aromatic oil blends to find your way to a perfect sense of well-being.

Dúo Spa for Couples

160 minutes \$9,860

“But there is no energy unless there is a tension of opposites; Therefore, it is necessary to discover the opposite to the attitude of the conscious mind.” – C.G. Jung

At Nima Urban Spa we have the perfect intimate environment to experience wellness treatments together. We invite you to experience a serene ambiance with renovating treatments beginning with an aromatic soak in the private Jacuzzi and a selection of personalized treatments for each, including body and face. This experience is accompanied by a table of chocolates and glasses of wine.

* This treatment does not include access to the hydrotherapy circuit.

**TO MAKE YOUR EXPERIENCE EVEN MORE
THERAPEUTIC AND RENEWING, ADD TO YOUR SERVICE:**

LIVE HIMALAYAN BOWL SINGING DURING YOUR MASSAGE - \$2200

LEMI BED IN WATER - \$799

LEMI BED IN QUARTZ - \$799

**HYDROTHERAPY CIRCUIT (SAUNA, STEAM ROOM, COLD PLUNGE, AND JACUZZI) - \$600 PER
PERSON | 40 MINUTES**



NIMA INTEGRAL BODY

Our massage and bodywork collection offers a truly holistic approach to wellness, with experienced therapists, holistic protocols and the essential philosophy of balance between body, mind and soul.



NIMA Signature Massage

90 minutes \$4,200 / 50 minutes \$2,800

"The soul always knows what to do to heal. The challenge is to silence the mind."

-Carolyn Myss

Our Signature treatment nourishes and invigorates the mind and body, relieving mental tension and calming the nervous system. This revitalizing ritual includes three different massage experiences. Beginning with a tension-releasing back massage, followed by a full-body hot stone massage, and ending with a light facial massage with using cold stone lymphatic drainage techniques.

NIMA Therapeutic Massage

90 minutes \$4,200 / 50 minutes \$2,800

"Slow down and whatever you're chasing will come around and catch you." -John de Paola

Experience the healing effects of a deeply therapeutic massage designed to relax sore muscles, loosen stiff joints and dissolve tension through the use of miofascial release and trigger point massage applied to specific areas of the body, as well as isolated stretching and lymphatic and deep massage, using the best ingredients of nature for recovery.

Relaxing Rhythmical Massage

50 minutes \$2,800

"Quiet the mind and the soul will speak." - Ma Jaya Bati Bhagavati

A holistic and invigorating treatment with specialized oscillating body movements influenced by Trager techniques, to calm the nervous system and eliminate emotional blockages. This balancing experience includes a beautiful sequence of healing energy massages to open and release emotional tension, toning and strengthen the circulatory system, restore balance and energy right in the area where we balance between the mind and body. It decongests the joints, relieves tension in the organ systems and reduces eventual and chronic stress to promote the balance of the 4 parts of the human being (body, mind, emotions and spirit), creating a feeling of pure acceptance and well-being.



Sleep Ritual

90 minutes \$4,200

It is a sensory treatment (smell, touch and hearing) to disconnect, promotes a deep rest of mind and body, improving the quality of rest and sleep in situations such as stress and jet lag. The technique is highly relaxing, does not involve pressure and does not work on the lumbar back

Tranquility Massage

90 minutes \$4,200 / 50 minutes \$2,800

"Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself." – Hermann Hesse

This is an ideal massage for its calming and healing benefits, perfect for ending the day or simply to help respond to daily demands. Treatment begins with dry brushing and hot compresses to prepare the body to receive the healing benefits of high-potency organic CBD oil . Using a combination of massage techniques salve, stress, anxiety and muscle tension fade away.

Prenatal Massage

90 minutes \$4,200 / 60 minutes \$2,800

"Today seeds, tomorrow flowers" – Anonymous

Pamper and balance your temple, after the first trimester of pregnancy, you can delve into the delicate personalized massage with different techniques that will reduce fluid retention, muscle pain, improve skin elasticity and body posture.

Relaxing Massage with Hot Candles

90 minutes \$4,200 / 50 minutes \$2,800

"The mind must be allowed to relax a little, so that it can return to its work much better for the rest" – Seneca

We will induce the nervous system into a state of deep relaxation through neurosensory and calming techniques, eliminate accumulated stress and improve your mood with the heat of the selection of vegetable waxes and exclusive Nima essences that penetrate and nourish the skin.



Reflexology + Sound Sanctuary

50 minutes \$2,800

"When our feet hurt, everything hurts" - Socrates

Nerve endings in the feet correspond to organs and systems in the whole body. By strategically applying pressure to these nerve endings, reflexology can help reduce pain, stress, and anxiety by improving digestion and sleep while calming the nerves. Exfoliation, moisturizing creams and scalp massage make this a complete treatment for maximum relaxation.

Lymphatic Drainage

50 minutes \$2,800

"Everything flows, nothing stays" - Heráclito

Soft and rhythmic technique that improves the automatic contraction of lymphatic vessels, helping to eliminate edema and toxins. It is an ideal treatment for disorders derived from poor circulation.

Pre and Post Sports Therapies

90 minutes \$4,200 / 50 minutes \$2,800

"Small movements that produce big changes" - Feldenkrais

The particularity of each sport is our specialty, benefiting each muscle group in its recovery and wakefulness. Optimizing strength, resistance, discharge and the capacity for contraction and work with the main objective of reducing injuries in the athlete.

Relief of Stress Areas

40 minutes \$1,860

"There are moments when we stop, stay still, listen and breezes from a whole other world begin to whisper." - James Carroll

Using muscle rescue oil your therapist will focus on specific areas of tension and discomfort in the back while releasing stiffness and strain in the shoulders and neck.

TO MAKE YOUR EXPERIENCE EVEN MORE
THERAPEUTIC AND RENEWING, ADD TO YOUR SERVICE:

LIVE HIMALAYAN BOWL SINGING DURING YOUR MASSAGE - \$2200

LEMI BED IN WATER - \$799

LEMI BED IN QUARTZ - \$799



QUANTUM WELLNESS

With our Quantum Wellness programs we go beyond "Bio-hacking" to get to the core of the imbalances and deterioration of the body, focusing on the improvement and integration of the whole Being. Now it is proven that the body emanates and receives frequencies and is made of Bio-photons; They themselves modulate and affect the communication and processes between cells and DNA. We apply a variety of sound and light therapies to help increase or restore harmony throughout the body.



Bio-acoustic Sound Sanctuary

50 minutes \$800

"Music unites all qualities, but its main task is to lead our thoughts to higher things, to lift us, even to make us tremble. Music often speaks in more penetrating sound than the words of the poetry and takes over the most deepest crevices of the heart... Singing elevates our being and leads us towards good and truth. – Nietzsche

BioTrinity™ therapy offers the synergistic effects of BioAcoustics along with a quartz-filled Biomat®, combining the energies of these two powerful tools to maximize healing benefits. The therapeutic music is embedded with specific frequencies to coax the brain into different states of mind, entraining for calming and healthy neural activity. Sound vibrations help the body to enter a deep state of tranquility to receive all the effects emitted by the far infrared rays and negative ions of the Biomat®.

Acupuncture

Traditional Chinese medicine consists of the insertion of needles into acupuncture points for therapeutic purpose. These points are located in a series of channels or meridians, through which Qi or vital energy flows and is distributed throughout the body forming a fully communicated network.

Couple ceremony

180 minutes \$12,000

"If you have the capacity to love, love yourself first." -Charles Bukowski

Ceremony dedicated to the senses, ideal for sharing a personalized massage with live Himalayan singing bowls. This experience is accompanied by a chocolate table and glasses of wine, under a relaxing atmosphere in the private jacuzzi.

* This treatment does not include access to the hydrotherapy circuit.

TO MAKE YOUR EXPERIENCE EVEN MORE THERAPEUTIC AND RENEWING, ADD TO YOUR SERVICE:

HYDROTHERAPY CIRCUIT (SAUNA, STEAM ROOM, COLD PLUNGE, AND JACUZZI) - \$600 PER PERSON | 40 MINUTES



“Body Strategist” Exfoliation and Montalcino Thermal Mud Wrap

90 minutes \$4,200

“Your body is your temple. Keep it pure and clean for the soul to reside in.” - B.K.S. Lyengar

Our detoxifying and nourishing body wraps are influenced by the traditional application of vital clays and nourishing muds, allowing the body to perspire, the pores of the skin to open, and toxins to be released. The wrap is preceded by skin preparation with dry brushing and exfoliation. A generous application of warm herbal oil, known for its anti-aging and firming properties, helps to condition and restore the body, accompanied by an intensified sensory experience in the form of rain.

DETOX

“Body Strategist” 2-in-1 Firming Exfoliation and Wrap

90 minutes \$4,200

“Your body is your temple. Keep it pure and clean for the soul to reside in.” – B.K.S. Iyengar

Our detoxifying and nourishing body wraps are influenced by the traditional application of vital clays and nourishing muds, allowing the body to perspire, the pores of the skin to open, and toxins to be released. The wrap is preceded by skin preparation with dry brushing and exfoliation. A generous application of warm herbal oil, known for its anti-aging and firming properties, helps to condition and restore the body, accompanied by an intensified sensory experience in the form of rain.

Body Contouring Treatment

90 minutes \$4,200

“Never dim your light to match those around you, and never lose your distinction to blend in with others, because you have the responsibility to be all that God has called you to be.”

-Shawn Brooks

An intensive and effective activation system that ensures immediately toned, smoother, softer and more luminous skin. This treatment can be stand-alone or part of a series to calm the mind and body from the harmful effects of stress to detox and reactivate. The application of active ingredients to stimulate the metabolism and promote thermogenesis will remind the body how to eliminate excess waste and fat storage, while increasing cell regeneration and vitality.



SKIN CARE

Our skin and face care collection offers deep healing experiences and corrective care with 100% natural ingredients and botanical remedies to support your beauty from the inside out.



ITALIAN VEGAN LINE COMFORT ZONE

Regenerative + Bio-acoustic Sound Sanctuary

60 minutos \$3,100

Our holistic facial for urban skin addresses all the most common signs related to stress, such as dehydration, dullness, imperfections, fine lines and wrinkles, and slows down the symptoms of aging. A 4-step treatment protocol by Skin Regimen mixed and matched to customize your regimen: to prepare, recharge, correct, reset for only the best results.

Personalized Holistic Facial + Bio-acoustic Sound Sanctuary

60 minutes \$3,100

This purifying treatment featuring the Skin Regimen collection protects and strengthens the skin by hydrating it, reducing inflammation and combating the aging process. Completely personalized to your needs and is especially excellent for skin exposed to environmental pollution, stress and lack of hydration.

Vital Oxygen Facial + Bio-acoustic Sound Sanctuary

60 minutes \$3100

Driven by Immunocologie's Vital Oligo Science, your skin is infused with essential minerals, nutrient-rich oils and powerful antioxidants. Bring back hydration and healthy glow while supporting the integrity, health and vitality of your skin. By increasing microcirculation and combating environmental aggressors, this facial will support skin integrity.



Crystal Energy Facial + Bio-acoustic Sound Sanctuary

60 minutes \$3,100

The “Crystal Energy” Facial by Immunocologie is an extraordinary experience for the mind, body and soul powered by Immunocologie cellular science and high-performance ingredients. Skin is infused with enriching nutrients of minerals, vitamins, oils and powerful antioxidants. Bring back hydration, vitality and health to the skin while helping to support overall well-being and the skin's immune integrity, vitality and microbiome for a renewed long-lasting glow and balance.

Face Lifting Massage + Bio-acoustic Sound Sanctuary

60 minutes \$3,550

All the benefits of our most effective and natural face lifting massage, with specific and repetitive movements to stimulate blood flow, remove toxins and release tension. The specialized movements in combination with our highly effective products they improve muscle tone, lifting and softening facial contours, smoothing lines and wrinkles while calming the mind and improving overall skin health.

**TO MAKE YOUR EXPERIENCE EVEN MORE
THERAPEUTIC AND RENEWING, ADD TO YOUR SERVICE:**

LIVE HIMALAYAN BOWL SINGING DURING YOUR MASSAGE - \$2200
LEMI BED IN WATER - \$799
LEMI BED IN QUARTZ - \$799



TETÉ SALÓN

Our Salon at NIMA Urban Spa is an essential place to add finishing touches and enhance the effect of your innate inner beauty and wellness experience. The Hall is available for individual bookings, as part of a combined experience, or for private groups and weddings. All reservations must be made through the Spa Reception.



Hairdressing services

Haircuts and styles for women - \$850
Men's haircut - \$800
Trimming - \$700
Fringe design - \$400
Tip cleaning - \$700
Shaved - \$850
Loose Hairstyles (Dry, Waves, Straightening) - From \$480
Updo Hairstyles (Bun, Braid, Buns, Ponytail) - From \$700
Day makeup \$1,900
Special makeup - \$2,000
Bridal makeup - \$8,000

Nail care services: NIMA Essence Manicure

60 minutes \$1050

Our own indulgent take on the manicure combines precision with elegance and treats hands to a luxuriously hydrating, locally-inspired experience. With attention to nail shaping, a hand ritual exfoliation and a revitalising cuticles treatment. Your hands are bathed and revitalised with a hand massage and finished o with a nail lacquer or gelish of your choice.

Simple Manicure

30 minutes \$395

Cleaning, shaping, hydrating and applying simple polish.

Men's Manicure

30 minutes \$370

Cleaning, shaping, hydrating with a 5-minute massage.



NIMA Essence Pedicure

60 minutes \$1275

Your feet are in good hands with our expert pedicure services that include cuticle cleaning, callus and heel exfoliation, dry skin treatment, and bung application. The traditional-inspired pampers your feet starting with a deep foot and leg cleansing, where rough areas are smoothed, followed by an expert foot and leg massage and finally the application of a high- shine hairspray or gelish.

Simple Pedicura

40 minutes \$495

Cleaning cuticles and cutting nails

30 minutes \$395

Additional services

Mani and Pedi Masaje 20 minutes \$200

It consists of a relaxing and deep massage of hands and feet, working nerve endings, with essential oils.

Simple Gelish Application - From \$350

Gelish Removal - \$150

Acrylic Removal - \$200

Acrylic Application - From \$650

Acrylic Patch - From \$99





Face Yoga

60 minutes \$1099

A natural facelift without needles.

Drains fluids, eliminates muscle tension, sculpts features, and activates circulation to restore firmness and lightness to the face.

Spiritual connection: This treatment is a ritual of self-recognition. Each Kobido movement, each roller on your skin, invites you to inhabit your face with love, to release emotions you have unconsciously held, and to look at yourself with gentleness. It is not aesthetics: it is presence.

Includes techniques: Kobido massage + electrostimulation + Gold roller + Black jade roller.

To make your experience even more therapeutic and rejuvenating, add to your service

Hyaluronic acid hydrojelly mask | 15 minutes - \$299

Hot stones | 15 minutes - \$249

Blackhead extraction | 45 minutes - \$339

Electrostimulation - \$249

High-frequency hair treatment - \$249

Face Yoga Express

45 minutes \$849

The express version for those who need quick results

Tones, reduces inflammation, and improves circulation.

Spiritual connection: It is a brief but powerful moment of connection with yourself. Like a deep breath in the middle of the day. It invites you to slow down, return to your body, and remember that inhabiting yourself is a form of self-love.

Includes techniques: Guasha + Gold roller + Jade roller + Cryoballs + Kobido massage

To make your experience even more therapeutic and rejuvenating, add to your service:

Hyaluronic acid hydrojelly mask | 15 minutes - \$299

Hot stones | 15 minutes - \$249

Blackhead extraction | 45 minutes - \$339

High-frequency hair treatment - \$249



Hydrating & Oxygenating Treatment

60 minutes \$1099

Restores radiance and cellular oxygenation.

Spiritual connection: This treatment is an invitation to breathe in life. By oxygenating the skin, we also oxygenate thoughts, emotions, and perception. Regain your glow, not only that of your skin, but also that of your essence

Includes techniques: Airbrush with moisturizing ampoule + Hydrojelly + oxygen dome + Gold roller

To make your experience even more therapeutic and rejuvenating, add to your service:

Hyaluronic acid hydrojelly mask | 15 Minutes - \$299

Blackhead Extraction | 45 Minutes - \$339

High-frequency hair treatment - \$249

Gold Roller | 10 Minutes - \$149

Energetic Facial with Hot Stones

45 minutes \$849

Relaxes the nervous system, promotes lymphatic drainage, and releases stagnant energy.

Spiritual connection: The stones activate your inner fire, your vital energy. They help you return to your body, release accumulated tension, and reconnect with your emotional center. You end up with less weight on your skin and in your soul.

Includes techniques: Energetic facial massage + Black jade roller + Hot stones + Cryoballs / Cold stones.

To make your experience even more therapeutic and rejuvenating, add to your service:

Hot stones | 15 minutes - \$249

Blackhead extraction | 45 minutes - \$339



Head Spa

At Nima Urban Spa, we honor the head as the source of energy and calm.. Our Head Spa combines ancestral techniques, mystical touches, and the minimalist elegance that defines us to purify, nourish, and activate.

That's why we've created three unique rituals, each with its own personality, so you can choose the depth of experience your body needs today.

Here, water and hands work their magic; you simply receive.

Short Ritual — Purification & Calm

20 minutes \$249

A mindful wash, relaxing massages, and gentle release techniques that restore lightness, clarity, and immediate peace.

Medium Ritual — Nourishment & Balance

45 minutes \$849

Includes all of the above, plus specialized tools, hair masks, and deep techniques to revitalize your scalp, hair, and mind

Long Ritual — Renewal & Facial Awakening

60 minutes \$1,099

Our most complete ritual: the traditional Head Spa fused with Eastern and Mexican facial techniques, energy alignment, and maneuvers that awaken luminosity.

To make your experience even more therapeutic and renewing, add to your service:

Scalp exfoliating mask | 15 minutes - \$249

Easy drying with brush for short hair - \$150

Easy drying with brush for medium hair - \$250

Easy drying with brush for long hair - \$350

Styling from - \$480

Haircut - \$850

High Frequency Hair Treatment - \$249



HYDROTHERAPY CIRCUIT

NIMA Urban Spa offers one of the most sophisticated hydrotherapy circuits in Mexico City. Faithful to the traditional SPA (health through water), we believe that deep purification and healing on a physical and energetic level requires immersion in water, in its various forms. The hydrothermal experience at NIMA offers an aromatic steam and dry sauna, hot jacuzzi and cool plunge, exfoliation and clay therapy, as well as many relaxation opportunities.

\$600 40min / \$1,000 80min

HIDRO RITUAL FRIENDS
4 to 8 people 50min \$6,732



DETOXIFIES



HOT
Sauna
Steam with clays Jacuzzi
10 - 15 min

ACTIVE



COLD
Cold Jacuzzi
20 - 60 sec

RENEW



RELAX
Loungers
Tonics Healthy snacks
15 min



Sculptia Circuit Water - \$4,000

Our circuit includes: 1 autoimmune pre-workout shot, 40-minute hydrotherapy circuit, 90-minute body wrap massage, 1 berry smoothie with a scoop of protein.

Green Energy Circuit Earth- \$990

Our circuit includes: 40-minute hydrotherapy circuit, 30-minute infrared session.

Holistic Harmony Circuit Air - \$1,395

Our circuit includes: 1 anti-inflammatory shot, 20-minute sauna and steam bath, 40-minute Biomat and Bio-acoustic treatment.

Vitality Circuit Fire - \$1,408

Our circuit includes: 80-minute hydrotherapy circuit, 30-minute infrared session, and 1 "La Huerta" lemonade.



TERMS AND CONDITIONS

Reservation and cancellation policy

To book your experience or reschedule you can contact the spa directly. We recommend booking in advance to ensure availability, to cancel the reservation please do it 24 hours before so that we can attend to your request, in spa packages or group reservations the cancellation must be made 48 hours before as last minute cancellations will be subject at 100% of the service charge.

Arrival

For an exceptional experience, we invite you to attend 20 minutes in advance to check-in. A late arrival will affect the length of the scheduled appointment. All treatments are carried out at the time and scheduled for avoid delays for the next guest.

Gender preference

For a more pleasant experience at the time of booking you can mention your therapist's gender preference. All of our talent is trained to respect the privacy of our guests and create a comfortable and relaxing environment.

Spa Attire

Robes, slippers and disposable underwear are available.

We recommend that you bring a swimsuit to use the mixed hydrotherapy circuit.

Important note: During the use of hydrotherapy please do not apply creams, masks or body lotions.

Age requirements

Spa services and facilities are available to guests over 18 years of age, we welcome teenagers from 14 to 17 years old accompanied by their parent or guardian.

Tips and service charge

Nima Urban Spa informs our guests that tipping is not mandatory, but if your experience was pleasant you may consider leaving a 15% tip on the total bill as a sign of appreciation for the talent.

Gift certificates

Nima Urban Spa gift certificates are available for all services.

Health conditions and allergies

Please mention any treatment or medical condition at the time of booking so we can personalize your experience. The massages or treatments offered by Nima Urban Spa are exclusively therapeutic in nature, any behavior or request for an inappropriate service, the service or treatment will be terminated without refund.



NIMA
URBAN SPA

ATTENTION SCHEDULE

Monday to Saturday from 8:30 am to 8:00 pm Sundays from 8:30 am to 8:00 pm

Concierge: +52 55 6090 7667

www.nimaurbanspa.com

