

Enveloped by San Miguel de Allende's recognized positive energy, Sense, A Rosewood Spa® is a world-class sanctuary offering respite and rejuvenation for body, mind and spirit. Fusing proven techniques and products from around the world with local healing traditions and indigenous ingredients, the spa presents a full range of therapies, treatments, massage and skin care services that are as unique as they are indulgent.



Situated on the top floor of Rosewood San Miguel de Allende, the spa offers inspiring views of the historic Centro, separate facilities for men and women featuring sauna, steam and an array of thoughtful amenities as well as a couple's suite, wet treatment room, and children's and spa tapas menus.



## SENSE SPA JOURNEYS

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All of our Sense Spa Journeys have been carefully designed to unite

energies with the splendor of the surrounding natural environment.

You are encouraged to arrive at least 30 minutes prior to your treatment

time to fully enjoy our exclusive amenities and facilities.



### SAN MIGUEL SENSE EXPERIENCE

Treat yourself to an array of Sense spa's signature services. This half-day package combines an indulgent Massage de Allende and San Miguel Signature Facial with a De Allende Manicure, Cobblestones Pedicure and delicious spa lunch. 3.5 hrs. plus lunch

### STEP INTO SAN MIGUEL

After an exhilarating guided walk through historic San Miguel, where the inherent reflexology of the age-old cobblestones is experienced in an atmosphere that stimulates all of one's senses, enjoy our Signature Mole body treatment, a delicious spa lunch and Cobblestones Pedicure. 30-min. excursion; 4 hrs. in spa

### THERMAL WATERS WELLNESS

Experience the natural thermal pools of San Miguel. Your therapist begins your visit to the pools with a greet-the-morning Yoga stretch before you head into the healing waters. A delightful tea service is enjoyed on the 10-minute return drive to the resort. Back at the spa, savor a Signature Mole or Lavender de Allende Scrub and a Thermal Stone Fusion Massage followed by breakfast. A great way to start the day! 2-hr. excursion (approx.); 80 mins. in spa plus breakfast

### SPA CONCERTO FOR TWO

Travel to a destination where renewal of body, mind and spirit can be shared in a relaxing retreat for two. In the privacy of a spa suite, a tea service for two is enjoyed during a quiet stone foot massage. Unite the breath and your intention as our therapists lead you both through an aromatherapy ritual and into a sumptuous 80-minute massage. Last, revitalize with a bath or shower and a cool refreshment. 2.5 hrs.

### ROSEWOOD RETREAT

This all-inclusive spa day is tailored just for you! After a full-body exfoliation, an 80-minute Aromatherapy Massage will carry you to a state of pure bliss and relaxation. A quiet lunch and a bit of leisure time in the spa are followed with an Ultimate Skin Care Facial to firm, brighten, hydrate and protect your skin. This sublime retreat concludes with a perfecting manicure and soothing Cobblestone Pedicure enhanced with a drizzled lavender honey massage and shea butter stone foot massage. 5 hrs.

## SENSE OF WELL-BEING

Our therapists are guided by Mexican healing traditions that emphasize a mind-body-spirit connection. Massage therapies from around the world are enhanced with herbs, natural thermal waters and earth elements to promote balance and healing.

### MASSAGE DE ALLENDE

Deep aromatic breath guided with our signature aromatherapy and the pouring of warm oil down the spine will inspire the release of tension and transport you to level of complete calmness. Traditional Swedish massage movements that include gentle to firm pressure with long rolling strokes will improve circulation, aid in cleansing the body of toxins and promote rest and relaxation. 50/80/110 mins.

### THERAPEUTIC MASSAGE

Deep tissue massage is especially helpful in releasing back tightness, sore shoulders and sports-related aches and stiffness in overused muscles. Focusing on the deeper layers of muscle and connective tissue, the therapist applies deep pressure along with controlled stretching. Therapeutic massage increases mobility, flexibility and vital energy and is helpful in healing and preventing injury. 50/80/110 mins.

### AROMATHERAPY MASSAGE

Calling upon Nature, an infusion of aromatic plant and flower extracts is blended with oils for a customized healing aromatherapy massage to bring body and mind into balance. This massage, in tandem with Swedish techniques, addresses the central nervous system, supports healthy circulation, nourishes the skin and promotes detox while strengthening the immune system. All you do is relax and breathe... 50/80/110 mins.

### THERMAL STONE FUSION

The elements of earth, wood, fire, water and metal in combination with an ideal balance of hot and cold create harmony between body and spirit in this unique massage. Stones that are heated and cooled relax the muscles while penetrating and circulating energy to the core of the body. Choreographed with warming aromatherapy, deep tissue, stretching and Swedish massage, this therapy helps release stress and tension, improve health and achieve mind/body balance. 80/110 mins.

### DUET SUITE MASSAGE

In a relaxing setting infused with therapeutic aromatherapy, unwind together with a luxurious deep tissue or Swedish massage. A perfect escape for couples, a girls' getaway or a mother-daughter engagement. You will each enjoy the services of a dedicated therapist and your choice of a refreshing mimosa, margarita or herbal tea. 50/80 mins.

## BODY SENSE

Our Body Sense services feature the finest of products from around the world to purify, exfoliate and hydrate the skin in combination with indigenous spa therapies that promote harmony and well-being. Each service includes a collection of treatments such as scrubs, wraps, baths or vichy showers, body massage and full-body hydration.

### SAN MIGUEL SIGNATURE MOLE

The impact of travel and the high altitude of San Miguel can effect your skin, sleep regimen and energy level. This rejuvenating service begins with a blended Mole spice and cocoa scrub to eliminate expired cells and increase circulation. Next, you enjoy a relaxing massage with rich organic shea butter to restore mental clarity, energy and balance. Finally, your body is hydrated and nourished with an herbal mist and anti-oxidant beverage. 80/110 mins.

### LAVENDER DE ALLENDE

Breathe deep. Inhale the calming and balancing benefits of wild lavender in this completely revitalizing spa experience. To begin, salt minerals are combined with lavender in an invigorating full-body exfoliation. Next, a lavender oil full-body massage and warm quartz stone pressure-point massage will balance your senses. As you drift away wrapped in a warm cocoon, experience an indulgent scalp, neck and foot massage with healing stones and lavender oils. Emerge rested and alert with a calm mind. 80/110 mins.

### MINERAL SPRINGS

Inspired by the healing benefits of local thermal pools and medicinal muds, this lavish treatment has a detoxifying and energizing effect. The blood circulates faster and the skin glows with a new brilliance after a lymphatic body brush. Next, a full-body mud wrap will deep cleanse, moisturize, soften and heal the skin as well as relieve inflammation that causes aches and pains. After a gentle rinse, immerse in a bath rich in thermal minerals and aromatic botanicals, followed by a full-body mineral hydration. 80/110 mins.

### MILK & HONEY

The ancient traditions of bathing in milk inspire this relaxing bath that will reveal your skin's natural beauty. After a crystallized honey body scrub is applied to reveal a luminous glow, lose yourself under the warm drizzle of honey from San Miguel's lavender bees during a warm relaxing massage. A gentle rinse and hydration will leave you in a state of perfect repose. 80/110 mins.

### SALTS OF THE EARTH

Purify the body of toxins while toning and firming with ingredients harvested from land and sea. A scrub with pure salts mined from around the globe balances and purifies the body. A gentle rinse prepares the body for a detoxifying algae wrap, rich in antioxidants, vitamins and minerals. After a vichy rinse, melt in to a blissful massage with organic essential oils and sea minerals. 110 mins.



## ESSENTIAL SKINCARE

An expert consultation at the beginning of your facial ensures the best treatment choices for your skin type. All facials include aromatherapy, antioxidants and minerals, massage of the face, neck, décolleté and hands, and personalized product selection with graduating strengths of professional skin care as well as a mineral powder dusting that acts as a natural sun block. All 80- and 110-minute facials include a deep tissue firming and lifting facial massage.

## SAN MIGUEL SIGNATURE FACIAL

For clean skin and a radiant complexion, the signature facial revitalizes skin and restores its tone and vitality in a balancing atmosphere of essential oils, anti-oxidants and great skin care. Your face will be hydrated, purified and deeply cleansed. 50 mins.

## ADVANCED CARE FACIAL

Rediscover your skin's natural balance and suppleness. Highly beneficial for those with sun-damaged skin, scarring, fine wrinkles, oily problematic skin or sensitive skin, this service combines our signature facial with a specialized professional-grade mask that firms, resurfaces, purifies, brightens and/or repairs damaged skin. You will see immediate results from one of the following active ingredients: alpha or beta hydroxyl acid peel, Vitamin C or enzyme peel, collagen firming or sonic deep cleansing. 50/80 mins.

## ULTIMATE SKIN CARE FACIAL

Lift, tighten, firm, brighten, hydrate and protect using concentrated professional strength products for dramatic anti-aging results. You and your esthetician will select from topical peels followed by firming masks, microcurrent technology and eye masks for incredible results. Perfect your appearance and your mood, melting away the signs of stress. 50/80 mins.

## ROSEWOOD CUSTOM FACIAL

For those serious about preventive and restorative skin care, this all-inclusive luxury facial includes eye, neck and décolleté treatments and deep tissue facial massage. Our complete selection of advanced and professional peels, facial technology and anti-aging masks is customized to achieve your goals. A massage and shea butter mask for your hands and feet completes this passage to radiance. 80/110 mins.

## FRESH FACIAL

Get fresh in a few minutes. This aromatic treatment begins with sonic deep-cleansing technology and is followed by an infusion of selected facial care to replenish the skin's nutrients and restore tone and color for a vibrant, refreshed look. 25 mins.



## PARTICULARS

### DE ALLENDE MANICURE

Meticulous grooming, a hydrating hand massage and your choice of polish unveil a perfect set of nails. 25 mins.

\*Stay a while longer... Relax with massage and an all-natural mask that works with heat to penetrate deep into the skin to renew, soften and protect your hands. Finish with your choice of color or French polish. 50 mins.

### COBBLESTONES PEDICURE

A complete sensory experience; breathe gently and relax the soles. This retreat for the feet begins with a melt-away sugar scrub and organic hydrating mask to refine the skin and smooth rough areas, followed by a warm stone massage, expert grooming and perfect lacquer. 50 mins.

\*Stay a while longer... Add a massage of drizzled lavender honey, shea butter hydration, stone reflexology and your choice tea, coffee, smoothie or fresh-squeezed juice with tasty spa treats. 80 mins.



## PARTICULARS CON'T.

### SPA TAPAS

Combine two or more spa tapas for a short and sweet treat. This delicious menu of express services is ideal for the spa novice or as a way to explore several spa delights within a short time. Each service features customized aromatherapy. 25 mins. each

**SCALP:** A concentrated scalp massage, customized with UVA scalp and hair protection, herbal care for hair and aromatherapy to release tension in the head, neck and shoulders

**SOLE:** A relaxing foot massage combining gentle stretching with massage to relieve tension, soothe aches and heal the body

**SHAKE:** Express grooming for nails and cuticles with warm shea butter mask and massage for the hands and nail buff or clear coat

**STEP:** Express grooming for nails with exfoliation and hydration for calluses and cuticles

**SCRUB:** A quick scrub from shoulders to toes to leave you looking vibrant and feeling velvety smooth

### ROSE BUDS® JUNIOR SPA MENU

This special menu offers perfect choices for the budding spa-goer. A parent or guardian must be present for all spa services, which makes it a perfect time for a mother-daughter visit to the spa.

**PETALS** (*especially for ages 5-9 years*): Manicure and pedicure to moisturize, protect and polish hands and feet to perfection. 50 mins.

**IN BLOOM** (*especially for ages 9-13 years*): A deep-cleansing and perfecting facial that addresses young, evolving skin as well as a great opportunity to learn about treating and preventing blemishes. 50 mins.

**BLOSSOM** (*especially for ages 11+ years*): Choose from a relaxing scalp or foot massage. 25 mins.

### HAIR REMOVAL

The spa offers quick, expert waxing from head to toe. All facial waxing is followed with a mineral dusting to reduce redness and inflammation, act as a sun block and prevent break outs.

# TREATMENT MENU PRICE LIST

## SENSE SPA JOURNEYS

San Miguel Sense Experience	3.5 hrs./3700
Step Into in San Miguel	4.5 hrs./2975
Thermal Waters Wellness	3.5 hrs./4590
Spa Concerto for Two	2.5 hrs./5295
Rosewood Retreat	5 hrs./4280

## SENSE OF WELL-BEING

Massage de Allende	50 mins./1235	80 mins./1595	110 mins./1885
Therapeutic Massage	50 mins./1235	80 mins./1595	110 mins./1885
Aromatherapy Massage	50 mins./1235	80 mins./1595	110 mins./1885
Thermal Stone Fusion		80 mins./1595	110 mins./1885
Duet Suite Massage	50 mins./2465	80 mins./3190	

## BODY SENSE

San Miguel Signature Mole	80 mins./1740	110 mins./2105
Lavender de Allende	80 mins./1740	110 mins./2105
Mineral Springs	80 mins./1740	110 mins./2105
Milk & Honey	80 mins./1740	110 mins./2105
Salts of the Earth		110 mins./2105

## ESSENTIAL SKINCARE

San Miguel Signature Facial	50 mins./1380		
Advanced Care Facial	50 mins./1380	80 mins./1740	
Ultimate Skin Care Facial	50 mins./1380	80 mins./1740	
Rosewood Custom Facial		80 mins./1740	110 mins./2175
Fresh Facial	25 mins./725		

## PARTICULARS

DE ALLENDE MANICURE	25 mins./365
With massage, mask & polish	50 mins./510

COBBLESTONES PEDICURE	50 mins./510
With massage, hydration, reflexology & treats	80 mins./655

## SPA TAPAS

Choose two or more: Scalp, Sole, Shake, Step and/or Scrub	25 mins. ea./365 ea.
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## ROSE BUDS® JUNIOR SPA MENU

Petals Manicure & Pedicure	50 mins./725
In Bloom Facial	50 mins./870
Blossom Massage	25 mins./365

HAIR REMOVAL	Prices vary
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Prices, listed in Mexican Pesos, are subject to change and inclusive of 16% tax.  
Prices are exclusive of service charge.

## SPA ETIQUETTE & POLICIES

**Arrivals** Treatments are carefully planned to accommodate each and every client. In a spirit of mutual respect, we kindly request that you arrive on time in order to experience your full treatment time. We encourage you to arrive at least 30 minutes prior to your appointment to enjoy the facilities. Late arrivals will be finished within the scheduled treatment time while the fee will remain unchanged.

**Spa Amenities** On arrival you will be supplied with a bathrobe, sandals and a locker for your personal belongings. Towels are offered throughout the spa and disposable underwear is available for all body treatments. Facilities include separate men's and women's locker rooms with relaxation areas, wet lounges and vanities stocked with a variety of toiletries.

**Etiquette** Our spa environment is one of tranquility and relaxation. In consideration of other spa guests, we ask that you speak in a quiet voice and switch off mobile phones and pagers. If using headphones, please make sure the volume level is not audible to other guests. The spa is a non-smoking zone.

**Special Requests** Feel free to request your preference for a specific technician. Our trained professionals properly drape you throughout your service. We strive to fulfill your wishes based upon availability. If you need assistance with anything during your spa experience, such as an adjustment to lighting, sound, temperature, pressure or technique of your spa service, please let your technician know.

**In-Room Treatments** In-room treatments are offered from our Sense of Well-Being massage menu. Times and prices vary from the in-spa menu and a surcharge applies. Please inquire at spa reception for more information.

**Health** Please refrain from shaving before all body treatments and men's facials. To maximize the benefits of your spa experience, please inform us of any health issues, allergies or injuries that may make the treatment you have chosen unsuitable so that we may advise safer alternatives.

**Pregnancy** We have specially designed treatments for expectant mothers. Allow us to assist you in selecting suitable treatments for this special time. We advise you to consult with your physician prior to booking.

**Children** Spa and fitness areas are reserved for guests 16 years or older. Children are allowed in the spa by appointment only and must be accompanied by an adult during their visit.

**Cancellations** Cancellations must be received at least 24 hours prior to the appointment time to avoid full service charge. If you are traveling by air, we suggest you schedule appointments at least six hours after you are scheduled to arrive in case of flight delays.

**Loss or Damage** We regret that we cannot be responsible for any loss or damage to personal items and valuables during your visit. Please refrain from wearing jewelry or valuables to the spa.

**Conference, Corporate & Group Packages** The spa offers a variety of treatments, packages and group discounts. Please contact the spa for information, terms and conditions.

**Appointments** We recommend scheduling in advance to ensure preferred appointment times. Credit card and contact details are required at the time of reservation to guarantee external bookings.

For appointments, gift certificates or further information, please contact us at:  
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