

SONIDO DEL MAR

Hotel Boutique Pool & Yoga Loft

MASSAGE



MAYAN MASSAGE

RELAXING MASSAGE

A relaxing massage is a gentle yet firm treatment designed to release tension in the body and help calm both the body and mind.

60 min - \$90 USD

90 min - \$120 USD

MAYAN HONEY MASSAGE

This treatment begins with a back massage using honey and warm water to help release muscle tension, followed by a full-body oil massage. Thanks to the active properties of honey, it has decontracting and deeply relaxing effects.

90 min - \$120 USD

MAYAN CLASSIC MASSAGE

A full body massage with specific focus on the realignment of the internal abdominal organs. The abdominal work has a profound effect on digestive system.

90 min - \$120 USD

DEEP TISSUE MASSAGE

This massage focuses on the muscle of the upper body to help reduce pain and tension. By working on the deeper layers of tissue, it is especially effective for chronic conditions affecting the neck, shoulders and back.

60 min - \$90 USD

90 min - \$120 USD

MAYAN THERAPY

MAYAN CHOCOLATE THERAPY

Cocoa is rich in antioxidants that nourish and hydrate the skin.

The scent of chocolate promotes relaxation and well-being, and its aroma can trigger the release of endorphins – the body’s natural “feel-good” hormones.

Treatment includes:

15 min exfoliation → shower → 20 min chocolate wrap → shower → relaxing massage for the remaining time.

90MIN \$ 140 USD

HOT STONE MASSAGE

Relaxing massage with hot stones placed in acupressure and energy points that serve and help relax muscle tension and achieve a perfect energy balance

90MIN \$ 130 USD

JUNGLE WRAP

Full body treatment with organic products that regenerate and moisturize the skin among its multiple benefits. It is a treatment with exfoliation followed by a mask to close with a relaxing massage.

90MIN \$ 140 USD

SUCTION CUPS

It consists of applying suction cups on the body, to which the air is extracted and manipulated in order to eliminate toxins from the blood and lymph or treat various conditions. Aided by a manual full-body massage.

90 min \$ 130 USD

HOLISTIC THERAPY

HOLISTIC MASSAGE

It is a technique that consists of treating the body and mind as a whole, connecting all the aspects that make up the human being: body, mind, soul and spirit. Quartz is used for chakra alignment.

90 min \$ 120 USD

AYURVEDIC MASSAGE

Indian massage, essential oils are used depending on the unbalanced energy of the patient. it is done on the floor or bed.

We use hands and feet for the weaving work. Balance benefit and unblock stuck energies in the body.

60MIN \$ 90 USD

90MIN \$ 120 USD

ENERGETIC MASSAGE

Helps improve mood, anxiety and stress. Relieves physical and psychological tensions. Helps improve attention. Clear dense energies.

**60MIN \$ 90 USD 90MIN
\$ 120 USD**

EXPRESS MASSAGE

REFLEXOLOGY

It consists of the application of pressure, stretching and manipulation in these extremities to achieve a specific effect in the corresponding area of the body and thus restore its balance.

\$ 40 USD 30 min

CHAMPI MASSAGE

It consists of a massage with essential oils on the head, touching different points, under friction, to achieve relaxation and unblock tensions, achieving physical well-being.

\$ 40 USD 30 min

EXPRESS MASSAGE

It is a delicate massage focused more on the back and ending with the legs, using essential oil.

NECK BACK SHOULDER

\$30 USD 25 min

BACK HEAD FACE

\$40 USD 30 min

BACK SHOULDERSLEGS

\$60 USD 45 min

SONIDO DEL MAR

A 50% DEPOSIT IS REQUIRED AT THE TIME OF BOOKING.
WE KINDLY ASK FOR AT LEAST 4 HOURS' NOTICE FOR
CANCELLATIONS.

FOR CANCELLATIONS MADE WITH LESS THAN 4 HOURS'
NOTICE, 50% OF THE SERVICE COST WILL BE CHARGED.
WHEN BOOKING, PLEASE INFORM US OF ANY ALLERGIES,
INJURIES, OR MEDICAL CONDITIONS THAT MAY AFFECT
YOUR TREATMENT.