

# *The Spa*

at TOSA Blue Mountain

## **Wellness Massage**

Our most popular massage invites you into deep relaxation while increasing circulation & reducing stress, tension & soreness. Includes aromatherapy & hot stones on the back.

60 minutes - \$70

## **Ecuadorian Organic Cacao Massage**

Bring your wellness to the next level! This two-hour indulgence expands the wellness massage & offers your body the benefits of Cacao. Wondrous!

120 minutes - \$150

## **Hot Stone Massage**

Melt away muscle pain & tension with the skillful application of hot and cold stones to the entire body, in conjunction with sacred aromatherapy throughout the massage for a deeply relaxing experience of the mind & body.

90 minutes - \$100

## **Ayurveda Pizhichil Therapy**

Known throughout the ages as the "treatment of kings", this treatment is a synergy of slowly dripping medicinal oil on the body along with massage. An ancient therapy balancing the physical, mental & emotional bodies into a blissful state.

90 minutes - \$125

Avenida Chicti a DugDug Km 4.5, Paute 010150



# RELAX & REJUVENATE

**Enhance your Service or  
enjoy as a quick treatment  
on it's own:**

**Foot Reflexology Treatment  
(30 minutes) - \$55**

**OMEGA Light Facial LED Therapy  
(20 minutes) - \$25**

[www.tosablue mountain.com](http://www.tosablue mountain.com)



# *The Nail Salon*

at TOSA Blue Mountain

*Signature Organic Scrubs*

*High-quality products*

*Privacy & Attentive Service*

## **Fresh Hands Manicure**

Pamper your hands with our full-service manicure for men and women. Our professional manicurist will attend to your skin, cuticles & nails with attention to the details. Includes our signature sugar scrubs & your choice of polish or buff.

45 Minutes - \$25

## **Fresh Hands Gel Manicure**

All of the benefits of our Fresh Hands Manicure with the addition of Gel Polish that lasts for weeks!

60 minutes - \$35

## **Treat my Feet Pedicure**

Indulge your feet with our full-service pedicure. Your feet will love you as they deeply soak in bubbles. Our specialist will scrub your feet & meticulously attend to your nails. Features our signature Eucalyptus sugar scrub & your choice of polish or buff.

45 minutes - \$35

1 hour with Gel Polish - \$45

## **Manicure & Pedicure Package**

Combine these services into a package as your feet and hands thank you for the love and attention. Ready to greet the world, looking & feeling amazing!

90 minutes - \$55

120 minutes with Gel Polish - \$70

## **Compliment your Nail Services with...**

Sumptuous Paraffin  
Treatment for Hands  
\$12

Paraffin Foot Treatment  
for Super Softness  
\$14

Foot Reflexology  
Treatment  
(30 minutes) - \$55



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## Unique Spa Experiences

### **AVESA Balancing**

Relax, release stress & invite the body into a state of harmonic balance that calls forward your natural radiance!

\$55 - 30 minutes

\$150 - 3 sessions

### **Radio Frequency (RF) Reverse Aging Treatment for Face & Neck**

Painless, non-invasive treatment that rejuvenates skin metabolism & collagen regeneration, smoothes wrinkles, reverses aging!

\$110 - 60 minutes

\$300 - 3 sessions

### **RF Body Sculpting Treatment**

RF Treatment for the body rejuvenates skin metabolism & collagen regeneration, reduces fat & reverses aging!

\$110 - 60 minutes

\$300 - 3 sessions

### **RF Laser Lipolysis**

RF Treatment specific for fat reduction, improving the look & feel of the skin, & smoothing problem areas

\$110 - 60 minutes

### **Epoch Laser**

FDA-Approved medical grade Laser that relieves pain & inflammation, supports rapid healing from injuries & surgeries, and supports full-body revitalization. Painless & non-invasive!

Epoch Laser Core Light Infusion (45 minutes) \$70

Epoch Laser Pain Therapy (30 minutes per area) \$50

Laser Light Full-body Restorative Treatment (90 minutes)  
\$180

## RENEW & RESTORE

Harmonic Balance

Reverse Aging

Pain Relief

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## at TOSA Blue Mountain

### RESTORATIVE SPA PACKAGES

#### Glowing from Within

Sink into deep relaxation during our most popular 60-minute Wellness Massage with delightful aromatherapy and hot stones on the back to melt away deep tension.

Then receive an LED Light Facial while simultaneously receiving Foot Reflexology which increases circulation and stimulates healing in all body systems. You will see and feel the glow from within!

*100 minutes - \$110*

#### Balance Restored

While you relax on the massage table, our AVESA Master Therapist soothes and balances the body, emotions, mind and spirit through this potent healing protocol while holding your Sacred Intention. You will feel yourself return to your natural Harmony and optimal Balance. Followed by a relaxing Foot Reflexology Treatment which supports and restores all body systems, you will feel brand new!

*60 minutes - \$80*

#### Relax & Detoxify

While you sit and relax with a lovingly prepared foot bath, you will visibly see what your body releases during a Full Body Foot Detoxification. Then pamper your feet with a refreshing Eucalyptus Sugar Scrub followed by a Light Massage and Hydrating Paraffin Treatment to seal in moisture. Invite many toxins to leave your body in an instant!

*60 minutes - \$50*



RELAX  
&  
REVIVE