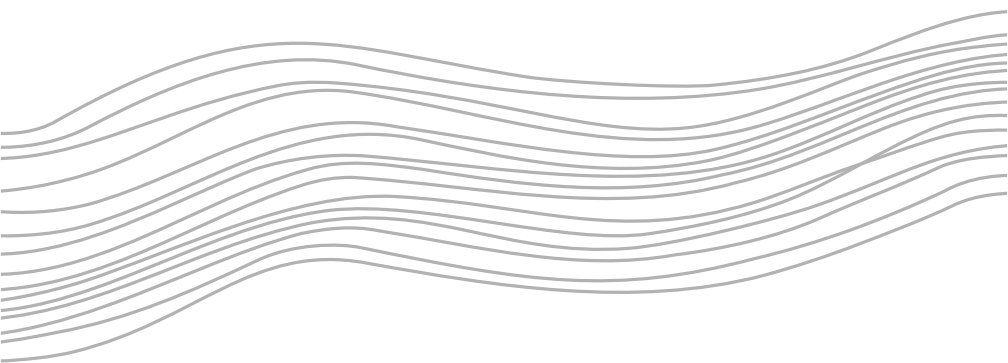
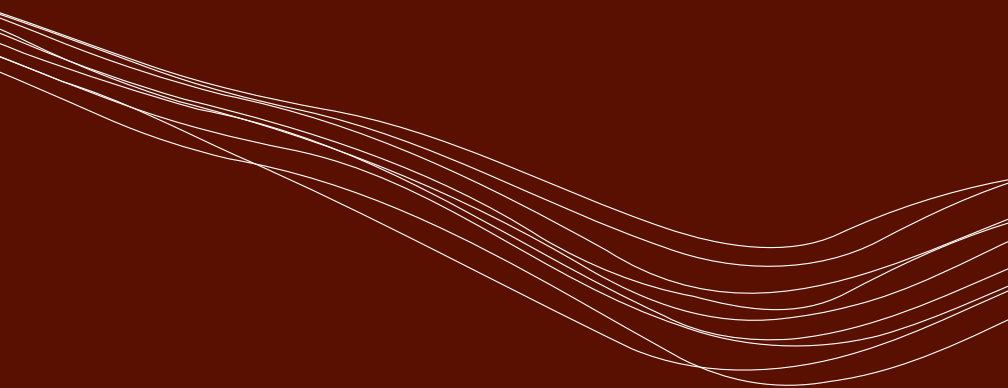


SPA OASIS



AN INTERNATIONAL
WELLNESS EXPERIENCE



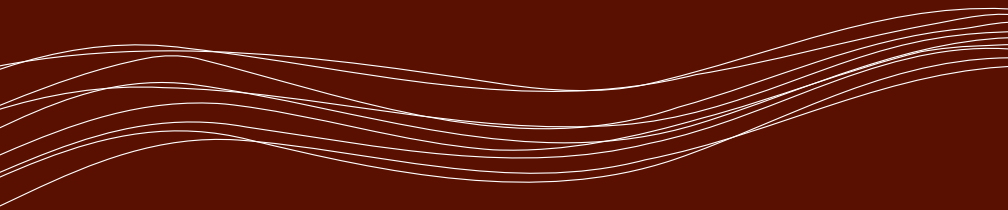
Water:

The source of life itself, the elixir that has sustained it for millennia.

Inspired by the waters of the world and featuring wellness rituals selected from around the globe, Spa Oasis invites you to partake of our many life-affirming treatments and restorative therapies.

From the warm shores of Baja to the thermal springs of the Alps, and from Australia's deserts to Eastern Asian gardens, the expert Spa Oasis staff has crossed continents to bring you a deluxe array of time-honored, transcendent, and altogether tempting wellness traditions.

Whether you seek a few moments to relax, or a full day of indulgence, let the Oasis immerse you in a world of well being.



Volcano Facial

This world-famous hot stone massage has been adapted and perfected for treating delicate skin on the face and neck. Applied in tandem with massage techniques and temperature alterations, the inherent volcanic minerals in the stones help decrease wrinkles, stimulate collagen and elastin production, and leave the face with a firmer, more radiant appearance.

80 minutes \$160

Oasis Signature Facial

This advanced skin care ritual considers the skin and the soul, combining deep relaxation with functional effectiveness. After a welcoming back massage and complete facial cleansing, this pampering treatment is personalized with essential oil alchemies, functional complexes, and pure trace elements based on the needs of your skin. Choose Purifying, Hydrating, Soothing, or Anti-Aging.

80 minutes \$150

Marine Detox Facial

Perfect for all skin types, this facial begins with marine alpha hydroxy cleansers, plus a cosmetic microdermabrasion featuring Caribbean Sea salts and Oyster Powder from Thailand. The heart of this facial is a rich serum and creamy mask containing Bioplancton™, for a cellular wake up call and pollution protection. The treatment finishes with a light, skin quenching fluid.

50 minutes \$110

Men's Exclusive Facial

Balance skin, regain energy, and enhance vitality with a therapy customized for a man's needs. Each session begins with a relaxing back and shoulder mini-massage, and features a vitamin infusion to remove excess sebum and impurities, plus an application of anti-aging or moisturizing gel.

50 minutes \$110

Deep Back Cleanse

A purifying remedy for an often neglected part of the body, this treatment starts with a gentle exfoliation from shoulders to waist. A detox back mask, rich in marine actives, draws out impurities and tightens newly stimulated pores.

50 minutes \$110

Caviar and Pearl Eye Impact

From the depths of the ocean, two luxurious active ingredients combine to dramatically improve your eye contour areas. On its own, it's a targeted treatment. In combination with a facial, it's the ultimate in toning and tightening.

25 minutes \$60

Spa Oasis features Fisiosphere, Olos and Thalmer Thalasso Spa products produced by GTS Group, the Italian leader in professional skin care products. These products are also available for purchase at the spa.

TRADITIONAL MASSAGE
AND BODYWORK



Swedish

A gentle full body massage featuring fluid, circular strokes to enhance circulation, relieve tension and promote mind-body wellness.

50 minutes \$110

80 minutes \$150

Deep Tissue

A deeper, firmer body treatment that employs varied massage modalities to release toxins and break down muscular tension.

50 minutes \$110

80 minutes \$150

Sports

For devoted athletes and other active bodies, a customized massage designed to alleviate sore muscles, enhance flexibility and increase stamina.

50 minutes \$110

80 minutes \$150

Aromatherapy

To calm nerves, restore fatigued muscles and stimulate senses, gentle pressure massage complemented by a blend of pure aromatic oils.

50 minutes \$110

80 minutes \$150

Back, Neck and Shoulders

The ultimate targeted massage, focused solely on relaxing musculature and soothing nerves in the body's most stress-prone zones.

25 minutes \$70

50 minutes \$110

Shiatsu

Whole-body pressure point massage that uses ancient meridians to balance and restore energy flow. Wear light, comfortable apparel.

50 minutes \$110

Prenatal

Using specially contoured cushions, this exceptionally gentle, relaxing massage nurtures both mother and child..

50 minutes \$110

Thai Reflexology

Targeted to points on the feet that correlate to the body's systems, deep pressure handwork releases natural healing energies from the toes up.

25 minutes \$70

Scalp Massage and Reflexology

Foot reflexology, combined with expertly stimulated cranial pressure points on the face and scalp, become pathways for relieving stress and promoting deep relaxation throughout the body.

50 minutes \$110

Upon request, all massage therapies are available with Spa Oasis' signature massage cream. An additional charge of \$5 will be applied to the standard massage fee.

In-room and beachside massages can also be scheduled, weather permitting. A \$10 service charge will be added to the standard massage fee.

Baja Sacred Stone Massage

Mother Earth's own cure. Hot stones, applied to the body in rhythm with respiration, instantly connect your body and soul with such natural daily blessings as warmth, cooling, physical, and sonic vibrations.

80 minutes \$160

LaStone Therapy Crystal Healing Massage

This holistic therapy treats the physical and spiritual being with ancient purification techniques. Using quartz crystals, your therapist will induce a state of deep relaxation to create healing memory patterns.

80 minutes \$160

Luce del Morocco

Inspired by ancient therapies still practiced in the *hammam*, or bathhouse, this stress-relieving massage employs precious argan massage oil. Laden with regenerative antioxidant properties, the oil is worked into muscles with a traditional Mhukka massage tool.

80 minutes \$160

Soffio Di Polinesia

A dancing movement flows throughout your body. This massage, inspired by the Hawaiian technique Lomi-Lomi, eliminates tension and promotes deep relaxation.

80 minutes \$160

Thai Foot Massage

Using wooden sticks to pinpoint reflexology points on the feet, your therapist exchanges energy with you and releases polluting bodily toxins to impart the full benefits of a whole-body massage. Each treatment concludes with a refreshing application of thermal gel to your ankles, feet, and toes.

50 minutes \$110

Thai Yoga Massage

East Asia's most intuitive healing technique was founded on the timeless principle of compassion. As you are gently moved through a variety of postures and stretches, energy line therapy clears obstructions and facilitates flow throughout the body. Wear light, comfortable apparel.

110 minutes \$190

Solar Exposure Rescue Wrap

Soothe an unexpected vacation sunburn with a calming, skin-healing treatment. Marine algae harvested from the ocean's mineral-rich depths hydrate and soothe sun-parched or dehydrated skin while gently stimulating epidermal renewal.

50 minutes \$110

Zen Circulation Wrap

Envelop your body in delicacies from East Asia that pique the senses and feed the skin. Begin with a delicate body polish ripe with almond, lilac, jasmine and a touch of fresh coconut; next, warm rice bags steeped in potent cleansing serums rinse skin, promote microcirculation and stimulate the mobilization of fats. Skin emerges soft as fine silk.

50 minutes \$110

Balsamic Purifying Wrap

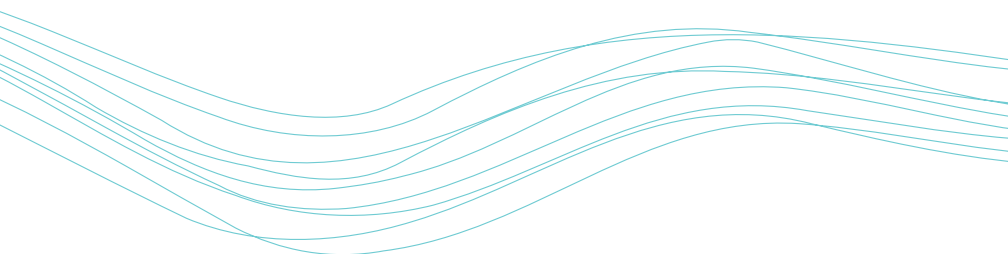
Inspired by classic Mediterranean tradition, an aromatic ritual that combines the fragrance of fresh grapes and blueberry with brisk balsamic vinegar. These highly effective antioxidants nourish skin, thanks to their regenerative alchemy of purifying and anti-aging properties. Each treatment concludes with an energy-imparting mini-massage.

50 minutes \$110

Pure White Wrap

An exclusive body scrub created from muesli and signature ingredients sloughs away and nourishes rough, dry skin; a creamy yoghurt and honey body mask follows to regulate the skin's own pH balance and improve firmness and tone. Your therapy concludes with a reaffirming light massage.

50 minutes \$110



Oasis Dream Ritual

Experience a new wave of well-being: water-based treatments that transport body and mind into the enchanting world of the aquatic. More than a spa visit, it's a personal ritual that invokes the harmonious benefits of steam, mist, chromatherapy, warm air, a polishing shower, and a final, rhythmical massage.

80 minutes \$165

Includes Thalasso Scrub, plus your choice of one of the following wraps:

Thermal White Clay Wrap

Deep clean, detoxify and brighten dull skin the elemental way. After a full wrap in white clay extracted from the depths of thermal springs, immerse your body in a moist veil of pure thermal water.

50 minutes \$120

Oxygen Ocean Blast Wrap

A cascade of active oxygen bubbles release the sea's revitalizing energy into moisture-deprived skin. Start with a full-body mask applied with targeted massaging strokes to activate the natural oxygen in algae and plankton. Finish with an algae laminaria oil that restores smoothness and radiance to the skin.

50 minutes \$120

Remineralized Ocean Blast Wrap

Rehydrate skin sapped by salt and sun without losing the bronze glow of vacation: A wave of water and aromatherapy revitalize and restore mineral balance to the body while maintaining its sexy suntan. The perfect end to a prized Baja getaway.

50 minutes \$120

Thalasso Scrub

An invigorating sea salt scrub and wrap that vigorously smooths rough skin as it cleans it in preparation for the sun. A moisturizing steam soak and ocean spray body mist complete your treatment.

50 minutes \$80

Vichy Aromatherapy

Soothing, tingling and gently sedating, this light rain treatment acts in tandem with an application of custom-blended warm essential oils plus a stress-relieving back massage.

50 minutes \$100

Vichy Drainage Treatment

The ultimate cure for jet lag. Experience the healing properties of algae laminaria applied to your body during a cleansing rain shower to increase circulation. Finish with a lymphatic drainage massage, and feel wholly reborn.

80 minutes \$150

Zen Awakening

Awaken senses to a new state of being with an integrative Asian ritual. The senses awaken with an acupressure-point Shiatsu massage that releases muscular and mental tension; a milky rice wrap complements the bodywork's relaxing effects. As the wrap's slimming and hydrating properties permeate your skin, enjoy a light scalp massage to chase away any remaining cares.

110 minutes \$210

Balsamic Total Wellness

Select from gentle Swedish or invigorating deep-tissue massage to promote stress relief and muscle renewal. Experience a fresh and exuberant concentrate of European grapes and balsamic vinegar that infuses your skin with reaffirming and hydrating properties. As the body takes in these Mediterranean extracts, enjoy a moisturizing express facial.

110 minutes \$230

Marine Detox Wave

Reconnect with your soul and become one with the water. Begin with a red algae and marine plankton wrap; as its detoxifying properties clear your skin, flush excess water and slim your silhouette. Enjoy a reflexology treatment that boosts the immune system and stimulates organ detoxification. Finally, a relaxing massage cream blended from sea water and mineral salts reignites the spirit.

110 minutes \$210

Couple's Oasis Ritual

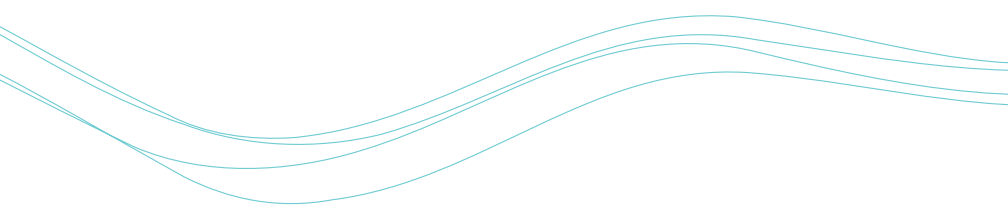
Spa Oasis' exclusive and intimate couple's lounge sets the stage for pampering for two. Choose from our complete selection of wellness care rituals, crowned by a final bathing rite in the privacy of your suite.

110 minutes \$250 each

Mother-To-Be Ritual

Share a moment of serenity with your baby. Using specially contoured cushions, begin with a massage that will soothe muscles newly taxed by your changing body. Enhance your circulation with a natural muesli exfoliation scrub and a restorative yoghurt body mask.

110 minutes \$210



FOOT THERAPIES

Ice Cream Pedicure

A sweet experience with zero carbs and calories. Choose from chocolate, caramel, vanilla, strawberry and more deliciously scented foot scrubs and masks and a candy-colored array of shades for your toes.

50 minutes \$60

Yoghurt and Honey Spa Pedicure

Immerse toes, heels, ankles and soles in a protein-packed foot smoothie blended from acupressure sugar crystals, natural muesli, and a nourishing yoghurt and honey foot mask. Then, select from a bounty of bold, pastel or neutral polishes to complete your foot makeover.

50 minutes \$60

LaStone Therapy

Customize your nail care experience by adding LaStone's signature geothermal stress relief therapy. Includes calf and foot massage when selected for pedicures, and hand and forearm massage with manicure.

\$15 pedicure

\$15 manicure

NAIL CARE

Manicure \$40

Pedicure \$50

Sport pedicure \$60

Manicure and pedicure \$80

Polish change - hands or feet \$10

French polish change - hands or feet \$12

Paraffin hand or foot treatment \$15

HAIR CARE

Women's haircutting \$45

Men's haircutting \$25

Hairstyling \$40

Straightening \$45

Up-do \$60

Wedding styling \$65

Oasis shampoo \$10

WAXING

Full leg \$65

Half leg \$45

Bikini line \$35

Extreme extended bikini \$60

Underarm \$20

Chin, lip and eyebrow, each \$20

Full back \$70

Full arm \$45

MAKE-UP

Professional make-up application \$60

KIDS' OASIS

Children from 4 to 12 years old who are under five feet in height are invited to enjoy the Spa Oasis experience with treatments and treats designed especially for them.

Massage 25 minutes \$45

Reflexology 15 minutes \$35

Ice cream foot treatment 25 minutes \$40

Manicure \$20

Pedicure \$30

Manicure and pedicure \$40

Haircut \$15

Maximize your Spa Oasis experience

To ensure a pleasant spa experience and accommodate all of our guests, please arrive 15 minutes before your scheduled appointment. We suggest you refrain from wearing jewelry. Shaving before facial and body treatments is recommended but not mandatory.

At reception, you will receive a spa locker assignment key, spa robe and sandals. Following your spa experience, please return these items to reception or your locker attendant. A charge of \$50 will be incurred for each item that is not returned.

Please be sure to complete the medical questionnaire provided prior to your treatments so that we can customize our services to your personal needs.

Pilates, yoga classes, and personal training sessions are available by appointment. Please contact Spa reception for more information.

Prices are subject to change without notice.

All prices are in US Dollars. Mexican sales tax is not included. Services are subject to a 15% gratuity for groups of 3 or more persons.

Cancellation Policies

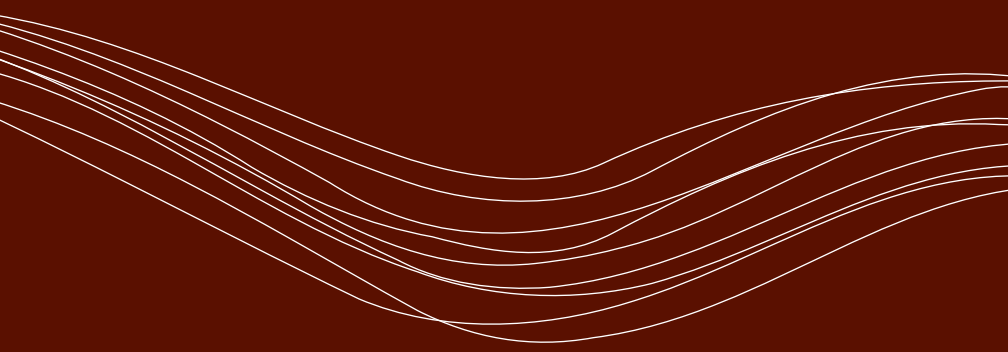
As a courtesy to other guests and our therapists, please inform us 6 hours prior to your appointment time if you must cancel or reschedule. "No shows" will be charged the full cost of treatment. Guests arriving late will receive treatment for the time remaining during their scheduled appointment, and will be responsible for payment for the original time reserved.

Gift Certificate Terms and Conditions

Spa Oasis gift certificates are valid only for spa treatments and services and may not be redeemed elsewhere at Hilton Los Cabos Beach & Golf Resort.

Gift certificates are non-refundable and non-transferable and have no cash value. Certificate must be rendered at time of service.

Treatments and services are by appointment only.



SPA OASIS

Hilton Los Cabos Beach & Golf Resort
Carretera Transpeninsular Km. 19.5
Los Cabos, B.C.S. México 23447
HiltonLosCabos.com

Should you have any questions or wish to schedule an appointment,
please call 145 6500 extension 7600 in the Los Cabos area,
or 011 52 624 145 6500 extension 7600 from outside of Mexico,
or email spaoasis@hilton.com.

