BRISAS

WELLNESS SPA

ARENAS DEL MAR

BEACHFRONT & RAINFOREST

BRISAS
WELLNESS

WELCOME TO BRISAS WELLNESS

A curated menu of mindful rituals designed to restore, relax, and reconnect.

Choose what nurtures your body, mind, and spirit.

SENSORY COMPLEMENTS

ENHANCE YOUR EXPERIENCE WITH A COMPLIMENTARY TOUCH, THOUGHTFULLY CRAFTED TO RESTORE AND RELAX.

TAPPING

Gentle tapping movements on key pressure points help stimulate circulation, reduce stress, andrestore balance. This is complemented by vibrations using a tuning fork applied around face,enhancing relaxation and promoting energetic alignment.

10 MINUTES

CHAKRAS RELIEF

Balance and harmonize the body's energy centers, promoting clarity and inner alignment. This experience is enhanced with the gentle sound vibrations of a singing bowl, helping to deepen relaxation and support energetic healing.

10 MINUTES

AQUA CHIME

A soothing, water-infused sound healing experience where gentle vibrations from a Koshi chimeand rain stick promote deep relaxation, energetic balance, and inner harmony. The soft, flowing sounds create a meditative atmosphere that reconnects you with the natural rhythms of the body and mind.

10 MINUTES

PRICES DO NOT INCLUDE THE 13% TAX.

RITUALS FOR RADIANT SKIN

SKIN RENEWAL SCRUB

Removes dead skin cells with gentle circular hand movements, revealing smoother, brighter skin. A soothing moisturizer completes the experience, leaving you cleansed, soft, and glowing.

60 MINUTES - $100

NOURISHING SKIN WRAP

Restore hydration and elasticity in a nourishing cocoon of your chosen body mask. While the mask is at work, enjoy a mini facial with cleanse, exfoliation, and a hydrating face massage, completing a deeply revitalizing experience.

60 MINUTES - $100

THE AFTER SUN

Refresh sun-kissed skin with a cooling aloe vera and cucumber wrap that calms and begins the repair process. While you rest, enjoy a soothing face mask and scalp massage. The treatment concludes with a balm, leaving you hydrated, comforted, and renewed.

60 MINUTES - $100

PRICES DO NOT INCLUDE THE 13% TAX.

ORGANIC MINI FACIAL

A refreshing express facial designed to cleanse, rebalance, and revive your skin using organic products and targeted techniques. This treatment includes gentle cleansing, light exfoliation, and a revitalizing facial massage to stimulate circulation and enhance your natural glow — leaving your skin fresh, smooth, and luminous in just 30 minutes.

30 MINUTES - $70

SCALP MASSAGE

A soothing head massage that melts away tension while stimulating circulation and promoting deep relaxation. Perfect as a quick reset for the mind and body.

20 MINUTES - $30

DEEP CLEANSING FACIAL

A facial design to meet your skin's needs using organic products and tailored techniques. This facial includes cleanse, exfoliation, extractions and a face massage with techniques that boost circulation and remove toxins, leaving your skin firm, radiant, and naturally glowing. Follow with a nutrient-rich mask for deep detoxification, and while it works its magic, enjoy a soothing scalp, neck, and shoulder massage.

60 MINUTES - $120

PRICES DO NOT INCLUDE THE 13% TAX.

MUSCLE RESET

A powerful combination of firm pressure massage and stretching to release deep muscle tension, reduce fatigue, and improve flexibility. This treatment enhances circulation, boosts oxygen flow, and accelerates muscle recovery.

60 MINUTES - $150 | 90 MIN - $190

PURE RELAXATION

A soothing massage with gentle, flowing strokes to release tension, calm the mind, and restore a sense of well-being pure relaxation at its finest.

60 MIN - $130 | 90 MIN - $160

JUST FOR TWO

A gentle, flowing session that soothes tension and restores harmony, perfect for reconnecting in a serene, shared escape.

60 MIN - $260 | 90 MIN - $320

EARTH HEALING MASSAGE

A calming ritual blending the warmth of volcanic stones with expert hand techniques to relax muscles, improve circulation, and deliver a deeply renewing mind-body experience.

60 MIN - $150 | 90 MIN - $190

PRICES DO NOT INCLUDE THE 13% TAX.

THE BALANCER

A revitalizing face-down treatment focusing on the legs and feet from the knees down. This experience combines an invigorating scrub, a deep massage using firm pressure, and soothing hot stones to release tension, restore balance, and rejuvenate from the feet up

45 MIN - $80

THE PRENATAL BLISS

A sothing massage design for moms to be. An experience tailored to each stage of pregnancy, using supportive cushions for maximum comfort. Gently relieves tension and promotes deep relaxation.

**Available after the first trimester.*

Some restrictions apply, please consult with your therapist.

60 MIN - $130 | 90 MIN - $160

KIDS CALMING MASSAGE

A gentle, nurturing session tailored for children, using soothing strokes and light pressure to encourage relaxation and well-being in a safe, comforting environment.

** Suitable for kids between 5 and 12 years old.*

45 MIN - $60

PRICES DO NOT INCLUDE THE 13% TAX.

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Veronica
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SOUND HEALING THERAPY

Immerse yourself in the soothing resonance of Tibetan singing bowls, gongs and chimes designed to harmonize your energy and promote deep relaxation. This therapy combines chakra alignment, facial tapping, and vibrational sound healing to release tension, balance energy flow, and restore inner peace. Let the gentle frequencies wash over you, relieving stress and leaving you refreshed, rebalanced, and renewed.

90 MINUTES - $170

AROMATHERAPY MASSAGE

A soothing experience that begins with a relaxing aromatherapy ritual using therapeutic essential oils to calm the mind and body. This is followed by a flowing Swedish massage that releases tension, promotes balance, and supports deep relaxation and well-being.

90 MINUTES - $190

PRICES DO NOT INCLUDE THE 13% TAX.

THE THAI ESCAPE

A holistic bodywork experience combining pressure, stretching, pulling, and rocking techniques to release tension, enhance mobility, and restore balance. Performed fully clothed on a mat, this ancient practice promotes deep relaxation and overall well-being, easing pain and improving flexibility.

** We recommend wearing or bringing loose, comfortable clothing or yoga attire for this treatment.*

60 MINUTES - $150 | 90 MINUTES - $190

LAS BRISAS SIGNATURE THAI MASSAGE & SOUND HEALING THERAPY

A fusion of movement and vibration, this treatment combines Thai massage's rhythmic stretching and acupressure with the therapeutic frequencies of sound healing to restore balance, release tension, and promote deep relaxation. Performed fully clothed on a mat, it enhances flexibility, calms the mind, and nurtures overall well-being.

**We recommend wearing or bringing loose, comfortable clothing or yoga attire for this treatment.*

90 MINUTES - $200

PRICES DO NOT INCLUDE THE 13% TAX.

LAS BRISAS LUXE ESCAPE

A fully customizable spa experience designed for deep relaxation and radiant skin. Begin with a gentle full-body exfoliation to buff away impurities and enhance circulation. Next, enjoy a nourishing body wrap paired with a mini facial, using carefully selected products tailored to your skin's needs. Complete your journey with a soothing massage, melting away tension and leaving you feeling completely restored.

2.5 HOURS - $300

DUO SCRUB & WRAP

The ultimate treatment combining the best of a scrub and a wrap. An invigorating exfoliation to remove dead skin cells, followed by a nourishing organic wrap to deeply hydrate, while the wrap works its magic enjoy a mini facial enhancing your glow from head to toes. These two work in synergy to leave you refreshed and radiant.

** All products are hand-selected by you to create a personalized wellness experience.*

90 MINUTES - $190

SOUND HEALING BATH

A deeply immersive group experience where therapeutic sound waves from Tibetan singing bowls, gongs, and chimes promote relaxation, restore balance, and enhance well-being. This vibrational journey soothes the mind, relieves tension, and fosters a profound sense of harmony. Perfect for shared moments of peace and connection.

** For Group sessions from 2 to 6 guests*

90 MINUTES - $190

PRICES DO NOT INCLUDE THE 13% TAX.

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CAYUGA®
COLLECTION