

## MIND AND BODY RITUALS

**Lomi-Juma Ritual 120 min** **\$249**  
Ritual performed with hands and forearms, indicated muscle strains and jointlocks that hinder the flow of energy, combating stress and increasing physical and mental wellbeing.

**Mom To Be 90 min** **\$205**  
Treatment designed specifically for expectant mothers, which includes a ritual to relief tired legs followed by a body massage and a facial, helping the energetic harmonization and deep relaxation.

**Perfect Duo 120 min** **\$249**  
Excellent Ritual for people looking for absolute relaxation in the company of their soul mate. The combination of relaxing massage and facial harmonizes the senses and the vital energy between two souls.

**Complete Calm 120 min** **\$249**  
Ritual aimed at sensitive skin or sunburn that helps calm and soothe, by a cold wrap decreases the sensation of heat followed by a moisturizing massage leaving the skin nourished with a healthy appearance.

**Temazcal Ritual 120 min** **per person \$149**  
A Mesoamerican tradition transcending from ancient Mayan and Aztec natives, it was called a "sweat lodge". Is a purifying steam ritual that cleanses you spiritually, mentally and physically. Powerful therapy for the treatment of multiple conditions, including internal organ problems, chronic diseases and contractures. Temazcal relaxes the muscular system, enhances the circulatory system, eliminates toxins, and helps synchronize women with the lunar cycle to recover after pregnancy. (Minimum 2 people)

## HAND AND FEET COLLECTION

**EnerYHI Manicure** **60 min** **\$69**  
**EnerYHI Pedicure** **75 min** **\$75**  
EnerYHI manicure and pedicure are our signature full hand and foot top knock treatments.

In this service we are using our best signature collection skin care products with relaxing and invigorating spa techniques to treat you to the extremes.

<b>Aromatic Hands Treatment</b>	<b>50 min.</b>	<b>\$45</b>
<b>Revitalizing Feet Treatment</b>	<b>60 min.</b>	<b>\$59</b>
<b>Change of polish hands or toes</b>	<b>20 min.</b>	<b>\$19</b>
<b>French upgrade for hands or toes</b>	<b>15 min.</b>	<b>\$10</b>
<b>Me Bath Liquid Lounge Manicure</b>	<b>50 min.</b>	<b>\$69</b>
<b>Me Bath Liquid Lounge Pedicure</b>	<b>60 min.</b>	<b>\$75</b>
<b>Happy Feet Massage</b>	<b>20 min.</b>	<b>\$35</b>

## ADD ON THERAPIES

**Eye Contour 15 min** **\$39**  
This is the targeted hydrating, firming eye-contour smoothing treatment that protects your most delicate facial zone so you can show the world both your inner and outer beauty.

**Cold Stone Facial Massage 15 min** **\$39**  
This refreshing facial massage stimulates micro-circulation and skin oxygenation. Ideal for sensitive skin.

## YHI EXTRAS

<b>Back Wax</b>	<b>\$89</b>
<b>Bikini Line Wax</b>	<b>\$69</b>
<b>Underarm Wax</b>	<b>\$25</b>
<b>Eyebrow Wax</b>	<b>\$25</b>
<b>Upper Lip Wax</b>	<b>\$25</b>
<b>Full Leg Wax</b>	<b>\$89</b>
<b>Half Leg Wax</b>	<b>\$65</b>

## YHI MOVES

<b>Pilates</b>	<b>60 min</b>
<b>Yoga</b>	<b>60 min</b>
<b>Personal Training</b>	<b>60 min</b>

**Note: All the classes are available upon request with 24 hrs in advance.**

## HYDROTHERAPY RITUAL

<b>One-day Admission</b>	<b>\$29</b>
<b>Three-day Admission</b>	<b>\$69</b>
<b>Five-day Admission</b>	<b>\$99</b>

Experience the most revitalizing sensations through our guided hydrotherapy routine.

**All treatments include access to our wet areas.  
[40 to 60 minutes is recommended]**

- \*Commence your hydrotherapy ritual with a revitalizing shower.
- \*Detoxify your body in our steam room or dry sauna.
- \*Relax in our hot and cold jacuzzis.
- \*Finalize the ritual with a cool shower or cold plunge.
- \*Rest between each session and help yourself with a refreshing beverage. Fruit juice, tea and chlorophyll are available.
- \*Revitalize your body and enjoy your spa treatment!

## HOW TO SPA?

**Please read this for your convenience**

**Who will assist me with selecting a treatment?**

Spa representatives are available to assist you with Spa service selections, including the sequence of the treatments.

**What time should I arrive at the spa?**

Please make sure to arrive 15 min. before your appointment or we recommend you to arrive 40 min. before if you prefer enjoy the hydrotherapy ritual. Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest.

**How should I dress?**

We will provide you with a bathrobe and sandals, we recommend bring your bathing suit to use our wet areas.

**What precautions should I take?**

For your own safety, treatments should not be taken on a full stomach, and will not be rendered to any guest under the influence of alcohol or drugs. Spa guests must be 18 years of age or older. Smoking, food, beverages, cellular phones and bare feet are not allowed inside the Spa.

**Where should I leave my jewels and valuables?**

Lockers are provided for your convenience; however the Spa is not responsible for lost or forgotten valuables.

**What is the cancellation policy?**

If you must cancel your appointment, please notify us 4 hrs prior to your scheduled appointment time to avoid being charged 50% of the full service price.

**How should I pay for my treatments?**

Spa treatments may be paid in cash (Mexican pesos only), credit card, or they may be charged to your room.

Prices in US Dollars

Prices include tax and valet service charge, NOT tip but you may tip the personnel under your consideration. Prices are subject to change without previous notice.

## HOURS OF OPERATION

**APPOINTMENTS & WATER RITUAL**

9:00 AM - 9:00 PM

Treatments are also available outside these hours by request.  
EXT. 754

**GYM**

6:00 AM - 10:00 PM

EXT. 760

Playa el Médano s/n, Zona Hotelera  
Cabo San Lucas, Baja California Sur  
C.P. 23410, México

**ME**

CABO



SPA

Menu Services

## YHI GODDESS OF THE LIGHT: THE LEGEND

Many moons ago, the land was dark and silent. Nothing moved. It was the Time of the Dream. In dark and deep cavern a beautiful young woman named Yhi was sleeping. Waking her gently, the Great Spirit whispered to her, "Yhi... Yhi.... get up"

As Yhi opened her eyes, she emitted beams of light that eliminated the darkness all across the land. She got up and began a long trip. As Yhi walked by, flowers sprouted up under her feet and she did not rest until everything was covered with a blanket of green. With her magical light she made the waters. Once the land was full of brilliance and life, Yhi transformed herself into an enormous ball of fire.

## WELCOME TO YHI SPA

A place bathed in the energy of YHI, a place to invigorate the senses, dedicated to purifying the body, balancing the mind and elevating the soul.

As you enter, you are entering a sanctuary with soothing aromas and soft mystical music to awaken your spirit. The tender touch of expert hands will linger in your memory as unforgettable moment of well-being.

We have chosen extraordinary spa treatments with premium products to balance, revitalize and energize your entire body. At YHI SPA, we are committed to promoting a spa experience in an energetic and enveloping space that awakens the senses.

## YHI GLOBAL TREATMENTS

Yhi global services are the spa experience available for you to be enjoyed in all our YHI SPA in the world, the best selection of treatments and rituals, a must for the awakening of the senses and especially designed as an inspiration for welfare: health, beauty, relaxation, rejuvenation and vitality, this is achieved by gathering the best treatment of ancient cultures where our YHI SPA now stands. All of them, by the hand of high quality natural products reaffirming the exclusivity of a Yhi spa treatment. All identified with the Mandala YHI SPA



## MASSAGE COLLECTION

**Abhyanga Massage 90 min** **\$239**  
Abhyanga is our signature treatment that means "to touch with love". A copious amount of oil is used in this profound, relaxing ayurvedic therapy designed for anyone in need of de-stressing. This rhythmical and deeply relaxing massage rejuvenates the body, removes stagnant energy and stimulates the "prana" or life force which invigorates your body's vital energy.

**Yhi Biomassage 60/90 min** **\$139/\$195**  
Relax, calm your body and mind with this massage designed exclusively by Yhi Spa. The antioxidant oil, leaves you with a sense of absolute well-being.

**Aroma therapeutic massage 30/60 min** **\$95/\$139**  
Perfect balance for your body providing optimal nourishing and hydrating state. The sensual synergy of essential oils work to stimulate the reconciliation and balance of the emotions.

**Desert Air Massage (4 hands massage) 60 min** **\$215**  
This massage restores body vitality and strength, increases blood circulation and brings a feeling of well-being, through synchronized movements of four hands simultaneously.

**Biomassage with Sacred Stones 90 min** **\$215**  
An antique, native-American treatment combining the use of heated stones with therapeutic massage to balance and liberate your energy. You will feel relaxed and elevated.

**Corporal Express 30 min** **\$95**  
This is our express massage, enhanced with aromatic oils to induce relaxation. Choose between a full body quick fix or a targeted body zone, depending on your needs.

**Muscular in Depth 60/90 min** **\$155/\$215**  
A complete SPA experience with an emphasis on deep muscular manipulation for total body wellness, this massage uses slow deep finger pressure to manipulate both muscles and connective tissues.

**Yhi Sports Massage 60/90 min** **\$165/\$225**  
Regenerative massage that helps unravel tension in sore, tight muscles, enhance circulation. It incorporates stretches to increase range of motion. This treatment is recommended before or after a sport activity.

**Yhi Indian Scalp Massage 60 min** **\$135**  
This stress relieving scalp massage will give you immediate relaxation as it stimulates hair growth, hydrates the scalp and removes stress.

**Shirodhara Mind-Body Ritual 60 min** **\$195**  
Traditional ayurvedic treatment has been used for thousands of years as both a healing therapy and to impart deep relaxation. It changes the balance of one's life by awakening the senses, invigorating the soul.

**Personalized massage 60/90 min** **\$165/\$225**  
Relaxing massage that fits your personal needs providing comfort and relaxation to specific areas of your body, do it your own way!

**Quirogolf Massage 90min** **\$209**  
Finally a golf ball can be used to complement deep massage and help you relieve nerve pressure, soothe muscles and joint discomfort, eliminate stress and anxiety and fine-tune your body to execute that well-honed swing... and keep you swinging.

**In your room an extra charge per person applied** **\$20**

## FACE COLLECTION

**Yhi The Cure 90 min** **\$169**  
Innovative facial for all skin types, excellent for deep cleansing that detoxifies and purifies the pores facilitating the extraction of impurities by their botanical components and nano-stimulating mask leaving a hydrated and shining skin with luminous appearance.

**Yhi Facial Mandala Lift 90min** **\$219**  
Luxury experience for mature skin that energizes and protects the skin from premature aging with an exceptional selection of ingredients and marine DNA that moisturizes and provides a lifting effect to muscles. It combines several massage techniques restoring and achieving facial muscle tone leaving the skin radiant and with a juvenile look.

**SO2S Action 90min** **\$175**  
This facial is excellent for toneless stressed skin. Contributes luminosity, clears and lightens dark spots with oxygen concentrate fluid and a hydrating oxygen mask that calms the surface of skin.

**Essential Collection 90min** **\$175**  
Because everyone is different we have chosen a selection of products designed for all skin types. There is one for you!

**Calm** Hypoallergenic formula free of alcohol and parabens, calms soothes and protects even the most sensitive skin.

**Firm** Intensive facial for **mature skin**; main ingredients are collagen, isoflavones, antioxidants, vitamins A, C & E and pineapple extract.

**Citric** Hydrating facial for **dry and dull skin**, rich in vitamin C & Rosa Mosqueta oil perfect to recover luminosity.

**Yhi—Château Camou 60 min** **\$145**  
Breaking news, guys ... Suddenly spas aren't only for women! Men have finally got wise to the idea that looking and feeling great shouldn't only be a girly privilege. Well we have a great facial only for you guys! This delicate combination of aloe, grapes and hyaluronic acid has antioxidant, hydrating and rejuvenating effect. You will notice your skin toned and juvenile without that oily sensation. Do you normally need an excuse to treat yourself?

**Yhi Calm 60 min** **\$139**  
Afraid of choosing a facial because you are not sure if you are going to be all red after the treatment, and actually, red isn't your favorite color? This treatment has 3 important ingredients: Rhizodermin has anti-irritating, calming, decongestive and repair action. White tea extract cares for the skin by working against free radicals, dehydration and premature aging. Nopal (cactus) strengthens the skin barrier, helps eliminate toxins and restores the skin's optimal hydration level. The proof that Mother Nature always knows best.

**Yhi Forever Young 90 min** **\$175**  
Submerge yourself into a treatment that nourishes your skin with the kinds of vitamins, proteins, minerals and nutrients. This fantastic treatment is ideal for all skin types by the versatility of its components. White tea for sensitive skin, green tea and sage for combination skin, exfoliation with pitahaya and we always save the best for last, a delicate collagen & elastin mask! At the end your skin will be radiant, relaxed, fresh and juvenile.

**Yhi Hydra Cherry 60 min** **\$155**  
Hydrating and refreshing treatment for all skin types. No matter how naughty you were the night before, every new day brings a fresh start. This treatment has taken all the elements necessary to brighten and revive even the most tired face. Inspired freshness of fruits, Hydra Cherry Line combines wonderful properties of vitamins A, B and C, minerals and flavonoids, with the power of hyaluronic acid & collagen giving your skin softness and hydration.

**\*Note: Extractions are made only during the 90 minute treatments.**

## TRANSFORMATION BODY

**Selection Exfoliation Delicatessen 50 min** **\$135**  
**Honey**  
Body experience that removes dead skin cells using crystals of honey, wrapped in a nice aromatic touch that provides a smooth texture.

**Bamboo**  
Gentle exfoliation that acts through micro particles of bamboo helping remove impurities from the skin activating blood circulation, leaving skin soft and moisturized.

**Citric**  
Aromatic and fresh experience, a smooth texture that helps refine the skin surface with a special formulation of lava micro particles, orange & bamboo micro sponges ensuring a silky and fresh skin.

**Selection Wrap Delicatessen 80 min** **\$155**

**Citric Cocoon**  
Revitalizing body wrap with vitamin C that helps regenerate and moisture the skin, providing a state of full relaxation.

**Mediterranean Cocoon**  
Body Wrap made with honey and essences of the Mediterranean to help get a softer appearance.

**Herbal Cocoon**  
Invigorating wrap that helps improve blood circulation through its fibers, bamboo exfoliation and nourishing wrap.

**It's all about Coconut! 80 min** **\$149**  
Prepare your skin for the Suntastic Cabo! The virgin coconut oil is now becoming the next skin-saving miracle thanks to the anti microbial properties of its lauric acid which can also guard the skin from free radical damage. First you will receive exfoliation with tamarind eliminating dead skin cells and leaving antioxidant components deep into your skin, followed by the coconut mask that prevents premature aging, fine lines, skin blemishes, and prepares for a quick and unified tanning.

**Chocolate Euphoria 80 min** **\$149**  
This treatment can be consumed even for those on the strictest diet! You may ask yourself, "Why should I put chocolate on my body, not in my body?" This ultra-indulgent treatment actually opens the endorphins in your brain, making you not just a transmitter of love, but a receiver, too. So, if you think you could use a little more love in your life, then this treatment is not an indulgence, but a necessity!

**Organic Calming Hydration 80 min** **\$155**  
We designed this treatment with the safest and healthiest Organic products. You will start with delicate exfoliation & wrapped with honey, coconut and clay that offers your skin stay hydrated and fresh, ending with rich aloe gel that retains wonderful properties of tepezcohuite, collagen & elastin. Tepezcohuite is a plant originally from Mexico used by ancient Mayas to cure burns and lesions on skin.

**For Sun Lovers 50 min** **\$135**  
When the sun goes down the skin temperature rises, then things need to cool off. Sun damaged skin definitely is not on most spas' menus. Now it is possible to completely chill out at the spa and un-cook your skin back to creamy smoothness. Developed to alleviate the effects of sun exposure, this cooling treatment uses the soothing properties of chamomile, marigold and aloe vera with tepezcohuite, nopal and refreshing mint to recover dermis its lost moisture and luminosity.