



CASONA'S WELLNESS MENU

WELLNESS AT CASONA IS A HOLISTIC
EXPERIENCE THAT INVITES THE BODY
AND MIND TO RETURN TO ITS NATURAL
STATE OF ENERGY AND CREATIVITY.

SCHEDULE AN APPOINTMENT
EXT. 101
TEL. +52 (55) 1066 7111



SIGNATURE

TIME ZONE RESET

A restorative ritual designed to rebalance the body and mind after long flights, jet lag, or high-intensity days. Includes acupressure, lymphatic drainage, reflexology, and lavender-eucalyptus essential oils.

90 MIN | 2,860 MXN
60 MIN BODY MASSAGE + 30 MIN EXPRESS FACIAL

120 MIN | 3,380 MXN
90 MIN BODY MASSAGE + 30 MIN EXPRESS FACIAL

ZEN STONE EXPERIENCE

A luxurious full-body ritual combining the therapeutic power of warm volcanic stones with a deeply hydrating facial. A grounding ritual with acupressure, reflexology & essential oils.

120 MIN | 3,640 MXN
75 MIN HOT STONE MASSAGE + 45 MIN HYDRATING FACIAL

BODY TREATMENTS

DETOX BODY EXFOLIATION

A luxurious exfoliation that combines sea salt, white sand, and rose quartz with jojoba oil. This is followed by the application of a vitamin elixir that leaves the skin silky, smooth, and delicately scented.

30 MIN | 1,560 MXN

AROMATHERAPY ENERGYZEN

Full-body massage with essential oils, improves circulation, and reduces stress for deep relaxation.

90 MIN | 2,350 MXN

120 MIN | 2,600 MXN

HOT STONE MASSAGE

Warm stones are placed on key points to melt muscle tension, improve circulation, and promote deep relaxation.

90 MIN | 2,600 MXN

120 MIN | 2,860 MXN

PRECISION DEEP TISSUE

Targets tense muscles with deep tissue and essential oils to relieve pain from posture, strain, or stress. Improves circulation and aids recovery for lasting relief.

60 MIN | 1,820 MXN

90 MIN | 2,340 MXN

PEAK PERFORMANCE MASSAGE

Full-body massage with arnica and rosemary balm. Prevents pain, improves flexibility, and relieves tension in legs, back, and shoulders.

60 MIN | 1,820 MXN

90 MIN | 2,400 MXN

LYMPHATIC DRAINAGE

A gentle and precise massage that stimulates the lymphatic system, promoting the elimination of toxins and reducing fluid retention. Ideal for relieving swelling and improving circulation.

60 MIN | 1,820 MXN

SPA POLICIES

- Please arrive on time for your appointment to ensure a full experience.
- Cancellations require at least 4 hours' notice.

FACIALS

EXPRESS HYDRATION FACIAL

A quick yet powerful treatment to refresh and hydrate tired skin. Includes exfoliation, hydrating serums, and a calming mask. Leaves skin soft, firm, and glowing.

45 MIN | 2,290 MXN

FACIAL DETOX

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60 MIN | 2,500 MXN
MASSAGES

ADD-ONS

EXPRESS FACIAL

30 MIN | 1,560 MXN

SCALP & NECK RELIEF

30 MIN | 1,560 MXN

- Inform your therapist of any medical conditions or concerns prior to your treatment.
- Maintain a quiet environment for the comfort of all guests.
- Guests must be 16 years of age or older.