



*Casa Vieja*  
LODGE

◀ GUATEMALA ▶

---

*In-Room*  
**SPA SERVICES**

---



*During your stay at Casa Vieja Lodge, we hope you make time to enjoy one of our in-room treatments.*

*Please reserve your service the night before with the Lodge Manager to ensure availability.*

## *Aromatherapy Massages*

**60 MINUTE - \$65**

**90 MINUTE - \$95**

### **CHOCOLATE**

Chocolate moisturizes and nourishes the skin, and works as a calming agent that helps reduce tension and stress. Indulge in local cocoa from Guatemala.

### **COFFEE**

This massage stimulates your circulation and lymphatic system to eliminate toxins as well as protect the skin from free radicals. Wake up & smell the coffee, you won't want to miss this experience.

### **TEQUILA**

Tequila is used as an anti-inflammatory agent during this session, using long fluid strokes to detoxify the skin within the hour. Allow your body to heal with the natural nutrients of tequila.

### **ROSA MOSQUETA**

Rose hip oil is native to Guatemala and improves skin pigmentation, texture and tone. High levels of antioxidants and vitamins aid in producing collagen and protects against external damage due to the Sun.

### **MAYAN RELAXATION**

This massage calms the nervous system and promotes relaxation with smooth strokes to help relax soft tissue. Relax your mind, body, and soul with our traditional Mayan Relaxation massage.



## FISHERMAN'S RITUAL

This massage has specific goals in mind, focusing more on the upper body and arms. Relax while your overused muscles are stimulated to increase blood flow as oxygen and nutrients stream into your tissues and vital organs.

## SPORTS

Our deep tissue sports massage is typically used before, during, or after a long day of fighting billfish to help prepare our anglers for peak performance on the water. This deep tissue massage helps drain away fatigue, relieve swelling, reduce muscle tension, promote flexibility, and prevent injuries.



## COUPLES

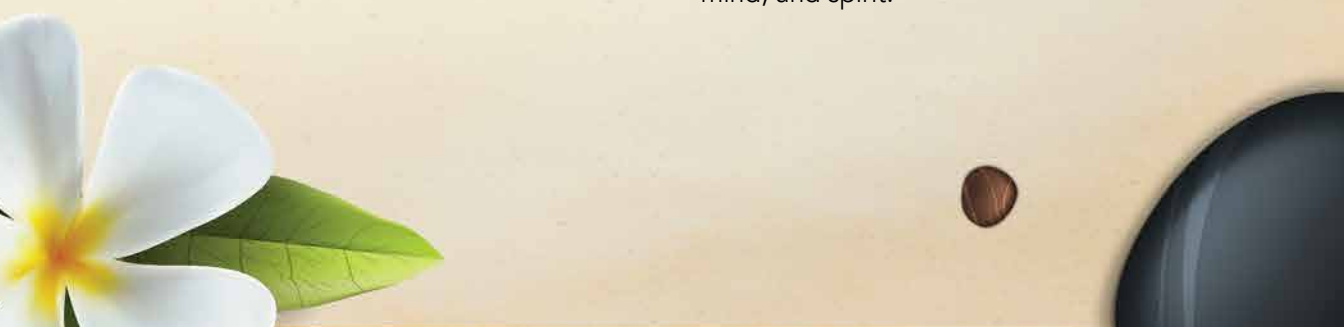
**60 MINUTE - \$120**

Our sensual couples massage allows our clients to share a unique experience with their loved one. You and your partner will experience a soothing massage of your choice, side by side, performed by two of our top massage therapists.

## VOLCANIC STONES

**90 MINUTE - \$110**

The Guatemalan volcanic stones deliver heat to the muscles allowing the therapist to perform deep tissue work. The rocks are placed in varying positions on the body for relaxation that allow the proper flow of energy that harmonize the body, mind, and spirit.



.....

# *Facials*

**50 MINUTE - \$50**

.....

## **TOMATO MASK**

The nutrients in tomatoes are excellent to build up collagen and maintain skin elasticity. Additionally the calcium helps heal weathered, dry skin and will leave you looking fresh.

## **COFFEE MASK**

The coffee bean is a great source of antioxidants and reduces inflammation as well as exfoliates dead skin cells. The caffeine component removes a tired complexion leaving you looking energized.

## **AVOCADO MASK**

Avocado consists of Vitamin A, B, E, and K, which balances your skin tone as well as reduces the early aging of skin cells. Try any addition to our avocado masks that will leave your skin naturally beautiful:

## **AVOCADO & OATMEAL**

Oatmeal clears the dead skin cell layer and helps the nourishing and hydrating properties of avocados to seep into the skin properly.

## **AVOCADO & YOGURT**

The yogurt destroys the bacteria that clog pores and restores the skin's natural pH balance for healthy and clear skin.

## **AVOCADO & HONEY**

The antioxidant, antibacterial, and antiseptic properties of honey make it an ideal ingredient for providing the skin with a healthy glow.

## **AVOCADO & EGG**

Egg yolk seals in moisture and also treats flaky and dull skin.