

# Tecilli

# Spa

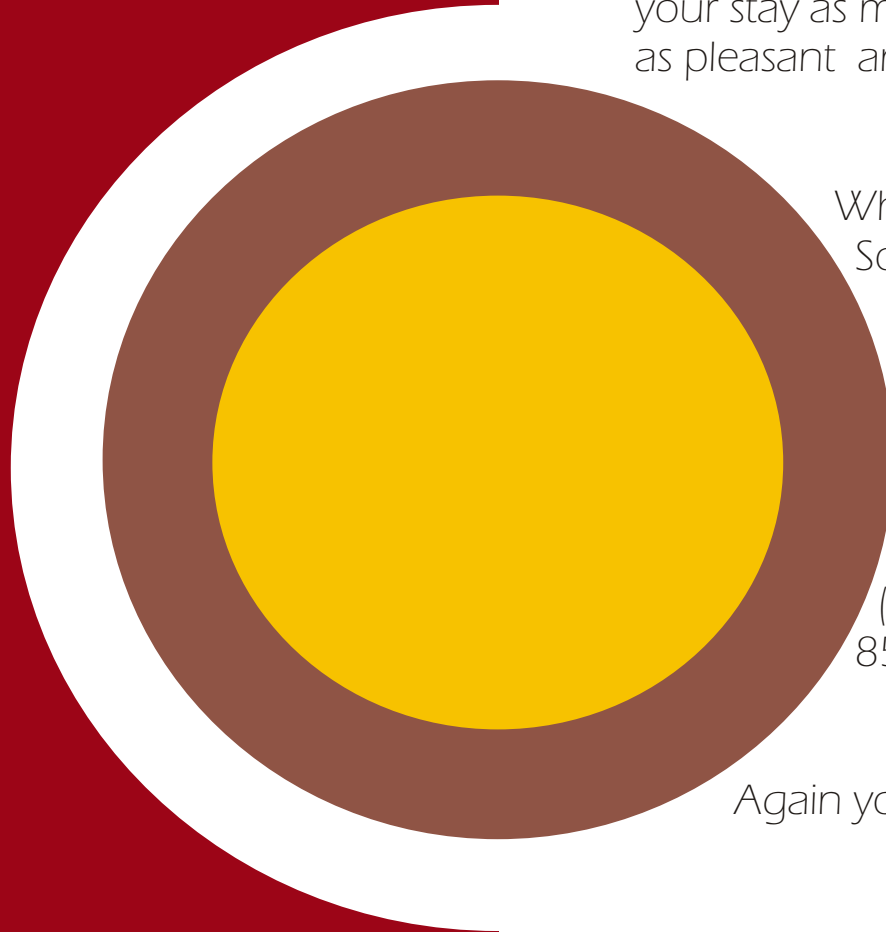


*Balancing and transformation*

**Marriott.**  
IXTAPAN DE LA SAL  
HOTEL & SPA

Jose Maria Morelos S/N  
Fraccionamiento Bugambilias  
Ixtapan de la Sal, Estado de Mexico  
Tel: (01 721) 143 2010

# Tecilli Spa



Tecilli spa welcomes your preferences to make your stay as much in the hotel with us as pleasant and successful.

Whit our sincere desire to visit us  
Soon, we are pleased to offer  
You our menu of spa services.

We are at your disposal to make  
Their reservations by phone  
(721)14 3 20 10 in the extensions  
856-869.

Again yours faithfully and gladly greet

For your attention, thanks

**NOTE** : our rates includes taxes  
Prices in pesos

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## The Four Elements "Earth"

"We come from the earth and will return to the earth". Earth is the most tangible and palpable of all forms of energy. It is the element of perception. This is an energetic treatment which combines Swedish massage, shiatsu and pressure applied with pindas. Equilibrium in the earth element connects us to our true begin and increases our self confidence.

50 min

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## The Four Elements "Fire"

Fire is the swiftest and most intangible form of energy. Faster than thought sensation and feeling, fire is considered an element of intuition. Starting with pressure applied with hot pindas and a relaxing massage with essential oils the fire energy is channelled through the body to increase levels of energy, determination and concentration and to improve digestive Functions.

50 min

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## The Four Elements "Air"

Something more than a massage this is a Indulgence ceremony. A swedish massage with essential oils and gentle strokes of air to achieve a relaxation and improves the balance of mind and spirit.

50 min

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## The Tecilli Experience

This massage will relax you completely. A combination of techniques such as reflexology, shiatsu, deep tissue massage and gentle stretching. The muscles are carefully worked obtaining a transformation and balance of mind and Spirit.

50 min

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## For The Broken Heart

A peace and love therapy, nourishing the heart where compassion and equilibrium are cultivated within ourselves. This therapy combines Swedish massage and Relaxation techniques using specific pressure points within the body to heal the heart . Working, through the media of touch, with the fourth chakra and the air element the emotions are transformed and balance restored.

50 min

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A Sweet Embrace From Mother Earth

A delicate treatment goes. Re-hydrating, nourish and rich with minerals. A body wrap with a 100% natural cocoa base followed by a gentle facial Using aromatherapy reminding us of the simple pleasures in life.

50 min

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## Dead Sea Mineral Mud

The dead sea contains 10 times more mineral salts than the Mediterranean. The mud extracted therefore is extremely rich in minerals and contains 21 distinct types including magnesium and potassium.

These minerals salts possess relaxing, anti-allergic, calming and hydrating properties; they are extremely nutritive and have a revitalising effect on the dep cell structure Of the skin.

50 min

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## Cleopatra's Secret Couple Treatment

Milk is highly nutritious for the skin and organism. Rich in casein, lactose and mineral salts, milk has been used in cosmetics and beauty treatments since Ancient. We know from history that Cleopatra wrote a beauty tract in which she recommended milk baths followed by a gentle massage, especially for couples.

1 10 min

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## The Four Elements “water”

### Couple Treatment

“Water is life”. Overflowing with health benefic. Submerge yourself in a romantic and sensual experience with your partner. water is the font of wisdom and creativity and stimulates cell regeneration. This treatment of hydrotherapy and relaxing massage stimulates the water element within the body and mind.

1 10 min

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## Facial Ceremonies

Personalised facials according to your needs and skin type. Tecilli spa blends indigenous wisdom with cotemporary techniques to offer you exquisite personalised facials for ladies or gentlemen.

50 min

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## Manual lymphatic Drainage

Purification therapy and detoxify your body, made with soft, slow manipulations that help remove toxins and retained fluids, ideal for people with heaviness, circulatory disorders, making the body feel a complete peace and relaxation, releasing accumulated stress

80 min

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## Aromatherapy Azteca Ritual

Harmonious massage technique based on the healing elements of aromatherapy, that deepens relaxation, physical and emotional in every way, helping to improve the nervous system. In the ancient Aztec culture using essential oils extracted from plants for healthy, soothing and cleansing for the reunion of man with nature

80 min

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## Holistic Relaxing Massage

The vitality of the body has been represented from our pre-Hispanic ancestors by the awareness of man with his essence, a means of relaxation internal healing based on a soft and gentle massage that leads to rest and physical well being, mental and spiritual, thanks to the manipulations sedatives This delightful massage

50 min

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Holistic Experience Obsidiana

For centuries man has been finding the balance of human consciousness made through healing. The comforting treatment of this therapy combines the healing elements of hot stones to energize and release the senses, complemented by the aroma therapy that ends with the stress and strain relaxation emphasizing total body toning through the benefits of Shiatsu, plus deter body muscle fatigue

80 min

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## Aroma Tai Massage

Since the Tibetan monks and many cultures around the world studied the importance of meditation arose new ways of treating human health, as is this nice massage that works the body's energy lines through yoga postures, stretches and pressure sensitizing and calm the emotional pressure of fullness our being filled with aromatherapy

80 min

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## Shiatsu Therapy

The consistent element of every human being is when you are and gives serenity and peace to your life, this subtle born in Japan therapy involves us in an environment full of comfort, thanks to localized pressures, stretching and activating energy points to improve body, mind and body toning systems. Nurturing energy and vitality of the nervous system

80 min

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Aikido Massage  
a Reflexology Treatment

Delicate traditional Japanese art inspired by the reflexology, which acts on the different organs and body systems to improve the functions of the same, helping to balance the energy of our body, mind and spirit.

30 min

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## Energizing Ritual Gentleman

The name is synonymous with versatility, charm and strength for that we have dedicated a space designed to make you feel manly with a deep massage that relief the muscles and soothes the emotions wear and care for their appearance better hydrated, and purify leaving soft your skin with a unique facial to leave your skin radiant and pure

\$ 1200°  
100 min

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## Eternal Beauty

When women became part of the most perfect and complex beauty of life, the environment completely changed life, for this we consented and evaluating their consistency with a gentle holistic massage and nourish your skin it with a facial rejuvenated and moisturizer to keep your sensitive young skin

100 min

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*We will wait you with the hand on the hearth*

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