



apuan e
SPA





FLOWING WITH TRADITION

WITH EASE AND POWER, WATER FLOWS IN AN ENDLESS RHYTHM
ACROSS OCEANS, RIVERS, AND OUR BODIES.

Apuane Spa, inspired by water's transformative powers, merges ancient Huichol healing traditions with local ingredients like copal, tequila, and herbs, alongside innovative products and techniques, offering treatments that heal the body, calm the mind, and nourish the spirit.

“ Apuane Spa, inspired by the Huichol word meaning ‘stream of water,’ offers a tranquil flow of healing, renewal and connection. Every treatment is designed to awaken the spirit, restore the body and harmonize the mind alongside the beauty of Punta Mita’s natural landscape. ”

LUIS MOLINA | SPA DIRECTOR







Sacred Journeys

Blending the knowledge of local healing rituals and ingredients with contemporary expertise, our Spa Journeys lead you along a transformative path, inviting you to flow to the rhythm of your body and its internal wisdom.

Sunrise Detox Ritual

120 minutes

Bring your mind and body into Punta Mita mode with this rejuvenating morning ritual. Awaken your senses with the Ultimate Detox Drink, a refreshing blend that prepares your body for the day ahead, followed by an invigorating 30-minute scrub to slough off dry, dead skin, leaving you feeling smooth and renewed. Continue your ritual with a 60-minute lymphatic drainage detox massage, where gentle, rhythmic strokes stimulate your lymphatic system, aiding in toxin elimination, reducing water retention, and boosting circulation. Crown the experience with a vibrant, vegan detox breakfast served at the Spa and made with the freshest local ingredients to nourish and fuel your system.

Ideal for restoring energy to your body after a long journey, a harsh winter, or a stressful period, this holistic treatment enhances your body's natural detoxification powers, bringing a sense of balance, vitality, and inner harmony.

Just the Two of Us

120 minutes

Strengthen your bond with a transformative experience for couples that begins with a copal cleansing ritual, inviting you to join your hands and hearts as one. Continue your path to connection with an 90-minute Signature couples' massage and immerse yourselves in candlelit romance in the Spa's Apuane Suite as you toast to love with sparkling wine and chocolate-covered strawberries.

Chakra Balancing

90 minutes

Balancing our energy centers is key to maintaining both mental and physical harmony. This holistic ritual, centered on your chakras, begins with a soothing full-body exfoliation, followed by a deeply restorative massage. Powerful healing crystals are placed on each of your seven chakras, while the resonating sounds and vibrations of Tibetan bowls help you realign and harmonize your energy.

Organic Detox Contouring

90 minutes

Nature's healing powers shine during this cleansing and indulgent journey. Made with natural, organic ingredients, our expert therapists treat your body to a detoxifying, nourishing experience featuring a full-body exfoliation, a mud wrap, and a deeply relaxing back massage using organic detox oil, stimulating your cellular metabolism. Emerge with a sense of lightness and vitality.



Massage Therapies

The ancient wisdom of local healing traditions meets the luxury and expertise of modern wellness techniques, bringing balance to your mind, body, and spirit.

The Essential

90 minutes

Every body is a unique wonder deserving of mindful care and attention. Tune in to your body's needs and indulge in a personalized massage designed to restore both body and mind. Enhance your experience with a 30-minute treatment, guiding you to a state of deep rejuvenation.

Choose between:

*30-minute Body Scrub or *30-minute Refreshing Facial

Punta Mita Tequila Stone

90 minutes

Mexico's signature spirit holds centuries of knowledge and tradition in each drop. Feel the rich aromas of agave and the deep scent of rosemary as they soothe your skin and release your muscles from accumulated tension through a combined massage using hands, forearms, and hot stones.

Hakali

90 minutes

A symbol of Mexico's breathtaking nature, the Hakali cactus is a source of antioxidants that help your body release toxins and unnecessary waste. Allow the warm cactus gel and aloe cream to hydrate your skin and reach your lymphatic system through gentle stretches and a soft, light massage that will leave you feeling rested and renewed.

Apuane Massage

90 minutes

Intuitively and expertly curated by our expert therapists, this Signature Massage features some of the most effective and relaxing massage styles, from deep tissue and hot stone to facial and scalp massage. By incorporating the warmth, soothing candle massage technique, a personalized journey to calm and well-being awaits.

Dual Harmony Massage

60 minutes

Experience the perfect rhythm and synchronicity of two skilled therapists, creating a harmonious flow that transcends the ordinary. This Dual Harmony Massage deeply relaxes your muscles and joints, while soothing the mind and uplifting the spirit.

Personalized Massage

60 minutes | 90 minutes

Create a ritual as unique as you alongside our expert therapists. Soothe your nervous system, refill your energy levels, or release long-held tension through a completely tailored massage that blends ancient healing traditions and modern techniques, responding to your body's needs and your mind's requests.



Glow & Rejuvenate

Nature and science unite in our signature facials, where indulgent treatments nourish your skin and reveal your natural beauty.

Custom Biologique Recherche Facial

60 minutes | 90 minutes

Let our expert therapists craft a completely personalized facial, tailored to your skin's unique needs, using the innovative and avant-garde products of Biologique Recherche. This pioneering brand fuses biology and physiotherapy to deliver transformative results, redefining skincare at its finest.

Conscious Luxury Facial

60 minutes | 90 minutes

Glow from within with this non-invasive clinical facial. A modern hydro-facial machine infuses nutrients and antioxidants into your skin, allowing for cell regeneration and deep hydration. The result: luminous and radiant skin.

Organic Facial

60 minutes | 90 minutes

Soak in the healing properties of nature's most potent ingredients and harness their antioxidant and hydrating powers to purify and repair your skin, revealing a glowing and smooth complexion.



Beauty & Grooming

Elevate your quintessential salon experiences at our Beauty Salon, where local ingredients meet expert execution for stunning results. Beauty comes from within and shines for all to see. Our luxurious hair and makeup services are perfect before a celebration or a joyful evening by the sea.

Punta Mita Manicure

60 minutes

Gift your hands a moment of indulgence as a gesture of gratitude for everything they do. Warm, aromatic tequila brings softness and relief in a relaxing scrub, while a flawless manicure featuring a Shellac application allows your hands to shine their brightest.

Punta Mita Pedicure

60 minutes

Our feet represent strength, stability, and movement. Offer them a moment of release and rest with our signature pedicure featuring a bright, refreshing scrub made with citrus, organic salt, and classic silver tequila, infusing your skin and muscles with some of Mexico's most beloved ingredients. A perfect pedicure with a Shellac application crowns the experience.

Shampoo & Blow-Dry

Long | 90 minutes
Medium | 75 minutes
Short | 60 minutes

Hairstyling

Long | 90 minutes
Medium | 60 minutes
Short | 45 minutes

Haircut

Women's Haircut (Long) | 90 minutes
Women's Haircut (Medium) | 60 minutes
Women's Haircut (Short) | 45 minutes
Gentlemen's Haircut | 60 minutes
Kids' Haircut | 50 minutes

Hair Coloring

Hair Coloring (Long) | 135 minutes
Hair Coloring (Medium) | 120 minutes
Hair Coloring (Short) | 90 minutes

Makeup

Bridal Makeup | 120 minutes
Bridal Eye Makeup | 60 minutes
Makeup Session | 90 minutes
Partial Makeup Session | 60 minutes

*HAIR GUIDELINES

Long: Below the shoulders
Medium: Shoulder-length
Short: Above the shoulders



Holistic Fitness

Like the flow of water, movement is essential to our well-being. Harness your inner and outer strength with our selection of fitness experiences.

Yoga

50 minutes

This ancient practice remains as relevant as ever, harmonizing your breath with a series of asanas or postures with total consciousness and mindfulness, leading you towards a state of balance and flexibility on and off the mat.

AquaForza

50 minutes

Connect with the power of water as you float on a board during this engaging class. Through a series of balancing and strengthening movements, improve your muscle tone, stability, and blood circulation.

Spinning

50 minutes

Feel the adrenaline running through your entire system with this full-body workout. Spin your way to an energy-filled day and stronger muscles.

Stretching

50 minutes

Perfect for after a long flight, a thrilling run, or a challenging workout, this session will relax your muscles, relieving you from soreness and tightness.

Beach Boot Camp

50 minutes

Move to the rhythm of the waves and bring balance and endurance to your entire body with the help of light fitness equipment and nature's own power.

Private Fitness Class

50 minutes

Our Resort is your inspiration for a fully personalized training session: from the comfort of your villa to a tranquil outdoor garden, create your own private fitness centre and allow our expert trainers to lead you to your goals.



Wellness for Little Ones

The path to well-being starts when we take our very first steps. Designed exclusively for our tiniest guests, these treatments offer a moment of mindful relaxation with a touch of whimsical charm.

Mexican Hot Chocolate Manicure

30 minutes

Mexican chocolate is not just delicious –it’s filled with nutrients and healing properties! Treat your hands and nails to a full manicure followed by a rich chocolate mask to soften your skin. Crown the treatment with nail polish in your favorite color.

Mexican Hot Chocolate Pedicure

30 minutes

Awaken your senses and pamper your feet with this sweet treatment. Relax with a full pedicure followed by a bright nail polish application, leaving your feet ready for more hours of barefoot fun in the sun.

Marshmallow Massage

30 minutes

After a day of beachside fun, take a break to relax and recharge your energies with the softest massage ever.

Baby Yoga

30 minutes

Experience the deep bond you share with your baby through a series of mindful movements and stretches designed to stimulate their senses, bringing you both to a state of calm and awareness.

Baby Reflexology

15 minutes

The ancient tradition of reflexology benefits all bodies –even the smallest ones. Connect with your baby during this non-invasive session, using light pressure to help stimulate circulation, strengthen the immune system, and promote rest and relaxation.



Spa Etiquette

- Apuane Spa's peaceful and tranquil environment is designed for serenity and relaxation. As a courtesy to other guests, please refrain from using electronic devices during your time at the Spa.
- If you need to cancel or reschedule your treatment, please let the team know 24 hours in advance. No-shows, cancellations, or changes made within less than 24 hours will be charged the full cost of the treatment.
- Prices shown are final, including of 16% tax and 10% of service charge.
- Guests will be required to complete a health questionnaire before their treatment.
- We will provide robes for you to enjoy during your visit. Please remove your jewelry and other valuable items before treatment and safeguard them in your locker.
- Undergarments are optional during treatment. Our therapists are highly skilled in proper draping procedures to ensure comfort and privacy.
- All of our therapists are certified in Wellness for Cancer training, ensuring safe, compassionate care for guests affected by cancer.
- We recommend guests arrive 30 minutes before their treatment to unwind at the steam bath or sauna.
- Communication is vital for an ideal experience. Please advise your therapist which areas of your body you would like special attention on, and which ones you would like them to avoid.
- Children under the age of 12 must be accompanied by an adult during all kids' treatments.

TREATMENT	Min	STANDARD PRICE MXN	PREMIUM SEASON	MID-SEASON	VALUE SEASON
SACRED JOURNEYS					
Sunrise Detox Ritual	120	10,690	N/A	N/A	N/A
Just the Two of Us (Price per person)	120	9,500	N/A	N/A	N/A
Chakra Balancing	90	9,800	N/A	N/A	N/A
Organic Detox Contouring	90	9,800	N/A	N/A	N/A
MASSAGES THERAPIES					
The Essential	90	9,270	10,275	9,875	N/A
Punta Mita Tequila Stone	90	9,270	10,275	9,875	N/A
Hakali	90	9,270	10,275	9,875	N/A
Apuane Massage	90	9,270	10,275	9,875	N/A
Dual Harmony Massage	60	12,180	13,695	12,785	N/A
Personalized	60	6,065	7,580	6,670	5,760
Personalized	90	8,990	10,005	9,595	N/A
GLOW & REJUVENATE					
Custom Biologique Recherche Facial	60	6,305	7,805	7,055	6,000
Custom Biologique Recherche Facial	90	9,490	10,990	10,240	N/A
Conscious Luxury Facial	60	7,495	8,995	8,245	7,190
Conscious Luxury Facial	90	11,115	12,615	11,865	N/A
Organic Facial	60	6,305	7,805	7,055	6,000
Organic Facial	90	9,490	10,990	10,240	N/A
HOLISTIC WELLNESS					
Regular Class	50	870	1,350	N/A	N/A
Private Class	50	3,700	3,700	N/A	N/A
Pilates Reformer Class	50	1200	1350	N/A	N/A
WELLNESS FOR LITTLE ONES					
Mexican Hot Chocolate Manicure	30	2,000	N/A	N/A	N/A
Mexican Hot Chocolate Pedicure	30	2,000	N/A	N/A	N/A
Marshmallow Massage	30	2,500	N/A	N/A	N/A
Baby Yoga	30	1,850	N/A	N/A	N/A
Baby Reflexology	15	1,250	N/A	N/A	N/A

TREATMENT	Min	STANDARD PRICE MXN	PREMIUM SEASON	MID-SEASON	VALUE SEASON
BEAUTY & GROOMING					
Punta Mita Manicure	60	2,895	3,675	3,520	N/A
Punta Mita Pedicure	60	3,125	3,905	3,750	N/A
SHAMPOO & BLOW-DRY					
Long Hair	90	2,880	N/A	N/A	N/A
Medium Hair	75	2,280	N/A	N/A	N/A
Short Hair	60	1,800	N/A	N/A	N/A
HAIRSTYLING					
Long Hair	90	3,480	N/A	N/A	N/A
Medium Hair	60	3,120	N/A	N/A	N/A
Short Hair	45	2,400	N/A	N/A	N/A
HAIRCUT					
Women's Haircut (Long)	90	3,120	N/A	N/A	N/A
Women's Haircut (Medium)	60	2,880	N/A	N/A	N/A
Women's Haircut (Short)	45	2,400	N/A	N/A	N/A
Gentlemen's Haircut	60	1,680	N/A	N/A	N/A
Kids' Haircut	50	1,020	N/A	N/A	N/A
HAIR COLORING					
Hair Coloring (Long)	135	7,038	N/A	N/A	N/A
Hair Coloring (Medium)	120	5,736	N/A	N/A	N/A
Hair Coloring (Short)	90	3,948	N/A	N/A	N/A
Treatment	50	560			
MAKEUP					
Bridal Makeup	120	6,000	N/A	N/A	N/A
Bridal Eye Makeup	60	3,000	N/A	N/A	N/A
Makeup Session	90	4,200	N/A	N/A	N/A
Partial Makeup Session	60	2,400	N/A	N/A	N/A

