

ESENCIA

WELLNESS

NOBU
SPA MENU

An intimate sanctuary of quiet luxury, where Japanese minimalism and intentional design create a space for profound restoration. Each treatment is a bespoke ritual, meticulously crafted to release tension, elevate energy, and renew the body and mind.

A place to disconnect with intention...
and return fully restored.



SERVICE INDEX

CHOOSE YOUR ESSENCE TO BEGIN YOUR JOURNEY

Each essence has been thoughtfully created to support a different state of wellbeing—from vitality and emotional balance to deep relaxation and restoration. Your selected essence will **guide the sensory direction of your experience** throughout the journey.



ENERGY

*Bright Citrus &
Uplifting Botanicals*

Elevates mood • Refreshes the senses
• Promotes a feeling of well-being and optimism.

I AM ENERGIZED



BALANCE

*Grounding Herbs &
Balancing Aromatics*

Helps release tension • Promotes emotional balance • Encourages calm and inner connection.

I AM IN BALANCE

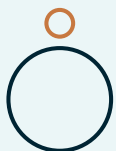


POWER

*Noble Woods &
Revitalizing Accords*

Stimulates vitality • Enhances focus • Awakens body and mind.

I AM POWERFUL



ZEN

*Restorative Florals
& Deep Relaxation
Aromas*

Promotes deep relaxation • Supports restorative sleep • Helps restore balance to the nervous system.

I AM AT PEACE

NOBU SIGNATURE RITUALS

Our Nobu Signature Treatments incorporate Japanese tradition and the spirit of Nobu Hotels. Each service is deeply personalized and adapted to your unique needs.

HEAD TO TOE NOBU ZEN | 105 MIN

We begin with a relaxing floral foot bath, followed by a fusion of various massage techniques, including deep tissue, hot stones, shiatsu, and reflexology. A targeted luxurious scalp massage is also performed.

JAPANESE SILK | 130 MIN

Inspired by the traditional Japanese art of body care, this luxury and energizing ritual for the body stimulates circulation and energy flow. Your journey begins with a body exfoliation to prepare the skin for a full nourishing body massage in combination with the deep heat of volcanic stones, and concludes with a facial cleansing. Find the balance, feel renewed and restored.

FACIAL COLLECTION

PLATINUM ANTIOXIDANT FACIAL | 80 MIN

This intelligent complex, enriched with advanced peptides and ceramides, delivers powerful antioxidant protection through ionized platinum—helping to neutralize free radicals, visibly reduce pigmentation, and support collagen synthesis.

ESSENTIAL SHOCK (R) EVOLUTION | 80 MIN

This unique facial sculpts, releases tension, and restores energy balance, leaving your skin deeply hydrated and your senses in complete comfort.

FOR GENTLEMAN | 80 MIN

Specially designed to care for, protect, and preserve the youthfulness of men's skin.

DETOXIFYING | 80 MIN

Pure and perfect skin. The treatment reduces the appearance of localized imperfections, ideal for skin with impurities, as well as for skin that needs a deep purifying action.

HYDRA GLOW | 50 MIN

Deep moisturizing treatment. Active ingredients such as hyaluronic acid and the exclusive facial massage technique restore firmness, smoothness and luminosity to the skin, preventing dehydration and the appearance of the first signs of aging.

MASSAGE THERAPIES

ESENCIA | 50 MIN | 80 MIN

A combination of traditional massage movements that promote relaxation and detoxification of the body through long and gentle movements. Giving the body balance and well-being.

DEEP SLEEP | 50 MIN | 80 MIN

A therapeutic massage designed to alleviate tension and muscular stress. Specialized techniques concentrate on specific areas that work into rigid tight tender muscles.

HEALING VOLCANIC STONE | 80 MIN

This massage combines the properties of stones in combination with warm and cold temperatures to relieve muscle pain, tension and accumulated fatigue.

MOMMA-TO-BE PRENATAL | 50 MIN

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy. Recommended after the first trimester of pregnancy.

BODY TREATMENTS

AFTER SUN RECOVERY | 50 MIN

This essential treatment is designed to alleviate the discomfort caused by excessive sun exposure, with a refreshing skin wrap that reduces redness and inflammation.

AROMATIC SCRUB | 50 MIN

Exfoliating grains of Sea Salt and essential oil blend, leaving your skin supremely smooth, reawakened and radiant.

COUPLES RITUALS

AROMATHERAPY EXPERIENCE | 130 MIN

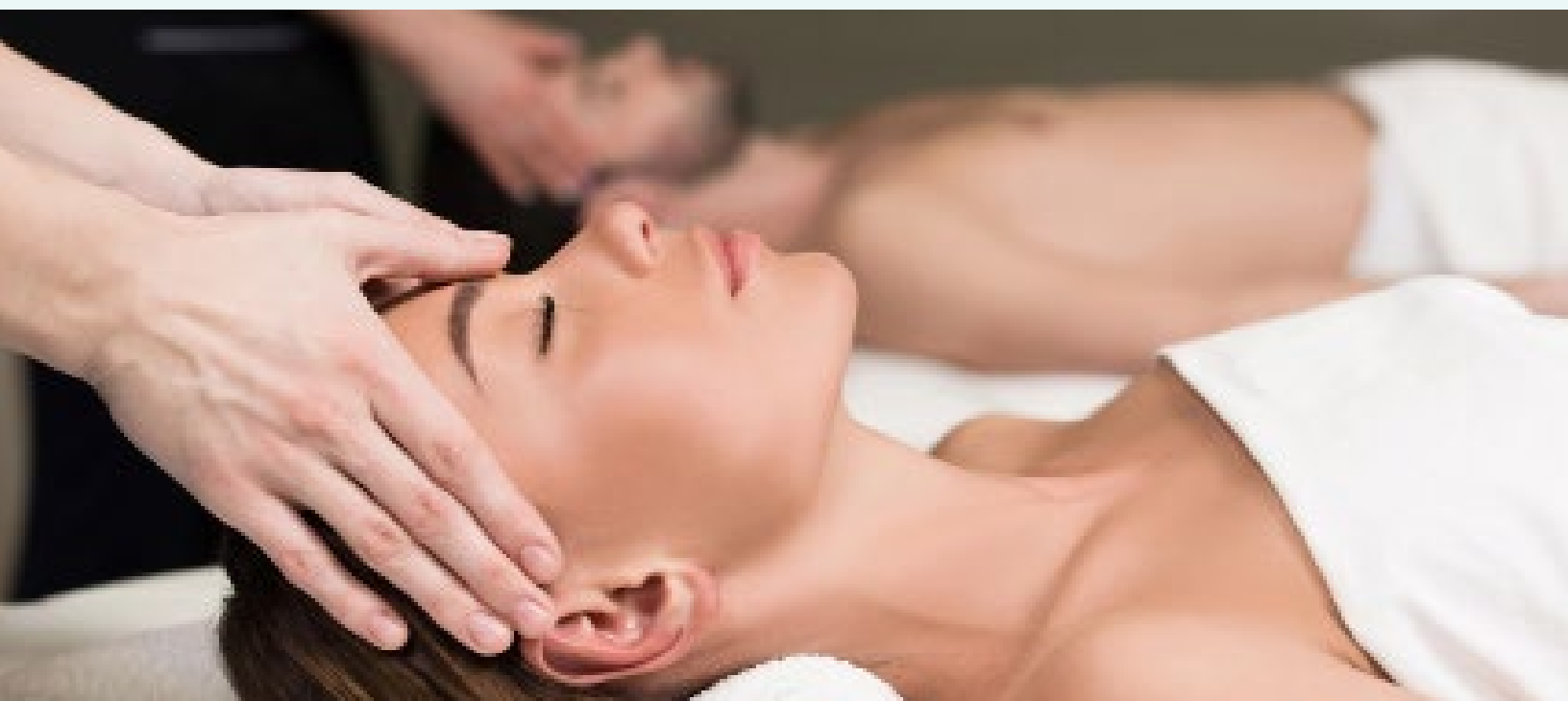
HYDROTHERMAL EXPERIENCE + BODY SCRUB + MASSAGE

Signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind. This is an intense massage and body scrub ritual drawn from a fusion of eastern and western. Techniques enabling the therapist to work on your body, mind and spirit.

NATURAL RETREAT | 130 MIN

HYDROTHERMAL EXPERIENCE + MASSAGE + MINI FACIAL

A ritual with essential oils that promotes a revitalizing effect on the mind and body. Beginning with the selection of a blend of essential oils combined with nourishing oils, followed by a facial regenerator with organic ingredients that will give you an unforgettable sensory and olfactory experience, along with benefits for body and soul.





SENSORY HYDROTHERAPY EXPERIENCE

RELAXING HYDROTHERMAL | 60 MIN

Find the stillness of your body, soul and mind, immersing yourself in an atmosphere of emotional healing, which in conjunction with the temperature contrasts, will provide your body an energizing shot of well-being.

SPA ETIQUETTE

RESERVATIONS

- To schedule an appointment, please contact the Spa by pressing the Spa button on your guest room telephone or by dialing extension 4544 or 4542.
- Esencia Wellness welcomes both resort guests and external visitors.

TRANQUILITY & WELLNESS ENVIRONMENT

Our spa is dedicated to relaxation, serenity, and well-being. We kindly ask guests to maintain a peaceful atmosphere by speaking softly and respecting the privacy of others. To preserve the experience for all guests, mobile phones, cameras, and electronic devices should remain on silent mode and are not permitted in treatment or relaxation areas. Esencia Wellness is a smoke-free environment.

ARRIVAL & WELLNESS FACILITIES

We recommend arriving 60 minutes prior to your scheduled appointment to fully enjoy our wellness facilities, including sauna, steam room, ice fountain, sensation showers, and thermal pools.

LATE ARRIVALS

Please note that arriving late may result in a shortened treatment time to accommodate subsequent appointments and maintain our service schedule.

YOUR SPA EXPERIENCE

- Our wellness team will be delighted to provide recommendations tailored to your individual needs and selected treatments. During your visit, you will be provided with a locker, robe, slippers, and towels. Disposable undergarments are available upon request.
- For your comfort and security, we recommend leaving valuables in your guest room or home. Esencia Wellness cannot assume responsibility for lost or unattended personal belongings.

SPA ETIQUETTE

AFTER YOUR TREATMENT

We invite you to continue enjoying the benefits of your experience in our relaxation lounges. Take this time to rest, hydrate, reflect, and embrace a lasting sense of well-being.

MINIMUM AGE POLICY

- Guests must be 18 years of age or older to access spa facilities, hydrotherapy areas, salon services, fitness facilities, and wellness experiences.
- Guests between the ages of 6 and 17 may receive selected spa treatments when accompanied at all times by a parent or legal guardian who is also receiving a treatment. Access to hydrotherapy and wet areas is restricted to guests 18 years and older.

CANCELLATION POLICY

We kindly request that any modifications or cancellations be made at least 24 hours prior to the scheduled appointment. Cancellations, modifications, or no-shows within 24 hours of the appointment time will incur a 100% charge of the reserved service.

IN-ROOM TREATMENTS

For guests wishing to enjoy their treatment in the privacy and comfort of their room, an additional service fee of USD \$80 will apply per treatment.



NOBU HOTEL
LOS CABOS