



KAHLAL SPECIALS

AYURVEDIC ABHYANGA

60 MIN \$1,805.00 MXN
90 MIN \$2,280.00 MXN

The main objective of Ayurvedic Massage is to restore the balance of the body and keep physical and mental health, it focus on the vital points of the body "Marmas" if the energy flows correctly the body automatically regulates itself.

LOMI LOMI NUI

60 MIN \$1,805.00 MXN
90 MIN \$2,280.00 MXN

Hawaiian ancestral technique that uses a gentle, fluid and rhythmic pressure, using the hands and the forearms, helping to reaching more extensive areas, allowing the massage to deeper.

KAHLAL HOLISTIC

90 MIN \$2,850.00 MXN

Harmoniously integrates the best different healing and massage techniques, creating a special bond between our therapist and patient.

Thorough observation and intuition we work in a profound way to restore your harmony. The therapist gives his full attention creating a loving energy.

Healing therapy that it will allow you to be present.

CLASSICS



DEEP TISSUE

Release muscle tension by using firm pressure with slow movements to reach deeper layers of the muscle. It is very effective in breaking muscle knots, relieving contractures and ease the pain.

60 MIN **\$1,805.00 MXN**
90 MIN **\$2,280.00 MXN**

RELAXING MASSAGE

This technique focuses on relaxing and de-stressing the muscles from the neck to the feet, slightly relieving pain and relaxing the mind and body. Activates blood circulation and helps with depression and anxiety.

60 MIN **\$1,615.00 MXN**
90 MIN **\$2,185.00 MXN**

SPORT MASSAGE

Ideal massage before and after intense physical activity, the main objectives are:

- To increase blood circulation and energy enrichment.
- Muscle warm-up and relaxation.
- Stretching tendons, ligaments and joints.
- Elimination of focal adhesions and myalgia.

60 MIN **\$1,900.00 MXN**
90 MIN **\$2,470.00 MXN**

PRENATAL

It is a healthy way to reduce stress and promote general well-being. This massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff necks, leg cramps, headaches and edema (or swelling).

60 MIN **\$1,615.00 MXN**
90 MIN **\$2,185.00 MXN**

REIKI & JADE BED

It is a Japanese technique for stress reduction and relaxation that promotes healing through the transmission of vital energy through the hands. Reiki is the connection or reconnection of universal energy and our individual energy or life force, with the aim of awakening.

60 MIN **\$1,425.00 MXN**

AROMATHERAPY

It combines the benefits of aromatherapy and the benefits of relaxing massage with acupressure on specific areas of the body. Delivering relaxation and pleasure in each massage, as well as excellent healing properties of essential oils.

60 MIN **\$1,710.00 MXN**
90 MIN **\$2,280.00 MXN**



RELAXATION EXPRESS

CRANIOFACIAL MASSAGE

30 MIN

\$950.00 MXN

Massage with gentle slides and deep manipulations involving work on shoulders, neck, scalp and face. It helps to reduce stress, fatigue, eye fatigue and headache. Increasing clarity on your mind and rejuvenece.

BACK DEEP TISSUE

30 MIN

\$855.00 MXN

With the basic principles of deep tissue massage, the area of greatest stress is worked deeply and firmly to relieve contractures and heaviness.

RELAXING FOOT MASSAGE

30 MIN

\$855.00 MXN

Ideal massage for tired feet. Activates blood circulation with a light exfoliation, followed by invigorating movements with a refreshing cream that relieves fatigue and heaviness, the treatment ends with a deep relaxing massage with a special blend of oils, giving a feeling of light and fresh feet.

TREATMENTS



Revitalize your skin with our facials and body wrap with red wine, some of its many benefits are oxygenations and cell regeneration. Ideal sensitivity and micro-circulation, detoxifies and oxygenates the skin, moisturizes and keeps the skin fresh and alive.

FACIAL		50 MIN	\$1,520.00 MXN
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BODY WRAP		50 MIN	\$1,615.00 MXN
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BODY SCRUP		30 MIN	\$950.00 MXN
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PACKAGE RED WINE
\$2,850.00 MXN

MANICURE		\$950.00 MXN
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Pamper your hands with our "all-inclusive" Manicure (exfoliation, cuticle and nail trimming, mask as well as a hand massage and nail polish).

PEDICURE		\$950.00 MXN
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Give your feet a break with our "all-inclusive" Pedicure (exfoliation, cuticle and nail trimming, mask as well as a foot massage and nail polish).

JADE BED		50 MIN	\$608.00 MXN
		70 MIN	\$798.00 MXN
		90 MIN	\$988.00 MXN

ENHANCE YOUR EXPERIENCE



INFRARED LIGHT MAT

15 min - \$190.00 MXN

HOT COMPRESSES

15 min - \$152.00 MXN

FACIAL MASSAGE (skin refiner)

15 min - \$285.00 MXN

AROMATHERAPY

15 min - \$323.00 MXN

FOOT EXFOLIATION

\$190.00 MXN

DRY BRUSHING

\$380.00 MXN