



SPA

HOTEL HÉRCULES

SIMPLE NATURAL WELLNESS

We would like to introduce you, how easy herbs can be part of your daily life. By using herbs, throughout your spa journey power of nature healers are used throughout your spa experience and combined with integrated touch therapies and nature's medicine from the hand and from the earth, simple healing with touch and herbs. Our herbs come right here from the Huerto at Hércules.



THE POWER OF HERBS

The medicine of the ancients, herbs have been a part of health cultures as far back as 5000B.C. Medicinal herbs are used in many areas of modern medicine. We use herbs throughout the spa, in the hopes of educating our visitors, the easy way to incorporate herbs into their daily life.



HOPS

Hops increase energy flow, support reproductive organ function, rich in phytoestrogens, lessens spasm pain and increases circulation. Member of the Hemp family. Our hops are carefully selected by our team of Hercules brewers.

SIGNATURE TREATMENTS

90 minutes - \$2,200



NATURE'S LITTLE HEALER

- Hops, cinnamon, sage and salt calming scrub
- Skin Repair Aloe Vera Wrap
- Brewer's Yeast and Calendula Exfoliating Facial Scrub
- Coco and Frankincense Rejuvenating Facial Massage
- Beer Hair Rinse & Avocado Hair Mask
- Destress Grapefruit Scalp, Neck and Shoulder Massage

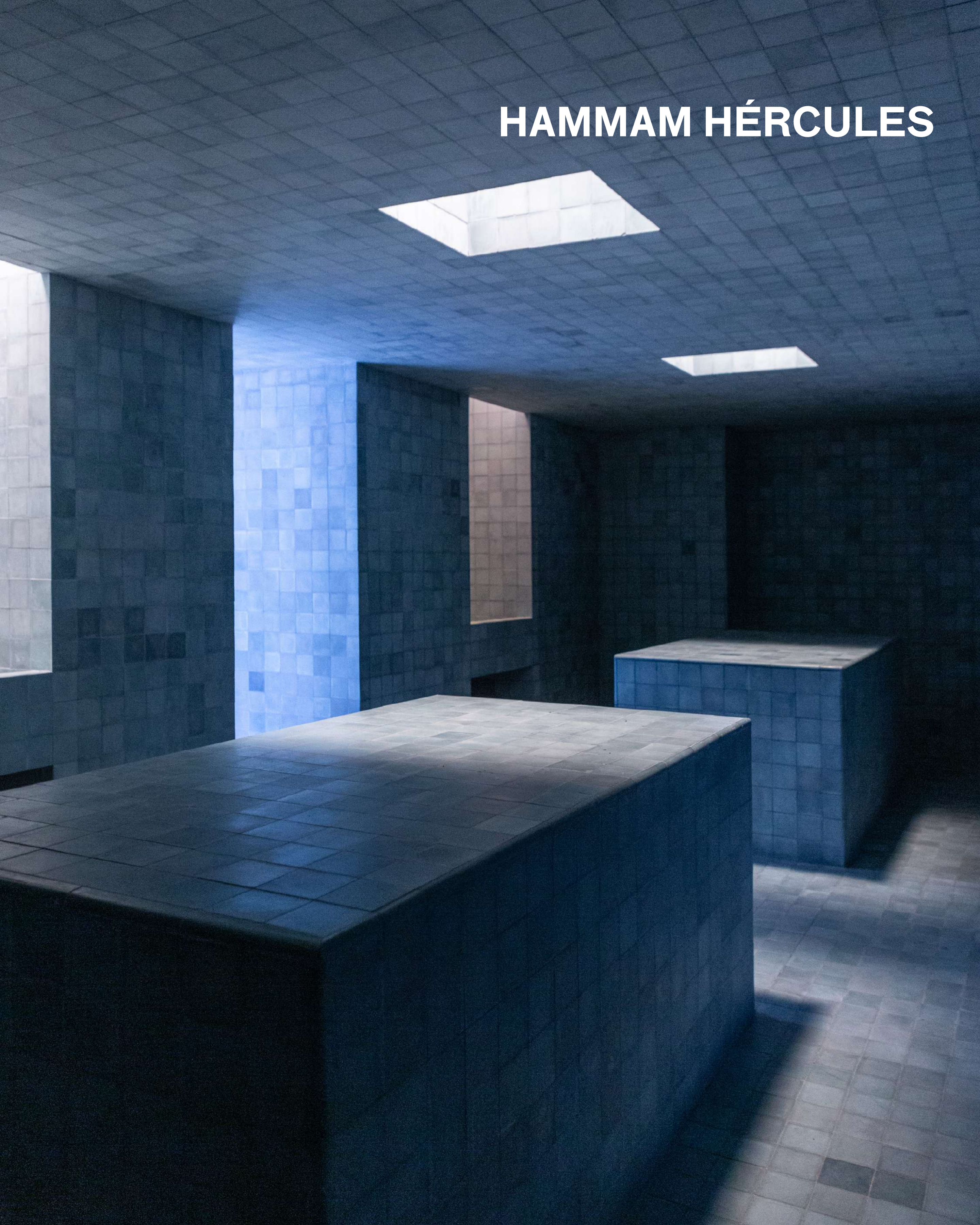


OLIVA 60

- Detoxifying Dry Body Brushing
- Eucalyptus Invigoration Ritual
- Traditional Reviving Turkish Leg Soap Massage
- Rose Facial Cleansing and Exfoliation
- Detoxing Rose Oil Facial Massage
- Lavender and Rosemary Shampoo & Hair Mask



HAMMAM HÉRCULES



Select and combine 2 elements below to make your own
60 minute Hamman treatment - \$1,500

Select and combine 3 elements to create your own 90
minute treatment - \$2,200

- Scrub
- Salt or sugar scrub with combo of herbs that you select
(lavender, rosemary, manzanillo, herbabuena, or salvia)
- Body Wrap
- Aloe wrap
- Hops, canela, salvia, yogurt and grapefruit
- Scalp Massage
- Facial Massage
- Hair Treatment
- Dry Brushing & foot massage



MASSAGES

Each one of our massages begins and ends with a ritual burning of Palo Santo to cleanse your energy of any stored negativity. Our opening ritual also includes a freshly blended aroma spray and inhalation to enjoy an aroma boost. Your own personal herbal bag will be warmed and placed on your chest during the treatment to enjoy the added benefit.

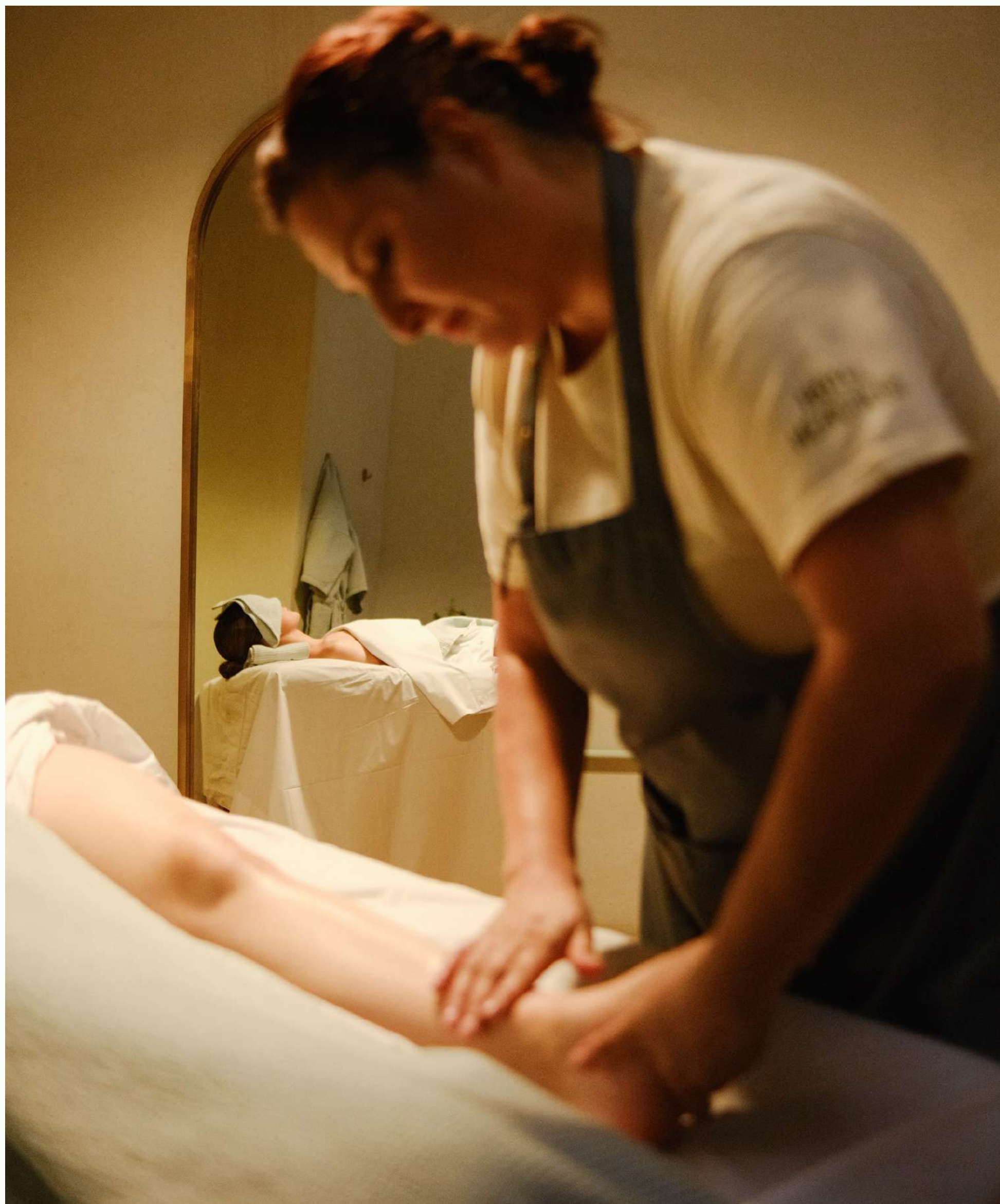
60 minutes - body only - \$1,500

90 minutes - body, face, scalp
and stomach - \$2,200



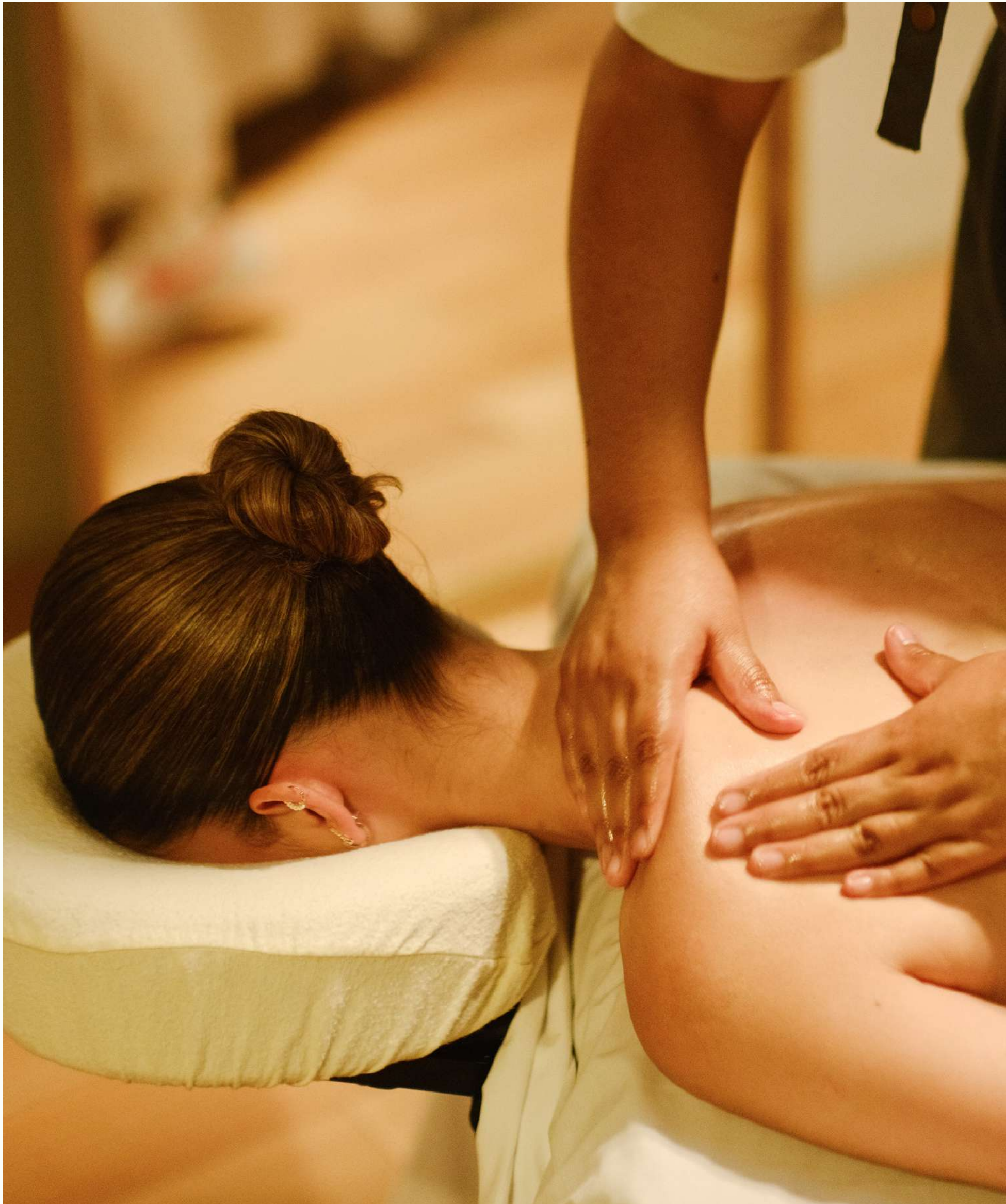
AMARILLO (soft massage)

Soft massage and light massage. Great for high anxiety and sleep disorders. This mixed technique massage incorporates Swedish massage, Aruvedic strokes and Thai rocking styles geared toward relaxing the nervous system.



CASCADE (medium massage)

Medium pressure massage, with a strong Swedish massage influence with hand and thumb work to get into the muscles and increase circulation, targets pain and tension and reduces stress.



BELMA (strong massage)

Deep strokes to target connective tissues and muscles, rocking movements and deep pressure in the muscles to increase circulation, increase oxygenation of the muscles and reduce inflammation.



ADD ONS

All add on's can be combined to target your needs or to experience something new. Feel free to combine the selections below too.

30 minutes -\$800



AROMA BLENDING

Before your treatment, you will work with your therapist to create your own blend for your massage.

FACE, SCALP & SHOULDERS

Release the store up tension in the face, scalp and shoulders that accumulates with stress.

SCALP

Excellent for racing mind, migraines and to improve circulation to the scalp and hair root, this massage incorporates Ayurvedic techniques to stimulate and relax. Take care: we use a generous amounts of oil.

FACE

This traditional Nuad Boran Thai face massage feels incredible, while relaxing the face and jaw muscles it also increases circulation in the skin resulting in better skin tone and the appearance of a softer look.

FOOT

Just nothing more relaxing than a foot massage! Excellent for swollen or sore feet and an overall relief for the nervous system.

REFLEXOLOGY

Throughout the history of the world, from the Egyptians, Chinese to the Mayans, the map of the feet has been said to correspond to the different organs of the body, by stimulating the points on the feet, it increases the energy and circulation. Please note that it can be a little painful, but in a good way.

HOW TO SPA



Please call our Spa Concierge to schedule your treatment. We recommend reserving 48 hours in advance. We can also personalize your spa treatment, ask for more details at the spa reception.

We ask that you cancel your treatments 24 hours to avoid paying in full. Appointments canceled 12 hours before will have 50% charge.

We recommend that you use our spa facilities before your treatment, to ensure benefits from your treatment oil. Essential oil benefits last for up to 90 minutes.

Beer is part of our world in Hercules, and you will appreciate the beauty of a cold beer in the spa. However, intoxication and hot and cold areas combined with alcohol is a serious health risk.



Open everyday from 9am to 6pm

Make reservations by calling or via WhatsApp at +52 (446) 138 4420



AV. HÉRCULES OTE. 1, HÉRCULES
76069 SANTIAGO DE QUERÉTARO, QRO.

