

aurora

REFINING THE ART OF WELLNESS

Aurora, The Spa at Las Alcobas is a refuge of style and luxury in the heart of Mexico's greatest city. We have meticulously blended the rich history and culture of Mexico with the highest levels of service and refinement. Our intimate spa facilities provide a luxurious hideaway to experience a range of spa services featuring a range of carefully selected organic essential oils to enrich your spa experience.

We strive to create a personalized experience for all our guests, by training our therapists to intuitively tailor treatments for your immediate needs, incorporating a powerful collection of hand crafted pomades along with a selection of Neal's Yard organic essential oils. Our therapists have all the tools to provide you with a truly pampering experience.



las alcobas
MEXICO CITY

OUR PRODUCTS

Neal's Yard Remedies

A forerunner in bringing essential oils into the mainstream in the 80's, Neal's Yard from London is our choice for organic essentials oils. High quality, organic and sustainably farmed, they are the perfect complement to our treatments.

SCENS

Because essence is the only thing that really matters, we created SCENS, an ORGANIC & VEGAN skincare line in search of pure, natural, powerful active ingredients extracted from the most exclusive plants and flowers of the planet.

Because Mother Nature is powerful, and holds the finest active ingredients in the world, SCENS found its inspiration in it to create exclusive and unique cosmetics.

We love Nature, we are, therefore, committed to only use ingredients that are organic and vegan. We firmly believe in the great power and benefits of plants and flowers and feel a strong commitment towards the animal kingdom. Therefore, all our products are free from any animal derived ingredients, including beeswax.

SPA INFO

Aurora Spa is located on the second floor of Las Alcobas. For our hotel guests, on the day of your treatment, we will deliver a Spa tray including a Spa robe and slippers plus a bath/body wash to complement each specific treatment. We ask our guests to arrive five minutes before their treatments.

For our local guests, in order to serve you better, we request that upon making your booking, please specify if you would intend to have a shower before or after your treatment, in order that we will make the room available for your use if possible.

Should you need to cancel your treatment, we kindly request that you contact Aurora Spa or Las Alcobas Reception four hours prior to your appointment time at Ext: 821 to avoid a full charge.

SCRUB BAR

30 MINUTES



You and your therapist will co-create your scrub before your treatment. We offer a selection of fresh ingredients and Neal's Yards essential oils to mix and match to make your personalized scrub. All scrubs are thirty minutes, preparation time is five minutes.

SCRUB CHOICES

Almond and walnut

Cocoa

Salt from Colima

Brown sugar

Via Corta coffee

ESSENTIAL OIL CHOICES

Lavender

Orange

Rosemary

Sage

Lemon

MASSAGES

All our massages can be tailored to suit your immediate needs. If you would like to change the choice of oil or even combine elements of different massages or pressures, our therapists are trained to customize your treatments to your specifications. We ask that you discuss any concerns or expectations before commencing your massage.

Aurora Signature Massage

60/90 MINUTES

Medium pressure – Swedish massage

Recommended for: overall fatigue, muscle tension, relaxation

This massage incorporates long flowing strokes to warm and relax tissues, improve circulation and relieve tension.

lavender inhalation – ginger & juniper oil

Deep Tissue Rosemary Massage

60/90 MINUTES

Deep pressure – strong massage

Recommended for: sore muscles, stiffness, swelling, jet lag

Release deep tension, stress and fatigue. Complete with an application of Arnica on sore muscles. Arnica grown in Mexico is used to soothe muscle aches with its anti-inflammatory benefits.

rosemary inhalation – rosemary & cedar

Aromatherapy Tlilxochitl

60/90 MINUTES

Light pressure – smooth strokes

Recommended for: nervous tension, insomnia, depression

Soft tender strokes calm the muscles, nervous system and mind. Orange essential oils are used to calm and relax the nervous system.

orange inhalation – frankincense & mandarin oil

Detox Massage

60/90 MINUTES

Vigorous - short strokes

Recommended for: slimming, cellulite & hangovers

This intense and vigorous massage increases circulation and removes toxins. It also flushes the lymph system and promotes draining of the body's excess fluids. Not recommended for high blood pressure or diabetics.

rosemary inhalation – ginger & juniper oil

MASSAGES

Obsidian Hot Stone Massage

90 MINUTES

Medium pressure - hot stones

Recommended for: insomnia, nervous tension, balancing energy

Stones mined from Jalisco are known for their balancing effect on the body. Gently glided along the body to induce deep relaxation and calm, when combined with massage, it allows muscles to further relax and release nervous tension and stress.

Sage inhalation – ginger & juniper oil – obsidian hot stones

Rosemary Jet Lag Massage

30 MINUTES

medium to hard pressure massage – back, scalp & feet

Recommended for: jet lag, muscle stiffness, aches, tired feet

Effective treatment for relieving headaches, chronic neck and shoulder pain as well as stress and tension throughout the body.

rosemary inhalation – rosemary & cedar oil – arnica & camphor pomade

Mayan Healing Ritual

This ritual's literally starts in outer space, when a meteorite hit Chicxulub on Mexico's Yucatan Peninsula leaving an enormous crater filled with minerals and space particles. Scientists believe the impact from this crater is said to have wiped out the dinosaurs. This space dust and mud have been collected for their healing mineral properties. This is where the Mayan Ritual begins, the Chicxulub mud is scrubbed on the body and then the body is wrapped. The heat from the wrap activates the minerals and assists with the penetration in the body. Afterwards, a medium pressure massage is complimented with the use of hot lava shells and movements inspired in the sacred animals of the Mayan Culture, Jaguar, Eagle and Snake using warm oil for a deep relaxation. This is a restoring treatment with a boost of minerals to assist in repairing the body and immune system.

Body Wrap/Scrub – Massage – 90 Minutes**Herbolario Mexican**

This healing treatment combines the power of herbs, along with a specialized Sobada/Abhyanga combination massage which targets the nervous system. The heated herbal bags are placed on the body during the massage, to heat and pamper the body. The herbal bags are filled with Bougainvillea, Eucalyptus, Camphor, Cinnamon and Guava. This powerful mixture supports the respiratory and immune systems, relieves dry skin, aids with inflammation, assisting with pain relief. We recommend this treatment if you are feeling fatigue, trouble sleeping, body aches, compromised immune system and/or muscle pain.

ADD ONS

30 MINUTES

Enjoy the freedom to put together your own treatment with your favorite choices.

Reflexology

By manipulating reflex points in the feet, the body's energy is increased in the body's organs promoting greater vitality and balance.

Revitalizing Leg & foot Massage

This targeted treatment is geared to assist with tired, sore and swollen legs and feet. This is the perfect pick me up is perfect for those with tired legs from walking, running and traveling. Rosemary and Cedar oil, increases the circulation and ease tension. We combine this potent oil combination with a vigorous leg massage to stimulate the lymphatic system along with relieving inflammation and pain. Finally, we use a arnica cream to close up the treatment, leaving the legs tingling with new energy to start a fresh foot forward.

Foot Massage

The quick fix for the Traveler! Increase circulation after a flight, after a long tour or just to regain your strength for an evening ahead.

Scalp Massage

Perfect after a long meeting, traffic or even a headache; enjoy the complete relaxation of a scalp massage.

FACIALS

Mini Facial Cleanser SCENS

30 Minutes

Complete cleansing for all skin types that leaves a soft, fresh and radiant texture. Ideal for revitalizing the skin after a long trip.

SCENS L'Hygène Parfaite Facial

60/90 Minutes

Deep painless hygienic facial treatment with Organic & Vegan cosmetics that help remove the impurities of the face and neck, fade away damages caused by pollution and regain a radiant, luminous, smooth and hydrated complexion. First indispensable step to clean up the skin and prepare it for future treatments.

SCENS Detox Facial

60/90 Minutes

Ultra Detox facial treatment that helps dull skins, and skins damaged by pollution, regain a healthy-looking, fresh and luminous aspect thanks to the use of several masks holding high concentration of purifying, pore-decongesting and detoxifying active ingredients (Charcoal). This treatment helps clear the skin and get back a radiant, glowing and healthy look.

SCENS Hydra Green Facial

60/90 Minutes

Ultra hydrating & nourishing Organic & Vegan facial treatment that provides immediate deep hydration, comfort and a feeling of well-being. Thanks to the use of cosmetics and masks with extreme hydrating and nourishing active ingredients such as Avocado and Argan oils, the skin regains an immediate hydrated, healthy-looking and luminous appearance.

This treatment is ideal for those skins with high needs of hydration, that are devitalized and undernourished as well as for mature skins.

SCENS Eternal Lifting Experience Facial

60/90 Minutes

Iconic firming facial treatment exclusively using cosmetics and masks with very high concentration of regenerating and anti-aging active ingredients that give all the antioxidants and nutrients necessary to firm the skin and improve its elasticity.

In combination with SCENS FACELIFT MASSAGE, the muscles of the face become more relaxed, the skin recovers radiance and the shape of the face regains definition and firmness.

PACKAGES

Aurora Refreshing Package 90 Minutes

Live a complete relaxation with this experience and enjoy a 60-minute Aurora Signature massage to finish with the benefits of a 30-minute SCENS Mini Facial Cleanser.

Forget about stress and give your skin a pampering experience!

Las Alcobas Wellness Package 90 Minutes

Revitalize mind, body and soul with this energy boost!

We begin with a 30-minute full body scrub that will renew the skin to leave it soft and smooth. We will continue with a 30-minute Jet Lag massage to relieve the tension of everyday life and we will finish with a 30-minute SCENS Cleansing Mini Facial.

PRICE LIST

SCRUB BAR

30 MINUTES

Body Scrub \$2100

MASSAGES

Aurora Signature Massage

60/90 minutes \$2800/\$3700

Deep Tissue Rosemary Massage

60/90 minutes \$3000/\$3900

Aromatherapy Massage

60/90 minutes \$2800/\$3700

Detox Massage

60/90 minutes \$3100/\$4000

Hot Stone Massage

90 minutes \$4000

Rosemary Jet Lag Massage

30 minutes \$2100

HEALING RITUALS

90 MINUTES

Mayan Healing Ritual \$5000

Herbolario Mexican \$5000

FACIALS

Mini Facial Cleanser SCENS

30 Minutes \$2800

SCENS L'Hygène Parfaite Facial

60/90 Minutes \$3900/\$5000

SCENS Detox Facial

60/90 Minutes \$3900/\$5000

SCENS Hydra Green Facial

60/90 Minutes \$3900/\$5000

SCENS Eternal Lifting Experience Facial

60/90 Minutes \$3900/\$5000

PACKAGES

90 MINUTES

Aurora Refreshing Package \$4600

Las Alcobas Wellness Package \$5200

PRICE LIST

ADD ONS	30 MINUTES
Reflexology	\$2100
Foot Massage	\$2100
Scalp Massage	\$2100
Revitalizing Leg & Foot Massage	\$2100

We request that you reserve in advance to ensure availability.

Taxes included

Gratuity is not included.

Prices are in Mexican pesos