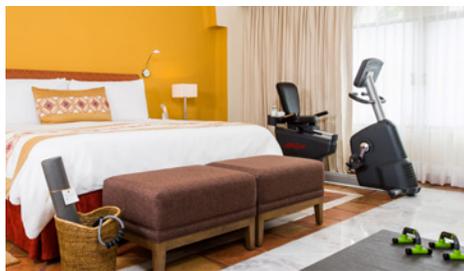




# WELLNESS SUITES



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# WELLNESS SUITES

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Our one-of-a kind Wellness Suites are private retreats, designed with the sole purpose of revitalizing body and mind. We offer these spaces for people who live a health-conscious lifestyle; for those who wish to detoxify, destress and heal, and for guests who wish to incorporate more of a wellness philosophy into their daily lives. Located at Casa Velas, Grand Velas Riviera Nayarit, Grand Velas Los Cabos and coming soon at Grand Velas Riviera Maya, our Wellness Suites' unique and innovative amenities take relaxation to another level.

## **Wellness Concierge**

Our expert staff will assist you from the beginning to the end of your stay, helping you plan a healthy program and make the most of your retreat.

## **Nutrition and Fitness Consultation**

Enjoy a consultation with our chefs to personalize your menu, and a 25-minute personal training session in your suite to design your own exercise routine.

## **Nikken Pillow**

Provides head and neck support for proper spinal alignment, with a soothing massage effect.

## **Nikken Comforter**

Scientifically designed to increase relaxation and support a variety of physical and mental functions for restful and restorative sleep.

## **Nikken Kenko Light**

An LED Lamp with a clock and timer that increases gradually, simulating the dawn and dusk, which helps guests fall asleep and wake up more naturally. Accompany these light settings with your selection of music or natural sounds.

## **Recumbent Lifecycle® Exercise Bike**

This Life Fitness machine allows you to exercise on your own time, in complete privacy. Features a heart rate monitoring system, an intuitive console with pre-programmed workouts, and is fully adjustable.

## **Exercise Kit** (yoga mat, dumbbells and resistance bands)

## **Massage Table**

Enjoy relaxing Spa services on your private terrace!

## **Alchimia Apothecary Aromatherapy Kit**

Essential oils with scents ranging from cedar and lavender, to tangerine and myrrh, will allow you to embrace total relaxation. With an electric diffuser, LED light and timer you can enjoy the healing powers of your essential oils day and night.

## **Vitamin C Shower**

The Vitamin C shower lightly spritzes you on command, with a warm bath of vitamin C essential oils, which provide antioxidant and regenerative properties for the skin.

## **Manos que Curan Soap Bars**

Organic handmade artisanal soaps, created using local Mexican plants, flowers, and seeds; for various types of healing.

Added values:

- Relaxing massage on your suite terrace.
- One hydrotherapy circuit at the Spa.

**IMPORTANT:** The pillows and mattresses in this suite contain magnetic technology, which could be harmful to people with pacemakers. Please inform us if you have a pacemaker, and we will provide special amenities to suit your needs.

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