



# RELAX

*One&Only*  
PALMILLA  
*Los Cabos*



## ONLY HERE

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### MINDFUL RITUAL

*120 minutes: 14,610*

Melt away with this transformative mind and body experience. A series of guided breathing and visualization exercises are combined with a therapeutic face and body massage to offer a holistic 2-hour relaxation session. Release your stresses, restore your spirit, and learn techniques you can use for life.

### BAJA DEEP TISSUE PINDAS TREATMENT

*90 minutes: 11,010 | 120 minutes: 14,810*

Treat yourself to this targeted body massage, incorporating gentle stretching, steamed herbal Pindas (poultices), and Obsidian hot stones laid on the neck and shoulders to ease away muscle tension. Deeper pressure may be applied to strategically treat areas of tightness.

### TIME TAILORED FIT

*120 minutes: 14,610 | 180 minutes: 20,130*

Make the most of every moment with a bespoke spa experience, designed especially to meet your needs and fulfill your desires. Choose a two- or three-hour session and, after personal consultation, our acclaimed therapists will bring your perfect experience to life. An indulgent treat for yourself, or thoughtful gift for those you love.

### SALT & BODY SCRUB

*60 minutes: 7,130 | 90 minutes: 10,860*

Revive skin's natural softness and glow with this intensely exfoliating treatment. An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dull, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

### SLEEP THERAPY MASSAGE

*90 minutes: 10,860*

The definitive answer to a truly blissful night's sleep. This personalized treatment lulls you in with guided breathing and visualization techniques. A deeply indulgent massage follows, easing muscular tension with a combination of hot stones and warming oils. A soothing scalp massage completes the experience, clearing the mind and preparing you for a deep, uninterrupted night's sleep.

### SURFERS & GOLFERS RELIEF

*60 minutes: 8,020 | 90 minutes: 11,010*

This powerful treatment is designed for those who have been tackling the links or conquering the waves. A deep tissue massage is followed by a soothing hot compress applied to the back. An innovative G-5 machine then strategically rehabilitates muscles and relieves any pain. At the treatment's end, a cooling emulsion soothes and refreshes skin kissed by days in the sun.

### MINDFUL MASSAGE

*90 minutes: 11,010*

Slow the pace of everyday life and emerge feeling renewed. This relaxing experience begins with guided mindfulness exercises, including calm-inducing breathing and visualization techniques. Then lie back and embrace a full body massage, starting with the reflex zones on your feet, and culminating with an energizing scalp massage enhanced by warm rose quartz crystals.

# ONLY BODY

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## ONE&ONLY PALMILLA MASSAGE

*60 minutes: 7,770 | 90 minutes: 10,670*

Your signature One&Only Palmilla Massage begins with a personal consultation, allowing expert Massage Therapists to assess your needs. Massage options include Swedish, deep tissue, sports, or a customized combination.

## VITALITY MASSAGE

*90 minutes: 10,810*

Stimulate the senses, banish aches, and revive sore muscles. This invigorating massage combines the application of contrasting temperatures and focused pressure point techniques to help alleviate pain, support healing, and restore a youthful sense of vitality.

## IMMUNE BOOSTING MASSAGE

*90 minutes: 10,810*

Strengthen your body's natural healing mechanisms with a treatment designed to promote health and stamina. Utilizing lymphatic drainage techniques, this therapeutic massage will leave you feeling more resilient than ever.

## HOT STONE MASSAGE

*90 minutes: 10,010*

Mend sore muscles with this therapeutic full body massage, enriched with active aromatherapy oils and warm volcanic stones. The heat from the stones penetrate your muscles, soothing away aches and pains, inviting your entire body to unwind.

## DETOXIFYING BODY WRAP

*60 minutes: 7,910*

Purify your body or deeply replenish your skin with this personalized body wrap. Reveal instant results from naturally detoxifying Algae. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

## THAI INFLUENCE MASSAGE

*90 minutes: 10,670*

Drawing on ancient lessons from the East, this clothed massage includes passive stretching, soothing acupressure techniques, and synchronized breathing exercises, all designed to return you to a sense of well-being.

## REFLEXOLOGY

*60 minutes: 7,760*

Rooted in ancient healing practices, reflexology addresses the body's energy imbalance via pressure points to restore balance and optimal health. Treatment includes foot exfoliation and massage.

## FITNESS MASSAGE

*60 minutes: 7,910 | 90 minutes: 10,860*

This powerful sports massage is designed to alleviate deep-seated tension and muscular stress. Specialized massage techniques target specific areas of concern to reduce common discomforts, such as a stiff neck, lower back pain, and tight shoulders.

## MATERNITY MASSAGE

*60 minutes: 7,770 | 90 minutes: 10,670*

This nourishing body massage targets areas especially prone to stress and tension during or after pregnancy. A gentle back exfoliation, if desired, is followed by a rejuvenating massage tailored to your individual needs.

## CONTOUR & FIRMING TREATMENT

*120 minutes: 14,610*

A specialized body treatment that combines a detoxifying wrap and lymphatic drainage massage to help the body eliminate toxins, tone the skin and revitalize the mind. A course of treatments is recommended to maximize the effects.

## ONLY FACE

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### HOLISTIC FACIAL

*60 minutes: 7,840 | 90 minutes: 11,670*

Tailored to your skin type and needs, this personalized One&Only Spa facial includes a deep cleansing and exfoliation, steam session and gentle extraction where required, plus a treatment-specific massage and mask. Your rejuvenated skin will then be perfected with potent, custom-selected skincare products, finished with an intensive booster serum formulated to repair, enhance, and protect.

### MINDFUL FACIAL

*90 minutes: 11,670*

A luxurious facial massage with botanical formulas and warm herbal poultices, sculpting, hydrating, and rejuvenating for radiant skin and serene tranquility.

### LIFTING, FIRMING & TONING FACIAL FEATURING NUFACE® TECHNOLOGY

*90 minutes: 11,950*

This targeted, age-defying facial will minimize wrinkles and increase hydration levels, while helping to reduce the appearance of pigmentation, large pores, and redness. The facial incorporates a deep brush cleanse, along with a Skin Radiance Mask using lifting facial massage techniques. Then, a Lifting and Smoothing Mask, containing concentrated seaweed extracts, argan oil and menthol, will be expertly applied, followed by the FDA-cleared NuFace® microcurrent to promote contouring, toning, and firming.

### INTENSIVE AGE-DEFYER FACIAL

*90 minutes: 10,600*

Travel back in time with this regenerating facial, specially formulated for maturing skin. You'll see a thrilling reduction in lines and wrinkles around the eyes, neck, lips, and jawline, thanks to special age-defying massage techniques and a selection of products designed to renew and replenish. You'll leave feeling years younger, with a radiant new complexion to prove it.

# ONE&ONLY GLOW: DR. BARBARA STURM'S EXCLUSIVE SPA TREATMENTS

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*Dr. Barbara Sturm is a world-renowned aesthetics doctor known for her innovative, science-driven skincare. With a focus on anti-inflammatory science, she blends cutting-edge research with natural ingredients, delivering visible results through pioneering non-surgical treatments and molecular cosmetics. Her holistic approach has made her a trusted expert, sought after by celebrities and skincare enthusiasts worldwide.*

*Each treatment includes the advanced technology of the Purelift Microcurrent, a non-invasive facelift that activates & elevates your facial muscles & gives you a more toned appearance.*

## THE ONE&ONLY RADIANCE RECHARGE TREATMENT

*45 minutes: \$7,061*

Exclusively curated for One&Only Palmilla, The One&Only Radiance Recharge Treatment is an indulgent ritual that elevates skincare to an art form. This transformative experience blends Dr. Barbara Sturm's groundbreaking science-based formulations with her signature facial massage techniques and a state-of-the-art vibrating wand. Designed to replenish hydration, refine contours, and unveil a luminous glow, this bespoke treatment is the epitome of luxury and rejuvenation.

## THE ONE&ONLY LONGEVITY FACE TREATMENT

*105 minutes: \$14,641*

The One&Only Longevity Face Treatment is the ultimate indulgence in total rejuvenation. This unparalleled treatment harmonizes Dr. Barbara Sturm's signature facial and massage techniques, delivering a transformative experience that restores balance. Melt into deep relaxation, ascension fades, muscles unwind, and your skin is refined and radiant, leaving you feeling utterly renewed from head to toe.

## THE ONE&ONLY STURMGLOW™ FACIAL

*75 minutes: \$10,312*

Elevate your skincare routine with The One&Only SturmGlow™ Facial, an exclusive indulgence designed to leave your skin radiant, refreshed, and utterly transformed. This luxurious treatment enhances skin barrier function, fortifies overall skin health, and revitalizes the skin matrix for a glowing, youthful appearance. Perfectly suited for all skin types, The One&Only SturmGlow™ Facial breathes new life into dull, tired skin, restoring vitality and luminosity. Experience the art of rejuvenation in its most refined form.

## ONLY ADD ONS

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### SALT & OIL SCRUB

3,010

A decadent, skin-softening body exfoliation that combines sea salts with essential oils to leave your skin nourished, smooth, and supple.

### EXPRESS FACIAL

4,230

The express facial includes a gentle clean and hydration for your skin. It helps to correct small imperfections in the outermost layers of the skin while your tension melts away leaving your skin feeling fresh.

### SCALP MASSAGE

3,010

Whether you've been busy studying, working, or creating, allow us to ease key areas of tension with a soothing scalp and head massage, paired with nourishing massage oil chosen just for you.

### DE-PUFFING EYE MASSAGE

3,010

This massage stimulates your facial lymph vessels with a gentle and soothing massage technique. It helps excess lymph to drain, reducing swelling in the face and eye area.

### KNESKO GOLD REPAIR COLLAGEN FACE MASK

1,140

A cult favorite with celebs and beauty experts, these masks use glimmering gold and science-tested active ingredients to firm, lift, and repair. An ideal post-flight or day in the sun boost to your skincare routine.

### KNESKO GOLD REPAIR COLLAGEN EYE MASK

460

Treat your eyes to some Gold-laden TLC with these Gold Repair Eye Masks. An ultra-luxurious way to unwind, each Gold collagen eye mask firms, lifts, and repairs skin—restoring a youthful appearance.

*Relax, rejuvenate, and restore by adding these experiences to your treatment for a true revitalization that will leave you looking just as fresh and beautiful as you feel. Each of these enhancements is designed to last for 30 minutes.*

## ONLY HIM

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### MANKIND

*60 minutes: 7,910*

Experience this highly-targeted massage to be free of the most common male complaints, namely tension-related headaches, neck strain, and stress. The deeply soothing strokes are applied to the back, feet and scalp, loosening muscles so you feel revived for the day ahead, or blissfully relaxed for a most peaceful night's sleep.

### FITNESS MASSAGE

*60 minutes: 7,910 | 90 minutes: 10,860*

This powerful sports massage is designed to alleviate deep-seated tension and muscular stress, leaving you feeling fitter and freer on the court, field, and beyond. Specialized massage techniques target specific areas of concern to reduce common male discomforts, such as a stiff neck, lower back pain, and tight shoulders.

### MEN'S DEEP CLEANSING FACIAL

*90 minutes: 11,950*

Put your best face forward, treating the skin to a deep cleanse, followed by intensive hydration to restore a healthy glow. The treatment uses premium products formulated just for men, and includes a relaxing shoulder, neck, face, and scalp massage so you feel as refreshed as you look.

### BARBER&BLADE

*8,090*

Step into the sleek private gentlemen's grooming salon, Barber&Blade by One&Only™, for a curated selection of exceptional shaving and treatments exclusively for men.

## ONLY FOR NEW GENERATION

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### ACTIVE FLOW MINI MASSAGE

*30 minutes: 2,660*

*4-15 years old*

This gentle, introductory body massage addresses any areas of particular concern and keeps your body feeling free and supple so you can make the most of exciting local activities. Your One&Only Spa Therapist will employ the most appropriate massage techniques for you, complemented with a body oil to elicit the best results.

### INVIGORATING REVIVER WITH FOOT MASSAGE

*30 minutes: 2,660*

*4-15 years old*

Whether you've been exploring your surroundings, dabbling in sports, or dancing the night away, this revitalizing treatment soothes the aches and pains of busy feet with a refreshing exfoliation followed by a deeply therapeutic foot and lower leg massage.

### RELAXING SCALP & HEAD MASSAGE

*30 minutes: 2,660*

*4-15 years old*

Whether you've been busy studying, working, or creating, allow us to ease key areas of tension with a soothing scalp and head massage, paired with nourishing massage oil chosen just for you.

### NEW GENERATION SHAVE

*75 minutes: 2,850*

A one-of-a-kind grooming experience for young gentlemen, enjoy an introduction to Barber&Blade with a First Shave. Begin with a luxury straight razor wet shave plus express facial and scalp massage.

### MANI-PEDI

*60 minutes: 3,575*

*4-15 years old*

Our teen manicure-pedicure service includes a soothing foot soak, nail shaping, gentle cuticle care and topped with your nail color of choice.

## ONLY COUPLES

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### MAGIC MOMENT

*120 minutes: 35,080*

Celebrate your love - all that's been and all that's to come - with a private ceremony and luxurious treatment in our spectacular oceanside palapa. The simple yet poignant ceremony allows you to renew your vows in the most beautiful natural setting. Your union is then honored with an extended 90-minute couple's massage, enhanced by the gentle sounds of lapping waves and delicate aromas of incense - all completely private, and just for you.



# ONLY TRADITIONAL HEALINGS

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## TEMAZCAL

*120 minutes: 13,730 | Additional person: 1,999*

This ancient healing ritual, passed from one generation of indigenous people to the next, features a therapeutic steam bath fortified with medicinal local herbs known to detoxify the body and purify the mind. The confluence of warm soothing waters, indigenous music, copal incense, herbal teas, and ancient medicinal tonics delivers an intense healing power and an unforgettable One&Only Palmilla experience.

## CONSCIOUS BREATHWORK PRACTICE

*90 minutes: 11,390*

Feel the healing sensations and emotive release as you focus on your breathing throughout this guided conscious breathwork session. Combined with soothing music, guitar, and resonant quartz bowl sounds, you'll tap the power of breath to create deep rhythmic vibration throughout the body. The result is an opening of the heart and a centering reset of chakra alignment, lulling you into complete relaxation before rising, both energized and recharged.

## SUNRISE PURIFICATION CEREMONY

*60 mins: 1 person: 10,100 | 2 people: 12,270  
Additional person (up to 8): 2,070*

Embark on a spiritual journey designed to greet the day and invigorate the senses. Drawing inspiration from the revered Mayan tribe of Mexico, your sunrise purification ceremony embraces the first rays of morning sun with the traditional burning of copal incense and medicinal herbs renowned for their purification properties – cleansing aura, mind, and spirit. Next, backed by the soothing rhythms of indigenous local drums and calming ocean waves, you will be guided through a transcendent meditation ritual, concluding with an ancient praise to the beauty and bounty of Mother Nature herself.

## CACAO CEREMONY

*90 minutes: 11,390 | Additional person: 2,170*

In Mayan cosmology the spirit of cacao is sacred. Working with cacao allows you to cultivate awareness on an emotional and spiritual level, releasing what no longer serves you, processing energy that may be stuck, and perhaps guiding you to find your own breakthroughs. Join our healer-led journey through an ancestral ritual passed down through generations.

## TRADITIONAL HEALING RITUAL

*90 minutes: 11,390 | 120 minutes: 15,480*

As authentic as Mexico itself, this traditional healing experience begins with a cleansing ritual pairing aromatic copal incense with herb and flower-infused waters. Your holistic healing experience will then lead into a deep body massage that is personally crafted to your unique specifications, designed to ease tight, tired muscles, erase stress and revitalize all of your bodily systems. An array of traditional healing tools, inclusive of fresh bamboo, hot stones, indigenous medicines, and a traditional rebozo stretching shawl, may be employed to help coax your body into a deep state of relaxation and renewal. At the end of the ritual, you'll depart with both body and spirit fully refreshed, revitalized, and replenished.

## FULL MOON MEDITATION

*60 minutes: 9,480 | Additional person: 2,170*

Harness the mystical power of the Full Moon, its intense attraction and self-healing capacity. As the ocean's tide rises, so too the power of our meditative breath circle. Join us as we connect to the energy of the full moon using mantras, movement, frequencies, sound, and pranayama breathing. This transformative experience will leave you spiritually refreshed, rejuvenated, and illuminated.

# PEDI:MANI:CURE BY BASTIEN GONZALEZ

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## BASTIEN'S DUO

*75 minutes: 7,700*

Pamper yourself with this synchronized four-hand mani-pedi treatment that simultaneously shares its focus between your feet, legs, hands, and arms, delivering you the famed Bastien Gonzalez experience, widely known as "The Rolls-Royce of mani-pedis."

## BASTIEN'S PEDICURE

*60 minutes: 5,720*

Treat your feet right with Bastien's signature pedicure, including a proprietary treatment to gently buff and restore your nails to a healthy, natural shine. A therapeutic skin treatment follows, eliminating dry, hard skin before receiving a tension-relieving massage, from the tips of your toes, up to your knees.

## BASTIEN'S MANICURE

*45 minutes: 3,040*

Experience one of the world's most talked-about manicures, delivered in three indulgent steps. First, a restorative cuticle and nail treatment, followed by the expert application of a natural nail finish, and finally, a thorough massage to reinvigorate forearms, wrists, hands, and fingers.

## FOOT REFOUNDATION

*35 minutes: 3,720*

Your journey begins with a penetrating exfoliation using our acclaimed Black Diamond Scrub. Then sit back and luxuriate in a toe-to-knee massage focused on reducing swelling and muscle tension, while maximizing joint mobility, blood circulation, and skin elasticity. It's the ideal cure for jet-lagged feet and legs.

## BLACK DIAMOND FOOT SCRUB TOUCH

*10 minutes: 1,160*

Elevate your pedicure or manicure by adding the Black Diamond Touch; a blend of Black Volcanic Sand and Mother of Pearl particles designed to exfoliate, purify and smooth your skin. This mineral foaming scrub provides a natural exfoliation, aiding in the removal of dead skin cells, while leaving your skin at its best. Essential oils of thyme and sage are also infused to maintain healthy, supple feet and hands.

## PARAFFIN TOUCH

*20 minutes: 1,160*

Intensify any Bastien Gonzalez treatment with the addition of this paraffin touch. Warm, silky paraffin wax aids the penetration of applied moisturizers, allowing for deeper hydration while easing tensions in muscles and joints.

## COLOR TOUCH

*20 minutes: 1,160*

Select your preferred color from our range of premiere nail lacquers, all of which are free of formaldehyde, toluene, DBP and Camphor. Includes nail reshaping.

## FRENCH COLOR TOUCH

*30 minutes: 1,640*

Your choice of nail color is accentuated with a white line applied to each tip, followed by a natural, soft pink lacquer for the perfect French Manicure. Includes nail reshaping.

# ONE&ONLY FITNESS

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## PERSONAL TRAINING

*60 minutes: 3,490 | Additional person: 1,690*

## GROUP PRIVATE TRAINING

*6 – 10 guests: 11,390*

Our personal training specialists offer a vast array of individualized training programs, including:

### *Body Shaping*

A customized fitness session to help you perfect your body shape, with a focus on improving problem areas and optimizing overall movement and performance levels.

### *Weight Reduction & Control*

This session focuses on circuit-style, Active/Recovery training methods. A caloric expenditure base will also be calculated and used.

### *Sports Performance*

A specialized consultation to align your athletic goals with an identified set of performance demands, helping you strategically improve.

### *Rehabilitative*

A therapeutic program designed to help facilitate recovery from injury and/or individual health concerns.

## STRETCH FOR SUCCESS

*30 minutes: 1,990*

Begin your day, or your workout, with a focus on flexibility. Let your One&Only Personal Trainer lead you through this dedicated stretching session, working to improve your existing range of motion.



# OUTDOOR FITNESS SESSIONS

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## BEACH BOOT CAMP

*60 minutes: 3,490 | Additional person: 1,690*

Energize your full body workout in one of the most invigorating settings on earth — One&Only Palmilla's iconic beach.

## CYCLING

*60 minutes: 3,490 | Additional person: 1,690*

This ultra-effective, non-impact workout incorporates hill work and sprinting to help build cardiovascular endurance and strengthen your lower body muscles.

## TRX® SUSPENSION TRAINING

*60 minutes: 3,490 | Additional person: 1,690*

Challenge yourself to full body, functional training at its best. The TRX system targets your upper and lower body, including core muscle groups.

## HIIT

*60 minutes: 3,490 | Additional person: 1,690*

Intense bursts of activity alternated with short recovery periods. This fun and active workout is ideal to burn tons of calories in a short period of time.

## TABATA

*60 minutes: 3,490 | Additional person: 1,690*

Improve endurance, cardiovascular and muscular performance in this highly efficient interval training session.

## CORE TRAINING

*60 minutes: 3,490 | Additional person: 1,690*

This challenging 60-minute workout is completely devoted to core work. Sculpt your midsection and gain structural strength with crunches, planks, and all kinds of great movements to get the best beach abs.

## MIND AND BODY

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### HEALTHY LIFESTYLE COACH

*60 minutes: 6,290*

With personal consultation, let our One&Only Lifestyle Coach reveal how you can make simple yet functional adjustments in your daily routine to enhance your health and overall well-being.

### PRIVATE YOGA

*60 minutes: 3,490 | Additional person: 1,690*

Enjoy personalized support as our One&Only Yoga Instructor leads you through a dedicated yoga session of your choice, including: Sunrise, Couples, Family, Prenatal, Teens, Mommy & Baby, Weight Loss, Power, Hatha, Therapeutic, Vinyasa, Yin Yang, Ashtanga and Restorative.

### PILATES

*60 minutes: 3,270 | Additional person: 1,640*

Feel your inner strength grow as you keep the focus on your core – consisting of the abdomen, back, buttocks, and upper leg muscles – while adhering to the Pilates principles of concentration, fluidity, balance, centering, breath and control. Sessions are tailored to match your skill level, from Beginner to Expert.

### TAILORED WELLNESS JOURNEY

With personal consultation, let our One&Only team curate a tailored wellness experience designed to meet your specific well-being goals.

## RESERVATIONS

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We recommend making reservations in advance, particularly if you choose to enjoy multiple bookings during your stay. The Spa endeavours to accommodate walk-in bookings based on availability.

## CANCELLATION & CHANGE POLICY

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We kindly ask you to provide a minimum of 4-hour notice for changes or cancellations. With less than four-hours' notice, you will be charged for 100% of your treatment. For appointments that are made prior to arrival at the resort, the Spa cancellation policy follows that of your resort reservation.

## SPA & FITNESS HOURS

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One&Only Spa: 9am to 7pm daily

Fitness Center: Open 24 hours, 6am - 9pm (hosts available)