



## COBALTO SPA

EMBROILED IN THE RICHNESS OF A HISTORICAL AND CULTURAL ENVIRONMENT; COBALTO SPA WAS CREATED AS A PLACE OF SOLITUDE AND SERENITY, RESPECTFUL OF ANCIENT HEALING PRACTICES AND SELECTED INGREDIENTS FROM LOCAL NATURE.

EACH EXPERIENCE IN COBALTO SPA IS INSPIRED BY OVER 480 YEARS OF WISDOM AND TRADITION THAT LEADS OUR GUESTS TO A DEEP RELAXATION AND WELLBEING.

AWAKEN YOUR SENSE IN A WAY YOU NEVER THOUGHT POSSIBLE. THE RICH AND VIBRANT CULTURE OF PUEBLA COMES ALIVE IN EVERY TREATMENT, AT EVERY CORNERSTONE OF YOUR EXPERIENCE, WHERE THE ONLY LIMITATION TO YOUR RENEWAL ARE YOUR OWN.



## ANGEL'S INFUSION

LONG USED AS A WAY TO CLEAR THE MIND AND BODY OF NEGATIVE AND TOXIC ENERGY, THE ANGELS INFUSION REPRESENTED A WAY FOR INDIVIDUALS TO EXPERIENCE A FRESH START.

THIS INDIGENOUS EXPERIENCE HAS BEEN USED BY GENERATIONS IN PUEBLA, BY COMBINING THE HEALING PROPERTIES OF LOCAL HERBOLOGY.

ONLY THROUGH GENTLE AND DEEP INHALATION, THOSE INGREDIENTS CAN WORK TOGETHER ON THE DETOX PROCESS. OUR THERAPISTS WILL PREPARE THIS GROUNDING & RELAXING INFUSION BEFORE THE START OF YOUR TREATMENT TO HELP YOU OPEN YOUR BREATHING AND DETOXYFY YOUR LUNGS, CLEARING YOUR PAST ENERGY SO YOUR NEW JOURNEY TO VIBRANT HEALTH CAN BEGIN.





## LOST REMEDIES

PUEBLA CITY WAS FOUNDED MORE THAN 480 YEARS AGO, SINCE THEN, HERBOLOGY HAS PLAYED STRONG ROLE IN THE LOCAL CULTURES' BEAUTY RITUALS AND OVERALL HEALTH. ANCIENT HEALERS DEDICATED THEIR LIVES TO UNDERSTANDING THE COMPLEX PROPERTIES OF THE ANIMAL, MINERAL AND VEGETAL KINGDOMS TO SUPPORT THEIR BELIEF THAT GOD AND NATURE WORKED IN HARMONY WHEN IT CAME TO UNDERSTANDING AND TREATING ONES' OVERALL HEALTH AND WELLBEING. SINCE THE XVIII CENTURY, PUEBLA'S APOTHECARIES APPLIED SEED, ROOTS STEMS, LEAVES, FLOWERS AND FRUITS TO PRESCRIBE OIL TINCTURES, INFUSIONS, STEAM BATHS, OINTMENTS AND HERBAL PACKS FOR ALL TYPES OF HUMAN AILMENTS.

THE RECIPES INCORPORATED IN COBALTO SPA EXPERIENCE INCLUDE SOME OF THE ANCIENT RECIPES THAT WERE PRACTICED CENTURIES AGO. MERGING THE KNOWLEDGE OF THE HISPANIC AND PRE-HISPANIC CULTURES, COBALTO SPA OFFERS TRULY AUTHENTIC AND INDIGENOUS TREATMENTS IN OUR OWN RENEWAL & INTERPRETATION.





## ANCIENT TIRED LEGS CLOTH RITUAL | *ENERGIZING AND REVITALIZED*

90 MIN / \$1,800 MXN

FOR MANY GENERATIONS WOMEN FROM PUEBLA USED THIS *CLOTHS METHOD* PREPARED WITH AN INFUSION OF ROSEMARY AND CINNAMON WHICH HELPED TO RELIEVE MUSCLE PAIN, IMPROVE & SUPPORT PROPER CIRCULATION AND AN OVERALL HEALTHY APPEARANCE TO THEIR LEGS. THEY WOULD THEN MASSAGE A FRESH ROSEMARY AND CINNAMON OINTMENT ALONG THE LEGS TO SUPPORT PROPER CIRCULATION AND PROVIDE ENERGY TO THE LOWER BODY. THIS TREATMENT WAS HIGHLY EFFECTIVE AFTER LONG DAYS OF CARING FOR THE HOME AND FAMILY. WE HAVE SELECTED AN ENERGIZING NECK, BACK AND CRANIAL MASSAGE

## VOLCANIC MUD CURE | DETOXIFYING AND RE-MINERALIZING

120 MIN/\$2,500 MXN

PUEBLA CITY IS SURROUNDED BY THE RICH MUDS OF THE VOLCANO. IN THE PAST, THE RESIDENTS HARVESTED THE MUD AND THE ASHES, USING THEM IN RITUALS OF BEAUTY FOR THE FACE AND BODY DUE TO THEIR ABUNDANT MINERAL PROPERTIES. OUR VOLCANIC MUD CURE WILL STAR WITH A VOLCANIC ASH BODY SCRUB TO REMOVE DEAD SKIN CELLS AND IMPROVE BLOOD CIRCULATION THEN, A MINERAL RICH INFUSION OF ROSEMARY – MELISSA AND VOLCANO MUD WILL BE USED FOR A WRAP THAT WILL CONCLUDE WITH A RELAXING HERBAL FULL BODY MASSAGE WITH HOT SEED POULTICE AND A TEPEZCOHUITE BALM, WICH IS AN ANCESTRAL PLANT USED BY THE ELDERS TO REGENERATE AND PROTECT SKIN.



## INDIGENIOUS LOOFA BODY DETOX | PURIFYING AND MOISTURIZING

90 MIN. /\$2,200 MXN

GENTLE AND MOISTURIZED SCRUB WITH HAND CRAFTED INDIGENOUS LOOFA FILLED IN WITH THE EXQUISITE “BEAUTY ELIXIR” MADE OF SPIRULINE, AN ENDEMIC MEXICAN ALGAE WICH HAS DECONGESTIVE, FIRMING AND MOISTURIZING PROPERTIES, FOLLOWED BY A FULL BODY MASSAGE WITH 100% ORGANIC OILS, BREATHING TECHNIQUES AND SLOW DEEP MOVEMENTS, IDEAL TO BRING ATTENTION AND CONSCIOUSNESS TO THE PRESENT MOMENT.

### SKIN RITUALS

PUEBLA’S ELDERLY BELIEVED THAT THE SKIN WAS A WINDOW INTO OVERALL HEALTH OF BODY, MIND AND SOUL, THEREFORE THEY TOOK SPECIAL CARE ENSURING THEIR SKIN WAS ALWAYS VIBRANT AND HEALTHY. COBALTO SPA OFFERS YOU A SERIES OF CUSTOMIZED SKIN RITUALS FOR THE NEEDS OF YOUR SKIN.





### **ANTI – AGING RECIPE | AGE-DEFYING & SOOTHING**

**90 MIN/ \$2,300 MXN**

THIS EXTRAORDINARY TREATMENT IS A RITUAL OF PURE RELAXATION AND VISIBLE RESULTS. YOUR SKIN WILL RECEIVE NUTRITION AND HYDRATION WITH A GENTLE CLEANSING MILK AND A FACIAL SCRUB FOLLOWED BY THE APPLICATION OF AN ANTI-AGING SERUM AND A MOISTURIZING CREAM, RESTORING ITS NATURAL BEAUTY AND LEAVING THE SKIN LOOKING FRESH AND YOUNGER. PARTICULARLY RECOMMENDED AS A MONTHLY TREATMENT FOR A LONG-LASTING VISIBLE EFFECT. THE CONTOUR OF THE FACE WILL BE RESTRUCTURED AND THE TEXTURE OF THE SKIN IS REFINED.

### **BESPOKE SKIN RITUAL | PERSONALIZED & REFRESHING**

**60 MIN/ \$1,900 MXN**

A FACIAL THAT HEIGHTENS THE STANDARDS OF A TRADITIONAL FACIALS. THIS SKIN CARE EXPERIENCE BEGINS WITH A TRIPLE CLEANSING CEREMONY AND DOUBLE EXFOLIATING THAT PROVIDES SKIN A RENEWED APPEARANCE. INCLUDES AN EIGHT – STEPS RITUAL AND A CUSTOMIZED MASK WITH TRIPLE COLLAGEN. THIS SKIN RITUAL IS A PERSONAL AND UNPARALLELED TREATMENT. YOUR SKIN RESTORES ITS VITALITY AND LUMINOSITY.



### **VOLCANO DETOX | MOISTURIZING & ENERGY**

**60 MIN/ \$1,900**

WITH REFRESHING AND TONING PROPERTIES, THIS POWERFUL DETOXIFYING RITUAL WITH VOLCANIC CRYSTALS AND ACTIVATED CHARCOAL, DECREASES SKIN SENSIBILITY, REMOVES IMPURITIES AND NOURISHES SKIN.

A BLEND OF HANDS AND FEET REFLEXOLOGY GOES ALONG THE TREATMENT, FOLLOWED BY A GENTLE LYMPHATIC DRAINAGE THAT SWELLING AND REMOVES TOXINS.

### **YOUTH BLOOM RITUAL | REVITALIZING & ENERGIZING**

**60 MIN/ \$1,900**

AN ENERGIZING COCKTAIL TO MAGNIFY AND PRESERVE THE NATURAL GLOW OF YOUNG SKIN. THIS IS THE PERFECT EXPERIENCE FOR WHOMEVER WANTS TO BEGIN A PROPER SKINCARE FROM EARLY AGE. CREATED FOR YOUNG SKINS OF ALL TYPES, THIS FACIAL RITUAL IS SUITABLE FOR DULL SKIN OR BEFORE AN IMPORTANT EVENT.







## **MASSAGES**

INSPIRED IN ANCIENT HEALING TRADITIONS AND RECIPES FROM PUEBLA, OUR THERAPISTS TAKE HAND FROM THESE PRACTICES AND COMBINE THEM WITH THERAPEUTIC INGREDIENTS FROM AROUND THE WORLD TO RESTORE THE BALANCE OF YOUR BODY.

### **TALavera MASSAGE | ROOTS & TRADITIONS**

**60/90 MIN**

**\$1,800/\$2,250 MXN**

SOME WOULD SAY THAT THE CULTURE OF PUEBLA IS DEFINED BY THE PRESENCE OF “TALavera” TRADITION THAT HAS INSPIRED OUR SIGNATURA TREATMENT COMBINING RELAXATION DEEP MUSCLE RELIEF AND HOT THERAPY. THIS PERSONALIZED MASSAGE INCORPORATES OUR “TALavera MAKAS” HELPING TO INCREASE CIRCULATION AND REDUCES INFLAMMATION.

### **INTUITIVE MASSAGE | PERSONALIZED & THERAPEUTIC**

**60/90 MIN 60/90 MIN**

**\$1,800/\$2,250 MXN**

UNIQUELY CUSTOMIZED FOR EACH GUEST, RESTORING YOUR BODY’S NATURAL ENERGY AND BALANCE. THE THERAPISTS WILL USE HOT SEDES PINDAS AND VARIOUS MASSAGE TECHNIQUES TO FIND THE MOST BENEFICIAL TO THEIR NEEDS HELPING TO RELIEVE MUSCLE TENSION





## ESSENTIAL REMEDIES MASSAGE | REVIVING

60/90 MIN

\$1,500/\$2,00 MXN

LET YOUR INTUITION GUIDE YOU CHOOSING THE IDEAL BLEND FOR THE CURRENT STATUS OF YOUR BODY. OUR VERSION OF THIS AROMATHERAPY MASSAGE IS UNIQUE BECAUSE OF THE INGREDIENTS OF THE MASSAGE BLENDS THAT RENEW AND HEAL YOUR BODY

### |Relaxation Remedy Infusion

**Bergamot, linden tea, basil and Orange blossom.**

Ancient remedy: This infusion was regularly used  
when babies couldn't sleep  
or when a member of the family  
was experiencing stress or tension.

### |Muscle Pain Relief

**Mint, lemongrass, Rosemary and Marjoram**

Ancient remedy: This blend was used to relieve

Muscle pain by applying it with a

Smooth massage

### |Energizing Oil

**Basil, "pericon", vervain, cinnamon and peppermint**

Ancient Remedy: When a natural booster was needed.

This energizing oil was used after the shower, all over the body .







### **SENSES OF BEGINNING**

INTENDED FOR OUR YOUNG SPA GOERS, 12 YEARS AND ABOVE, WE PROVIDE A SIMPLER VERSIÓN OF OUR TRADITIONAL SALÓN TRATMENTS.

THESE ARE A PERFECT BONDING OPPORTUNITY FOR MOTHER & DAUGHTER OR FATHER & SON.

### **PETIT MANICURE & PEDICURE**

**60 MIN- \$850 MXN**

PLEASURE FOR THE HANDS AND FEET OF THE LITTLE ONES. THIS TREATMENT INCLUDES A SOFT EXFOLIATION, NAILS SHAP-  
ING ANS NAIL POLISH.



### MOTHER & DAUGHTER TREATMENT

60 MIN

\$3,200 MXN

A PERFECT BONDING EXPERIENCE FOR THE MOTHERS AND DAUGHTERS,  
STARTING WITH A RELAXING BACK MASSAGE FOLLOWED BY A HYDRATING  
FACIAL TREATMENT.

### FATHER & SON TREATMENT

60 MIN

\$3,200 MXN

A MOMENTO TO SHARE BETWEEN FATHER AND SON WICH CONSISTS OF A  
PEDICURE RITUAL AND RELAXING, THERAPEUTIC BACK MASSAGE.

*A PARENT GUARDIAN MUST BE PRESENTED DURING ALL TREATMENTS LISTED  
ABOVE*





## THE FINAL TOUCH

OUR MANICURE AND PEDICURE SERVICES INCLUDE NAIL SHAPING, CUTICLE REMOVAL  
AND POLISH APPLICATION.

### SPA MANICURE

**60 MIN- \$700 MXN**

THIS SERVICE HONORS YOUR HANDS WITH RICH NATURAL INGREDIENTS INSPIRED BY  
THE BEAUTY SECRETS. FINISH WITH A POLISHING TO MAKE YOUR NAILS SHINE OR A  
COLOR GLAZE OF YOUR CHOISE.

### SPA PEDICURE

**60 MIN- \$850 MXN**

DESIGNED FOR THE RESCUE OF THE PART THAT RECEIVES THE GREATEST BURDEN  
OF THE BODY

A BATH AND EXFOLIATION OF FEET WILL PROVIDE SOFTNESS AND HYDRATION.  
AMASSAGE THAT WILL HELP TO RELÉASE THE BLOCKED ENERGY, REDUCE THE  
TENSION AAND THE ACCUMULATION OF LIQUIDS. THIS TREATMENT OFFERS  
A RENEWED EXPERIENCE FOR YOUR FEET AND LEGS.

