

Treatments designed for Sanará by therapists and practitioners who work with pure, natural, locally sourced ingredients. *Take a breath. This is your time.*

SIGNATURE TREATMENTS

Sanará Breathe

60 min \$175 · 80 min \$235

The perfect massage to decompress after arriving. Created to calm the mind, stimulate circulation, relieve tension and provide deep relaxation, combining elements of Reiki, Breema, Shiatsu and hand-touch therapy, with the Sanará aromatherapy blend.

Sanará Relieve

60 min \$175 · 80 min \$235

A deep-tissue massage that eases stress by releasing tension in tight muscles and soothing soreness from exertion. Long, deep strokes with firm pressure points. A great daily treatment.

Sobada Maya

60 min \$195 · 80 min \$265

The traditional Maya healing technique: reading the body's energy flow, finding blockages and opening channels, with gentle abdominal work to encourage the flow of blood, lymph and energy. Tailored to you.

Palo Santo Ritual Healing

80 min \$265

A relaxing full-body massage to realign your energy and invigorate the body, with thermotherapy and Reiki using palo santo and aromatherapy oils for energetic cleansing.

AYURVEDIC - INSPIRED

Abhyanga

80 min \$265

The classic Ayurvedic warm-oil massage, with an oil blend chosen for your constitution: rhythmic movements that mobilise and release, ease the muscles and leave a whole-body sense of wellbeing.

Indian Head Massage

60 min \$145

A traditional warm-oil treatment for the head, neck and shoulders that works on the nervous system, easing anxiety, insomnia and emotional stress.

HOLISTIC BEAUTY

Sanará Holistic Facial

60 min \$145

Designed to hydrate and revitalise all skin types: an oil cleanse, a gentle sugar scrub, a clay mask to draw out impurities, a soothing mist, a hydrating coconut-yogurt mask and a face massage to finish. With skincare and amenities by Daniella Hunter.

Add-ons

\$35 each

A natural face mask, gua sha or cupping.

CONSULTATIONS

Nutritional guidance

Curated by Daniella Hunter and the Sanará nutrition team, based on the philosophies of digestive health, and designed to take home with you.

Sleep support

For those who find sleep a challenge: guidance on supporting our natural rhythms and aligning ourselves with restful nights.

Lifestyle support

Movement, routines and the habits that hold a day.

Detox your life

Your personal care, your home, your skin and your routines. A session on simplifying, and on making conscious choices you can keep.

BOOKING

The Sanará Wellbeing Concierge will shape a programme around what you are seeking and confirm times. Prices in US dollars. Guests staying with Sanará receive 15% off their first treatment.