



PUERTO VARAS / HOTEL

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THE LEADING HOTELS  
OF THE WORLD®

We recommend arriving 10 minutes before your reservation.  
Always confirm availability • Annex Spa 05.

*AWA spa*

## CLASSIC TECHNIQUES

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*Extend your 50 min. treatment by an additional 10 min. for only \$12.000 CLP*

### **Express massage**

🕒 30 min / \$45.000

Includes facial, cranial, neck and shoulders massage with various techniques that Will provide renewal and vitality to the upper body área.

### **Deep tissue massage**

🕒 50 min / \$68.000

It is performed with médium to high intensity maneuvers, making it a Deep massage. Highly recommended for easing tensión knots that may be present in different áreas of the body.

### **Relaxing massage**

🕒 50 min / \$68.000

It is performed using gentle, soothing, and rhythmic techniques with a mild to médium intensity to achieve integration of mind, body, and spirit.

### **Mixed massage**

🕒 50 min / \$70.000

By combining relaxing techniques with Deep tissue approaches, you get the best of both therapies in one, achieving a more personalized full-body treatment. Also, you can combine relaxing with lymphatic drainage techniques, which is perfect for starting to remove toxins and retained fluids.

### **Tired legs**

🕒 50 min / \$65.000

Focused on relaxing and relieving tensión from the hips to the feet, especially recommended after a long trip, trekking or exercising.

### **Lymphatic drainage**

🕒 50 min / \$70.000

It consists of gentle manual pumping movements that help eliminate toxins and retained fluids from the body. You can choose to enjoy it for the entire body or focus on a specific área for greater efficacy and results.

### **Back massage**

🕒 50 min / \$65.000

A massage focused on relaxing and releasing tensión in the back, shoulders, neck, and head, providing comprehensive work in the área you need most specifically.

## AWA TREATMENTS

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*Extend your 50 min. treatment by an additional 10 min. for only \$12.000 CLP*

### **From summit to peak**

🕒 50 min / \$65.000

A relaxing treatment designed to relieve tensión in the head and feet, which includes foot exfoliation and a massage with reflexology points. Finally, it culminates with a massage on the scalp, neck, and shoulders for a complete experience of relaxation and well-being.

### **The 5 volcanoes**

🕒 50 min / \$65.000

An anti-stress treatment focused on relaxing the 5 distal points of your body, including foot massage, hand and arm massage, and neck and grad massage, providing widespreas relief in the 5 áreas that tend to experience more tensión.

### **Sentinel facial**

🕒 50 min / \$80.000

Get a facial treatment, including cleansing, exfoliation, toner, serum and a nourishing massage cream using Germaine de Capuccini products. It also includes a neck. Shoulders, and facial massage.

### **Llanquihue mix**

🕒 90 min / \$120.000

We understand the importance of body and facial care for you. We have designed a unique treatment that combines both experiences in a single sesión. Enjoy a personalized massage in the área of your choice, whether it's legs and feet or back, neck, and arms. Afterwards, indulge in our "Sentinel Facial" treatment with Germaine de Capuccini products, which includes cleansing, revitalizing exfoliation, and the application of a refreshing tonic. To complete this wellness treatment, we will apply a nourishing massage cream with maneuvers to relax the muscles of your face.

## HEATED MESSAGES

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*Request with 2 hrs. in advance*

### **Hot stone massage**

🕒 50 min / \$75.000

With gentle to médium intensity maneuvers, this massage alleviates stress and anxiety levels. The warm volcanic Stone add a sensation of deeper and more enveloping relaxation, effectively soothing the muscles.

### **Herbal compresses**

🕒 50 min / \$75.000

The ideal option for relaxing and relieving muscle and joint discomfort, as the body absorbs all the benefits of the active principles of herbs through the pores of the skin. Additionally, the benefits provided by manual massage are added.

## SPECIALTY

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### **Foot reflexology**

🕒 50 min / \$65.000

By stimulating réflex points on the feet, the body activates its restorative functions, achieving complete relaxation of the mind and body, reducing stress, and balancing energy levels. Additionally, a brief exfoliation is included to enhance the absorption of the natural oils used in this therapy, thereby maximazing its benefits.

### **Pregnancy massage**

🕒 50 min / \$70.000

Aimed at relieving the most common pains and discomfort caused by muscular tensión, postural issues, and fluid retention during pregnancy. This massage is recommended from the third month of pregnancy and onwards.

## BALANCE

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*Request with 24 hrs. notice*

### **Energetic harmonization**

🕒 70 min / \$65.000

Our energetic configuration is an essential part of our well-being, and to achieve an optimal balance, we rely on the powerful combination of radiesthesia and gemmotherapy. These techniques allow us to identify and harmonize the blockages present in our energy centers, providing greater strength and balance to our daily routine.

### **Yoga**

🕒 60 min / \$27.000 p/p

We offer postures and techniques adapted for all audiences, providing greater presence and fluidity to the class. This adaptability allows each practitioner to integrate from their own individuality and possibilities, achieving an enriching and personalized experience in each sesión.

## COSMETOLOGY

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### *Facial treatments*

#### **Deep hydration**

🕒 90 min / \$109.000

Discover the benefits of hyaluronic acid in preventing water loss in the skin, for both women and men. Our treatment provides Deep hydration, improving the elasticity and radiance of your skin, while also protecting it from environmental aggressors.

#### **Antioxidant**

🕒 90 min / \$109.000

A treatment designed for both women and men, which boosts the effectiveness of Pure Vitamin C up to six times more. With clinically proven efficacy, this treatment nourishes the cells deeply and allows a sustained release of its powerful active ingredients.

#### **Sensitive skin**

🕒 90 min / \$109.000

Exclusive for sensitive and reactive skin, for both women and men, our products have a soothing and softening action while stimulating the skin's natural self-defense. We use hypoallergenic and dermatologically tested products, specially formulated for those with low tolerance to other cosmetics products.

#### **Revitalizing**

🕒 90 min / \$109.000

A treatment designed for both women and men, aimed at mature and/or sagging skin. Focused on "rebuilding" the skin's support structure to reposition volumes and define contours. It lifts, plumps, and tightens for a rejuvenated and radiant appearance.

#### **Purifying**

🕒 90 min / \$109.000

A unique treatment designed for both women and men, providing Deep facial cleansing for all skin types and serving as an effective sebum-regulating and balancing solution for combination, oily, and acneprone skin. Our approach focuses on revealing pure, even skin and reducing pores and complexion irregularities.

Empresa



Certificada

[www.hotelawa.cl](http://www.hotelawa.cl)