




S P A



## **YHI, GODDESS OF THE LIGHT: THE LEGEND**

Many moons ago, the land was dark and silent. Nothing moved. It was the Time of the Dream. In a dark and deep cavern a beautiful young woman named YHI slept. Waking her gently, the great spirit whispered to her, "YHI... YHI... get up." As YHI opened her eyes, she emitted beams of light that eliminated the darkness all across the land. She got up and began a long trip. As YHI walked, flowers sprouted up under her feet and she did not rest until everything was covered with a blanket of green. With her magical light she made the waters. Once the land was full of brilliance and life, YHI transformed herself into an enormous ball of fire.

**YHI SPA  
INVIGORATE YOUR SENSES**



Welcome to YHI spa,  
a place bathed by the energy of YHI,  
and a place dedicated to purifying the body,  
balancing the mind,  
and elevating the soul.

# WELCOME TO YHI SPA

As you enter YHI SPA,  
you will enter a Zen-like sanctuary  
with soothing aromas,  
soft mystical music to awaken  
your spirit and the tender touch  
of expert hands that will linger in your  
memory as an unforgettable  
moment of wellness.

We have selected extraordinary  
spa treatments with the most prestigious  
products to balance, revitalize,  
and energize your whole body.

At YHI SPA, we are committed to promoting  
an energizing and involving space to awaken  
your senses within a spa experience  
devoted to the total wellness of  
body, mind, and spirit.

## ORCHID SIGNATURE COLLECTION™

Renew, refresh, and restore your mind, body and soul with our Orchid Signature Collection™. According to one latin legend, Orchis, who was the son of a faun and a nymph, was killed and came back to life in the form of flower, which we know today as Orchid.

Orchids, which are the most pure and unique manifestation of the Animal Kingdom, work on the subtle bodies connecting man with Cosmos. The essences of orchids connect us with our highest spiritual dimension.

Just like the human race, Orchids belong to the highest rung of their own evolutionary scale. The natural essences of Orchids currently have a specific field of action on the casual body and upper part of the mental body of human beings in particular. Because they live and flourish on the earth, the essences obtained from flowers are higher than those of the minerals at an energetic level, as their roots are still connected with the earth; they also have interaction with the physical body but primarily act on the Astral Body. The discovery of the essences of orchid is not coincidental, it has a direct relationship with our entry into the Age of Aquarius and the pursuit of knowledge that mankind has embarked, so the demand for essences of orchid growing corresponds to the spiritual evolution of man.

In Turkey, Asia and Europe, its use is common to fight scurvy or fatigue. It also has healing properties, and there are several homeopathic substances made with a wild orchid that heals skin and eyes disorders. The flower of the orchid has been used in Asia for centuries for its restorative and protective properties. Orchids are known for their moisturizing and antioxidants properties, which increase the immunity of skin and reduce the appearance of wrinkles.

The Orchid extract can be used for all skin types and it is rich in minerals that exist naturally in the skin, such as zinc, calcium, magnesium, iron and copper. It also contains sugar and polysaccharides, which help seal the moisture in the skin to balance the natural moisture factor. Within the depth of their roots, the orchid has everything it needs to protect their cells from any danger. These cells provide an optimal system of defense: Orchid extracts reproduce these effects on our bodies.

We invite you to be part of this experience by choosing from our collection of radiant scrubs, biomassages, baths for the spirit, sacred masks and wraps, body treatments and spa rituals that by using the properties of the Orchid will bring you the benefits of rejuvenation, detoxification and revitalization.



## ORCHID SIGNATURE TREATMENT

**Orchid Reverie™**

80 min.

This ritual comes with a very complete combination of corporal treatments with the purpose of honoring our health and energy center.

This ritual begins with an exfoliation made with a relaxing brush to remove dead cells and promote circulation. Orchid oil is applied while giving a relaxing massage reinforced with the hot rain created by the Vichy shower. After enjoying of this gift of Orchids the treatment continues with a body mask and wrap while receiving a revitalizing scalp massage. The mask is removed and an Orchid glow body cream is applied to end the ritual with a silver touch.

## YHI GLOBAL TREATMENTS

Yhi Spa Global Services is the spa experience you can enjoy in all our Yhi Spas around the world, the best selection of treatments and rituals required to awaken the senses and specially thought for wellness inspiration: health, beauty, relaxation, rejuvenation and vitality collecting the best treatments from the ancestral cultures where today are located our Yhi Spas; all of them with the help of the ayurvedic and natural cosmetic of fine products that strengthen the exclusive character of a Yhi Spa Treatment. All identify with the Yhi Spa Mandala. 🌍

RENEWAL

## RADIANCE SCRUBS

**Orchid Body Scrub** 25 min.

Cleanse and purify your skin, and experience an enhanced flow of energy in your body with this exfoliating massage incorporating our signature blend of Orchid, balancing and healing herbs and flowers.

**Yhi Body Scrub** 25 min

Body treatment purely organic specially prepared for Yhi Spa. The Green Tea regenerating properties will benefit your skin by leaving it soft, moisturized and hydrated during every step of this treatment. This is excellent for dry or sensitive skins.

 **Yhi Corporal Peeling** 25 min.

Body experience that uses therapeutic oils and walnut shell powder to help regenerate the skin and remove impurities to get a healthy look and a smooth skin touch.



## BIOMASSAGES

### **Orchid Biomassage** 25, 50 y 80 min.

Restore the vital energy of your body's center of health and relieve tension with this full body massage that uses the Orchid stimulating and balancing combination of infused herbal oils. You will leave with a profound sense of tranquility and balance.

### **Reflexology Massage** 50 min

Deep massage performed on reflexology points located in hands and feet to drain lymph and to get rid of stress in muscles and tendons with fresh herbal Eucalyptus and Copal aromas. It is based on the theory "all our body parts reflect in energy points in our hands and feet", this is the reason why this massage will bring balance and relaxation to our organism.

### **Muscular In Depth** 50 min.

This is a complete experience focused in deeper muscular work for total body wellness, a more relaxing treatment for stress reduction using slow and deep finger pressure to manipulate muscles and connective tissue in depth, this therapy is combined with essential oils to relax, re-energize and soothe aching muscles.

### **Yhi Sports Massage** 50 min.

Yhi sports massage is a regenerating massage that helps unravel tension in sore, tight muscles, enhance circulation and detoxify the body. It incorporates stretching to increase range of motion. It is best recommended before or after sports activities or wellness training. Feel your body sigh with relief.

### **Yhi Mandala Experience** 75 min.

Mandala experience is an ancient treatment, which provides unique benefits combining aromatherapy with gem stones, designed to unite the body, mind and soul in harmony. The sound healing ritual submerges you in a sea of tranquility and brings total liberation from tension while stone therapy fills you in total bliss.

### **Yhi Abhyanga Massage** 75 min.

Abhyanga means to touch with "love", an abundance of oil is used in this profound relaxing therapy for anyone in need of distressing. This rhythmical and deeply relaxing warm oil rejuvenating massage helps to remove stagnant energy and move the "prana" or life force which stimulates your body's vital energy. Your nerves are soothed as you drift into a deep state of bliss and joy.

### **Yhi Indian Scalp Massage** 50 min.

This stress relieving scalp massage will give you immediate rejuvenation as it stimulates hair growth and reduces stress and tension.



GROWTH

## FACIALS

### Eco-Facial

This facial treatment is designed to avoid the chemicals and preservatives found in many of today's facial products. It is composed of 100 percent all natural ingredients that clean, balance, hydrate, and protect your skin from environmental pollution while promoting cell regeneration and facial tone.

### Fresh Herbs Eco-Facial 25, 50, and 80 min.

Deep cleanse, exfoliation and protection with antioxidants and exfoliators, followed with a hydrating and balancing clay mask for dry and sensitive skin or a toning and anti-inflammatory clay mask for normal to oily skin types. A cream and a lotion protects your radiant complexion and seals the benefits of the natural products.

The 50-minute facial includes an energizing and antiseptic toning massage with lotion and a rejuvenating acupressure facial massage with oil. The 80-minute facial includes a balancing hand treatment and a foot massage.

### Yhi Shine Face 25, 50 and 80 min.

Individually tailored to your skin's requirements, this luxurious, pampering facial exfoliates, cleanses hydrates and moisturizes. In addition, the face, neck and shoulders are massaged to enhance the benefits of therapeutic oils. This wonderful facial journey will leave your skin velvety soft and refreshed.



### Platina BX Facial. 50 min

Providing a great amount of nutrients, it hydrates and reduces loose skin lessening line expressions and protecting the skin of free radicals due to the quantity of active ingredients used to bring elasticity and to eliminate tension resembling a Botox effect.

### Ayurvedic Aroma Facial 50 min.

Balance and purification are achieved with this facial. A therapy that leaves the skin truly revitalized and relax in extreme by combining methods of marma points with a face and neck massage.

### Yhi Man Facial 50 min.

This facial addresses the unique needs of a man's skin. Recharge your batteries with this revitalizing facial, a combination of face scrub, massage and mask helps oxygenate and hydrate the skin, making it look and feel better. The gentleman will relax and enjoy this pleasant spa experience.

### Marma Massage 30 min.

The marma points massage "secret points or vital points" is the ancient form of treatments 1500-1200 A.D. It involves the use of fingers to stimulate points to promote physical and mental wellness. Each marma point corresponds to an internal organ and the body system reacts to this stimulation.

## SACRED MASKS AND WRAPS

Volcanic clays known since ancient times for their therapeutic properties are combined with herbs, fruits, and flowers to nourish your skin, withdraw toxins, and retain moisture. A blend of natural emollients and natural, balancing and healing herbal oils to leave your skin soft and revitalized with this treatment.

### **Orchid Body Mask** 50 min.

Cleanse, regenerate, and restore the flow of energy in your body with this mud wrap containing our signature Orchid blend that balances and calms the body skin.

### **Mango Body Mask** 50 min.

A hydrating blend of roses, shea-aloe, aloe and fresh mangoes provide natural antioxidants and exfoliating acids to your body.

### **Reductive Corporal Treatment** 50 min.

This treatment is a reductive massage specially designed to sculpt your body with the application of a slimming, burning gel that, along with the benefits obtained from a Coffee body wrap, will firm, reduce and tone up the different areas of your body that you choose to shape.

### **Detox Yhi Wrap** 50 min

Following a Copal scrub, a wrap, rich in minerals and resin extracts from the Yaax-che tree, is applied to your body. Relax while mud cleans and eliminates all impurities from your skin, stimulates blood circulation, invigorates and relieves muscles and joint pain. After rinsing off the wrap it continues with a very soft green-tea-based cream massage providing deep hydration to your skin.

### **Yhi Beautiful Skin** 110 min.

Yhi Beautiful Skin is a luxurious body treatment that incorporates botanical benefits. With a firming effect, this treatment is combined with a reductive massage to sculpt your body. At the end of the treatment you will feel your body toned and rejuvenated.

### **Regeneration Body and Face** 110 min.

This treatment will help eliminate dead skin cells to provide a younger, radiant, flexible and hydrated look. Your body will be relax and recharged of energy, you choose the detoxifying or nourishing herbal compress for the application of the warm oil massage that will take you to the purpose of this service.

## BODY TREATMENTS & RITUALS

### **Mystic Flower** 80 min

An Orchid-based body scrub with salts and oil followed by a white clay body wrap with purple extracts, ending with a neuro-sedative massage with floral oils.

### **Shirodhara- Mind and Body Ritual** 50 min.

This traditional ayurvedic treatment has been used for thousands of years as both a healing therapy and to impart deep relaxation. The experience of a true shirodhara treatment is very powerful. It changes the balance of one's life by awaking the senses; invigorating the soul and giving you back a sense of total well being.

### **Yhi Earth Light Ritual** 110 min.

This is a body treatment designed to relax your mind and revitalize your body, you will experience a process of purification followed by a detoxifying herbal wrap. This treatment combines the benefits of Shiatsu, which consist in working with different energy points through all the body. This treatment will give you a feeling of renovation and balance.

### **Yhi Journey To Serenity** 140 min.

Yhi journey to serenity is a holistic ritual in true ayurvedic tradition. This treatment will calm your soul and give you a feeling of balance and genuine well-being. It starts with a purifying exfoliation followed by a traditional ayurvedic massage with Shirodhara. Rejuvenate your mind, body and soul.

## BATHS FOR THE SPIRIT

### **Orchid Chakra Bath** 45 min.

Experience deep relaxation and serenity with this harmonizing, hydro and chromo-therapeutic ritual bath with balancing and detoxifying organic herbs and Orchid flowers.

### **Paradise Bath** 45 min.

Fragrant and sensual, this bath exfoliates and moisturizes the skin and enhances your senses. The hydrating and sedative blend of Lavender, Ylang-Ylang, bitter orange, and marjoram flowers and herbs protects and enhances your skin's ability to retain moisture.

### **Four Elements Aromatic Ritual** 75 min

Allow your senses to flow through the heat of a herbal exfoliator, an aromatic tub bath, the soft sensation of mud being applied on your skin and the especial aromas of a lotion specially design for body care. The combination of four levels of purification and hydrotherapy will make you enjoy of unmatched sensations that will enhance your blood circulation, body detoxification and relaxation, and muscular relief that only Green Tea and herbs offer in conjunction.



## ADD-ON THERAPIES

### **Hydrating Hand Treatment** 15 min.

Ideal for dehydrated skin, this treatment starts with an exfoliation, followed by a moisturizing lotion hand massage that prepares your skin for the benefits of a thermal wrap. A complete therapy for tired hands that relaxes the mind and nurtures the skin.

### **Hydrating Foot Treatment** 15 min.

Dry, tired feet are exfoliated and massaged, then covered with a hydrating foot mask to revive the skin. Thermal booties complete the soothing process for soft heels and toes.

### **Eye Contour Treatment** 15 min.

This is a targeted hydrating, firming, eye-contour smoothing treatment that protects your most delicate facial area so you can show the world both your inner and outer beauty.

### **Cold Stone Facial Massage** 15 min.

This refreshing facial massage stimulates micro-circulation and skin oxygenation. Ideal for sensitive skin.

### **Scalp Massage** 15 min.

Experience the magic of the human touch with this acupressure massage that oxygenates and energizes the scalp and relaxes the entire body.

RESTORE

## HYDROTHERAPY RITUAL

Spa, salus per aquam, a traditional water ritual used by the Roman and Greek cultures, is based on alternating from a heat phase to a cool short phase, followed by relaxation and hydration. Prepare your body and relax your mind through our Spa Water Ritual, which enhances the benefits of the treatments. Experience the most revitalizing sensations through our guided hydrotherapy routine.

### All treatments include a hydrotherapy ritual

[40 to 60 min.]

1. Take a lukewarm shower (2 min)
2. Steam room (8-9 min)
3. Cold Shower (1 min)
4. Hydrotherapy pool
  - a. Lumbar (jets)
  - b. Cascade
  - c. Swan neck showers
5. Vitality Pool (cold water jacuzzi)
6. Contrast Showers (5 min)
7. Bare Foot Path (5 times)
8. Sauna (8-10 min)
9. Experience shower (5 min)
  - Rest in between each session and help yourself drink a refreshing beverage (fruit juice, tea or chlorophyll)
  - Revitalize your body and enjoy of your spa treatment !

## OUR SPA SERVICES

- Personalized service with spa valet
- Sauna and herbal steam room
- YHI LIFESTYLE (spa boutique)
- YHI FLAVORS (tea, juices, healthy beverages, snacks)
- YHI MOVES (all fitness and wellness activities, and personal training services)



## DAY SPA RITUALS

### Orchid Spa Ritual 160 min.

Orchid Body Scrub  
Orchid Body Wrap  
Orchid Chakra bath  
Orchid Biomassage

### Enchanting 250 min.

Mango Body Mask  
Yhi Mandala Experience  
Energizing Manicure and Pedicure  
Ladies Shampoo and Dry

### Exotic 205 min.

Orchid Biomassage  
Yhi Shine Face  
Detoxifying Yhi Wrap  
Raw Earth Stone Pedicure

### Mind Enchanting 280 min.

Paradise Bath  
Mystic Flower  
Yhi Mandala Experience  
Spa Manicure & Pedicure

### Adventurous 150 min.

Yhi Body Scrub  
Fresh Herbs Eco-Facial  
Abhyanga Massage  
Scalp Massage

DETOX

## HANDS & FEET COLLECTION

### **Energyhi Manicure** 30 min.

Our exclusive treatment to get a look of smoothness in your hands, for this we used our best skin care products combined with specialized spa techniques to relax and revitalize your hands.

### **Energyhi Pedicure** 45 min.

Beauty ritual, to accomplish a feeling of lightness and rest in your feet with our best skin care products, relaxation and exfoliation techniques and a reflexology massage will give you and absolute sensation of rest and special vitality.

### **Spa Manicure** 45 min.

This luxury “hand facial” is the ultimate in repairing treatments. A floral exfoliation and an Orchid mask in two steps will rejuvenate, deep moisturize and help in skin revitalization obtaining a renovated look. It ends with a nourishing lotion massage that will leave your skin radiant.

### **Spa Pedicure** 50 min

The ultimate in pedicures, a luxury treatment inspired in the purple flower, it starts with a process of exfoliation followed by a floral rejuvenating mask. This pedicure ends with a smooth massage of calf and feet.

### **Raw Earth Stone Manicure** 45 min

A super aromatherapy treatment to get beautiful and healthy-looking hands. Hands are soaked in mineralized water followed by a smooth scrub and mask that prepare the skin for a relaxing massage with raw earth stones to get a radiant look your hands.

### **Raw Earth Stone Pedicure** 80 min.

A hydrating aroma therapeutic pedicure packed with vitamins and other nutrients for beautiful, healthy-looking feet. Feet are soaked in a warm bath followed by a scrub and skin smoothing. A hydrating clay mask moistures and prepares the skin for a relaxing raw earth stones massage. This treatment ends with a meticulously nail care to get a shiny look.

### **Beauty Salon Add-ons**

**Hand Paraffin Treatment** 15 min.

**Foot Paraffin Treatment** 15 min.

**French Upgrade for Hands or Toes** 10 min.

**Change of Polish Hands or Toes** 10 min.



REPLENISH

## YHI MOVES

Personalized one-on-one wellness programs specially designed to meet your mind-body goals. Our experienced personal trainers will assess your needs, develop custom exercise movement therapy and provide instruction in an individual or group session.

<b>One-on-One</b>	25 y 50 min.
<b>Abs / Pilates / Yoga / Spinning</b>	25 y 50 min.
<b>Group Training</b>	50 min.

**Pilates** Low impact training system developed by German athlete Joseph Pilates, these exercises involve stretching and strengthening of bones and muscles.

**Spinning** High impact exercise that takes place on a stationary bicycle. This is a revolutionary new way to cycle with a rotating magnet system that allows the cyclist a smoother, quieter, and more predictable ride.

**Aqua Flex** Combines exercises for legs, arms and waist under water.

**Yoga** Millenarian Hindu technique that combines stretching exercises to achieve well-being in body and mind.

**Batuka** Dance aerobics class.

**Meditation** Relaxation of mind and body. Techniques to distance from the earth plane.



## HOW TO SPA

### **Who will assist me with selecting a treatment?**

Yhi Spa representatives are available to assist you with spa service selections, including the sequence of treatments.

### **May I request a male or female therapist?**

For your comfort, you may request a male or female therapist, however, the availability of a particular therapist or gender cannot be guaranteed. All therapists are highly trained professionals who will make of your experience an unforgettable moment of wellness.

### **What kind of precautions should I take?**

For your safety, treatments should not be taken on a full stomach, and will not be rendered to any guest under the influence of alcohol or drugs. Shaving prior to an exfoliation treatment and sunburns prior to any spa service should be avoided.

### **What if I have health issues?**

Please, notify the spa representative when booking your treatments if you have high blood pressure, allergies, physical disabilities, or if you are pregnant.

### **How early do I need to check in for my scheduled appointment?**

Please, check in at least 15 minutes prior to your reservations time to allow time to receive your locker assignment, change into the robe and slippers that we will provide, and unwind in the spa Relaxation Area. We invite you to arrive 60 minutes prior to your scheduled treatment to enjoy our Hydrotherapy Ritual. To access this area it is mandatory to wear swimsuits.

### **Should I wear undergarments for the treatment?**

We suggest you undress to your level of comfort and communicate any concerns to your therapist. Disposable undergarments will be provided for body treatments upon request.

### **Where should I leave my jewels and valuables?**

Lockers are provided for your convenience for your whole spa experience; however the spa is not responsible for any lost or forgotten valuables within our facilities.

### **What important spa policies should I comply with?**

Smoking is not allowed, neither food nor beverages brought from outside, cellular phones or any other electrical devices. Spa guests must be older than 18 years old... We honor silence.

### **What is the cancellation policy?**

If you wish to cancel an appointment, please, advise with a minimum of 24 hours in advance to avoid an automatic charge of 50% of the price of the treatment reserved. A change in the schedule or appointment will only be possible 4 hours in advance to avoid the same fee. Changes are subject to availability.

### **What happens if I am late for my appointment?**

As we work under a schedule of appointments, you need to consider that arriving late will simply reduce the time of your treatment and the price of the treatment reserved will be billed in full. Depending on the length of your treatment, tardiness can be considered a No-Show which means that our Cancellation policy will be applied.

### **What form of payments do you accept?**

Spa services and products must be paid in cash or using a credit/debit card. In the case you have left a credit balance in your room account then we will proceed to put your spa charges to this account. An additional 18% to 20% therapist gratuity is customary.

### **Advance reservations are suggested**

We encourage you to make spa appointments as far in advance as possible to ensure the availability of your preferred treatments and times. Please, dial 8107 or visit the spa reception area. Our full service menu and price list are available in all our Hotel Room desks next to the Directory of Services.



INVIGORATE YOUR SENSES



Playa de Bávaro  
Punta Cana, Higüey, República Dominicana

T. (809) 688 5000  
F. (809) 688 5800

**HOURS OF OPERATION**

Wellness Center  
7:00 AM - 9:00 PM

Walter Ritual Center  
8:30 AM - 8:30PM

Appointments  
9:00 AM - 7:00 PM  
DIAL EXT. 8107

**Visit our Yhi Spa in :**  
**Puerto Rico / México / España**