




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.

LOTUS, GOLD & RICE SIGNATURE COLLECTION™

Lotus is considered sacred, mainly because of the purity of their beautiful flowers emerging from the mud. Aryans, who invaded ancient India, believed in Brahmanism, however, while expanding their kingdom, they were forced to incorporate other native beliefs to their own. Brahmins images of deities were merged with those of Hindu civilization and the Lotus flower began to be venerated as “Mother of Creation” as it was believed that divine figures flowed from its flower. Lotus has moisturizing, astringent, antioxidant, anti-inflammatory and anti-wrinkle effects.

The Gold is a powerful fortifier of the nervous system and increases the conductivity of the nerves. It reduces the pain resulting from rheumatism and arthritis. It improves coronary and skin problems. The Gold is also a very powerful revitalizing that helps control the body, improves circulation and enhances the strength of vital energy.

Rice is known to have important anti-aging qualities, either its extract, oil or water, because it contains natural antioxidants, which helps prevent skin damage by oxidation. In addition, it acts as an astringent in oily skins. It provides a moisturizing and softening action which improves the flexibility of the skin. In fact, Japanese women use rice water to restore dry skin with a bath and rice bran to exfoliate the epidermis. At the beginning of the twentieth century Rice powder began to be used in France to treat skin imperfections. Rice has high lipid contents and its oil has a similar composition to the natural oils of the skin which makes it better tolerate. It contains high levels of vitamin E and fatty acids, and contains oryzanol, an effective antioxidant which helps skin defend against the action of harmful free radicals.

We invite you to choose from our collection of radiant scrubs, biomassages, facials, baths for the spirit, corporal masks, wraps and treatments and spa rituals that because of the cosmetic properties of the mixture of Lotus, Gold and Rice will give you energy and health.

LOTUS, GOLD & RICE SIGNATURE TREATMENT

Lotus, Gold & Rice Massage™

50 min.

Revitalizing and aromatherapeutic massage that with Gold, Lotus & Rice oil will restore the energy of your body centers of health.

This treatment took out the best of the relaxing massage, lymphatic drainage and movements of Lomi Lomi to create a harmonious combination. While the relaxing massage has a neurosedative effect, the lymphatic drainage serves to drain and detoxify the body, and with this it helps eliminate toxins. And to finish, the Lomi Lomi, hawain technique with mantras and manipulation of forearms, will provide total relaxation of muscles and balance of energy.

YHI GLOBAL TREATMENTS

Yhi Spa Global Services is the spa experience you can enjoy in all our Yhi Spas from 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 supported by 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

Green Exfoliation

25 min

This is a one-hundred-percent organic experience that combines aromatherapy with skin deep cleaning. Exclusively design for Yhi Spa, this exfoliation with seaweed and Green Tea cream will moisture and soften your skin.

Golden Peeling

25 min

This gommage softens, oxygenates and regenerates your epidermis. Discover the secret of Gold and others agents that will help ease and clarify your skin tone.

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

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 Lotus, Gold & Rice stimulating and balancing combination of infused herbal oils. You will leave with a profound sense of tranquility and balance.

Baba Massage 50 min

A graceful and invigorating full body massage with green tea oil for stress reduction using slow and deep finger pressure to manipulate muscles and connective tissue in depth to relax, re-energize and soothe aching muscles.

Bijao Massage 75 min

Linseed are put inside a rug and then warmed up with Calendula and Camomille oils, then drops of eucalyptus and rosemary are added and with this compress a holistic massage with a Samuprai technique is given.

Shiatsu 50 min

It is an Eastern technique, based on Tao knowledge, used for releasing the flow of Chi, Vital Energy. This Zen technique is a massage method to combat the imbalance of body and spirit through the stretching of different parts of the body.

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.

 **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 Men's 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.

Lotus, Gold and Rice Wrap 50 min

Get a sensual Lotus, Gold and Rice aroma on all your skin with the application of this floral, sweet mud that will moisturize all your body. Your skin will get extremely soft, your mind relax and your spirit vigorous. This wrap is specially recommended for sensitive skins.

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

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

Lotus and Gold Essences Ritual 50 min

Bathe in the pleasant aromas of Lotus, Gold & Rice, symbols of purity and beauty. This relaxing experience helps revitalize dry and sensitive skin to bring back its natural smoothness thanks to the benefits of its oil essences.

Tanama Bath 50 min

Made for you to enjoy of a great moment of peace, this bath will help your skin become smooth and soft by the restoring, nourishing, antioxidant and relaxing properties of Chardonnay that along with Lotus, Gold & Rice oil will return luxury and freshness to your skin.

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

Surya – Heal with the sun lights 150 min.

Green Exfoliation
Lotus, Gold & Rice Wrap
Lotus, Gold & Rice Essence Ritual
Biomassage

Parvati – Surround with absolute love 180 min.

Reductive Corporal Treatment
Energizing Manicure and pedicure
Ladies Hair Style

Shiva – Recharge with energy 155 min.

Fresh Herb Eco Facial
Yhi Corporal Peeling
Spa Pedicure

Agni – Renew with the power of fire 230 min.

Tamana Bath
Golden Peeling
Yhi Mandala Experience
Spa Manicure and Pedicure

Krishna – reconnect with your inner force 125 min.

Green Exfoliation
Platina Bx Facial
Bijao Massage

DETOX

HANDS & FEET COLLECTION

Energhi 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.

Energhi 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.

One-on-One	25 y 50 min.
Abs / Pilates / Yoga / Spinning	25 y 50 min.
Group Training	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 you 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 8616 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. 8616

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