

Mexico is a country full of magic and mysteries for discovering in its life interpretation and its healing forms.

CASA HOLISTICA SOL selects the best products such as essential oils, herbs and natural plants extracts, for integrating a perfect combination of plants and therapy.

Massage is probably one of the oldest methods of *Art Healing*. Today, for its therapeutic results, it is considered a powerful method for combatting the stress of modern day living, and is the medium with which to replace tension and illness with optimum health and vibrant energy.

THE MAGIC OF MASSAGE IS A GIFT (great natural ability) **IN EVERY SENSE OF THE WORD.** The magic essence depends on the ability of the therapist or masseuse to channel the vital forces flowing through your body and provide you with better awareness, force and a renew energy in all that you do. Massage relieves physical and mental fatigue, back, neck, shoulder pain, etc., and promotes circulation of the blood and lymphatic fluids, vital fluids that when they are stimulated, will increase circulation and supporting healthy pathology, *youthfulness and radiance*.

MISSION

To make your stay at **CASA HOLISTICA SOL** deeply beneficial, providing you with the all of the relaxation and pleasure possible in order to renew your body, mind and spirit.

Casa Holística Sol
...the house with spirit of light



Therapist Masseuse: Sra. Lucero
Owner

Appointments
01 315 355 5135
y 315 100 2817

Frente Capitanía del Puerto.



SAN LUCAS No. 64
FRACC. PUEBLO NUEVO
(frente a la Capitanía del Puerto)
BARRA DE NAVIDAD, JAL.

Your different and
intelligent choice !!!!

www.casaholisticasol.com.mx
lucroluz@casaholisticasol.com.mx



A Gift
For Your Health,
Body
And Spirit

Masagges

Short and Effective

Neck, shoulders and head. 30 Mins. 25. dlls

Prize for your feet

Reflexology 30 Mins. 25. dlls

Super-Relax from the House

Caress and gift to your body 45 Mins. 40. dlls

Lymphatic Drainage

Light but Effective elimination of toxins 60 Mins. 75. dlls

Special of Casa Holística Sol

Therapeutic, Energetic and healing mass. 60 Mins. 50. dlls

Ancestral Massage, the deepest level of relaxation

Using hot and cold stones. 70 Mins. 70. dlls

Gift and Luxury for your "ALTER-EGO"

The harmony of four hands on your body. 60 Mins. 70. dlls

MENU OF SERVICES



Ask about our packages



Exfoliations

Indigenous

Therapeutic and healing, using mud, amaranth seeds, and corn meal. 40. dlls

Tropical

Moisturizing and nutritive using fruit and honey. 40. dlls

Azteca, speciality of the House

Stimulating the production of endorphins, it is antioxidant and relaxing, using chocolate-therapy. 40. dlls

Luxurious Super-Facial

Deep cleansing and moisturizing using mud and fresh fruit. 40. dlls

For your Spirit

We offer bathing under with flowers and essential oils. 40. dlls



Other Therapies

TEMAZCAL

The legacy of our Prehispanic Culture for the Mexican Traditional Medicine. It is a steambath with some plants. (price per person) 40. dlls

CHI MACHINE

Cellular oxigenation. 30 Mins. 10. dlls

Pedicure and Manicure

Advance request please. (Each one) 15. dlls

