

C A S O N A
Sforza

WELLNESS



MASSAGES

Revitalize your body, stimulate your mind, express your emotions, and rejuvenate your spirit. Types of massages: sports, reiki, facial, relaxing, deep tissue, and decontracting.

60 min – \$105 USD per person

90 min – \$155 USD per person



RECOMMENDATIONS:

- + Wear comfortable clothing.
- + If your skin is sunburned, massages are not recommended, as they may cause fever.
- + A shower before your massage is recommended to remove all sand.
- + If you are pregnant, please notify us in advance. Massages are not recommended before 3 months of pregnancy. Participation is at your own responsibility.

CANCELLATION POLICIES:

- + More than 2 hours before: no charge.
- + Within 2 hours: 50% charge.
- + At the time of the appointment: 100% charge.

LOCATION & HOURS:

- + Hours: 7 am to 8 pm.
- + Location: beach cabana or room.



YOGA CLASS

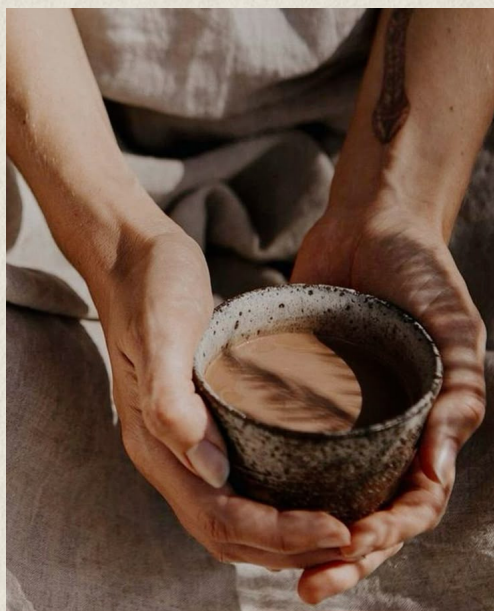
– \$145 USD per couple

SOUND HEALING

– \$130 USD up to 2 pax

RECOMMENDATIONS:

- + Arrive 5 minutes early to settle in calmly.
- + Wear light and comfortable clothing.
- + Avoid heavy meals at least 2 hours before.
- + Bring your own water.
- + Notify in advance if you have injuries or special conditions.



CACAO CEREMONY

– \$205 USD up to 2 pax

RECOMMENDATIONS:

- + Arrive with a light fast (avoid coffee, alcohol, and heavy meals 3 hours before).
- + Drink enough water before and after the ceremony.
- + Bring comfortable clothing and a notebook to write in (optional).
- + Maintain an attitude of respect and openness towards the experience.

CANCELLATION POLICIES: *(for all activities)*

- + Cancellations up to 24 hours before: no charge.
- + Cancellations within 24 hours prior: 50% of the total amount will be charged (non-refundable).
- + No-show without prior notice: 100% of the activity will be charged.

BODY & SOUL

Sauna & Icebath



DROP IN

Cost: \$30 USD per person

Includes: 1 session (use of sauna and ice bath).

Duration: 30 min.

GUEST STAY

Cost: \$60 USD per person

Includes: 1 session per day (limited to reservation stay, use of sauna and ice bath).

Duration: 30 min per day.



CANCELLATION POLICIES:

- + More than 2 hours before: no charge.
- + Within 2 hours: 50% charge.
- + At the time of the appointment: 100% charge.

HOURS:

- + Hours: 10 am – 6 pm.
- + To schedule, request your preferred time to check availability.

** We suggest complementing your experience with a massage.*