

# DESTINÉ COLOMBIA



*Welcome to  
Destiné Colombia.  
A brand designed by  
Lorena Herrera Travel  
Planner & Concierge*



AT DESTINÉ COLOMBIA, WE CURATE YOUR TRAVEL EXPERIENCE TO PERFECTION, ACCOMMODATING YOUR BUDGET AND PREFERENCES. WE EMBRACE YOUR TRAVEL DREAMS AND MAKE THEM A REALITY.



*Let's plan your trip*



 **+57 301 3913857**

# SELF-CARE & SPA SERVICES



*Get to know our services*



# MASSAGES

## Signature Massage

Our relaxing body massage will take you to a state of complete serenity and calm, releasing accumulated stress and tension, while stimulating your body, mind, and soul

## Cimarron Massage

Massage that will activate the deep tissues. It is a technique that focuses on the deepest layers of muscle tissue. It aims to release chronic patterns of tension in the body through slow movements and deep finger pressure on the area.

## Lymphatic Drainage

Manual lymphatic drainage is a massage therapy technique that consists of applying soft massages on different areas of the body to improve the circulation of lymph and the lymphatic system. The function of this technique is to improve the automatic contraction of the lymphatic vessels, helping to eliminate edemas and other alterations derived from poor circulation.

## Sport Massage

This massage is designed to promote sports performance, prevent muscle overloads that lead to pain or injuries, and reduce fatigue and recovery time. Stretches, frictions, and pressures will be practiced that activate blood flow and relax nerve endings, using analgesic and relaxing essences

# MASSAGES

## Prenatal Massage

Prenatal massage consists of a relaxation therapy designed for the pregnant woman. It offers multiple benefits since during this period the muscles are subjected to greater pressure than normal.

## Back, neck and shoulders

Localized massage in specific areas of the body, using different body relaxation techniques.

## Express hands and feet

Localized massage in specific areas of the body, using different body relaxation techniques.

# BODY RITUALS

## Signature Ritual

Revitalizing ritual in which you can experience the wonderful power of a variety of purifying and stimulating products that activate circulation and help eliminate toxins. We begin with a deep exfoliation based on sea salt and algae, followed by a powerful therapeutic and relaxing massage, ending with an express facial hydration

## Dulzura en Palenque

Treatment performed with local products from Palenque. The experience begins with an aromatherapy using our carefully selected essentials oils. This is followed by a coconut and cocoa exfoliation with manual movements that favor the elimination of dead cells and other detoxifying processes. Followed by a therapeutic/relaxing body massage, we finish with a facial hydration.

## Girls spa ritual

The spa ritual is an opportunity to show little girls the importance of personal care and hygiene; It includes a facial ritual, relaxing massage, manicure and pedicure.



**ALL OUR SERVICES INCLUDE:**

**Silk Robe  
Aromatherapy  
Music Therapy  
Stretcher  
Lingerie for massage  
Tables  
Massage with moisturizing  
Exfoliation (rituals)  
Products for the chosen massage**

# PHYSICAL ACTIVITY

## Yoga

It is a lifestyle that heals, cares for and strengthens the body, mind and spirit, through the practice of slow breathing and meditation

## Acqua Yoga

A variation of traditional Yoga, which increases flexibility and protects the joints from impacts (practiced in the pool or beach)

## Personalized Dance Classes

Dance is expression in movements. When we dance, we communicate feelings, sensations and emotions. In classes guided by a professional dancer, we will go through different local and international musical rhythms, such as: Champeta, Salsa, Merengue, Cumbia, Mapalé orr Bachata according to your preference.

## Zumba

A mix of Latin Rhythms and aerobic exercises that accelerate the loss of calories and the injection of positive energy

**ALL OUR SERVICES INCLUDE WORKOUT EQUIPMENT**

# ADDITIONAL SERVICES

## CLEANSING

- Deep back cleaning
- Facial cleansing

## WAXING

- Eyebrows
- Chin or Bozo
- Armpit
- Arms
- Half back or half legs
- Full back or full legs
- Regular bikini
- Brazilian bikini

# SELF-CARE

## List of Services



### MASSAGES

DURATION	TOUR OPTION	PRICE COP
50 min	All Massage Options	\$ 200.000
80 min	All Massage Options	\$ 250.000
25 min	Back, neck and shoulders	\$ 75.000
25 min	Express hands and feet	\$ 65.000
65 min	Rituals	\$ 250.000



### CLEANSINGS

DURATION	TOUR OPTION	PRICE COP
60 min	Facial cleansing	\$ 160.000
60 min	Deep back cleaning	\$ 170.000



# SELF-CARE List of Services



## WAXING

DURATION	TOUR OPTION	PRICE COP
50 min	<b>Eyebrows, Chin or Bozo</b>	\$ 25.000
80 min	<b>Armpit</b>	\$ 30.000
25 min	<b>Arms</b>	\$ 50.000
65 min	<b>Half back or half legs</b>	\$ 65.000
50 min	<b>Full back or full legs</b>	\$ 100.000
80 min	<b>Regular bikini</b>	\$ 65.000
25 min	<b>Brazilian bikini</b>	\$ 100.000

Pick your favs

# SELF-CARE List of Services

## PHYSICAL ACTIVITY



### DURATION

60/90 min

60/90 min

60/90 min

60 min

### TOUR OPTION

**Yoga**

**Acqua Yoga**

**Private Dance Classes**

**Zumba**

### PRICE COP

\$ 120.000

\$ 120.000

\$ 100.000

\$ 110.000

Your adventure  
begins with us. Book  
now and let the world  
unfold before you.



# LET'S START



*Get in contact*





# Book Now and Begin Your Adventure!



Let's get in contact!

Don't wait to start your journey of a lifetime. Our team is ready to turn your travel dreams into reality. Contact us today to discuss your next adventure. Colombia is waiting!



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*Destiné Colombia.  
A brand designed by  
Lorena Herrera Travel  
Planner & Concierge.  
Also known as  
LH Travel planning  
Colombia Est. 2018.*

*We are a legitimate  
company, registered  
with the government  
under National  
Register Number  
170312*

*When you choose  
our services, you can  
feel safe and secure,  
knowing that you are  
in the hands of a  
reliable partner for all  
your needs.*



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