

# ACTIVITIES & SERVICES

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CLUB NINETY SIX  
CLUB ESPIRITU

*Spa Services • Beach Activities • Fitness • Espiritu Park*

# SPA SERVICES

## Swedish Massage

A full-body massage, this is a soothing, slow, rhythmical treatment. Excellent for relaxation and overall sense of well-being.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$120    60 minutes \$135  
80 minutes \$150    90 minutes \$170

## Deep Tissue Massage

A focused treatment utilizing strong pressure to release deeply held patterns of tension. Friction, slow massage and pressure-point therapy work wonders to realign muscle fibers and eliminate underlying causes of pain.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$120    60 minutes \$135  
80 minutes \$150    90 minutes \$170

## Sports Massage

This invigorating massage helps to keep soft tissue healthy before and after physical activity. This is useful for injury prevention and performance enhancement for active people whether a serious golfer, occasional jogger or a regular at the gym.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$120    60 minutes \$135  
80 minutes \$150    90 minutes \$170

## Therapeutic Massage

An effective approach to pain management, soft tissue and joints are assessed and treated for the prevention of physical dysfunction.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$120    60 minutes \$135  
80 minutes \$150    90 minutes \$170

## Aromatherapy

Precious and healing aromatic balms are used in harmony with each other for a soothing and multi-dimensional massage.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$120    60 minutes \$135  
80 minutes \$150    90 minutes \$170

## Back, Neck & Shoulders

A combination of massage techniques applied to the back, neck, shoulders and chest – chronic hiding spots for tension.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$120    60 minutes \$135

## Head, Feet & Hands Massage

A deeply relaxing treatment of feet, hands, neck and face.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$120    60 minutes \$135

## Reflexology Massage

Pressure applied to points of the feet to relax stressed areas of the body, promoting overall physical wellness.

AT CLUB ESPIRITU IN-VILLA

25 minutes \$60    30 minutes \$70  
50 minutes \$120    60 minutes \$135

## Customized Massage

A personalized massage where the therapist focuses on specific areas of the body at your request. Do you like stretching, deep tissue or perhaps a more gentle massage? Let us know the techniques and pressure that suit you best.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$120    60 minutes \$135  
80 minutes \$150    90 minutes \$170

# SPECIAL MASSAGE TECHNIQUES

## Quiro-Golf Massage

This massage is an exclusive and groundbreaking deep body massage performed with golf balls using maneuvers based on four pillars that act in synergy: relaxing, warming the muscles, treating individual sections or areas of the body and improving flexibility.

AT CLUB ESPIRITU IN-VILLA

80 minutes \$185    90 minutes \$200

*Services will be billed to your custodial account. Please notice our no-cash policy. To change or cancel your appointment, please give 24 hours notice to avoid being charged in full. In-Villa services after 8 pm will have an extra charge of 20%.*

### Four Hands Massage

A synchronized and amazing massage performed by two therapists simultaneously. Delivers total relaxation and detoxification while restoring balance to the body.

AT CLUB ESPIRITU    IN-VILLA  
80 minutes \$295    90 minutes \$330

### Pregnancy Massage

A full body massage that helps improve health, blood circulation and the well-being of expectant mothers.

AT CLUB ESPIRITU    IN-VILLA  
50 minutes \$120    60 minutes \$135

### Hot Stone Massage

This signature massage adopts a holistic approach to the body, mind and soul with the use of stones from mother earth. Warm basalt and river stones are applied to the body, leaving you relaxed and rejuvenated. Allow yourself to feel relief from muscle tension as well as a sense of peace.

AT CLUB ESPIRITU    IN-VILLA  
80 minutes \$185    90 minutes \$195

### Ocean Body Wrap

This seaweed body wrap is an excellent way to relieve daily stress and invigorate the body. It includes a gentle exfoliating massage with marine shells and a moisturizing marine cream that detoxifies and provides softness, elasticity and rehydration.

AT CLUB ESPIRITU    IN-VILLA  
80 minutes \$215    90 minutes \$235

### Marine Body Scrub

This treatment will remove dead skin cells while hydrating and nourishing your body with the benefits of seaweed. Recommended before sun exposure for all skin types to maintain a perfect, uniform tan.

AT CLUB ESPIRITU    IN-VILLA  
80 minutes \$185    90 minutes \$200

### Retreat to the Sun

Designed especially for skin that has been exposed to sunlight for prolonged periods and has considerable damage. Reduces inflammation, soothes and moisturizes the skin.

AT CLUB ESPIRITU    IN-VILLA  
60 minutes \$140    60 minutes \$160

## BODY TREATMENTS

### Natura Bissé C+C Vitamin Body Wrap

Indulge your body with the highest concentration of Vitamin C, green tea and rose hip oil. This potent antioxidant treatment is ideal for skin suffering from the loss of elasticity and dehydration due to sun and environmental damage at any age. This productive treatment has a healing effect and gives the skin a soft, radiant appearance by polishing the skin with botanical exfoliating agents that eliminate dead cells.

AT CLUB ESPIRITU    IN-VILLA  
80 minutes \$225    90 minutes \$245

# FACIALS

## Espiritu Signature Facial

Our Signature facial will lessen the appearance of fine lines, firm facial contours and balance your skin. Includes steam, deep cleansing, exfoliation, extraction, a mask and hydrating, plus a neck, shoulder, arm and hand massage to enhance overall relaxation.

AT CLUB ESPIRITU IN-VILLA

110 minutes \$260 120 minutes \$275

## European Deep-Cleansing Facial

Purifying facial with face, neck, shoulders and head massage. Based on traditional European deep-cleansing techniques, this treatment begins with a stimulating lymphatic massage to help remove toxins from your tissue.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$120 60 minutes \$165  
80 minutes \$180 90 minutes \$205

## Quick Facial

Fast and refreshing, a quick pick-me-up facial that cleanses, tones, exfoliates and moisturizes your skin leaving you feeling fresh and clean.

AT CLUB ESPIRITU IN-VILLA

25 minutes \$75 30 minutes \$85

## Natura Bissé Hydro-Immersion Facial

Break the cycle of dehydration.

Flaky, tight skin is a clear sign of dehydration. Whether you have dry skin or are suffering dryness due to irritation, the cycle of dehydration must be stopped. The HYDRO-IMMERSION brings your skin back to beautiful by using the three "R" philosophy: Renew, Replenish and Repair.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$135 60 minutes \$165  
80 minutes \$195 90 minutes \$225

## Natura Bissé Recover Oxygenating Facial

Infuse every pore with a blast of pure oxygen.

A facial treatment for those showing evident signs of epidermal congestion due to exposure to toxins

and pollutants. Big city-goers, frequent flyers and smokers can benefit greatly from this treatment. Our light-as-air formula penetrates the skin and releases pure oxygen molecules into the epidermal layer to re-energize natural cellular functions and eliminate toxins. A deep oxygenation and breathing massage further decongests body and mind.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$135 60 minutes \$165  
80 minutes \$195 90 minutes \$225

## Natura Bissé C-Replenish Facial

Do something good for your skin.

Give it a boost of energy with 100% pure Vitamin C. This antioxidant treatment relieves sun-damaged skin and helps fight the signs of premature aging. A reparative serum containing a high concentration of Vitamin C, is formulated to improve appearance and stimulate collagen production to renew your skin's firmness. This citrus peel provides an extraordinary experience for your skin by drenching it with essential vitamins and nutrients. Skin will emerge nourished and revitalized.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$135 60 minutes \$165  
80 minutes \$195 90 minutes \$225

## Natura Bissé Age-Defying Lips and Eyes

Special treatment for those delicate and fragile zones. Are your eyes trying to tell you something?

It's time to pay more attention to the area of your face that ages first. AGE-DEFYING LIP&EYE is an intensive repair treatment formulated to restore firmness around the delicate eye and lip areas. This anti-wrinkle treatment infuses powerful restructuring ingredients such as amino acids originating from collagen and elastin, directly into the skin. The result is the visible reduction of fine lines and wrinkles, and restored moisture and elasticity. This treatment can be added to any facial for optimal results.

AT CLUB ESPIRITU IN-VILLA

30 minutes \$85 30 minutes \$95

## Natura Bissé Facial for Teens

Start young to stay young.

Experience our cleanest and freshest textures with the most succulent and aromatic facial treatment that supplies young skin with all the nutrients extracted from the juiciest citrus. An enjoyable experience that includes cleansing techniques, massage and deep exfoliation, providing all the benefits of Vitamin C. Awaken every pore in your skin with this treatment specifically designed to address the needs of young, active skin.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$125    60 minutes \$160

## Natura Bissé Gent's Facial

Time for mens skin care.

This stimulating treatment was specifically designed for male skin to counteract the effects of under-eye circles, stress and daily shaving which results in dull, lifeless skin. This exclusive combination of highly effective products adapts to the needs of each skin type while the comforting massages for the scalp, neck and shoulders will transport you to a state of profound relaxation.

AT CLUB ESPIRITU IN-VILLA

50 minutes \$135    60 minutes \$165

80 minutes \$185    90 minutes \$215

# SALON SERVICES

## Express Manicure

Nail trimming and shaping, quick exfoliation, hand massage, finished with traditional polish.

AT CLUB ESPIRITU \$50      IN-VILLA \$65

## Express Pedicure

Nail trimming and shaping, quick exfoliation, foot massage finished with traditional polish.

AT CLUB ESPIRITU \$55      IN-VILLA \$75

## Express Manicure and Pedicure

AT CLUB ESPIRITU \$100      IN-VILLA \$115

## Spa Manicure

A citrus moisture scrub with a blend of grape seed oil and mineral salts, followed by a lustrous masque to prevent signs of aging. Finish with a moisturizing cream, massage and polish.

AT CLUB ESPIRITU \$65      IN-VILLA \$80

## Spa Pedicure

A refreshing sea salt foot soak, nail trim and shape, cuticle and callus treatment, and an uplifting marine salt scrub, followed by a moisture mint masque, a relaxing leg and foot massage and polish.

AT CLUB ESPIRITU \$75      IN-VILLA \$85

## Spa Manicure and Pedicure

AT CLUB ESPIRITU \$120      IN-VILLA \$140

## Blow Dry

ONLY IN-VILLA \$70

## Hair Style

ONLY IN-VILLA \$95

## Gentlemen's Manicure

All the benefits of the traditional manicure with a masculine touch. Enjoy a Lavender and Romero essence soak, a citrus moisture scrub, followed by a lustrous masque and an arm and hand cream massage.

AT CLUB ESPIRITU \$55      IN-VILLA \$75

## Gentlemen's Pedicure

A refreshing sea salt foot soak, nail trim and shape, cuticle and callus treatment, and an uplifting marine salt scrub, followed by a moisture masque and a relaxing leg and foot massage.

AT CLUB ESPIRITU \$65      IN-VILLA \$85

## Gentlemen's Manicure and Pedicure

AT CLUB ESPIRITU \$110      IN-VILLA \$125

# ESPIRITU PARK

Espiritu Park features a tennis court, half basketball court, sports lawn and splash garden with pop-up jets.

**BASKETBALL AND TENNIS COURT HOURS** 7 am – dusk

## Park Equipment

Ask for availability of complimentary tennis, basketball, baseball, football and soccer equipment at the Club Espiritu concierge desk. Some tennis shoes are available for loan. **Tennis Balls** \$10

## Court Reservations

Court reservations are recommended 48 hours in advance through the Club Espiritu Concierge at clubespritu@delmarloscabos.com or 163-7171. Sign-in at the court is required for scheduled times and open hours.

Play at the court should be limited to 60 minutes for singles and 90 minutes for doubles. When time is up, players may finish the game in progress. If play has not begun within 10 minutes of scheduled start time, the court reservation will be forfeited. In times of high demand by community members, only one booking is allowed every 48 hours per home or club membership.

## COURT CANCELLATION POLICY

To change or cancel your court reservation, please give 24 hours notice to avoid being charge \$50.

## TENNIS

### Tennis Program

Meet your neighbors and get a group lesson from our Tennis Pro. Price, schedule and minimum number of people depend on your level. For more information please contact Concierge.

### Private Tennis Lessons

60 minutes for 1 – 2 people\* \$120

90 minutes for 1 – 2 people\* \$170

120 minutes for 1 – 2 people\* \$200

30 minutes for 1 – 2 people\* \$70

\*Each additional person \$30

### Tennis Lesson Packages

3 private lessons per week \$330 (60 minutes each)

4 private lessons per week \$420 (60 minutes each)

5 private lessons per week \$500 (60 minutes each)

10 private lessons per month \$900 (60 minutes each)

### Kids Tennis Program, 4 – 12/7 – 12 years old

Offered Tuesday, Wednesday and Thursday

3 pm – 3:45 pm. Two children need to be present.

Fee per child: \$35

### Tennis Warm Up/Open Game with Mario Romero

Offered Wednesday through Monday \$30 per 60 minutes.

### Tennis Lesson Cancellation Policy

To change or cancel your appointment, please give 24 hours notice to avoid being charged in full.

# GROUP FITNESS AND TENNIS

## MONDAY

9am Tennis Program | \$35 Reservation Required  
9:30am Yoga | \$30 Reservation Required  
11am Balance & Stretching | Complimentary  
4pm Pilates Reformer | Limited to 4 People  
5pm Salsa | Complimentary

## TUESDAY

9am Tennis Program | \$35 Reservation Required  
9am Tai-Chi | Complimentary  
10am Pilates Mat | Complimentary  
3pm - 3:45pm Kids Tennis | \$35 Reservation Required  
4pm Functional Training | \$30 Reservation Required  
4pm Pilates Reformer | \$40 Reservation Required

## WEDNESDAY

9am Tennis Program | \$35 Reservation Required  
9:30am Yoga | Complimentary  
10am Zumba | Complimentary  
3pm - 3:45pm Kids Tennis | \$35 Reservation Required  
4pm Pilates Reformer | Limited to 4 People  
5pm Salsa | \$30 Reservation Required

## THURSDAY

8am Spinning | \$30 Reservations Required  
9am Tennis Program | \$35 Reservations Required  
9am Tai-Chi | \$30 Reservation Required  
10am Gluts, Abs & Legs | Complimentary  
3pm - 3:45pm Kids Tennis | \$35 Reservations Required  
4pm Functional Training | \$30 Reservation Required  
4pm Pilates Reformer | \$40 Reservation Required

## FRIDAY

9am Tennis Program | \$35 Reservations Required  
10am Tango Workout | Complimentary  
11:30am Pilates Mat | \$30 Reservation Required  
4pm Pilates Reformer | \$40 Reservation Required

## SATURDAY

9am Tennis Program | \$35 Reservation Required  
11am Functional Training | Complimentary  
11am Aqua Zumba | \$30 Reservation Required

*Complimentary classes are first come, first serve. Group fitness and tennis are limited to eight people, duration 50 minutes unless otherwise noted. Two people need to be present. Reservations are required. All classes are subject to change. See the Club Concierge for the latest schedule. To reserve a class please contact the Club Concierge at [clubespiritu@delmarloscabos.com](mailto:clubespiritu@delmarloscabos.com) or call 163-7171.*



# FITNESS

ALL FITNESS SESSIONS ARE 55 MINUTES UNLESS OTHERWISE NOTED. CLASSES ARE AVAILABLE AT YOUR VILLA FOR AN ADDITIONAL \$30

## Yoga

Designed to cultivate the integration of body, mind and spirit. This class will guide you towards complete wellness, focusing on flexibility, strength, balance, breath, and relaxation. All levels are welcome.

**PRIVATE SESSION** \$95 for 1 - 2 people  
**ADDITIONAL PERSON** \$20 each

## Pilates – Reformer

A challenging Pilates class using the Reformer machines in the Pilates studio.

**PRIVATE SESSION** \$95 for 1 - 2 people  
**ADDITIONAL PERSON** \$35 each

## Pilates – Mat

A challenging core mat workout.

**PRIVATE SESSION** \$95 for 1 - 2 people  
**ADDITIONAL PERSON** \$20 each

## Indoor Cycling

This cycling class is motivational, high energy and fun. Riding your way through rolling hills, steep climbs, false flats, sprints and much more, you'll build strength and stamina while burning fat. All levels are welcome.

**PRIVATE SESSION** \$95 for 1 - 2 people  
**ADDITIONAL PERSON** \$20 each

## Zumba

Join the party! Zumba is a full body workout combining easy-to-follow Latin Dance moves with more contemporary hip-hop moves.

**PRIVATE SESSION** \$95 for 1 - 2 people  
**ADDITIONAL PERSON** \$20 each

## Personal Training

A workout designed to meet your personal fitness goals.

**PRIVATE SESSION** \$95 for 1 - 2 people  
**ADDITIONAL PERSON** \$20 each

## Aqua Zumba

A "latin pool party", this low impact, effective and challenging water-based workout integrates Zumba with traditional aqua fitness disciplines. You'll feel your muscles working against the resistance! All levels are welcome.

**PRIVATE SESSION** \$95 for 1 - 2 people  
**ADDITIONAL PERSON** \$20 each

## GAL – Glutes, Abs & Legs

A fun and challenging workout designed to define the lower body, strengthen the abs and work the glutes using high reps and medium weight.

**PRIVATE SESSION** \$95 for 1 - 2 people  
**ADDITIONAL PERSON** \$20 each

## Kickboxing

A powerful workout that combines the basics of boxing (hand techniques and movement) with the powerful kicks of Muay Thai.

**PRIVATE SESSION** \$95 for 1 - 2 people  
**ADDITIONAL PERSON** \$20 each

## Power Plate

Vibration training combining strength exercises, stretching and even massage. Designed for all levels from beginners looking to improve bone density and build strength to athletes looking to improve power and speed.

**PRIVATE SESSION** \$45 for 30 minutes (1 person)

## Cross Training

Metabolic circuits, strength and mobility training. These fun and energetic sessions deliver results as you test muscular strength and endurance when combined with cardiovascular movement. Every class is different using medicine balls, stability balls, weights, elastic bands and more. A total body workout that is challenging and fun.

**PRIVATE SESSION** \$95 for 1 - 2 people  
**ADDITIONAL PERSON** \$20 each

*Services will be billed to your custodial account. Please notice our no-cash policy.  
To change or cancel your fitness class, please give 24 hours notice to avoid being charged in full.*

# FITNESS

## Burn at the Barre

Deep muscle toning with resistance, the grace of ballet, the science of physical therapy, the flexibility of yoga and the core strengthening of Pilates. The total body, low-impact workout is an efficient and safe form of exercise that focuses on form. It incorporates use of a ballet barre, hand weights, tubing and a playground ball as props to tone your body. The exercises will tend to be more contracted and small, focusing on deep toning and sculpting.

**PRIVATE SESSION** \$95 for 1 - 2 people

**ADDITIONAL PERSON** \$20 each

## Swimming Lessons

This class has everything for you — a full cardio workout plus tips to improve your technique, strength and flexibility.

All levels are welcome.

**PRIVATE SESSION** \$95 for 1 - 2 people

**ADDITIONAL PERSON** \$20 each

## Swim Stronger

Geared to make you feel stronger and more confident in the water. Fifty-five minutes of personal stroke assessment and drills to improve your technique while building cardio and muscular strength. All levels are welcome.

Taught by long-distance open-water swim competitor.

Possible open water swims at Palmilla Bay.

**PRIVATE SESSION** \$95 for 1 - 2 people

**ADDITIONAL PERSON** \$20 each Limited to 4 people

## TRX Suspension Training

A full-body workout using what *Men's Health* magazine named "The Best New Fitness Gear." If you haven't given TRX training a try, ask for a demonstration.

**PRIVATE SESSION** \$95 for 1 - 2 people

**ADDITIONAL PERSON** \$20 each

## Hot Latin Workout

This high energy Latin dance class will get your heart pumping and your hips shaking! Tone and sculpt the body with these easy to follow dance moves set to a lively selection of rhythmical Latin beats.

No dance experience necessary.

**PRIVATE SESSION** \$95 for 1 - 2 people

**ADDITIONAL PERSON** \$20 each

## Tango

One of the most fascinating of all Latin dances, Tango is a sensual ballroom dance originated in South America. The perfect beginner class, you'll learn simple sequences including lead and follow, the signature tango walk, cross and weight changes.

Learn to establish a connection with your partner and move to the pulse of the music. All ages, singles and couples are welcome.

**PRIVATE SESSION** \$95 for 1 - 2 people

**ADDITIONAL PERSON** \$20 each

# COMPLIMENTARY BEACH ACTIVITIES AT CLUB NINETY SIX

## STAND-UP PADDLE BOARD LESSONS

HORSESHOES

SNORKEL TOUR

KAYAK TOUR

HOBIE CAT TOUR

BOOGIE BOARDS

BEACH TENNIS

PING-PONG

## STAND-UP PADDLE 1-MILE CROSS-TRAINING

BACKGAMMON

BOCCE BALL

FOOTBALL

SOCCER

VOLLEYBALL

DOMINOES

BEACH TOYS

## DAY BED PACKAGES

### YOUR SEASIDE SANCTUARY AWAITS

Spend the day lounging in your own private cabana while enjoying our pristine swimming beach and Club Ninety Six fare. Club Ninety Six now has 3 seaside cabanas available for daily reservations. Each cabana fits 2 to 3 adults or 2 adults and 2 children.

There is no fee to reserve the Cabana, but a \$150 USD minimum food and beverage consumption applies. Enjoy fare from the Club Ninety Six lunch menu as well as complimentary refreshments every two hours including popsicles, fruit, or a skin refreshing spray.

Reservations from 9 am - 5 pm.

*Reservations are required and available a maximum of 30 days in advance.  
Cancellations must be made 12 hours in advance or a \$100 USD cancellation fee will be applied.*

*For reservations and more information, please contact the Club Concierge at 144-6013 or [clubconciierge@delmarloscabos.com](mailto:clubconciierge@delmarloscabos.com).*

FOR INFORMATION ABOUT THESE CLUB SERVICES AND ACTIVITIES PLEASE  
CONTACT EITHER CLUB'S CONCIERGE OR YOUR GUEST SERVICES MANAGER

Club Ninety Six Hostess: 144-6013 (8 am - 8 pm)  
Club Espiritu Concierge: 163-7171 (7 am - 8 pm)  
Property Management: 144-5286 (8 am - 6pm)

[WWW.VILLASDELMAR.COM](http://WWW.VILLASDELMAR.COM)

*Prices are quoted in US Dollars. Tax and gratuity are not included.  
Club Ninety Six and Club Espiritu extend signing privileges to all members and guests.*