



*naïa*

— S P A —

A woman wearing a wide-brimmed blue hat and a long, flowing red dress is walking away from the camera on a wooden bridge. The bridge has white railings with a geometric pattern. The background is filled with lush tropical vegetation, including palm trees and other green plants. In the distance, a wooden building with a brown roof is visible. The scene is brightly lit, suggesting a sunny day.

## Discover Naïa Spa...

Tucked away within the coastal paradise that is Naïa Resort and Spa you will discover a hidden sanctuary; a haven that is dedicated to providing you the space you deserve to embark on a journey of self-care, healing and renewal. You will discover Naïa Spa.

## Where exploration and discovery is encouraged...

We have reimagined the possibilities of a resort spa by creating a space inspired by the nature that surrounds it, where deeply transformational and multi-sensory experiences await you, each one immersed in the unique traditions and culture of Belize.

From the very first moment you set foot on the secret winding pathway enclosed within a protective canopy of palm trees and indigenous plants, you may already feel a gentle shift, your senses stimulated by the vibrant greens and pops of bright colors of the surrounding forest. Encountering footbridges along the way, you will feel the texture change beneath your feet and experience the healing backdrop of Naïa Spa, so named to reflect the free-spirited nature of the resort and the ever-present connection between land and water.

Here, where the life-giving energy of water is abundant in the freshwater lagoons, the breathtaking scenery and its watery reflections give you time, inspiration and space to slow down, breathe and reflect.

Within this natural sanctuary, five individual treatment suites extend over enchanting lily-covered lagoons to provide a personal escape, while a couple's suite is positioned on its own intimate island for the ultimate in privacy.

Naïa Spa's extensive menu of treatments, spa rituals and personalized wellness programs has been carefully developed in harmony with our inspiring surroundings. All of our treatments emphasize the use of native botanicals and the healing properties of water, as well as our signature line of organic spa products. Explore our offerings, including massage, facials, body wraps and scrubs as well as natural nail and beauty service. Signature offerings feature products crafted from indigenous ingredients and made by local artisans and traditional healers.

## About

Naïa Spa is a 10,000sqft retreat incorporating our exclusive spa, a fully equipped Fitness Center and a beautifully designed Yoga and Movement Studio. To further enhance your visit, we have created Reflections, our waterside open-air Spa Café, featuring a communal table and small gathering place giving you the opportunity to meet other explorers and share experiences.

During your visit, you are encouraged to spend time in quiet contemplation on Orchid Island, a quiet place to prepare and set intentions for the spa journey to come, or to reflect and express gratitude for what has been before. Curl up on a lounge chair, hydrate with a healthy infused drink, listen to the calming sounds of running water or take a soak in the cool spa pool. The opportunities for self-discovery are endless, therefore we recommend you allow plenty of time for your visit and even consider spending the entire day at the spa to allow yourself the chance to fully recharge and embrace every possible moment.

Whatever the purpose of your visit to Naïa Spa, our nurturing and dedicated team looks forward to helping you make the very best of your time here.

A woman and a man in white robes are standing in a tropical setting, surrounded by palm trees and lush greenery. In the foreground, a woman in a blue uniform with a 'nara' logo and a name tag is smiling and holding a folder. The background shows a building partially obscured by trees.

## Couples Rites

Reconnect with your partner in our intimate couple's suite, tucked away on its own secluded private island.

All of our massages, facials, body treatments and signature experiences can be scheduled as couple's services. Please book treatments that are the same type and same length of time to create a flowing and connected experience.

A woman is lying on her back on a massage table, covered with a white sheet. A therapist in a blue uniform is performing a massage on her upper back and shoulder area. The woman has her eyes closed and a relaxed expression. The background shows a wooden cabinet and a window with greenery outside.

## Massages

Release your stresses  
allow your body and mind  
to experience the true  
feeling of 'letting go' with  
our unique versions of  
traditional therapies and  
signature massages.

## Soothing Sole

After a day of voyaging, it is time to refresh the feet that carried you on your travels. This pampering treatment begins with a footbath of water mixed with Naïa's signature essential oil blend. Reflexology points are stimulated in the feet, revitalizing not only the feet, but all of the connected pathways throughout your body. For an extended service, reflexology can be applied to the hands along with a neck and shoulder massage.

**Length: 60 | 90 Minutes**

## Back to Basics

If you're on the run and need a stress reliever, this is the perfect massage treatment. The focus will be on your back, neck and arms with deep, gently strokes to sooth away any muscle tension.

**Length: 30 Minutes**

## Primeval Salt Stone

This full body massage nourishes the body and relaxes the mind. From the ancient primal sea, these hand-carved salt stones are warmed before being used to massage the body in specific combinations designed to gently soothe away stress and tension. This results in very deep relaxation, improved sleep and a sense of emotional peace.

**Length: 60 | 90 Minutes**

## Timeless Classic

Relaxation is the focus of Naïa's version of this classic Swedish massage. Gentle, smooth strokes will help ease your body and mind.

**Length: 60 | 90 Minutes**

## Pregnancy Massage

**Length: 60 | 90 Minutes**

## Deep Stretch Therapy

Incorporating pressure point work, stretches and compressions, this unique full body treatment will leave you feeling completely balanced and relaxed. Our trained therapists will apply rhythmic pressure, stretches and rocking movements throughout the treatment, allowing for the release of stress and tension while restoring range of movement and enhancing flexibility. Energetic meridians and pathways are stimulated through pressure points on the body including the face, hands and feet, in order to enable deep healing.

You will be fully clothed in loose, comfortable clothing for the duration of this treatment, allowing the body to be comfortably positioned in a variety of yoga-influenced positions.

**Length: 60 | 90 Minutes**

## Deep Treasure

Release tension from deep within the muscle tissue with this deeply therapeutic massage. You will immediately feel the corrective and restorative benefits of this treatment and leave ready to take on another day of exploration and adventure.

**Length: 60 | 90 Minutes**

## Native Essence

Medicinal essential oils including ginger, ylang- ylang and orange harvested in Belize have been thoughtfully blended to offer you a signature aromatherapy massage reflective of the richness and diversity of the region.

**Length: 60 | 90 Minutes**

A photograph of cacao pods and beans on a woven mat in a dining room. The mat is on a wooden table. In the background, there is a dining table with a white tablecloth and a window looking out onto a house and trees. The text is overlaid on a green rectangular area on the left side of the image.

## Body Treatments

Whether you are craving deep hydration, a soothing and cooling experience, or simply seek pure indulgence, Naïa has created nurturing body treatments that are inspired by the ingredients used by both ancient and modern cultures of Belize.

## Sweet Coconut Scrub

Experience indigenous Belize and connect to the ancient traditions of Naïa's neighbors, the Garinagu people, with this Coconut-based sugar scrub. Long celebrated for extraordinary hydrating, healing and restorative properties and comforting aromatic, pure Coconut pulp blended with Coconut Oil and Brown Sugar is massaged gently over the body improving circulation deep in the skin layers. Skin is left supple, smooth and deeply hydrated as a light massage infuses a firming Coconut body lotion from head-to-toe.

**Length: 60 Minutes**

## Coffee & Seaweed Cellulite Reduction

A deliciously invigorating cinnamon-vanilla coffee scrub made from local Belizean coffee and spices is vigorously applied to the body using techniques designed for removal of fatty deposits from key problem areas in the body, along with movements designed to assist with lymphatic drainage. This cellulite-targeted treatment is followed by a seaweed wrap using seaweed farmed just off the coast of Placencia. The seaweed pulls toxins from the skin while infusing with natural moisturizers. Finally, an organic paprika and coconut firming body lotion is applied to the body to provide one final layer of moisturization.

For the best effects, we recommend a series of these treatments if possible.

**Length: 90 Minutes**

## Coastal Breeze Wrap

Experience indigenous Belize with this Stone Crop and Aloe infused body wrap, ideal for sun-stressed skin. Long celebrated for extraordinary hydrating, healing and restorative properties, aromatic Coconut Cream with hydrating succulents is massaged gently over the body. Hydrating Facial Recovery Oil with precious herbs is used for a stimulating facial and scalp massage facial massage. Skin is left supple, smooth and deeply hydrated as a light massage infuses a complexion-brightening aloe lotion from head-to-toe.

**Length: 60 Minutes**

## Maya Cacao & Cinnamon Wrap

Discover the Maya secret to hydrated, toned skin with this decadent body scrub and wrap. Rich Dark Chocolate combined with hydrating Coconut Oil, and dark brown sugar, is massaged into your body with gentle scrubbing motion. You are then enveloped in comforting, warm towels. While the warmth infuses moisture deep into the skin, an expert face and scalp massage using Facial Recovery Oil, infused with precious herbs, quiets the mind. Lastly, experience the natural heat and firming effects of Cinnamon as an herbal-infused lotion is applied to regenerate the skin and improve natural elasticity. For continued indulgence, extend your service with a full body massage.

**Length: 60 | 90 Minutes**



## Body Waxing

We use the latest French manufactured Cirepil wax products by Perron Rigot for our depilatory waxing services. Using the Blue Hard Wax beads with jojoba oil, and Escal Provencale Lavender soft wax, helps to make body waxing a more comfortable experience. Cirepil Blue Antiseptic Lotion, and Cirepil pre-depilatory Jasmine Oil, gently prepare and sooth your skin before and after the treatment.

Leg | Brazilian | Underarm |  
Eyebrow | Upper Lip



A woman with long brown hair, wearing a white bathrobe, is sitting on a wooden deck. She is looking down at her hands, which are resting on her lap. The deck is made of light-colored wooden planks. To her right is a small round wooden table with two lit candles. The background features a calm pond with lily pads, surrounded by a dense forest of tall palm trees. The scene is bathed in warm, golden light, suggesting late afternoon or early morning.

## *Naïa Signature Experiences*

Gained from insights derived from local healers, Naïa has created two signature experiences to provide you a deep connection to the land and traditions of Belize.

## **Mystic Light**

This specialty ritual honors the ancients through a powerful ceremony that provides spiritual cleansing a sense of "lightness" and awareness to new possibilities. Beginning with a cleansing foot bath you will have opportunity to set intentions while copal incense, along with myrrh and our signature Naïa essential oil is burned to cleanse your surroundings. This is then followed with a combination of reiki and chakra balancing techniques, accompanied by the soothing sounds of singing bowls. The treatment will leave you feeling deeply relaxed, calm and restored with energetic pathways balanced. You will receive a gift of an Ixchel amulet (Maya Spring Water Goddess figurine), in a handmade Maya bag after completing this experience.

**Length: 60 Minutes**

## **Sun Quenched Clay**

A deeply detoxifying and skin revitalizing treatment using golden clay collected from the Toledo region of Belize. This golden clay is grated by hand, washed with rainwater, and dried in the sun. The result is some clay rich nutrients that feel smooth and yet gently exfoliates the skin as it is applied to the body drawing out toxins. After a refreshing shower, this treatment ends with a rich and hydrating massage using our signature massage oil blend.

**Length: 60 | 90 Minutes**

A person is lying on a massage table in a spa, receiving a facial treatment. A therapist's hands are visible, applying a white cream to the person's face. The person is wearing a white towel over their shoulders and a white headband. The background shows a wooden chair and a window with a wooden frame. The overall atmosphere is relaxing and professional.

## Facials

Incorporating a variety of fresh, natural, organic and Biodynamic ingredients, Naïa Spa's facials incorporate a powerful multisensory approach to cleansing and renewal.

## Clearly Citrus

Citrus is refreshing, cooling and energizing and the perfect way to treat skin that is experiencing congestion or breakouts. Customized exfoliation featuring Almond or Pineapple removes impurities from the skin and a specialized Probiotic masque purifies deep within the pores. Extracts of Citrus soothe and tone while reparative Aloe keeps the complexion soft. The skin is left balanced, calmed and detoxified.

**Length: 60 Minutes**

## Succulent Sun

The sun imparts a bounty of vitamins to the skin, but overexposure may result in hyperpigmentation, dehydration and redness for both men and women. Restore moisture balance and even skin tone with luscious Aloe, Stone Crop and Coconut Moisturizer. Following a targeted cleanse, a revitalizing masque instantly lightens the complexion through a proprietary blend of botanical brightening ingredients. Complete this results-oriented treatment with a protective mineral dusting that will leave skin smooth and glowing.

**Length: 60 Minutes**

## Tropical Restoration

Honor your body's journey through life by treating your skin to tropical extracts to reveal skin that is ageing gracefully. A special Bamboo firming serum instantly lifts and tones, while a decadent Coconut moisturizer seals and protects. Lastly, the delicate eye area is treated to a gentle, lifting massage and targeted Neroli treatment and the lips are hydrated with a soothing Citrus balm.

**Length: 60 Minutes**

## Vitamin Sea

Celebrate the diversity of skin nutrition with extracts from the bounty of the sea and fruits of the land. A gentle Citrus cleanse washes away traces of the day and prepares the skin for an enzymatic exfoliation featuring Seaweed extracts and ripe Pineapple. Plant-based blends of Vitamin C and E in an Kale base infuse the complexion with a potent boost of antioxidants. Essences of Lemon and Grapefruit tone the skin, balancing oil production and infusing additional Vitamin C. A decadent Coconut moisturizer seals in all nutrients and the eye area is treated with an incredibly hydrating Biodynamic eye cream.

**Length: 60 Minutes**

## Ancient Traditions

Echoing the traditions of ancient Belizeans and their use of native botanicals, this one-of-a-kind facial experience honors generations of lifestyle beliefs and natural medicines.

Soothing Aloe cleanses, Coconut Milk Moisturizer and Orange Blossom mist hydrates, and a Papaya enzyme exfoliation warms the skin. Then, a masque featuring a blend of eight green plant extracts simultaneously firms, balances, detoxifies, and brightens the complexion. The eyes are the window to the soul beyond the physical body: a dual eye treatment is performed to lift, tighten and hydrate. For men, we customize this experience with our Stone Crop moisturizer. If you are seeking a longer indulgence, a soothing and enriching foot, arm and hand treatment are offered.

**Length: 60 | 90 Minutes**

## The Naïa Man

Honor your outward appearance with a facial tailored to address the complex needs of men's skin. Each and every step of this relaxing experience is designed to hydrate, firm and tone skin, reducing visible signs of aging. Heal your skin with a rich boost of antioxidants from hand-harvested Aloe, Stone Crop and Lemon. A luxurious scalp massage completes this signature experience. Extend your experience with a moisturizing foot, arm and hand treatment.

**Length: 60 | 90 Minutes**

# Naïa Spa Sanctuary Self-Discovery Packages

## Botanical Delight

Immerse in this selection of skin soothing treatments that highlight the nutrient rich, hydrating, and colorful botanicals of the Belize, leaving you feeling vibrant and renewed. You will receive three 60-minute treatments, and a 30-minute manicure, before completing your spa session with a fresh lunch and beverage.

- ❖ Sweet Coconut Scrub
- ❖ Vitamin Sea Facial
- ❖ Healthy Lunch
- ❖ Fresh Juice or Smoothie
- ❖ Nourishing Essentials Manicure
- ❖ Floating Flower Pedicure

**Length: 4 Hours**

## Instinctive Senses

Enjoy a stimulating multisensory experience featuring vibrant fruit pulps and extracts, fragrant indigenous botanicals, gentle aromatic sprays, tingling textures, and sweet tastes with a package that includes a 60-minute facial, and 90-minute massage.

- ❖ Tropical Restoration Facial
- ❖ Native Essence Massage

**Length: 2½ Hours**

## Adventurers Rejuvenation

After a day of exploration and activity, these two 60 minute treatments, along with a refreshing smoothie or the featured beverage of the moment will leave your feet, skin and mind ready for your next day of adventure.

- ❖ Soothing Sole Massage
- ❖ Succulent Sun Facial

**Length: 2 Hours**

## Honoring the Ancients

Inspired by the native botanicals and mineral rich salts that have been used for generations due to their healing properties, this package will nourish, tone and hydrate your skin while you enter a state of deep and comforting relaxation. This day of self-discovery includes three 60-minute treatments and a refreshing juice or smoothie.

- ❖ Primeval Salt Stone Massage
- ❖ Fresh Juice or Smoothie
- ❖ Maya Cacao & Spice Wrap
- ❖ Ancient Traditions Facial

**Length: 3 Hours**

## Couples Retreats

Naïa's couple's enclave is a very special and intimate place. Located on its own private and secluded island the experiences we have created time, a place, and experiences to allow you to explore your relationship and reconnect with the person who brings meaning to your world.





## Passage to Paradise

All of your senses will be awakened as you breathe in the natural aromas, feel the soothing textures, see the vibrant colors, and taste delectable bites of your own island paradise. This rich, indulging journey will put you in a state to appreciate the beautiful surroundings and the moment with the one you love. Your paradise retreat includes a light lunch and beverage enjoyed in the quiet, peaceful serenity of your private veranda.

- ❖ Native Essence Massage
- ❖ Maya Cacao & Spice Wrap
- ❖ Ancient Traditions Facial
- ❖ Light Lunch & Beverage

**Length: 4 Hours**

## Island of Reconnection

This very special retreat is a Naïa exclusive. Set intention together and experience a powerful combination of treatments. With energy channels again open your special bond will be strengthened, shared and celebrated. This ritual ends with a champagne toast and a light snack on your private veranda.

- ❖ Mystic Light
- ❖ Sun Quenched Clay Wrap
- ❖ Primeval Salt Stone Massage
- ❖ Champagne and Light Snack

**Length: 3 Hours**

## Tranquil Escape

This combination of treatments is designed to refresh and relax body and mind. The nutrient rich body scrub exfoliates and hydrates you skin and the gentle massage gives you the opportunity to simply be.

- ❖ Sweet Coconut Scrub
- ❖ Timeless Classic Massage

**Length: 2 Hours**



## Nail Care

Take a moment to slow down, be present in the moment, and open up to explore your true self-experience Slow Beauty. Our unique nail rituals incorporate organic plant essences to relax, nourish, strengthen, and balance your physical, emotional and mental states of well-being.

## Nourishing Essentials Manicure

Your manicure begins with a breathing ritual created to suit your mind, body, and spirit needs. You then are treated to a Slow Beauty massage which will melt away tension and restore balance while delivering intense moisture to hands and arms. Nails are finely groomed and perfectly polished with one of our traditional lacquers.

**Length: 45 Minutes**

## Floating Flower Manicure

Inspired by the water lilies found throughout the Naïa lagoons, this luxurious manicure incorporates a signature scent and color palette to create a unique multisensory 'Slow Beauty' experience customized to your current state of mind. Experience deep exfoliation followed by a beautiful bath-like experience to cleanse away any tension and stress.

Arms and hands are enveloped in a moisture rich or deep detoxifying masque therapy to meet your specific need. A signature massage then allows these nourishing products to deeply penetrate the skin as you further unwind. Nails are groomed and perfectly polished with one of our traditional lacquers or our unique hybrid vegan gold colors.

**Length: 60 Minutes**

## Nourishing Essentials Pedicure

Experience a signature breathing ritual created to suit your mind, body, and spirit needs. Soak your tired feet in Himalayan salt and minerals while signature slow beauty massage will relieve your achy muscle and melt away tension. Nails are finely groomed and perfectly polished.

**Length: 45 Minutes**

## Floating Flower Pedicure

Nurture yourself with the affectionate colors of light during this ultra-luxe pedicure which begins with an opening breathing ritual created to suit your mind, body, and spirit needs. The signature Jasmine or seasonal fragrance you choose will allow you to travel through an aroma journey while exfoliating and masque treatments will renew and restore hydration, moisture and youthful glow. Experience the signature 'Slow Beauty' massage as it melts away tension and stress while nails are finely groomed and perfectly polished with one of our traditional lacquers or our unique hybrid vegan gold colors.

**Length: 60 Minutes**

## Pretty Polish

This express service is intended to quickly restore color to your fingers and/or toes.

**Length: 30 Minutes**

## Gel Nail Application **Addition to any Manicure or Pedicure**

A dazzling array of Orly GelFX colours are available. You will get a quick dry under our LED lamps leaving an intense shine that lasts for weeks.

## French Polish **Addition to any Manicure or Pedicure**

A French tip enhancement can be applied to any of our nail rituals.

## Paraffin Treatments **Addition to any Manicure or Pedicure**

Lavender Therabath Paraffin with therapeutic essential oils leaves hands and feet looking younger, and feeling silky smooth in only 10 minutes.

# The Naïa Experience

In order to make you feel welcome, comfortable and able to make the absolute most of your time at Naïa Spa, please take a few moments to familiarize yourself with the following tips:

## Arrival

We invite you to arrive at least 30 minutes prior to your scheduled service so you can ground yourself in our relaxation area and enjoy a few moments of peaceful solitude of our spa client-exclusive pool. Remember to bring along your bathing suit.

## Changing Rooms

Robes, slippers, towels, bath amenities and refreshments are provided. Lockers with key locks are available for storage of personal items. We recommend limiting the valuables you carry with you to the spa.

## Prices & Gratuities

All treatment prices are shown in Belize Dollars and are inclusive of 12.5% General Sales Tax. Service charge is not included in the final price, but gratitude and tips are always appreciated by our dedicated therapists.

## Cancellations

To avoid a cancellation fee, we request that you contact the Naïa Spa Reception at least 8 hours prior to your scheduled appointment time.