



**FACT SHEET  
LAJA SPA  
at Casa de Sierra Nevada**

**Description:**

Perhaps the spirit of San Miguel de Allende, in the state of Guanajuato comes from the silver in the dust under your feet; or by sharing the persistent shadows of narrow, winding streets that were known to heroes of the Mexican revolution. This is the region where deep veins of the Laja River gave life to this vibrant community and where silver gave coin and treasure to most of the world for hundreds of years. An enchanting colonial city, San Miguel de Allende is kept vibrant by the bracing whispering winds of Mexico's high plateau, where ghosts are celebrated and the joyful colors of Mexico attract artists from around the planet. Experience San Miguel de Allende's eternally-renewing spirit at Laja Spa.

Opening in Spring 2008, Casa de Sierra Nevada welcomes this luxurious and ultra pampering addition to our hotel. The spa includes treatment rooms, a private relaxing terrace and spectacular views of San Miguel de Allende.

Each Treatment room is named after a different plant or flower found locally in San Miguel.

Laja is the name of San Miguel's river, Rio Laja. It is located in the state of Guanajuato in arid, central Mexico. The Rio Laja is a vital corridor of green essential for migratory and local wildlife and vital for the survival of local communities. It is a tributary of the Rio Lerma, one of Mexico's largest rivers and a major industrial corridor which flows west to Lake Chapala. The Lerma ecoregion is considered globally outstanding by the World Wildlife Fund for its fish populations which are "virtually unsurpassed in North America and rare worldwide."

The Laja rises in the mountains in the north and west of the State of Guanajuato. The main branch of the Laja is 200 miles long, with numerous tributaries along its upper reaches. It fills a manmade lake near San Miguel before flowing south through one of Mexico's largest bread baskets where fruits and vegetables are grown for export to the United States and Canada.

At Laja spa we pay tribute to this abundant river. We use the concept of water as a cleanser, a purifier and an approach to help energy flow throughout the house. This in conjunction with the mountainous area of San Miguel, which sits on a quartz mountain, truly amplifies the healing process.

**Décor:**

Colonial style with simple sandy colored walls with blue, aqua and cream finishes, iron gates and original features remain throughout the house.

**Amenities:**

- 3 air-conditioned treatment rooms
- A shower room
- 2 Bathrooms
- Male and Female Locker Rooms
- Relaxation/Waiting Room
- Rooftop terrace and garden
- Spa Boutique

**Spa Cuisine:**

Healthy San Miguel-inspired cuisine is prepared by Chef Gonzalo Cardenas of CSN, that can be enjoyed on the terrace of Casa Laja.

Of special note is a special tonic, CaCatus Drink (prickly pear drink with lime that is high in antioxidants.)

Grown locally in San Miguel de Allende.

This empowering tonic fills guests with essential vitamins and is high in antioxidants.

**Facials**

Custom Facial

Individualized treatment targets your skin's special needs. Personal pH levels, dermal fatigue, your skin's own chemistry and moisture content are assessed and balanced, purified and replenished. Organic seaweed extracts and pure essential oils help boost antioxidant activity and combine with dermal proteins to form a moisturizing barrier against the elements. All skin types.

60mins

**Age Rejuvenation Facial**

Visibly brightens and tones skin using a high tech process that transfers oxygen from marine based plants into a serum that is readily absorbed by the skin. This plant based oxygen, combined with minerals, antioxidants and enzymes, all serve to stimulate cell metabolism, speeding up your skin's ability to regenerate newer, more energized cells. A customized mask is applied, to help firm and feed your skin. The result is skin that is deeply hydrated, brightened and more toned. All skin types will benefit.

60 or 90 minutes

**Men's Environmental Facial**

Customized especially for a man's skin, this facial is geared to restore damage caused by excessive exposure to sun, environmental toxins, and aging. Exfoliation is followed by a soothing facial that will restore the skin's natural vigor. A relaxing face, neck, shoulder and foot massage follows.

60 minutes

**Revolutionary Facial**

Experience our specialized facial that will help reverse the aging process, while improving the condition of the skin. This skin changing facial includes cleansing and steam hydration. Depending on your skin condition, a two part exfoliation and toning help stimulate lymphatic drainage by

creating a pumping action on the skin. Our two part mask eliminates toxins and dead skin cells, encouraging healthy cellular regeneration. All skin types will benefit from this facial.  
60 minutes

## **Laja Body Experiences**

### **Earth & Sea Salt Scrub + Rub**

Mineral rich salts mined from Himalayan peaks to Hawaiian shores exfoliate and purify your skin, followed by a neck, shoulder and blissful back massage with an organic essential massage gel.  
60 minutes

### **Detox Herbal Wrap**

Heated sheets of pure cotton infused with local healing herbs, known through the ages for their detoxifying properties, are wrapped around your body, drawing out toxins and bringing them to your skin's surface. Exfoliation with local honey and salt cleanses these toxins away, leaving your body free of impurities.  
60 minutes

### **Heroes Healing Poultice**

Local medicinal herbs and essential oils are carefully collected and prepared by hand, then wrapped in organic cotton and steamed, intensifying their potency. This is massaged into the body while warm, opening the pores, releasing tension, and improving circulation. A dynamic oil massage completes this healing treatment.  
60 or 90 minutes

## **Laja Touch Therapies**

### **Laja Stone Experience**

Stones are the oldest materials on the earth and have accumulated healing energy from memorable times. You are massaged with a combination of warmed river stones and aromatic oils. Feel a sense of new vitality and strength flowing throughout your body, mind and spirit.  
90 minutes

### **Body Oil Massage**

Experience the healing effects of this Swedish massage to help you rebalance and relax your body, mind and spirit. For those who enjoy fragrance, a choice of aromatherapy oil is blended for you.  
60 minutes

### **Deep Tissue Massage**

This massage is custom designed to target your specific areas of tension and soreness. By using deep pressure contact, this massage will help improve flexibility and mobility in the muscles.

60 minutes

### **Head, Neck and Shoulders Massage**

Stress relieving pressure points and finger tip massage on head, neck and shoulders. This relaxing treatment will ease headaches, reduce tension and induce a deep sense of peace, calm and well being.

60 minutes

### **Reiki**

Relax and heal with a Reiki treatment. Our Reiki Therapists use their hands to channel energy from the universe to your body and to help the body heal itself. Reiki Therapy can help relieve pain, boost the immune system and relax the nervous system.

60 minutes

### **Reiki + Massage**

90 minutes

### **Lomi Lomi**

The Lomi Lomi massage is one of the oldest and most powerful forms of healing. It works gently yet deeply into the muscles. Emotional as well as physical relief become the result of repeated, flowing strokes that bring your body to a place of inner peace and renewed health.

60 or 90 minutes

### **Healing Hands and Feet**

#### **Reflexology**

Rebalance your energy through Reflexology, a unique modality promoting better health and well-being through applied pressure to various points on the sole of the feet. Tensions are eased and circulation is improved through out the whole body.

30 or 60 minutes

#### **Eco-Luxe Manicure**

This nourishing treatment gently exfoliates with black jojoba beads, followed by a whitening algae hand mask to help soften, moisturize and brighten hands. Hands and arms are massaged with an ultra hydrating marine lotion. An organic essential oil cuticle treatment and polish application.

60 minutes

#### **Eco-Luxe Pedicure**

A relaxing and healing treatment with an invigorating foot soak, followed by a seaweed walnut shell scrub infused with rosemary, juniper and peppermint. An organic essential oil cuticle treatment is applied before nail grooming and polish application.

75 minutes

#### **Basic Manicure**

30 minutes

#### **Basic Pedicure**

45 minutes

## Wellness

### Yoga

Join Melinda Marino for a therapeutic class in Bikram yoga which will leave you feeling energized and ready for the day. Group classes Tuesdays - Friday at 9am and evening classes Monday & Wednesday 6pm. All levels are welcome. For more details please call 415.152.7040

90 minutes

### Bikram Yoga

Laja Spa features Melinda Marino. This energizing class takes you on a journey of 26 postures (asanas) and two breathing excises (pranayamas), that is suitable for all ages and levels of ability. Each posture stretches and strengthens specific muscles, ligaments, and joints needed for the next posture stimulating the organs, glands and nerves, moving fresh oxygenated blood to 100 percent of the body. This 90 minute program delivers total health balancing and strengthening the body, mind and spirit.

As Bikram says, "Yoga is the only exercise in the world you can do at any age." There is always some posture that will improve your health, mind or soul.

### Hours of Operation:

Spa: 9:00 A.M. – 8:00 P.M.

Extended hours available by special appointment

### Accommodation & Spa Package:

None as yet.

### Address:

Casa de Sierra Nevada

Hospicio No.42

San Miguel de Allende

Gto.37700

Mexico

[www.casadesierranevada.com](http://www.casadesierranevada.com)

Spa Director:

Yoga instructor: Melinda Marino

Owners: Orient-Express Hotels, Trains & Cruises

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