



GOLDEN DOOR®

L A S C A S I T A S V I L L A G E



REFRESH BODY, MIND AND SPIRIT
IN A GLORIOUS CARIBBEAN SETTING.

FOUNDED BY DEBORAH SZEKELY, THE ORIGINAL
GOLDEN DOOR WAS INSPIRED BY THE ANCIENT
HONJIN INNS OF JAPAN WHERE TRAVELERS FOUND
A SERENE SANCTUARY FOR REST AND REJUVENATION.
NOW, GOLDEN DOOR TAKES DELIGHT IN BRINGING
ITS UNIQUE PHILOSOPHY AND LIFE-ENHANCING
SERVICES TO GUESTS OF EL CONQUISTADOR
RESORT AND LAS CASITAS VILLAGE.



WELCOME HONORED GUESTS

From the moment you enter Golden Door, elements of earth, air, fire and water will begin to gently transform you. Experience a respite from the world. Begin your journey with the Golden Door Ritual, designed to prepare mind and body for deep relaxation. The Ritual commences with a shower in the Niwa, the Japanese word for a resting place (men's or women's locker room). Niwa attendants will introduce you to the O-furo, a Japanese bath where falling streams of water gently massage the shoulders to melt away tension and stress.

After the Ritual, surrender to the healing powers of a pampering massage, skin care or body treatment, which utilize local herbs and plants grown and blended exclusively for our guests. Allow the Golden Door staff to assist you with selecting services best suited to your personal needs, which will provide an optimal result of well-being, often lasting long after you leave the Spa.



Our Wellness Center offers comprehensive fitness appraisals and individual consultations, along with classes on health, nutrition and stress management. Put this knowledge to use with fitness classes in the Movement Studio. Our signature Yo-Chi and Reebok Core Board workouts are designed to increase strength and flexibility. Tai Chi and yoga classes are offered in the studio and outdoors, in the Casita Gardens overlooking the shimmering turquoise sea. A Cybex weight room and cardiovascular area equipped with treadmills, bicycles and stair steppers, each with a LCD monitor, provides the latest in workout technology.

At Golden Door Spa Café, refuel with refreshing spa creations enjoyed indoors or on the outdoor terrace. Select clothing, gifts and spa products from the Spa Boutique to enjoy at home. Golden Door orchestrates every element to evoke an experience of complete well-being.



OI

signature spa rituals

Bienvenidos. Welcome to Puerto Rico, La Isla Bonita...the Beautiful Island. Our rich heritage has its origins in the cultures of Spain, Africa and the Taino Indians and we encourage you to experience all the beauty and pleasures of our tropical island.

PINEAPPLE BODY BLISS ————— \$ 1 2 0
50 MINUTES

Our most popular polish by far, this blissful treatment utilizes an aromatic pineapple scrub which is rich in bromelin and known for its exfoliating and anti-inflammatory properties. A lotion active with vitamins A, C and E, green tea and seaweed is applied to your body to refine and moisturize your body. The 80-minute version includes an Herbal Wrap.

\$ 1 6 5
80 MINUTES

COCONUT SCRUB ————— \$ 1 2 5
50 MINUTES

For centuries, South Pacific islanders have used a blend of pure virgin coconut oil and local nut extracts infused with tropical flowers to soften, moisturize and protect the skin. This Spa Ritual includes a tropical coconut sugar with fresh sugar cane crystals to gently buff away aging skin cells and polish your skin. Added to this is a deep moisturizing richness of a blend of cold pressed virgin coconut oil & exotic nut extract to nourish, moisturize and protect your beautiful skin, leaving it glowingly healthy.

ROASTED COFFEE SCRUB ————— \$ 1 2 5
50 MINUTES

Slough away dull surface cells to reveal your skin's natural radiance. This stimulating scrub improves micro-cellular circulation and counteracts oxidation to fight visible signs of aging.

All packages include a full day's guest membership. All treatments in the package must be booked on the same day for the same person. No substitutions, please. Packages are not applicable towards any promotional discounts or Room Special Packages.

CARIBBEAN ESCAPE ————— \$ 2 9 0
1 5 0 MINUTES

Rain or shine, this package provides you with a day to relax and enjoy a pampering 50-minute massage, 50-minute body treatment and a 50-minute facial.

PRINCESS OR PRINCE CHARMING PACKAGE — \$ 1 5 0
7 5 MINUTES

A great introduction to the spa for the younger generation. Includes a 25-minute massage and a 50-minute Teen Facial. Minimum age 14; must be accompanied by an adult.

STAY FIT ————— \$ 2 1 5
1 8 0 MINUTES

Perfect for those who want to begin a complete exercise program that will help them get fit and stay fit. This package includes a fitness assessment, nutrition consultation and a personal training session, as well as tips and program outlines to take home. Your visit to Golden Door can provide benefits for a lifetime.



GOLDEN DOOR MASSAGE ————— \$ 1 1 5
50 MINUTES

This classic form of full-body massage stimulates circulation and relaxes the body, providing a feeling of tranquility and heightened well-being.

\$ 1 6 5
80 MINUTES

THERAPEUTIC FUSION MASSAGE ————— \$ 1 2 5
50 MINUTES

An intensified version of the Swedish classic, this massage uses deep tissue techniques to release muscle tension. 50 minutes (Back & Neck) or 80 minutes (Whole Body)

\$ 1 7 0
80 MINUTES

ASIAN REFLEXOLOGY ————— \$ 1 1 5
50 MINUTES

Rejuvenate through this ancient Oriental art. Pressure is applied to reflex points on the feet to balance, stimulate or relax corresponding parts of the body. The technique helps to relieve stress and release energy throughout the entire body. A refreshing foot scrub and lemongrass lotion enhance the experience.

\$ 1 7 5
70 MINUTES

RAINFOREST HOT STONE THERAPY —————

This ancient healing art uses the deep, penetrating warmth of smooth rainforest stones to release muscle tension, soothe sore joints and lift a weary spirit. By massaging gently with heated stones, your therapist is able to effectively work your muscles and balance your energy.

\$ 1 6 5
80 MINUTES

ROYAL THAI HERBAL POULTICE —————

This massage includes warmed muslin poultices of Thai and Chinese herbs which are steamed and applied directly to the body in a kneading action. This traditional treatment has been practiced for centuries to soothe muscle tension and stiffness on key areas.

DOUBLE HAPPINESS...A MASSAGE FOR TWO ——— \$ 230
50 MINUTES
Share a Golden Door Massage or Aromatherapy
Massage with a partner or friend. Two therapists (one
for each of you) perform the massage in a private
room. Mommy-To-Be Massage also available; inquire
at the time of reservation. \$ 330
80 MINUTES

MOMMY-TO-BE MASSAGE ————— \$ 120
50 MINUTES
This soothing, full-body massage for the mother-to-be
addresses the unique discomforts of pregnancy. It aids
in relaxation, benefits circulation, and provides extra
nurturing during this time of change. Recommended
after the fourth month of pregnancy. \$ 165
80 MINUTES

THAI MASSAGE ————— \$ 170
80 MINUTES
Performed on a floor mat, this massage consists of
rhythmic stretching and compression to increase
flexibility, vitality and energy. The therapist uses
hands, feet and hips to perform the assisted yoga-
type stretches, which can be done daily before or
after exercise (regardless of flexibility). This is an
ideal complement to our Yo-Chi class. Please
wear loose-fitting clothes and be prepared for the
experience of your life.

MESSAGE ENHANCEMENT

ASIAN REFLEXOLOGY ————— ADD-ON \$60
25 MINUTES
Service can be added to any of the above Massage
Therapies as an enhancement

FOR RESERVATIONS CALL 787.863.1000 X 7300, OR FROM THE RESORT TOUCH 7300.

Some therapists are also trained in specialty techniques such as Cranio-Sacral, Reiki, and Shiatsu. Please inquire with the Spa Concierge at the time of booking for availability.

Ayurveda is a 5,000 year-old East Indian health tradition that addresses the body, the mind and the spirit to assist you in achieving balance. With herbs and oils specially designed for your constitution, you will leave any of these treatments feeling calm and centered.

BINDI BALANCING

\$ 1 2 0

5 0 MINUTES

“Bindi” is a rejuvenation therapy that strengthens the immune system and helps eliminate stress and anxiety. This treatment combines a crushed herbal mask and a brush massage, followed by warm herbal-infused oils that smooth and nourish the skin. A detoxifying Ayurvedic Herbal Wrap is the final touch.

SHIRODHARA

\$ 1 2 5

5 0 MINUTES

Restoring inner calm, while rejuvenating the hair and scalp, this treatment begins with a thin, gentle stream of warm herbal oil to “the third eye” to quiet the mind and soothe the senses. The nourishing, conditioning oil is then massaged into the hair and scalp, and enhanced with Ayurvedic herbs. A mini facial (light cleansing and herbal moisturizer focused on the marma points) is included.

SPIRIT OF LIFE

\$ 1 6 0

8 0 MINUTES

Be restored and rejuvenated with a combination of the most popular Ayurvedic treatments: the Shirodhara and Bindi Balancing. Your body and mind become calm, leading you towards the blissful state of Nirvana.

SZEKELY DETOXIFYING HERBAL WRAP — \$ 60
25 MINUTES

Detoxify, relax and relieve stress. Your body is wrapped in hot linens with an herbal “tea” to raise your body core temperature, thereby increasing perspiration and releasing impurities from your system.

CARIBBEAN CITRUS SEA SALT GLOW — \$ 60
25 MINUTES

A vigorous sea salt scrub with citrus and avocado for men and women, which deeply cleanses and exfoliates the skin, leaving it smooth and silky soft.

ALOE COOLER — \$ 60
25 MINUTES

Rejuvenate skin affected by sun or wind with healing aloe vera gel and an application of rosehip lotion. Finally, cool down with a light lavender mist.

BAÑO DE ORO — \$ 160
80 MINUTES

Inspired by Europe’s renowned Kur treatments, this is the ultimate Spa experience, offering a full body masque, a moisturizing massage, and hydrotherapy.



CARIBBEAN BATH

\$ 60

25 MINUTES

Float stress-free in this relaxing and luxurious bath. Choose from a variety of healing waters and infusions of local herbs and plants or eucalyptus. Please wear a swimsuit. *Also available with a 25-minute massage.*

HYDROTHERAPY MASSAGE

\$ 125

50 MINUTES

Experience one of the deepest massages possible while cradled in a Hydrotherapy tub. Suspended in water, the body can be massaged deeply and effectively without any pain or discomfort. Our specialized tub's 47 jets and high-pressure water wand offer you pure relaxation. Waters with natural additives create the ultimate therapy for relieving accumulated stress or assisting with healing in soft tissue and joint injuries. Please wear a swimsuit.

07 / *facials*

GOLDEN DOOR CUSTOM FACIAL ————— \$ 1 2 5
5 0 M I N U T E S

This exclusive collection of facials is carefully designed to fulfill the needs of every skin type. Whether you wish to relax, combat the effects of stress and environment, or obtain balance and precise hydration, our Esthetician will analyze your skin and determine which of the following facials — Golden Moisture, Golden Calm, Golden Balance, or Golden Bridal — best addresses your goals.

\$ 1 6 5
8 0 M I N U T E S

DELUXE SEAWEED ANTI-AGING FACIAL — \$ 1 6 5
8 0 M I N U T E S

Deeply infuse your skin with pure, fresh European seaweed to rejuvenate, tone and help firm the skin. The results can be dramatic! Two masks are used to produce immediate anti-aging results—a cool, purifying seaweed mask, followed by a mineral-rich thermal mask that fully penetrates the skin's layers. Your skin will be cleaner, healthier, and more radiant. This facial is recommended for all skin types.

RAINFOREST FACIAL ————— \$ 1 3 5
5 0 M I N U T E S

We carefully select the finest organically grown herbs, fruits and vegetables and hand blend with pure hot-spring waters to create this exotic facial, which draws upon nature's regenerative and healing powers to help you look younger naturally. The 80-minute version includes a rejuvenating hand treatment and foot massage to enhance this luxurious experience.

\$ 1 6 5
8 0 M I N U T E S

“GLOW” AN OXYGEN FACIAL ————— \$ 1 4 0
5 0 M I N U T E S

This unique skin treatment uses 87 different vitamins, minerals and amino acids—highly effective skin nourishing elements that achieve immediate anti-aging results. A spritz with pure oxygen hydrates, regenerates and tightens to give your skin a luminous glow. Extractions are not included.

INTENSE SUN RECOVERY FACIAL ————— \$ 1 2 5
5 0 M I N U T E S

Too much fun in the Caribbean sun? Re-hydrate, calm and restore balance to your skin with Stone Crop, a desert plant that flourishes in hot, dry conditions and has been prized for centuries for its superb healing properties. This facial is purely organic and will not only refresh and soothe, but also brighten and nourish your skin, while filling in lines and wrinkles. Extractions are not included.

facial enhancements

DÉCOLLETÉ TREATMENT ————— \$ 4 0

This tender skin of the neck and décolleté tend to be neglected, so give the area some loving attention with a customized “cocktail” of serums designed to reduce lines, condition dry areas and plump the skin.

“WINDOWS OF YOUR SOUL” FIRING EYE MASK — \$ 3 0

It is said that the eyes are the windows to your soul. This effective firming eye mask smooths away fine lines and keeps wrinkles at bay with a cooling effect. The mask dries and peels off, leaving you with a fresher look sure to elicit “oohs and ahhs.” Available for all facials, with the exception of the Deluxe Seaweed Oxygen and the Intense Sun Facial.

“GIVE ME A HAND” PARAFFIN TREATMENT — \$ 2 5

For dry hands in need of serious help, this treatment utilizes warm gloves with aroma-therapeutic paraffin.

Guests may choose from a selection of Facial and Body waxing services.

WAXING SERVICES

Chin	\$ 2 5	Stomach	\$ 4 0
Lip	\$ 2 5	Full Leg	\$ 1 0 0
Eyebrow arch	\$ 3 0	Half Leg	\$ 6 0
Full Face	\$ 4 5	Bikini	\$ 5 0
Underarm	\$ 3 0	Bikini & Full Leg	\$ 1 3 5
Full Arm	\$ 4 5	Back wax	\$ 8 0

Our men-only treatments transcend the rigors of daily life, whether you are the Exec Type, an Outdoor Guy or a Classic Sportsman.

BARBER SHOPPE HOT TOWEL FACIAL — \$ 1 2 0
5 0 M I N U T E S

A deep cleansing facial designed for men's unique skincare needs, this relaxing treatment will leave your skin clean, calm and hydrated. This revitalizing facial employs refreshing masculine-scented products developed especially for men.

SPICE BODY SCRUB — \$ 1 2 0
5 0 M I N U T E S

An herbal based full-body scrub with manly spices and a natural blend of almond, jojoba and moisturizing Shea Butter is followed by an application of Herbal Spiced Lotion. A perfect scrub to soften skin, leaving you cuddly smooth.

THERAPEUTIC FUSION MASSAGE — \$ 1 2 5
5 0 M I N U T E S

An intensified version of the Swedish classic, this massage integrates a combination of deep-pressure modalities to release muscle tension. 50 (Back & Neck) or 80 minutes (Whole Body)

\$ 1 7 0
8 0 M I N U T E S

"THE IRON EXEC" — \$ 2 9 0
1 5 0 M I N U T E S

Too many hours on the job make Jack a dull boy... time for some deep cleansing and bodywork. This trio of treatments includes our Barber Shoppe Facial, Spice Body Scrub, and a 50-Minute Therapeutic Fusion Massage for the Back & Neck. The package also includes full use of the gym, all fitness classes, the Eucalyptus Steam Room, whirlpool and Tea Lounge during the day of your treatment.

MIND/BODY PERSONAL TRAINING ————— \$ 65
30 MINUTES

Let our trainers customize a program that addresses your needs and helps you to achieve your mind/body goal, gaining strength, improving your golf swing, targeting your core, or realigning your posture. All programs can be designed for use at home, with or without a full gym.

\$ 85
60 MINUTES

FITNESS ASSESSMENT ————— \$ 100
60 MINUTES

This program is designed to help you begin a new fitness program or complement an existing one. One of our certified personal trainers will assess your current fitness level by testing for aerobic capacity, body composition, flexibility, core recruitment, muscular endurance, blood pressure and heart rate. You will receive a detailed analysis and recommendations based on the results of your tests.

STRESS REDUCTION TECHNIQUES ————— \$ 85
60 MINUTES

By recognizing habitual stress-inducing patterns you can break out of the stressed-out loop. In this session, you will learn simple ways to center and quiet the mind and body in order to elicit the relaxation response. Use basic stretches, special breathing techniques and visualization exercises to minimize the effects of everyday tension in your life.

GUIDED MEDITATION ————— \$ 85
60 MINUTES

If you want to learn to meditate, this session is for you! Let us lead you through the process of meditation, indoors or outdoors, and reap the benefits of this time-tested practice. Different approaches will be used so you can choose the ones that suit your needs best.



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s p a i n f o r m a t i o n

GUEST SPA USE

Guests receiving treatments at Golden Door are entitled to complimentary use of spa facilities during the days treatments are scheduled. Guests receiving services at Edouard d'Paris are not entitled to complimentary use of the spa facilities.

AGE POLICY

Adults 18 years and older are welcome to enjoy massages, facials, and body services. For Spa Services, children 14 – 17 years old must be accompanied by an adult at all times. The minimum age for the fitness center (Gym Facilities) is 18 years old.

To protect the tranquil nature of the spa and its environment, children under 14 are not permitted to use the spa facility.

SPA HOURS

Spa: 8:00 AM to 8:00 PM

Fitness Center: 6:30 AM to 8:30 PM

* Hours of operation are subject to change at management's discretion.

RESERVATIONS & CANCELLATIONS

We strongly recommend booking your spa reservations in advance. Please call Golden Door directly at (787) 863-1000 x 7300 or from the resort at extension 7300.

As a courtesy to other guests and to our therapists, we strictly adhere to the spa cancellation policy: If you must reschedule or cancel an appointment, please advise us 4 HOURS in advance to avoid being charged 100% of the scheduled service. For cancellation of a package, 24-hour notice is required to avoid being charged 100% of the scheduled package.

For health and safety reasons, the Spa reserves the right to decline service for guests who are intoxicated or have consumed alcohol prior to services.

SERVICE CHARGE

For your convenience, a 20% service charge is automatically applied to all services. Additional gratuity is at your discretion.

WHAT DO I NEED TO BRING?

Golden Door provides you with a robe, towel and slippers, in addition to grooming amenities such as shower gel, shampoo, conditioner and moisturizer. Other items are available upon request. It is suggested that you bring a bathing suit to take full advantage of the facilities.

SHOULD I BRING MY VALUABLES?

For the safety of your valuables, we suggest that you leave them in the safe provided in your hotel room. We do not assume any liability for valuables.

HOW EARLY SHOULD I ARRIVE FOR A SPA SERVICE?

We suggest that you arrive at least 30 minutes prior to your first appointment to allow yourself ample time to check in, change, acclimate to and enjoy the spa facilities.

WHAT SHOULD I DO BEFORE MY TREATMENT?

We recommend that you enjoy Golden Door's extensive facilities prior to your treatments. Showering is essential before any treatment, because clean skin better absorbs beneficial oils.

ARE THERE HEALTH BENEFITS TO A SPA VISIT?

The guaranteed benefit of your spa visit is immersion in a relaxing environment, which reduces stress. Stress reduction is a major contributor to good health. Many spa services are geared to easing various aches and pains. Additionally, take-home programs can help you make lifestyle changes for long-term benefits.

SHOULD I ALERT SOMEONE IF I HAVE ANY PHYSICAL AILMENTS, DISABILITIES OR ALLERGIES?

Yes. Please notify the spa concierge when booking your appointments and your therapist at the time of treatment.

SHOULD I AVOID THE SPA IF I AM PREGNANT?

Not at all. Of course, you will want to avoid treatments using deep pressure and heat. Please advise the spa concierge of your due date when booking your appointment and he or she will assist in determining the best treatments for you.

DO I HAVE TO DISROBE ENTIRELY FOR A SPA TREATMENT?

This is your experience and we want you to be comfortable. It is customary for guests to completely disrobe for their spa services, but you may wear a swimsuit or undergarments if you prefer. Keep in mind that our therapists are trained to drape you discreetly and to protect your privacy at all times. The boundaries you define will be respected.

PERSONAL CHOICES

Please communicate any requests for a specific therapist or gender of therapist at the time of booking.

WHAT ARE THE RULES OF SPA ETIQUETTE?

To ensure that you and those around you reap the full benefits of the spa experience, we suggest the following:

Arrive early. Remember, your service will end on time, regardless of how late you begin, the next guest is not delayed.

Respect other guests. The spa atmosphere is one of tranquility and relaxation, so respect the other guests' right to privacy and quiet. Cell phones, pagers and smoking are prohibited.

OTHER GOLDEN DOOR SPAS

Golden Door Escondido, California	Golden Door at The Boulders Carefree, Arizona
Golden Door at Naples Grande Resort & Club Naples, Florida	Golden Door at The Peaks Telluride, Colorado

GOLDEN DOOR

El Conquistador Resort & Las Casitas Village

1000 El Conquistador Avenue

Las Croabas, Puerto Rico 00738

787.863.1000 ext. 7300 | *fax* 787.863.6831

ElConResort.com | LasCasitasVillage.com

For Reservations or Information call 800.468.8365