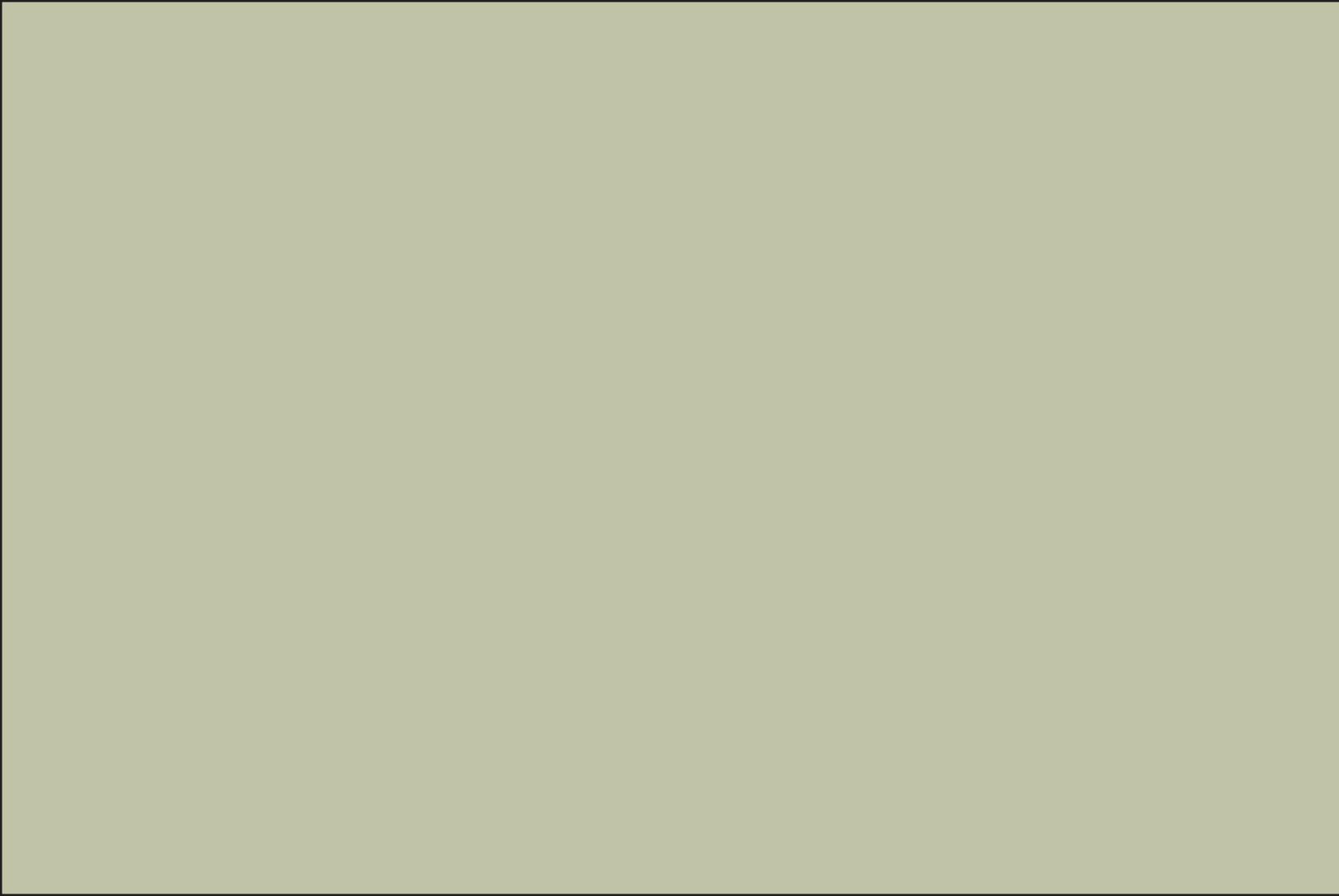


MAINA

SPA & WELLNESS



Maina Spa & Wellness at Indura Beach & Golf Resort opens the doors to your new lifestyle. Our spa creates an environment that provides the ultimate treatments for beauty and relaxation, incorporating the unique culture of Honduras.

Borrowed from the indigenous Garifuna dialect of Honduras, Maina means “aromatic garden” symbolizing an inspiration for its fragrant surroundings. Just as Honduras has a *mélange* of cultural influences, our treatments are a fusion of the Latin American and European healing philosophies. This, combined with exceptional treatment skills has resulted in the creation of a whole new treatment experience.

# Signature Therapies

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*Unique to Maina Spa, these therapies are only performed by the most advanced therapists. Using natural ingredients obtained from the spa's gardens and local sources, we have created powerful treatments to completely restore the body's vitality. Each therapy begins with a sensory journey: a delicious tea for relaxation, a revitalizing foot ritual using handpicked, healing flowers and an invigorating foot buff.*

## **LANCETILLA BAMBOO MASSAGE** 60 min

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Inspired by the majesty of Lancetilla Botanical Garden, this massage incorporates the use of bamboo which serves as stimulation of pressure points throughout the body and thus reactivating blood circulation.

## **MAYAN CACAO** 60 min

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Used by the Mayan civilization for its mood-enhancing and restorative properties, cacao was the food of the gods. Bask in this muscle melting massage which uses crushed cacao seeds & sugar to exfoliate and hydrate the skin.

## **MAINA MASSAGE** 60 min

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Full body massage performed by two therapists in synchronistic rhythm using soothing oils.

## **TELA BANANA LEAF BODY WRAP** 110 min

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Utilizing banana leaves from nearby plantations, this treatment starts with a gentle exfoliation. The wrap infuses the skin with a dose of Vitamin A that helps restore a healthy balance and softness.





# Body Treatments

We offer a huge range of solution led body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

## COCONUT SCRUB 60 min

Coconut exfoliation is ideal for dry skin and functions as a moisturizer leaving skin soft and supple.

## MUD WRAP 60 min

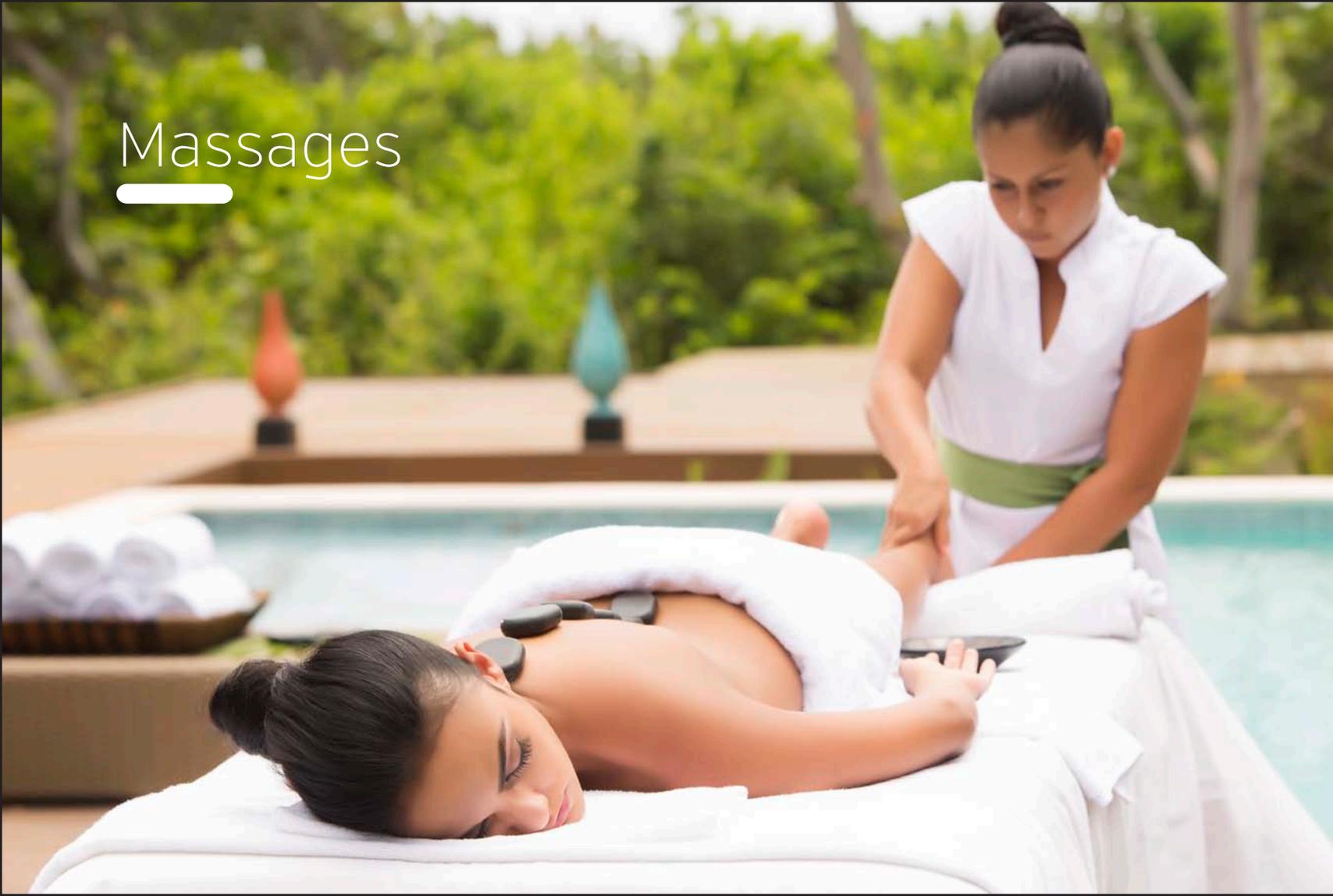
An exfoliating, detoxifying and nourishing treatment with volcanic clay boasting over 60 nutrients that promote anti-aging, moisturizing and regeneration of collagen that leaves skin glowing.

## SEAWEED WRAP 60 min

This treatment begins with finely ground seaweed for exfoliation followed by a seaweed wrap filled with pure minerals, vitamins and amino acids creating a glow to the skin.



# Massages



*Utilizing local organic ingredients, Maina fuses the best traditions and products of Latin America while incorporating European healing philosophies that will leave you refreshed and invigorated.*

## **INDURA AROMATHERAPY MASSAGE** 60 min

Soothing massage includes aromatherapy pillows composed of seeds and aromatic flowers taken from our tropical gardens.

## **PRE GAME MASSAGE** 60 min

Ideal for golf lovers who want a relaxing massage with stretching of tendons and muscles in order to obtain better performance in the field.

## **SPORT MASSAGE** 60 min

Relaxation and recovery after the game! Targeted rubdown, which includes kneading, stretching and acu-pressing to work the boulders out of your neck and shoulders followed by a pleasant massage of hands, fingers and arms. Hot stones are applied on back muscles to release tension and restore muscles.

*\*This is not a full body massage.*

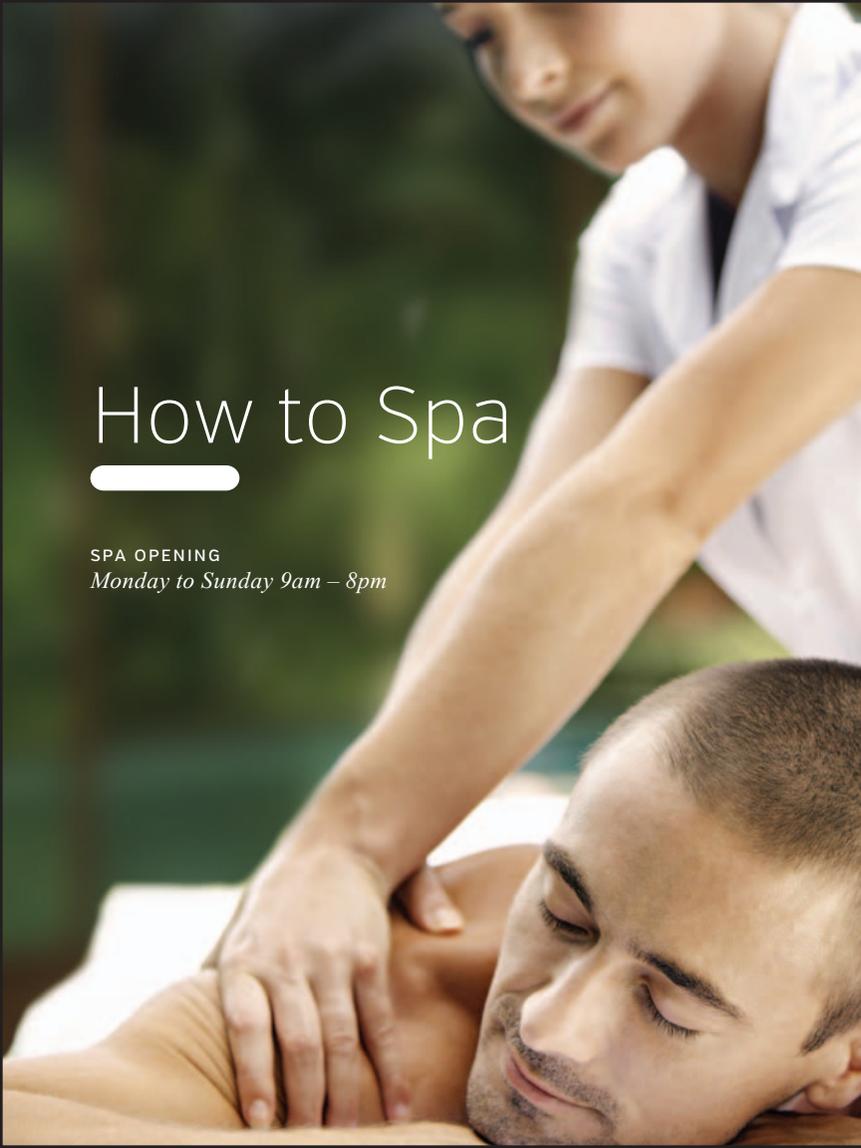
## **HOT STONE MASSAGE** 75 min

The perfect way to reduce stress and tension, the flow of energy is harmonized throughout your body and skin; achieving a sense of wellness and vitality.

## **FOOT MASSAGE** 60 min

The greatest show of affection after a day's hike. Foot massage includes soaking with warm infusions.





# How to Spa

SPA OPENING  
Monday to Sunday 9am – 8pm

## SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our reservations team who will be able to guide you to the right choice.

To ensure your preferred time and service is available, we recommend to book in advance.

All spa treatments and packages will need to be guaranteed with a credit card. Treatment prices are subject to 15% tax and a 10% gratuity.

## ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation Form and/or Health Questionnaire. We recommend you arrive up to 25 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

## CANCELLATION POLICY

A 100% fee will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

## SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, Blackberry, pager, iPhone, camera and smoke free zone.

## HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

## PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

## VALUABLES

The Spa accepts no responsibility for loss of valuables and jewelry at any time at the spa.



*Maina Spa's philosophy is in tune with nature's elements, and is inspired by nature's bounty, utilizing hand picked organic botanicals and the traditions of Latin American and European healing rituals.*

INDURA

BEACH & GOLF RESORT

INDURA  
—  
BEACH & GOLF RESORT



MAINA  
SPA & WELLNESS

Bahía de Tela, Honduras  
Toll Free: 1-855-INDURA3  
Tel: 504-2437-0012 Ext. 500  
Spa@induraresort.com  
www.induraresort.com