

"Best Massages in Mexico City"

Created by: Cityseeker

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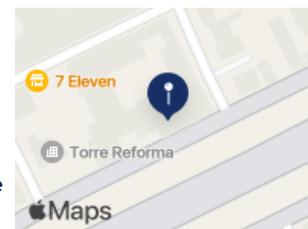
Spa Marquis

"Peaceful Experience"

Discreetly tucked away in the Marquis Reforma Hotel & Spa, this facility offers luxurious treatments in a relaxed and tranquil atmosphere. The usual massages, facials, wraps and scrubs are offered here and take place in one of the 10 treatment rooms. Other amenities include the use of a hydro therapy tub, sauna, indoor pool, beauty salon and Swiss showers.

🌐 www.marquisreforma.com/en/spa

✉ divctos@marquisreforma.com



📍 465 Paseo de la Reforma, Marquis Reforma Hotel & Spa, Mexico City



📷 by nnoeki ©

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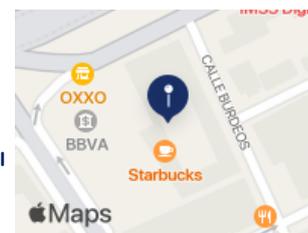
Spa at the Four Seasons

"Epitome of Luxury"

The name 'Four Seasons' is synonymous with luxury, so it goes without saying that their onsite spa is only going to offer the best of the best. All treatments are customized to the clients needs and are done in the privacy of well-appointed therapy rooms where the scent of lavender wafts through the air as you start to sink into the massage table. Guests also have access to the fitness facilities including the gym, pool and sauna. Try one of their packages for the ultimate relaxation and feel the stress start to melt away.

🌐 www.fourseasons.com/mexico/spa/

📍 500 Paseo de la Reforma No., Four Seasons Hotel Mexico, Mexico City



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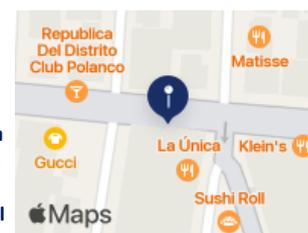
Aurora Spa

"Ancient Rituals Modernized for the Spa"

Located in the Las Alcobas Hotel, the Aurora Spa is a calming respite from the hustle and bustle of the sprawling city. Blending European techniques with the culture of Mexico, this spa offers signature therapies using indigenous ingredients such as aloe vera, basil, agave and cocoa. The well appointed treatment rooms will have you sighing away the stress as you decompress and enjoy your visit. Mexican healing rituals and indigenous treatments are extremely popular here, so don't be afraid to try something new like the dulce tzapotl ritual which helps restore skin with the aid of the pulp of a particular fruit.

🌐 www.lascalcobas.com/spa

📍 390 Masaryk, Las Alcobas, Mexico City

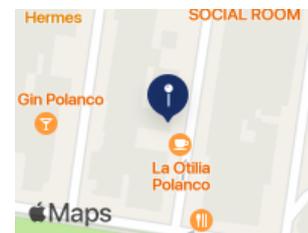


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AgoraLucis

"Mind, Body & Spirit Rejuvenated"

Focused on wellness from the inside out, AgoraLucis is a holistic center in the Polanco neighborhood, offering a myriad of classes, courses and therapies for everyone including children. A variety of yoga classes are available from vinyasa to hatha to power yoga. Other classes include tai chi, meditation, capoeira and baby sensory. Aside from the engaging classes and courses, guests can opt for one of the relaxing therapies like



stress relaxation, hot stone massage, shaitso and more.

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