



Playa de Bávaro
Punta Cana, Higüey, República Dominicana

T. (809) 688 5000
F. (809) 688 5800

HOURS OF OPERATION

Wellness Center
7:00 AM - 9:00 PM

Water Ritual Center
8:30 AM - 8:30 PM

Appointments
9:00 AM - 7:00 PM
DIAL EXT. 8107



Visit our YHI Spa in
Puerto Rico / Mexico / Spain



YHI,
GODDESS OF THE LIGHT:
THE LEGEND

Many moons ago, the land was dark and silent. Nothing moved. It was the Time of the Dream. In a dark and deep cavern a beautiful young woman named YHI slept. Waking her gently, the Great Spirit whispered to her, "YHI... YHI... get up." As YHI opened her eyes, she emitted beams of light that eliminated the darkness all across the land. She got up and began a long trip. As YHI walked, flowers sprouted up under her feet and she did not rest until everything was covered with a blanket of green. With her magical light she made the waters. Once the land was full of brilliance and life, YHI transformed herself into an enormous ball of fire.

YHI SPA
INVIGORATE YOUR SENSES

Welcome to YHI SPA,

a place bathed by the energy of YHI,

and a place dedicated to purifying the body,

balancing the mind,

and elevating the soul.

WELCOME TO YHI SPA

As you enter YHI SPA,
You'll enter a Zen-like sanctuary
with soothing aromas,
soft mystical music to awaken
your spirit and the tender touch
of expert hands that will linger in your
memory as an unforgettable
moment of wellness.

We have selected extraordinary
Spa treatments with the most prestigious
products to balance, revitalize
and energize your whole body.

At YHI SPA, we are committed to promoting
an energizing and involving space to awaken
your senses within a spa experience
devoted to the total wellness of
body, mind and spirit.

GAIA SIGNATURE COLLECTION™

Renew, refresh, and restore your mind, body and soul with our Gaia signature collection™ treatments that are indigenous to Gaia, mother earth, and will bring you the benefits of rejuvenation, detoxification, and revitalization.

Gaia, more frequently spelled Ge, is the earth. Often representing more of an energy source than an actual deity, Gaia is all about expression, vitality, and balance. Our signature collection has been designed to honor Gaia with treatments and rituals that restore creative power, inspiring and bringing an oasis of harmony to your inner centers of energy and health.

Feel the power of Gaia's medicinal organic herbs and flowers, grown locally and blended to enhance circulation, eliminate excess fluids, and increase cellular detoxification. Experience Gaia healing balance from the nourishing, therapeutic and cleansing action of clays full of colors, minerals, and aromas. Receive Gaia's energy from our water ritual journey and aroma-therapeutic biomassages. Enjoy the blessings of Gaia offered by our organic and fresh natural products that will nurture, heal, and protect your skin.

We invite you to choose from our collection of radiance scrubs, sacred wraps, balancing hydrotherapies, and biomassage treatments and rituals for your skin and body, which support your access to the amazing gift of Gaia: profound body-mind connection and balancing of energy centers.



GAIA SIGNATURE TREATMENT

Gaia Spa™

50 min.

A combination of volcanic and sea clays with varying levels of detoxifying and nourishing minerals, organic herbs and flowers from Gaia, will cover your body with colors, phytonutrients and aromas, honoring your center of energy and health.

To start the ritual, luminous white kaolin clay blend with calming chamomile flowers is painted in your body. A rose clay blend with toning rose petals is applied to the level of your chest, to nurture your heart where most of our emotional sensitivity is centered. A layer of green clay and ginger powder follows to energize and balance the lower centers of energy. Red clay and lavender will heal the solar plexus and root chakras and finally, sea clay blend with rosemary will cover your legs to promote circulation. While you enjoy the gifts from Gaia and relax, you receive a scalp massage. After removing the Gaia clays with a Vichy shower massage, you will be sprayed with Gaia refreshing tonic.

RADIANCE SCRUBS

Gaia Body Glow

25 min.

Cleanse and purify your skin, and experience an enhanced flow of energy in your body with this exfoliating massage incorporating our signature blend of Gaia balancing and healing herbs and flowers, rosemary, lavender, ginger, roses, and chamomile.

Healing Mud Scrub

25 min.

Feel the healing and the detoxifying benefits as the moisture leaves the mud while your body is massaged with this stimulating blend of red clay, therapeutic sea salts, and organic ginger, rosemary, peppermint, pennyroyal, and Caribbean bay-rum leaves.

Cocoa-Mint Scrub

25 min.

Nourish, hydrate, and energize your skin with an exfoliating emollient blend of warm cocoa-mint oil and carrageen, a sea plant known for its smooth texture.



YHI Corporal Peeling

50 min.

A total body exfoliation that uses therapeutic oils and walnut shells to help regenerate the skin and remove impurities, achieving a healthy look and smooth texture.

RENEWAL

FACIALS

Eco-Facial

This facial treatment is designed to bypass the chemicals and preservatives found in many of today's facial products. It is composed of 100 percent all natural ingredients that clean, balance, hydrate, and protect your skin from environmental pollution while promoting cell regeneration and facial tone.

Fresh Herbs Eco-Facial 25, 50, and 80 min.

Deep cleanse, exfoliation and protection with our signature oatmeal, almond and rose petals antioxidant scrub is followed with a hydrating and balancing shea-aloe rose and chamomile clay mask for dry and sensitive skin or a toning and anti-inflammatory lavender and peppermint clay mask for normal to oily skin types. A shea-aloe cream and a rose petals lotion protects your radiant complexion and seals the benefits of the natural products.

The 50-minute facial includes an energizing and antiseptic toning massage with lemongrass lotion and a rejuvenating acupressure facial massage with avocado oil. The 80-minute facial includes a balancing hand treatment and a foot massage.



Yhi Shine Face 25, 50 and 80 min.

Individually tailored to your skin's requirements, this luxurious pampering facial exfoliates, cleanses, hydrates and moisturizes. In addition, the face, neck and shoulders are massaged to enhance the benefits of therapeutic oils. This wonderful facial journey will leave your skin velvety soft and refreshed.



Ayurvedic Aroma Facial 50 min.

Balance and purification are achieved with this facial. A therapy that leaves the skin truly revitalized and the mind totally relaxed, combining methods from the east, marma points and signature face and neck massage. Expertly blended pure essential oils and uniquely formulated rare herbs not only rejuvenates the skin, but calms the mind and spirit.



Yhi Man Facial 50 min.

This facial addresses the unique needs of a man's skin. The combination of exfoliations, the massage and the face mask help to oxygenate and moisturize the skin, making it look and feel better.



Marma Massage 30 min.

The marma points "secret points or vital points". This ancient form of treatment dates back to between 1500-1200 a.c. and involves the use of fingers to stimulate the marma points thereby promoting physical and mental awareness. Each marma point corresponds to internal organs and systems of the body which react to manual stimulation.



BIOMASSAGES

Gaia Biomassage

50 and 80 min.

Restore the vital energy of your body's center of health and relieve tension with this whole body massage that uses the Gaia stimulating and balancing combination of solar-infused herbal oils of organic rosemary, lavender, ginger, roses, and chamomile. You will leave with a sense of profound tranquility and balance.

Ancient Stone Biomassage

75 min.

An ancient Native American treatment designed to combine the use of warm stones along with therapeutic massage to balance and release your energy. The heated mineral stones enhance the healing benefits of our Gaia herbal-infused massage oil by allowing muscles and joints to relax while creating a centered state of well-being.



Corporal Express

25 min.

This is our signature express massage enhanced with aromatic oils to induce relaxation. You can choose between a full body quick fix or a targeted body zone to get the most out of your treatment.



Muscular In Depth

50 min.

This is a complete experience with an emphasis in deeper muscular work for total body wellness; a most relaxing treatment for stress reduction using slow and deep finger pressure to deeply manipulate muscles and connective tissue combined with essential oils to relax, re-energize and soothe aching muscles.



YHI Sports Massage

50 min.

Yhi sports massage is a regenerative massage that helps unravel tension in sore, tight muscles, enhance circulation and detoxify the body. It incorporates stretches to increase range of motion. It is best recommended before or after a sport activity or wellness training. Feel your body sigh with relief.



YHI Mandala Experience

75 min.

Mandala experience is an ancient treatment which provides unique benefits that combine aromatherapy and gem stones. It is designed to unite in harmony the body, mind and soul. The sound healing ritual submerges you in a sea of tranquility and brings total liberation from tension while stone therapy melts yourself into total bliss.



YHI Abhyanga Massage

75 min.

Abhyanga means to touch with "love", an abundance of oil is used in this profound relaxing therapy for anyone in need of distressing. This rhythmical and deeply relaxing warm oil rejuvenating massage helps to remove stagnant energy and move the "prana" or life force which stimulates your body's vital energy. Your nerves are soothed as you drift into a deep state of bliss and joy.



YHI Indian Scalp Massage

50 min.

This stress relieving scalp massage will give you immediate rejuvenation as it stimulates hair growth, hydrates the scalp and removes stress and tension.



THE
WELL
BEING
GROWTH

SACRED MASKS AND WRAPS

Volcanic clays known since ancient times for their therapeutic properties are combined with herbs, fruits, and flowers to feed your skin nutrients, withdraw toxins, and retain moisture. Aloe and shea's natural emollients blend with balancing and healing. Gaia herbal oils to complete the treatments leaving your skin soft and revitalized.

Gaia Detox 50 min.

Cleanse, regenerate, and restore the flow of energy in your body with this clay mud wrap containing our signature Gaia blend of balancing and calming organic rosemary, lavender, ginger, roses, and chamomile blossoms.

Wellness Wrap 50 min.

Breathe easy while cocooned in a warm mud wrap of green clay and anti-inflammatory and cleansing organic herbs combining peppermint, eucalyptus, rosemary, ginger, and sage.

Mango Body Mask 50 min.

A hydrating blend of shea-aloe rose clay, and fresh mangos delivers natural fruit antioxidants and exfoliating acids to your body.

Mystic Flower 80 min.

Body scrub made with salt and oil with orchid aroma, followed by body wrap of white body clay with purple extracts, finishing with a neuro-sedative massage based on floral oils.

YHI Beautiful Skin 120 min.

Yhi beautiful skin is a luxurious skin and tightening body treatment incorporating the benefits of firming botanicals combined with a sculpting massage. You will feel rejuvenated and your body toned.

Regeneration Body and Face 120 min.

A treatment which helps to eliminate dead skin cells and give the skin of your body and face a younger and more radiant look. Your skin will be suppled and hydrated; your body will be relaxed and recharged with a herbal warm oil compress massage. Your selection from detox or nutrient compress will lead to the intention of this service.



BODY TREATMENTS & RITUALS

Shirodhara Mind and Body Ritual 50 min.

This traditional ayurvedic treatment has been used for thousands of years as both a healing therapy and to impart deep relaxation. The experience of a true shirodhara treatment is very powerful. It changes the balance of one's life by awaking the senses, invigorating the soul and giving your back a sense of total well being.

YHI Earth Light Ritual 110 min.

YHI Earth Light is a body ritual designed to heal mind the Mind and energize the body. You will experience a purification process, followed by a mask infused with detoxifying herbs. The benefits of shiatsu pressure point energy work in this treatment.

Yhi Journey To Serenity 110 min.

Yhi journey to serenity is a holistic ritual in true ayurvedic tradition. It will unwind your soul and balance your sense of well being. This ultimate treatment begins with a purifying scrub, hydrothermal circuit and a traditional ayurvedic massage with shirodhara. Indulge in your mind, body and spirit.

BATHS FOR THE SPIRIT

Gaia Chakra Bath

45 min.

Experience profound relaxation and tranquility with this Harmonizing hydro and chromo-therapy bath ritual with Gaia Balancing and detoxifying organic herbs and flowers.

Make-A-Wish Hydrotherapy

45 min.

Renew yourself with this bath prepared with fresh and health promoting organic marjoram and sage, calming and cleansing lime peels, and fragrant lavender flowers blended with detoxifying sea salts.

Paradise Bath

45 min.

Fragrant, sexy, and sensual, this bath exfoliates and moisturizes the skin and enhances your senses. The hydrating and sedative blend of lavender, ylang-ylang, bitter orange, marjoram flowers and herbs protects and enhances your skin ability of retaining moisture.



RESTORE

HANDS & FEET COLLECTION

Energyhi Manicure 30 min.

The perfect way to complete any Spa experience, for this, we use the best hand care products to leave your hands and nails looking elegant and well groomed.

Energyhi Pedicure 45 min.

Obtain a feeling of lightness and relief in your feet, for this treatment we use the best foot care products. The pedicure is finish with a softening lotion to eliminate the dryness of your feet.

Raw Earth Stone Manicure 50 min.

A super aroma therapeutic treatment packed with vitamins and minerals, for beautiful, healthy-looking hands. They are cleansed with a mineral soak, and gently exfoliated with a warm brown sugar scrub to prepare your feet for a relaxing massage with raw earth stones.

Raw Earth Stone Pedicure 80 min.

Super aroma therapeutic treatment packed with vitamins and other nutrients for beautiful, healthy-looking feet. They are cleansed in a mineral soak, and smoothed with a warm sugar scrub to prepare your feet for a relaxing massage with raw earth stones.

Spa Manicure 50 min.

This deluxe therapy is the ultimate restorative treatment for hands. A floral exfoliation and orchids mask will deeply hydrates and restores the skin to a more youthful appearance. It is topped off with an essential oil-infused, and plus a perfect polish of the nails, hands will be restored and radiant.

Spa Pedicure 50 min.

The ultimate in pedicures, a luxurious, purple flower-inspired treatment for feet that features a three-step exfoliation process - quartz, sea salt and orchids - followed by a rejuvenating floral mask. This pedicure culminates in a pampering foot and calf massage.

Beauty Salon Add-ons

Hand paraffin treatment	15 min.
Foot paraffin treatment	15 min.
French upgrade for hands or toes	10 min.
Change of polish hands or toes	10 min.



REPLENISH

YHI MOVES

Personalized one-on-one wellness programs specially designed to meet your mind and body goals. Our experienced personal trainers will assess your needs, develop custom exercise movement therapy and provide instruction in an individual or group session.

One-on-one	25 min.
One-on-one	50 min.
Group Training	50 min.
Abs / Pilates / Yoga / Spinning	25 min.
Abs / Pilates / Yoga / Spinning	50 min.

Pilates Low impact training system developed by German athlete Joseph Pilates, these exercises involve stretching and strengthening of bones and muscles.

Spinning High impact exercise that takes place on a stationary bicycle where the instructor varies the intensity of weight on the pedals while motivating music plays.

Aqua Flex combines exercises for legs, arms and waist under water.

Yoga millenarian Hindu technique that combines stretching exercises to achieve well-being in body and mind.

Batuka dance aerobics class.

Meditation Relaxation of mind and body uses techniques to distance from the earth plane.



HYDROTHERAPY RITUAL

Spa, salus per aquam, a traditional water ritual used by the Roman and Greek cultures, is based on alternating from a heat phase to a cool short phase, followed by relaxation and hydration. Prepare your body and relax your mind through our Spa Water Ritual, which enhances the benefits of the treatments. Experience the most revitalizing sensations through our guided hydrotherapy routine.

All rituals include a hydrotherapy Ritual [40 to 60 min].

- Commence your hydrotherapy ritual with a revitalizing shower.
- Detoxify your body with our herbal steam or dry sauna.
- Relax in our jacuzzi.
- Finalize the ritual with a cool shower or cold plunge.
- Rest in between each session and help yourself to a refreshing beverage (fruit juice, tea or chlorophyll).
- Revitalize your body and enjoy your spa treatment!

OUR SPA SERVICES

- Personalized service with spa valet.
- Experiential showers, essence showers, rain shower, hydrotherapy.
- Foot bath whirlpool and hydrotherapy pool, sauna and herbal steam room.
- YHI lifestyle (spa boutique).
- YHI flavours (tea, juices, healthy beverages, snacks).
- YHI mouves (all fitness and wellness activities, and personal trainer services), body and spirit.



DAY SPA RITUALS

Gaia Spa Ritual 170 min.

Gaia Body Glow
Gaia Detox
Gaia Chakra Bath
Gaia Biomassage

Enchanting 250 min.

Wellness Wrap
YHI Mandala Experience
Energizing Manicure and Pedicure
Ladies Shampoo and Dry

Exotic 205 min.

Corporal Express Massage
YHI Shine Facial
Mango Body Mask
Raw Earth Stone Pedicure

Mind Enchanting 300 min.

Make-A-Wish Hydrotherapy
Mystic Flower
Ancient Stone Biomassage
Spa Manicure & Pedicure

Adventurous 165 min.

Cocoa-mint Scrub
Fresh Herbs Eco-Facial
Abhyanga Massage
Scalp Massage



DETOX

HOW TO SPA

Who will assist me with selecting a treatment?

Spa representatives are available to assist you with spa service selections, including the sequence of treatments.

May I request a male or female therapist?

For your comfort, you may request a male or female therapist. However, the availability of a particular therapist or gender cannot be guaranteed. All therapists are highly trained professionals, who will do their best to make your experience an unforgettable moment of wellness.

What kind of precautions should I take?

For your safety, treatments should not be taken on a full stomach, and will not be rendered to any guest under the influence of alcohol or drugs. Shaving prior to an exfoliation treatment and sunburns prior to any spa service should be avoided.

What if I have health issues?

Please notify the spa representative when booking your treatments if you have high blood pressure, allergies, physical disabilities, or are pregnant.

How early do I need to check in for my scheduled appointment?

Please check in at least 30 minutes before your appointment to allow time to receive your locker assignment, change into your robe and slippers, and unwind in the spa relaxation area. We encourage you to arrive 60 minutes prior to your scheduled treatment to enjoy our hydrotherapy ritual. Swimsuits are recommended for your privacy and comfort.

Should I wear undergarments for the treatment?

We suggest you undress to your level of comfort and communicate any concerns to your therapist. Disposable undergarments will be provided for body treatments upon request.

Where should I leave my jewels and valuables?

Lockers are provided for your convenience; however the spa is not responsible for lost or forgotten valuables.

What important spa policies should I comply with?

Smoking, food, beverages, cellular phones and bare feet are not allowed inside the spa. You cannot bring food or beverages inside our spa facilities. Spa guests must be 18 years of age or older.

What is the cancellation policy?

If you must cancel your appointment, please notify us 24 hours prior to your scheduled appointment time to avoid being charged 50% of the price of the service. However, appointments may be rescheduled with a minimum of 4 hours prior notice, based on availability.

What happens if I am late for my appointment?


Keep in mind that arriving late will simply limit the time of your treatment. If you arrive late, you will be asked to sign a service waiver stating that you agree to accept the time remaining for your service. Depending on the length of your service, a late arrival may constitute a no-show, and a charge equal to the price of the service will be added to your account or credit card.

How should I pay for my treatments and spa services?

Spa treatments may be charged or they may be paid for in cash. Other spa guests must pay in advance with cash or a major credit card. An additional 18% to 20% therapist gratuity is customary.

Should I book my reservations in advance?

We invite you to make spa appointments as far in advance as possible to ensure the availability of your preferred treatments and times. Please, dial 8107 or visit the spa reception area.



INVIGORATE YOUR SENSES

YH

