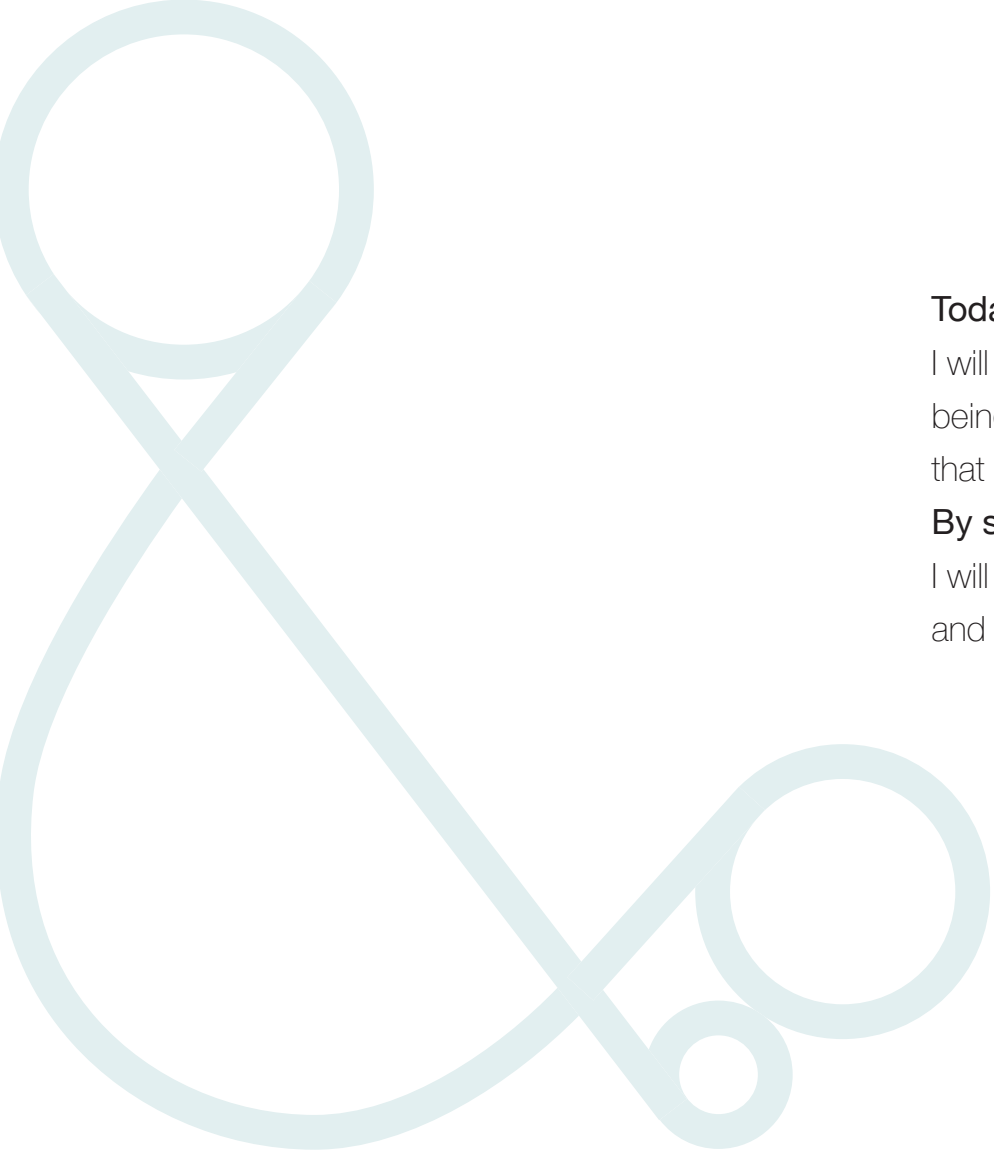




LIVE IT WELL

Well & Being®
Spa & Wellness

FAIRMONT EL SAN JUAN HOTEL



Today I will find balance in my life.


I will reveal my potential by feeling and being healthy, by embracing all the elements that are on my path to wellbeing.

By striving for the best expression of Me,

I will find greater connectedness to the world and to those I love.

A person is shown from behind, sitting in a meditative pose on a beach. They are wearing a light blue tank top and light blue pants. Their hands are pressed together in a prayer position (Anjali Mudra) above their head, with the sun setting directly behind them, creating a strong silhouette and a warm, golden glow. The sky is filled with soft, wispy clouds, and the ocean stretches out to the horizon. The overall mood is peaceful and contemplative.

Today, I will live it well...



Well & Being offers a palette of uniquely rewarding and deeply personalized experiences in an amazing spa and wellness setting, which infuse life with a greater sense of vitality. You'll always go home enlightened, empowered and ready to live your life more playfully and healthfully. Here you will experience unparalleled service, unrivaled presence and attention to detail.

Discover our Signature Services, from massages, facials and body treatments to unique fitness classes. Be sure to visit our Functional Fitness Sky Lab and take your fitness routine to new heights in an outdoor rooftop fitness facility.

 WELL & BEING SIGNATURE JOURNEY MASSAGE

 WELL BLENDED AROMATHERAPY SCRUB

 APRÈS SUN TREATMENT

 ULTRA QUENCH AGE DEFYING FACIAL

 FLOAT FIT

MASSAGE THERAPIES & BODYWORK

The healing and rejuvenating power of touch has been known since ancient times. Modern science has proven that massage reduces muscle tension, lessens stress and anxiety, and provides pain relief. Our massage therapists provide an exceptional experience whether you are looking for stress-relief, relaxation or a specific corrective therapy.



WELL & BEING SIGNATURE JOURNEY – 50 | 80 | 110 MIN

This light to medium rhythmic massage, similar to a classic Swedish massage, will lull you into a deep state of relaxation. Includes a delicious scalp massage using wild lime oils.

ALPINE ARNICA DEEP TISSUE – 50 | 80 | 110 MIN

This deep tissue massage uses pressure to broaden the fibrous tissues of muscles, tendons and ligaments, breaking down adhesions and restoring mobility to the body. This treatment uses heat-driven arnica-rich gel and steamed towels to ease muscle pain and relax stiff joints in your back and spine. Resulting in greater mobility without the soreness that sometimes follows a deep tissue treatment.

BLUE EUCALYPTUS – 50 | 80 | 110 MIN

Warming therapeutic Blue Eucalyptus inhalation enhances immunity and re-energizes the mind. A vigorous Ginger Root & Body Oil massage eases muscle stiffness and unwinds tension followed by balancing acupressure techniques.

NIRVANA STRESS RELIEF – 50 | 80 | 110 MIN

This deeply revitalizing treatment uses aromatherapy and therapeutic massage to unwind the body, reboot the mind and transform stress into a more balanced state of mind. Your therapist helps to choose between four aroma therapeutic blends of exotic herbs and essences to re-invigorate the senses and reboot the mind.

SINGING BOWL THERAPY – 50 MIN

This ancient sound healing and massage practice harnesses the body's own vibrational and material properties on a cellular level. The subtler effect can include regulating energy flow in the astral body. The bowls can be used to activate the chakras and remove energy blocks to promote good health. The mind is centered and focused on the sound.

HIMALAYAN SALT STONE – 50 | 80 | 110 MIN

Known for its purity, versatility, and mineral content, Himalayan Crystal Salt offers wellness for the body. This restorative massage uses warm stones to sooth sore muscles and naturally replenish the body with vital minerals, restoring balance and removing toxins.

PRENATAL – 50 MIN

Prenatal massage can reduce stress hormones, swollen joints and muscle pain while improving sleep. Our special pillow system is designed for the body of an expecting mother, allowing her to lie face down with full support. Given only by specially trained therapists, this pampering experience is designed with the safety and comfort of mother and child in mind.

HOT STONE – 80 MIN

Warm smooth basalt river stones provide soothing, deeply penetrating heat throughout this gently relaxing therapy – melting away tension, easing muscle stiffness and increasing circulation.

COUPLES – 50 | 80 | 110 MIN

Spend time together while enjoying your choice of side-by-side massages. Couples massage is an excellent way to spend quality relaxing time together. Not just for spouses, couples massage can be enjoyed with best friends, family or special loved ones.

THAI – 50 | 80 MIN

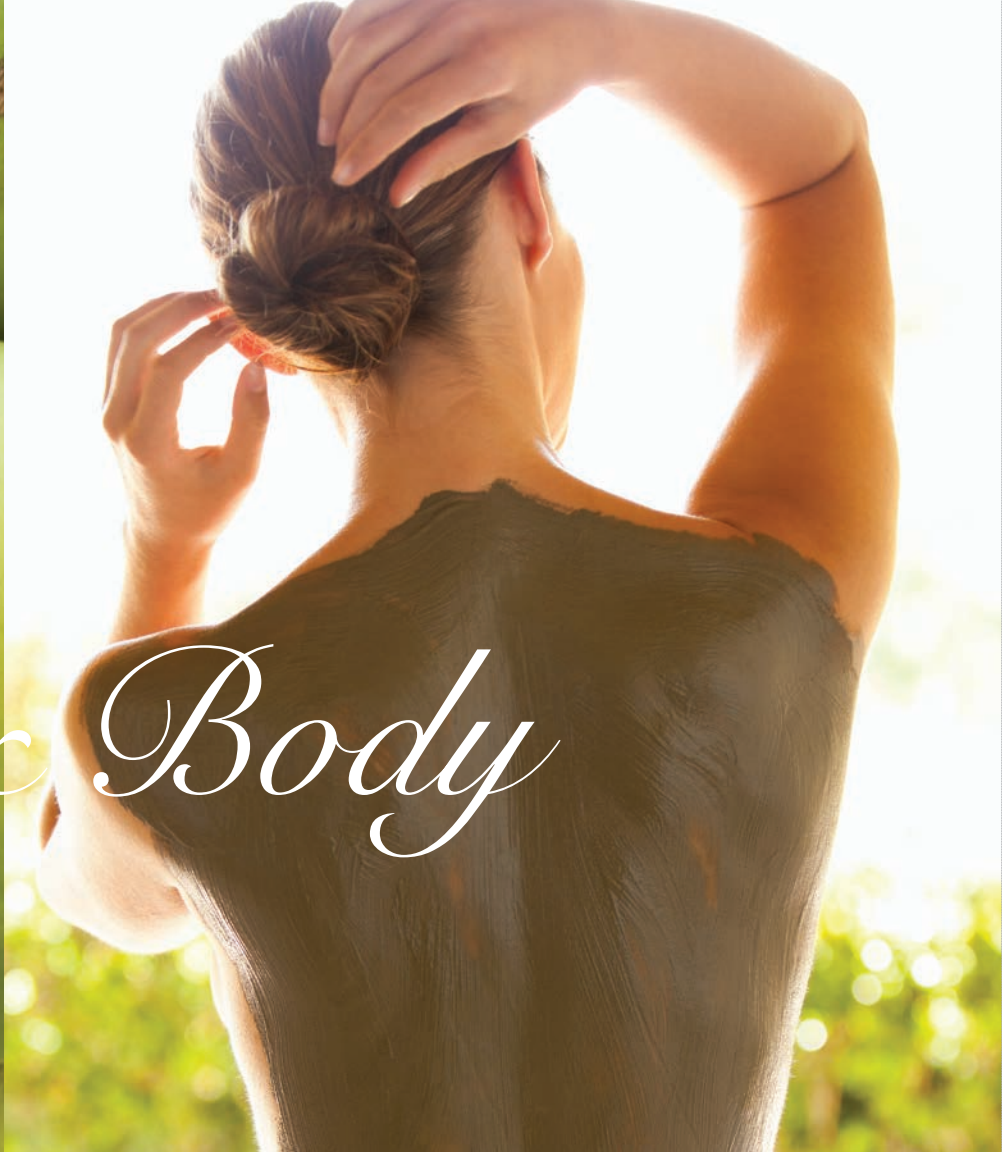
Table Thai massage incorporates stretching and targets pressure points to allow your energy to flow. The specially trained therapist literally use their whole body to move you into various yoga-like positions, releasing muscles and increasing flexibility. *Please wear loose fitting clothing.*

MASSAGE ENHANCEMENTS

Let our skilled therapists help guide you in the most appropriate enhancement offering tailored to your needs.

- Additional Massage Time – 30 MIN
- Soothing Foot Scrub & Massage – 15 MIN
- Invigorating Scalp Massage – 15 MIN
- Foot Reflexology – 30 MIN
- Healing Sound Therapy – 15 MIN
- Alpine Arnica Joint Spot Treatment
(no additional time required)

A variety of in room massage services may be provided in the comfort of your guest room. Services and prices vary. Please call 787. 710. 8225 for details.



Mind & Body

BODY SCRUBS & WRAPS

We offer an assortment of muds, scrubs, and wraps, luxurious therapies aimed at improving your skin and clearing your mind. It's like a full-body facial — you'll feel better all over.



WELL BLENDED AROMATHERAPY SCRUB – 75 | 115 MIN

Customize your experience! Let our therapist work with you and our unique “blending bar” to create a completely unique blend of spa essential oils and produce your own personalized body scrub. This alchemist blend will then be used in a full body polish that will restore your skin and replenish your energy.

SWEET DREAMS AROMATHERAPY WRAP – 50 MIN

There is no better way to induce blissful sleep than through the use of therapeutic essential oils. Let the calming essences of lavender and ylang ylang work in tandem with this deeply moisturizing and warmly relaxing body wrap.

PURIFICATION RITUAL – 80 MIN

Detoxify and beautify your skin with this full body experience. Begin with a vigorous exfoliation of Black Silt Clay containing herbal extracts of Indian Sarsaparilla and Coffee Arabica to increase circulation and stimulate lymphatic flow. A detoxifying seaweed gel wrap cocoons you for total relaxation. Continue with an energizing scalp treatment alongside a nourishing facial massage to leave skin radiant and protected from harsh environmental elements. A hydrating Shea Butter and Bergamont full body lotion application is followed by a revitalizing foot massage to invigorate the whole body.

APRÈS SUN TREATMENT – 50 MIN

The perfect complement to a day at the beach. The healing and soothing properties of Sea Fennel are combined with the remineralizing properties of Irish Moss and Green Algae Extract in this healing and soothing body treatment. Includes a luxurious scalp treatment with Wild Limes, soothing Aloe facial mask and foot treatment.

FACIALS & SKINCARE SERVICES

Vibrant, radiant, even-toned skin is not only beautiful, it also suggests a healthy lifestyle and someone who cares about how they look. Expert estheticians assess your specific skin care needs to create a fully customized and results-driven experience.



THE WELL & BEING FACIAL – 50 | 80 MIN

Enjoy a customized facial including a deep cleansing, exfoliation, steam, extractions, an anti-stress facial massage & personalized mask finish off this luxurious experience. The 80 minutes treatment utilizes the NuFace device, our unique micro current technology designed to stimulate collagen growth while tightening and lifting jawline, cheeks and crowfeet areas.

ULTRA QUENCH AGE DEFYING FACIAL – 80 MIN

Combat premature aging with this luxurious island paradise facial that incorporates the energizing power of plant stem cells with the healing powers of precious gemstones and minerals. Choose from our Diamond or Gold face, neck and décolleté healing anti aging masks. Lift and tone facial muscles, targeting wrinkles around the eyes and lips through advanced micro current technology. Seal and protect with powerful anti-aging UVA/UVB broad spectrum sun defense serums.

MEN'S FITNESS FACIAL – 50 MIN

Tailored to address the specific needs of men, this deep cleansing facial removes impurities with powerful natural enzymes. Potent antioxidants neutralize aging free radicals, while soothing aloe combats the harsh effect of daily aggressors like shaving and environmental exposure. The result is refined, nourished and healthy skin. *Please avoid shaving prior to treatment.*

THE YOUTH BOOST FACIAL – 50 | 80 MIN

This highly regenerating corrective treatment combats the signs of aging due to the loss of estrogen and helps restore balanced, healthy, glowing skin. A rejuvenating Glycolic peel & Evening Primrose oil will gently exfoliate and deeply nourish dry skin. An antioxidant-rich Vitamin C Complex helps restore your skin's healthy glow. Argan Plant Stem Cell, Matrixyl® synthe'6® and Tri-Retinol will plump and reduce fine lines and wrinkles while improving skin tone and firmness.



*Indulgence
& Insight*



Play & Purpose

REJUVENATING HYDRAFACIAL® – 50 | 80 MIN

HydraFacial® deeply cleanses, extracts and hydrates using specific solutions to bathe the skin in rich antioxidants and deeply hydrating hyaluronic acid. Red & Blue light LED Therapy plumps up aging skin, and reduces breakouts caused by bacteria. *The 80 minute service includes your choice of a Multi-Peptide Dermabuilder to address fine lines and wrinkles or Britenol to eliminate spots and hyperpigmentation. Please avoid the sun for 24 hours pre and post treatment.*

HYDRAFACIAL® ENHANCEMENTS

DERMABUILDER *(no additional time required)*

A complex of peptides that stimulates collagen and elastin proteins.

BRITENOL *(no additional time required)*

Intense spot corrector proven to eliminate brown spots, sun spots, and hyperpigmentation.

FACIAL ENHANCEMENTS

Enzyme/Peel *(no additional time required)*

NuFace Eye & Lip Treatment *(no additional time required)*

Hydrating/Plumping Mask *(no additional time required)*

Décolleté Mask *(no additional time required)*

Hydrating Eye Mask *(no additional time required)*

Hydrating Lip Mask *(no additional time required)*



WAXING OPTIONS

(times and prices varies)

Lip	Full Face	Half Leg
Chin	Bikini	Full Leg
Brow	Brazilian	Arms

PERSONAL FITNESS TRAINING & ASSESSMENTS

Whether you are a beginner, just starting out on a new fitness regimen or a seasoned pro, Well & Being's robust class offerings and personal training are sure to address your every fitness need. From Float Fit to In-Trinity Board Class, Indoor Group Cycling, Latin Beat and Body Sculpting classes to Boot Camp and TRX classes, we offer something for everyone.



PERSONAL TRAINING PROGRAMS – 60 MIN

A personal trainer will develop a customized workout plan for your activity level, body type and gym availability at home or on the road. Training may include some or all of the following: TRX, cardio training, strength training, gym equipment overview and assisted stretching.

ASSISTED STRETCHING – 30 MIN

This private session is facilitated by our certified personal trainers who guide you through a series of stretches. Each session helps increase flexibility, prevent injury and aid in workout recovery while enjoying mental and physical relaxation. Wear loose fitting/comfortable clothing.

THE FITNESS PRESCRIPTION:

INDIVIDUALIZED FITNESS SOLUTIONS – 90 MIN

Whether you want to take your athletic performance to the next level, build lean muscle, reduce body fat, improve your energy or optimize your health, the Fitness Prescription provides you with a personalized roadmap for achieving your goals. Let our highly skilled fitness team create a customized exercise program that will include a fitness assessment and risk analysis. Your personal fitness goals, exercise preferences and lifestyle all align to create a personalized fitness plan.

FITNESS ACTIVITIES: GROUP EXERCISE CLASS*

Well & Being provides an array of fitness classes available daily. Schedule of classes vary seasonally. View our current detailed schedule at WBESJ.com. Class choices include a wide variety of classes for all fitness levels, body types, and abilities. Some of our most unique classes include Wall Yoga, guided meditation, TRX, In-Trinity Board Class, Beach Body Bootcamp, along with more traditional movement and group exercise classes like yoga, indoor group cycling, Latin beat and total body conditioning. Various group exercise classes require an additional fee.

IN-TRINITY BOARD WORKOUT*

In-Trinity is an elevated fitness board and training program designed to build strength, balance and flexibility coordination and agility. For the first time, In-Trinity takes the workout off the floor, providing access to entirely new movements and completely redefining the training environment.

PRIVATE YOGA INSTRUCTION – 60 MIN

Looking to take your practice further? A certified yoga instructor will take you through a customized yoga workout. Our experts will tailor this workout to your individual skill level providing hands on adjustments and guidance.

SOUND THERAPY

Experience the theory of sounds and vibrations, healing techniques and sound healing treatments using singing bowls. Our vibrational healing modality combines ancient knowledge from Eastern traditions and modern biophysics together with techniques passed down through generations of shamans and singing bowl healers. We use Himalayan -singing bowl, which has especially therapeutic effects, sounds and healing vibrations.

FLOAT FIT – GROUP PADDLE BOARD WORKOUT*

Take Stand Up Paddle Boarding to the next level in this FUN group exercise workout. Inflatable “*paddle boards*” are tethered together to allow for a truly inspiring, core conditioning, cardiovascular workout. Float Fit incorporates traditional land based movements like lunges, squats, aquaclimbers, v-sits and more...all on water! Swimsuit and/or water repellent workout gear required. Aqua shoes recommended.

LIVE IT WELL JUICE BAR

A variety of health conscious, heart smart and nutritious juice and smoothie offerings are available daily from our Live it Well Juice Bar. Juices and smoothies are made to order while you wait. Live it Well Juice Bar is located just outside the Fitness Center. Hours vary.

*Time and prices vary – please call the spa for details.

A close-up photograph of a wooden fence made of vertical planks. The fence is in the foreground, and the background shows a sunset over a body of water. The sky is a mix of orange, yellow, and light blue, and the water is dark blue with some ripples. The text "Energy & Vitality" is written in a white, cursive font across the middle of the image.

*Energy &
Vitality*



THE HEALTHY MALE

Just for Men. Well & Being has a wide variety of services, programs and therapies specifically targeted to the everyday wellness needs of men. Learn techniques to help you de-stress, embark on a detailed and personalized fitness program tailored to your specific needs. We have all you need and our team of experts can support you on the path to optimal health.



THERAPEUTIC BODY WORK

- Well & Being Signature Journey Massage
- Nirvana Stress Relief Massage
- Alpine Arnica Deep Tissue Massage
- Stone Massage
- Thai Massage

SCRUBS & WRAPS

- Well Blended Aromatherapy Scrub
- Purification Ritual
- Après Sun Treatment
- Sweet Dreams Aromatherapy Wrap

HEALTHY SKIN

- Men's Fitness Facial
- Rejuvenating HydraFacial®

FIT FOR LIFE

- Personal Training Programs
- The Fitness Prescription: *Individualized Fitness Solution*
- Assisted Stretching

WIND IT DOWN

- Sweet Dreams Aromatherapy Wrap
- Sound Therapy



*Relax
& Rejuvenate*

A SPA AND LIFESTYLE BOUTIQUE

W&B – THE COLLECTION

Explore our amazing spa and lifestyle boutique with a variety of unique wellness gifts, skincare, fun clothing and workout wear. If you saw it here, experienced it here, used it here, we have it here! Come explore and let our retail specialists provide you with the perfect collection of take home items to continue the Well & Being experience at home.

Forget something or want to reorder? Just call us at 787. 710. 8225 and we will ship it to you.



Well & Being is proud to partner with some of the best known, well respected and authentic product companies available. Ensuring the efficacy of ingredients and always considerate of our global footprint, we know you will enjoy your **Well & Being** experience and encourage you to continue the lasting benefits at home.

Who says getting fit can't be fashionable? Our **Well & Being** retail collection provides a beautiful array of clothing and attire sure to not only compliment your look but also delight you on your path to total wellness. Here you will find on trend, lifestyle driven mixes of resort casual, active wear and yoga/fitness collections.

ARRIVAL AND ETIQUETTE: We invite you to take advantage of our world class spa and fitness facilities for the entire day of your spa treatments — including a wide array and variety of exercise classes, cardiovascular and strength equipment facilities, open air pool, retail boutique and juice bar. We recommend that you arrive 45 minutes before your first scheduled appointment. This gives us time to help familiarize you with the facilities and allows you to relax before your experiences begin. Please note all treatments end on time, regardless of start time. Please leave jewelry and other valuables in your room safe or the hotel safe.

ENVIRONMENT: Well & Being is an adult sanctuary. Guests must be 18 years or older. For your peace and privacy, cell phones and other electronic devices are not permitted.

HEALTH MATTERS: Please inform us of any health conditions at the time for booking (e.g. high blood pressure, heart condition, allergies, pregnancy). Our team will inquire about any health issues or concerns you may have, however, we encourage you to communicate any concerns when booking services so we can better customize your experience.

LIVE IT WELL JUICE BAR: A variety of health conscious, heart smart and nutritious juice and smoothie offerings are available daily from our Live it Well Juice Bar. Juices and smoothies are made to order while you wait. Live it Well Juice Bar is located just outside the Fitness Center. Hours vary.

ATTIRE: You will receive a robe and sandals to wear between treatments, and a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments may be worn during treatments.

GIFT CERTIFICATES: Well & Being spa gift certificates are available for purchase for all spa, wellness services and packages. Please contact our spa receptionist for further information.

TAXES AND GRATUITIES: For your convenience, a 20% gratuity will be added to all spa services. This gratuity may be changed at your discretion upon checkout. rates are subject to change. Additional gratuities for exceptional service can be added to your bill upon checkout. All services and packages are subject to Puerto Rico state tax.

PAYMENT FOR SERVICES: We require a valid credit card number to confirm all spa reservations. For your convenience, payment for spa services is verified upon check-in and reiterated to you by our team. Bills are settled upon conclusion of your treatment. Room signing privileges are available.

CANCELLATIONS: If you must reschedule or cancel any spa appointment, please notify the spa 4 hours in advance to avoid being charged for the service. Cancellation of a package requires 24 hours' notice. Missed appointments without proper notice are subject to a 100% charge for reserved services.

MEMBERSHIP: Live it Well every day of the year. Lifestyle Property/Wellness memberships are available to compliment your budget and busy lifestyle. Reap the benefits of our Good Life Coaches in the surroundings of our beautiful world class environment with a Property/Wellness membership.

GROUPS: We are happy to accommodate groups of all sizes. Our customized treatments and personalized service make Well & Being Spa the ideal location for any special occasion. A full private spa rental is also available for your special event; please inquire with our spa reservationists.



*Your body is your most faithful friend,
one of your most valuable sources,
the sacred vessel that holds your spirit.
I can think of few things more worthy
of your devotion.*

Welcome to Well & Being!

Not only to this truly remarkable Spa, but to the dynamic sense of health and joy, the wellbeing, that we expect you to find here.

When I was a little girl, my grandmother taught me that everything we eat, affects us. She was so right. True wellness comes from a complete sense of physical, mental and social well-being. That's why I've collaborated with **Well & Being** to create a wide selection of experiences that range from relaxing and playful to energizing and inspiring. While the paths are many and varied, all lead toward happier, healthier living.

At **Well & Being**, you'll choose experiences from our wide range of Spa & Wellness offerings. I encourage you to let our team of experts craft a wellness experience that's right for you, right now. Because sometimes we need a stress-dissolving massage or invigorating (and fun!) session of Float Fit, and other times we need a motivating kick-off to an exercise regimen.

I look forward to taking this journey with you toward living more playfully and healthfully. We can't wait to create a personalized blueprint for your success. And can't wait to see you **Live it Well**.

All the best,

TIERAONA LOW DOG, MD

Well & Being Chief Medical Officer

Center for Integrative Medicine. Her many honors include the MARTINA DE LA CRUZ medal for her work with indigenous medicines, Time magazine's "Innovator in Complementary and Alternative Medicine" and an appointment by President BILL CLINTON to the White House Commission of Complementary and Alternative Medicine.



LIVE IT WELL

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6063 Isla Verde Avenue | Carolina, PR 00979 | 787. 710. 8225 | WBESJ.com

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