



wellness excel

ESTD. THE ART 2021
 OF
 AESTHETICS



Massage

Traditional Massages

Relaxing massage

Duration: 45 minutes

The relaxing massage is a popular therapeutic technique designed to promote a deep sense of well-being and tranquility, relieving stress and fostering physical and mental relaxation

It consists on the application of gentle, rhythmic manual techniques on the body to release tension, improve circulation, and enhance an overall feeling of calm.



Tired Legs

Duration: 40 minutes

The tired legs massage is a therapeutic treatment designed to relieve tension and eliminate discomfort in the legs, especially after extended standing or walking periods.

This type of massage not only provides immediate relief from fatigue but also offers numerous health and overall wellness benefits.



Relaxing hot stone massage

Duration: 45 minutes

The hot stone massage is known for its relaxing and beneficial effects on the body and mind.

With the use of basalt stones, which optimally retain heat, this technique allows for deeper muscle tissue penetration, facilitating the release of tension and muscle pain relief.



Facial Treatment



Facial treatments with technology

Diamond Skin

Duration: 45 minutes

Microdermabrasion is a powerful ally in treating facial skin issues, such as wrinkles, fine lines, mild acne problems, small scars, and more.

It removes dead skin cells, giving the skin a healthier appearance. As an exfoliating treatment, it is highly effective at eliminating impurities such as blackheads and whiteheads, while helping reduce pore size.



Facial radiofrequency

Duration: 30 minutes

This is a non-invasive skin rejuvenation treatment that uses high-frequency electromagnetic currents that are applied with specific tools, which penetrate from the skin's outer layers to the deeper layers of the dermis and epidermis.

That electromagnetic current is converted into heat that reaches the layers of the skin without affecting the surface layers.

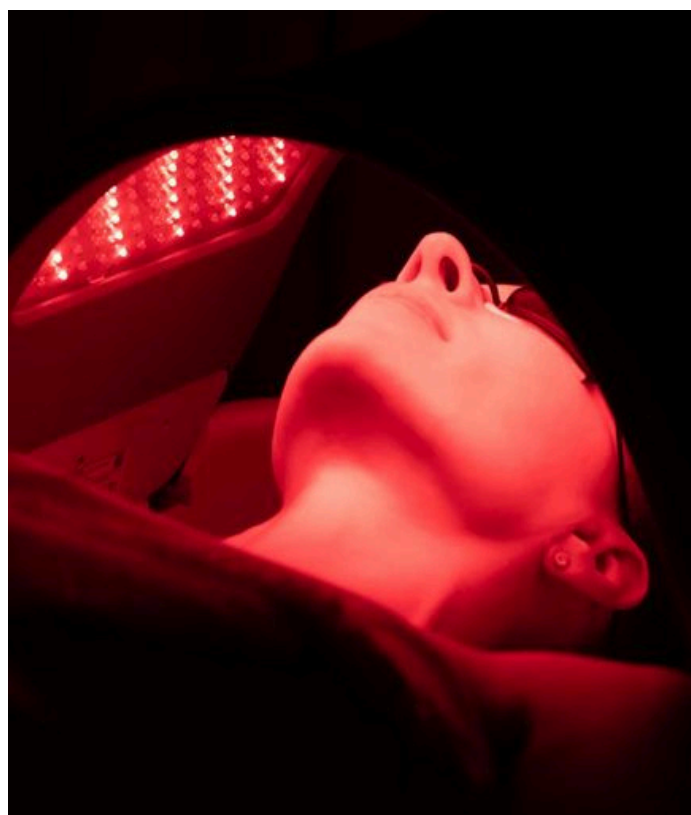


Lumifacial

Duration: 60 minutes

This therapy is a painless and relaxing skin care treatment that plumps aging skin by boosting collagen production and treats acne by eliminating bacteria.

LED light works by sending wavelengths that generate energy into the deeper layers of the skin.



Acneid Facial.

Duration: 120 minutes

The Acne Control Facial Treatment helps manage and regulate sebum production in the sebaceous follicles, preventing the proliferation of acne-causing bacteria on the skin.

Restores the skin's balance and vitality, and delays the appearance of new breakouts.

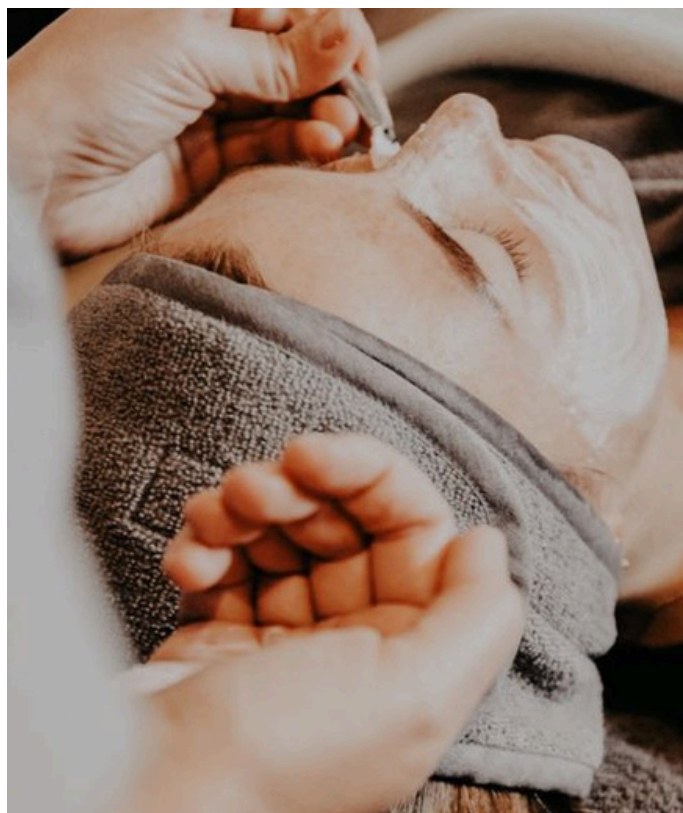


S'mores Hydrating Facial

Duration: 60 minutes

Discover the power of renewed skin with our mask for oily or acne-prone skin, enriched with a gentle anti-inflammatory enzyme that combines natural antioxidants and a sweet cocoa scent to nourish and protect all skin types.

Formulated with a delicate exfoliation using natural papaya and pineapple enzymes, this mask effectively polishes and preps the skin for a fresher, more even appearance.



Caviar, Lemon, and Passion Fruit Facial.

Duration: 60 minutes

This anti-aging and spot treatment mask gently exfoliates the skin, promoting cell renewal and improving texture and tone.

Enriched with anti-inflammatory enzymes and natural antioxidants, it nourishes and protects all skin types, as well as promoting the absorption of skincare products.



LED Phototherapy with Microdermabrasion. (lumidiamond)

Duration: 60 minutes

The combination of LED phototherapy with microdermabrasion is an innovative aesthetic technique that is revolutionizing skincare by merging two highly effective approaches.

Microdermabrasion is a non-invasive procedure that exfoliates the skin, removing dead cells and stimulating cell regeneration, which improves skin texture and tone.



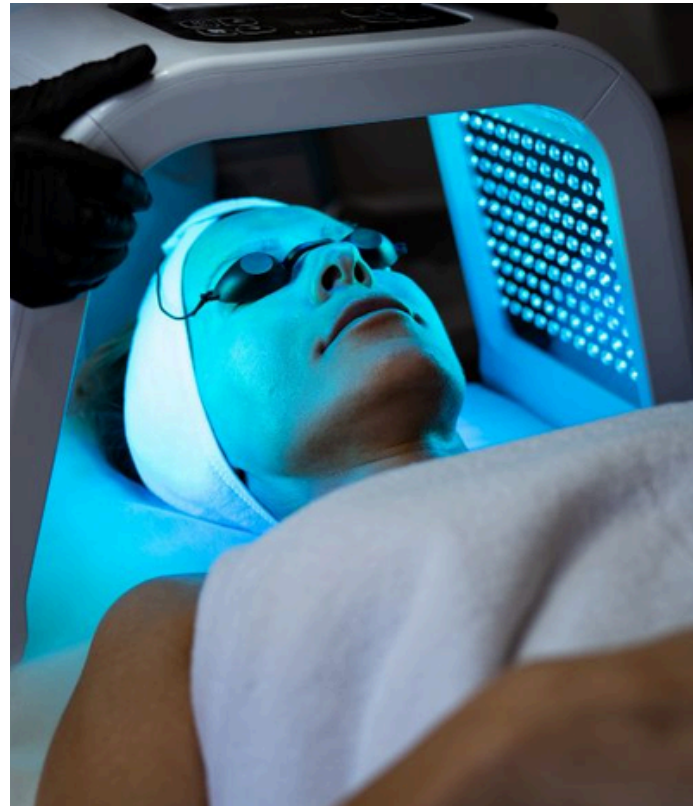
LED Phototherapy with Radiofrequency

(lumilift)

Duration: 60 minutes

The combination of facial radiofrequency and LED phototherapy provides a synergistic approach that maximizes the benefits of each technique.

Together, these technologies can deliver remarkable results in terms of rejuvenation, toning, and overall skin improvement.

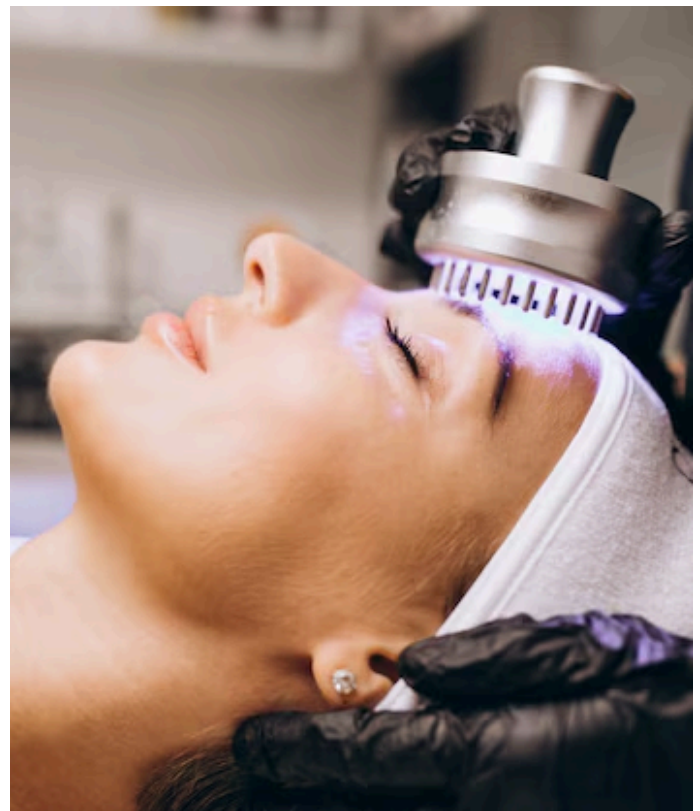


Facial with Radiofrequency

(facial lifting effect)

Duration: 45 minutes

Facial radiofrequency is a non-invasive skin rejuvenation treatment that uses high-frequency electromagnetic currents which are applied with specific tools, penetrating from the outer layers of the skin down to the deeper layers of the dermis and epidermis.



IPL Facial (photofacial)

Duration: 60 minutes

Intense Pulsed Light (IPL) is a non-invasive technology that uses broad-spectrum light pulses to treat a variety of skin issues.

Unlike lasers, which emit a single wavelength of light, IPL uses multiple wavelengths that can be adjusted according to the treatment needs.



IPL Facial with Radiofrequency (fotolift)

Duration: 60 minutes

The combination of intense pulsed light (IPL) and radiofrequency (RF) for the face is an advanced strategy in aesthetic treatments aimed at improving the appearance of the skin by addressing various skin issues. Each of these technologies has specific benefits, and their combination can provide synergistic results for more radiant and healthy skin.



Basic Facial Treatments

Hydrating Facial

Duration: 60 minutes

A hydrating facial is a specialized skincare treatment designed to provide deep and lasting hydration. This type of treatment focuses on restoring the skin's moisture balance, which is vital for its health and appearance.

Hydration is an essential component for keeping the skin soft, flexible, and youthful-looking. A hydrating facial helps address various concerns related to dryness and dehydration.



Deep Cleansing

Duration: 60 minutes

Deep facial cleansing is a specific technique performed at beauty centers to improve the health and appearance of the skin.

This type of treatment focuses on restoring the skin's moisture balance, which is vital for its health and appearance.



Microdermabrasion

Duration: 60 minutes

Microdermabrasion is a treatment that uses water and diamond tips to deeply cleanse the skin, removing superficial dead cells, oil, and accumulated blackheads. It reduces pore size, improves rough skin texture, and softens scars, resulting in a smoother, more even skin.



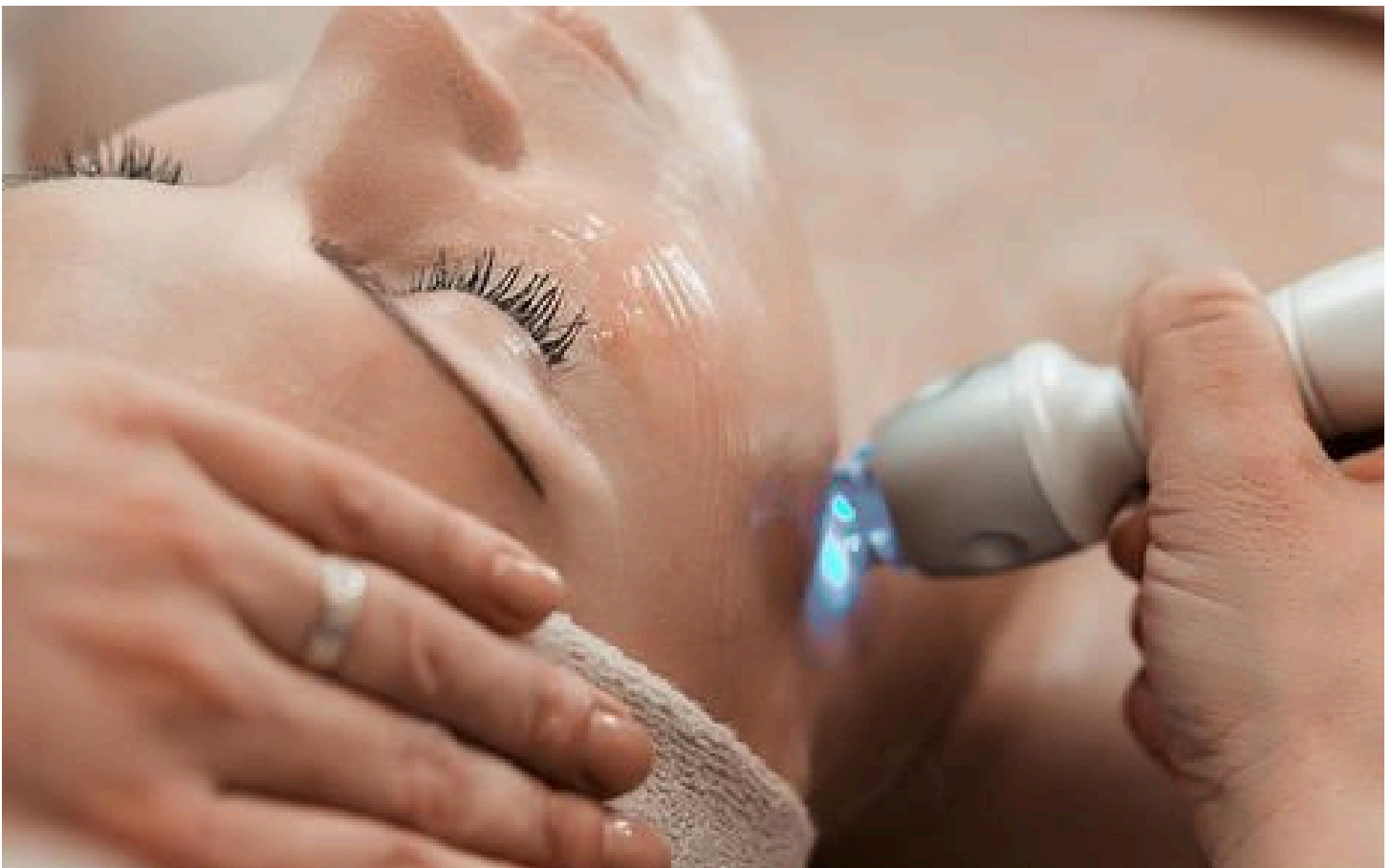
Special Treatments

Hydrafacial

Duration: 45 - 60 minutes

The Hydrafacial is an innovative aesthetic treatment designed to improve skin health and appearance through a unique combination of cleansing, exfoliation, extraction, and hydration.

The Hydrafacial is suitable for all skin types and requires no downtime, making it a convenient option for those seeking an effective, low-maintenance beauty treatment.

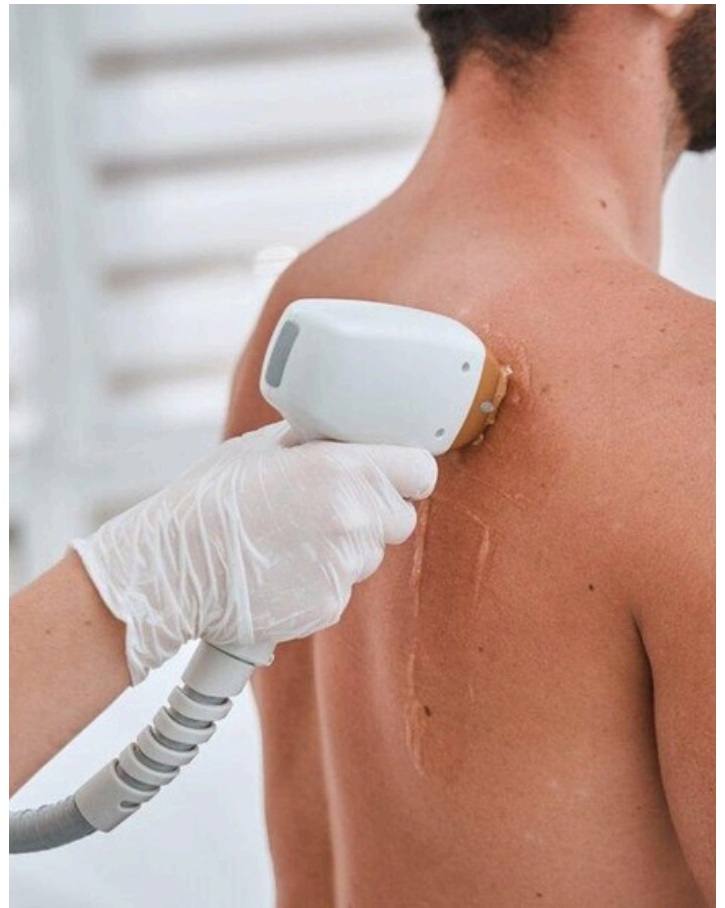


Laser Hair Removal

Duration: 30 - 120 minutes depending on the area being treated

Diode laser hair removal is an aesthetic procedure that uses a diode laser to destroy the hair follicle and prevent future hair growth. This method relies on the absorption of light by the melanin in the hair, converting light energy into heat, which damages the follicle and prevents hair regeneration.

During the treatment, a diode laser device emits a specific wavelength of light that penetrates the skin and is absorbed by the hair pigment.





Corporal Treatments

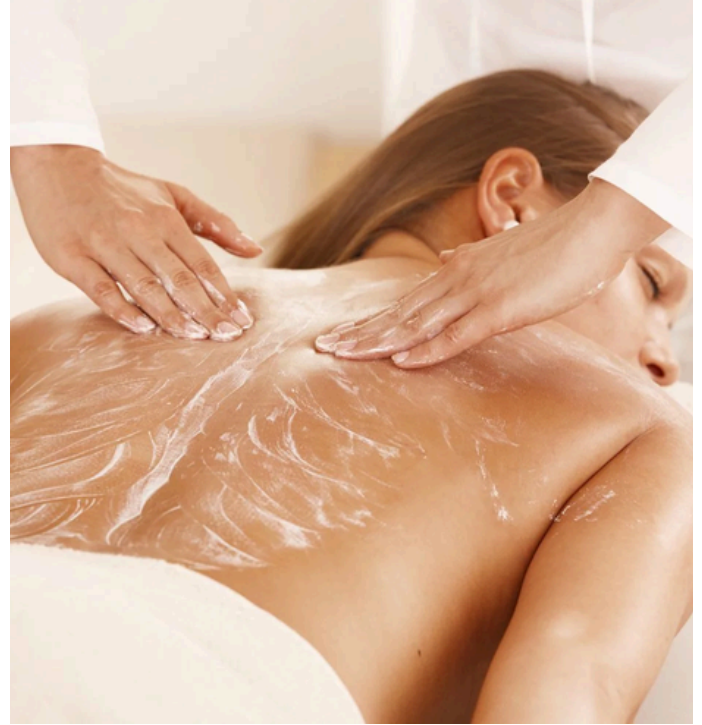
Basic Body Treatments

Back Facial

Duration: 60 minutes

The back facial is a specialized treatment focused on improving the health and appearance of the skin on the back, an area often overlooked in personal care.

Although less visible than the face, the back can also experience skin issues such as acne, blackheads, dryness, and blemishes.



Post-Operative Lymphatic Drainage

Duration: 60 minutes

Post-operative body lymphatic drainage is an essential therapeutic technique in the recovery process after surgical interventions.

This method, which focuses on stimulating the lymphatic system, primarily aims to aid in the elimination of toxins and accumulated fluids, as well as to reduce inflammation and pain in the affected areas.



Body Treatments with Apparatus

Body Radiofrequency

(for cellulite reduction)

Duration: Depending on the area being treated

Body radiofrequency uses high-frequency electromagnetic waves applied to the deep layers of the skin. These waves generate controlled heat in the subcutaneous tissues, triggering a series of beneficial biological responses.

It is an advanced and effective solution for those seeking to improve their body appearance in a non-invasive way.



Exclusive Treatments



Body Exfoliation and Wrap with Relaxing Back Massage

Duration: 90 minutes

This service combines three advanced techniques to provide an unmatched sense of renewal and vitality.

We start with a body polish that gently exfoliates the skin, removing dead cells and revealing a smoother, more radiant texture.

Next, we offer a back massage designed to release tension and promote deep relaxation.

Finally, we incorporate LED phototherapy, an innovative technology that uses lights of different wavelengths to stimulate cell regeneration and improve skin tone.



Aesthetic Medicine

Facial Treatments

Botulinum Toxin: Botox/Xeomeen

Duration: 30 - 45 minutes

The application of botulinum toxin prevents muscle contraction to relax dynamic wrinkles, that is, expression lines that appear each time we make a gesture. Botulinum toxin also affects sweat glands, reducing excess sweating; this depends on the dose and injection depth.

Application areas:

Face, neck, underarms, palms.

Botulinum toxin applications

- Reduces expression lines
- Decreases and prevents dynamic or movement-related expression lines
- Rejuvenates the neck
- Creates a "rested" look on the face
- Reduces excessive sweating in underarms and palms



Dermal Fillers: Restylane/Belotero

Tiempo: 45 - 60 minutos

Dermal fillers are products that are injected into the skin, mucosa, or soft tissues, designed to restore lost volume, enhance projection in certain areas, smooth wrinkles and fine lines, and improve the overall appearance of aging skin.

Application areas:

- **Lips:** Used to increase volume and projection of the lips, as well as to improve contour and definition when applied as a lip liner.
- **Nose reshaping (Rhinomodeling)**
- **Cheeks and cheekbones:** Replenishing facial volume and enhancing facial contour.
- **Jawline area:** Firming and defining the jawline, enhancing chin volume.
- **Under-eye area:** Rejuvenating the eye area adds volume to dark circles, preventing eye hollowing and correcting dark circles, resulting in a healthier and more vital appearance.



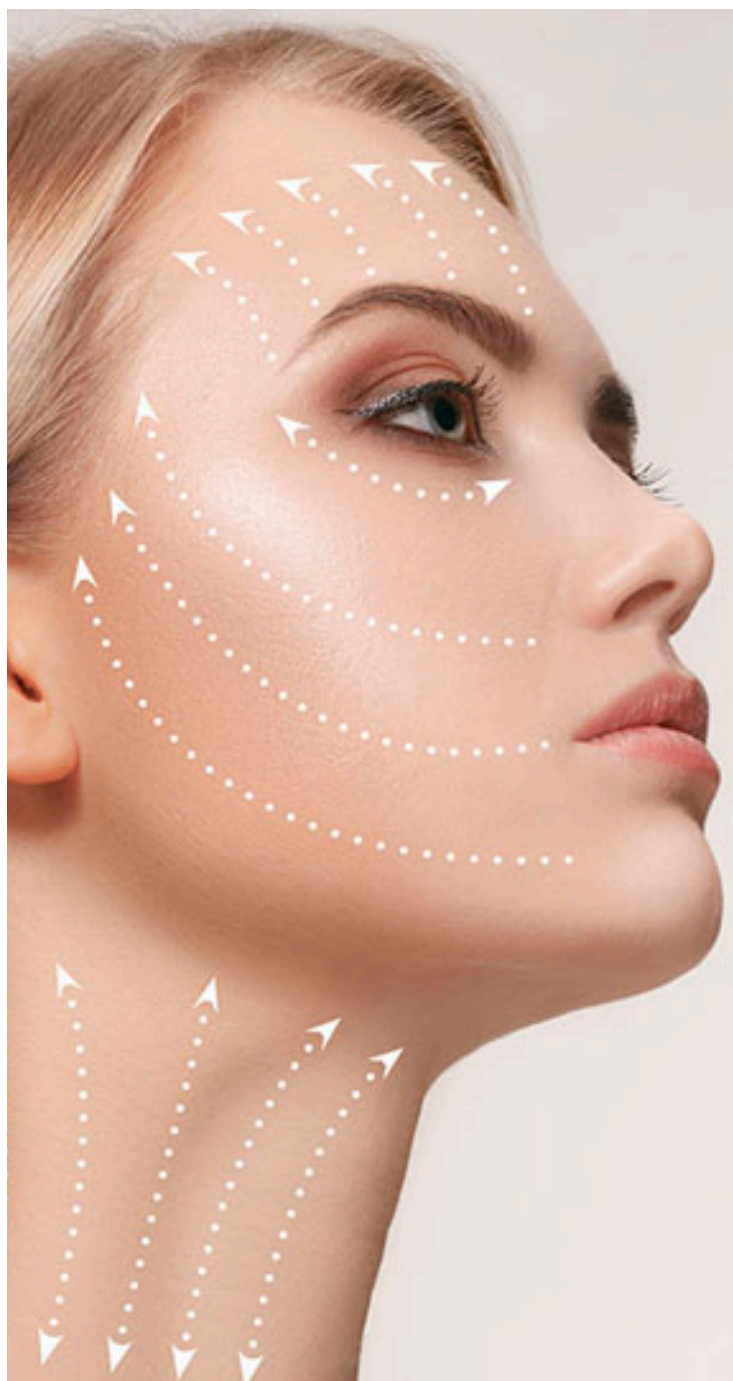
Collagen Biostimulators: Radiesse/Aquashine

Duration: 45 - 60 minutes.

Collagen biostimulators are substances that stimulate collagen production in the skin. Their function is to encourage the reappearance of this substance, which has been lost over the years, resulting in a decrease in skin firmness and smoothness.

Advantages of collagen biostimulators:

- They act gradually and naturally, improving the skin's appearance without causing drastic changes.
- They improve firmness and elasticity lost over time.
- They are effective in reducing wrinkles and expression lines.
- They can restore lost facial volume, enhancing facial symmetry.
- Their effects can last up to six months after application.



Dermal Peels: Origin

Duration: 45 - 60 minutes.

It is a treatment to exfoliate the superficial layers of the skin by applying a chemical solution in order to achieve epidermal renewal.

Application area:

Chemical peels can be performed on the face, neck, décolletage, and/or hands.

Benefits:

- Reduces fine superficial wrinkles.
- Eliminates spots or sun keratosis.
- Minimizes the appearance of mild scars.
- Treats certain types of acne.
- Reduces age spots.
- Improves the appearance and brightness of the skin.
- Addresses photoaging on the face.



Exosomes: Mesenchymal AGF

Duration: 45 - 60 minutes.

Exosomes are growth factors secreted by mesenchymal stem cells, which are used to improve photoaging, rejuvenate aged skin, and improve acne scars.

Application area:

Face, neck, décolletage, and hands.

Benefits:

- Biostimulation and cell regeneration
- Anti-wrinkle
- Naturally increases collagen and elastin production
- Improves acne and acne scars
- Improves photoaging of the skin



Dermal Threads: Honey Derma/ Time Machine

Duration: 45 - 60 minutes.

These are medical-grade threads that are placed under the dermis to stimulate collagen formation and tighten the skin.

The lifting threads stimulate the production of collagen in your body because, when the threads are inserted, an inflammatory process occurs, which brings collagen to the area around the threads. Over time, this collagen replaces the threads.

Benefits:

- Biostimulation and cell regeneration
- Anti-wrinkle
- Naturally increases collagen and elastin production
- Improves acne and acne scars
- Improves photoaging of the skin



Microneedling Facial

Time: 45 - 60 minutes.

Microneedling, also known as collagen induction therapy, is a procedure that stimulates the skin's regeneration ability through multiple micro-punctures, triggering the natural production of collagen and elastin, while also allowing deeper penetration of applied cosmetic ingredients.

Microneedling rejuvenates the skin from within and improves various facial conditions such as expression lines, static wrinkles, scars, acne marks, dark spots, reduces enlarged pores, and improves sagging.



Hair Health



Exosomes

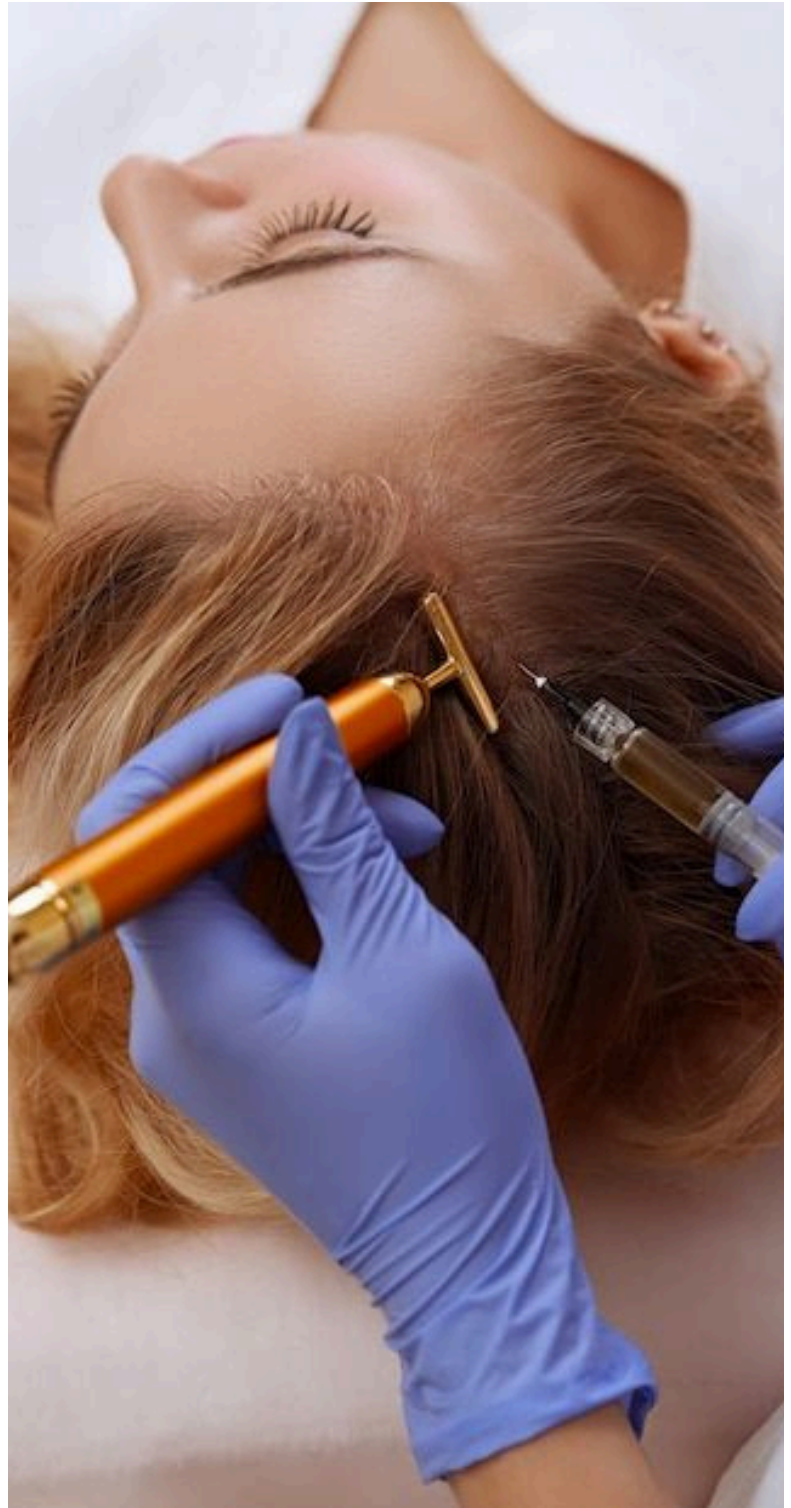
Duration: 45 - 60 minutos

Exosomes are growth factors secreted by mesenchymal stem cells, indicated for alopecia.

Application area:
Scalp.

Benefits:

- Reduction of hair loss
- Scalp recovery
- Follicle nourishment
- Stronger and less brittle hair.





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Book your

Appointment

Now



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Facial Assessment
Free

A skin diagnosis along with treatment
recommendations is provided.

