

Nautilus Spa offers a diverse menu of therapeutic and cosmetic services in three locations along the Malecon to pamper travelers and residents in La Paz.

The list of things to do in La Paz is constantly growing. Sport fishing, scuba diving, wind surfing, sailing, kayaking and more are available here in La Paz, gateway to the Sea of Cortez. Yet, one of the all time favorites for visitors to the capital city of Baja California Sur is nothing – to just sit and wiggle your toes in the sand, sip a cervesa and relax.



If you are one of the former, the active visitors to La Paz, your days can be filled with adventure. Whether you are reeling in a grand Marlin or hauling in the sheet on a windward tack your vacation activities might provide you with a few extra aches and pains. If you are one of the later group, those who come to La Paz just to unwind, you may have brought your aches or stress along in your baggage. Either way, we have a travel tip for you that just about anyone can enjoy. Nautilus Spa can help you unknot those tense muscles, steam away the stress or make you feel pampered with a facial, manicure or pedicure while you enjoy the healing atmosphere that is La Paz. I have known owner Nora Castro for nearly four years, when she first assisted me with my neck injury. Since then I have come to rely on the

wonderfully professional services of Nautilus when ever I spend too many hours in this chair, working on the Baja Insider. What stands out in my mind, when reflecting on my visits, is the attention to detail that Nora has instilled in her entire staff. Smartly uniformed, never rushed and always smiling, they provide you with a relaxing and pampered environment the moment you walk in the door.



Nautilus Spa offers three locations along the waterfront offering a variety of services. The flagship location is overlooking the waters of Ensenada de La Paz at the La Concha Resort. At this spacious facility you can work out on new state-of-the-art exercise equipment while watching the sunset over the bay. In addition, a full selection of massage services from a highly trained staff including; lymphatic, reflexology and deep tissue. Or you may choose to pamper yourself with a manicure, pedicure or tanning session. Body treatments, moisturizing and exfoliation are also available. Or you may decide to soak away some of your tension with a trip to the steam room.



Nautilus' second location is at the Hotel Marina, adjacent to Marina Palmira. Located just steps from the newly completed Malecon walkway this office offers all of the same spa services except for the steam room and gym facilities.



For those La Paz visitors staying downtown, the Nautilus spa facilities are located in the 7 Crowns Hotel. Offering the same services as the Hotel Marina location, you will find the staff here just as anxious to serve you as the other two locations.

The gym facilities at the La Concha location are available to visitors on a daily or weekly basis. If you spend a great deal of time in La Paz, you might consider a gym membership. Spa services are very reasonably priced and packages and gift certificates are available.

So, whether you are visiting La Paz or a long term resident, I can highly recommend a visit to Nautilus Spa & Gym. Please tell them the Baja Insider sent you.

