

Aura Spa – For the Health of It in Los Cabos

The Aura Spa in Cabo San Lucas is located downtown in the Tesoro Hotel and has been in existence since 1994. The Aura Spa has many kinds of massage and spa treatments like aromatherapy, exfoliation, pedicure, and facial as well as other body treatments available.

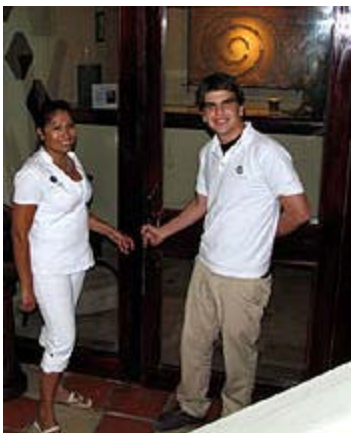
Whether you are interested in just a relaxing massage to relieve stress or a deep massage to help with relieving back pain or physical rehabilitation the Aura Spa can provide you just about any massage you might like. Aura Spa of Cabo San Lucas also offers one of their most popular “Warm Stones” massage as well as aromatherapy for a treatment of your body and soul. Aromatherapy is one of the most popular therapies in the world and is practiced by many different religions. You may pick from many different aromas depending on what sensations you would like to experience.



Aura Spa in Cabo also offers several other specific massages for sports, based in stretching and to help increase flexibility for your workout. The Aura Spa additionally offers reflexology by focusing on the pressure points in your feet and hands to help eliminate pain and increase your circulation.



The Aura Spa offers many kinds of body treatment including exfoliations in chocolate (yum) salt body glow and a coffee scrub as well as body wraps in chocolate, cooling Aloe Vera for after you may have had too much of that Cabo sun. The Aura Spa also gives facials of many kinds such as a refreshing one, European deep cleaning, anti-aging, collagen, aromatherapy and an anti stress one for men.



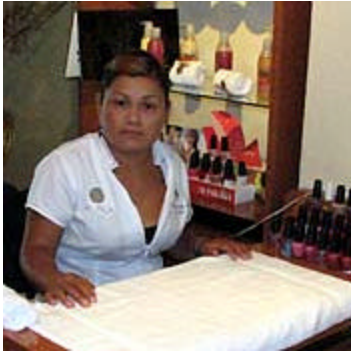
In addition to all of this, the Aura Spa has waxing available as well, for all those areas you wish to remove hair whether for the bikini line, underarms, lips, eyebrows or back. Finally the Aura Spa has all kinds of nail services, manicures and pedicures available

I decided since Karina Cota, the owner, wanted my help in writing this article that it would be best for me to try out their massage. I have severe rheumatoid arthritis and massage is very helpful for my condition and I have become very experienced and knowledgeable in all kinds of techniques of massage.

First I have to say that the ambiance of the Aura Spa is top rate. It is has a very clean, warm, healing and friendly atmosphere. The furniture, decorations, lighting, music and smells are all very inviting and soothing to the senses. Something I believe that is really important in giving the client a relaxed sensation and a very professional feeling.



I did not ask for any special treatment nor did my masseuse know I was there to write an article. I wanted it to be just as if I were any client so that I could honestly see for myself how good the Aura Spa is. I have to say that I was very impressed and really enjoyed the stress relieving massage I received. I did tell the masseuse about my bad joints and how to better give me a massage so that it would not be painful but healing. She listened very well and was surprised how deep I like to be massaged in those tense areas. Not everyone of course wants it as deep but for my circulation and to relive the tension in my arthritic body she did amazingly well.



Will I go back? Yes, on a regular basis as this is one of the reasons I wanted to try this spa out. It is easy for me to get to and my regular masseuse from before has returned to the states to live. I now feel as if I have a qualified replacement to the spa I used to use regularly and will easily recommend the Aura Spa to others.

So if you are looking for a truly full service Spa that is easy to find and has parking you will want to try the Aura Spa where their experts bring you the greatest of quality in all kinds of treatments and body work

eliminating stress and leaving you in harmony and looking and feeling great!

Aura Spa is located on the same level as the pool area in the Tesoro Hotel and you may make reservations via email.

