



ATTABEYRA
SPA

Welcome to a place of transcendent peace...



Enter a space where the Water Goddess **Attabeyra** welcomes you.



Our mission at Natura Cabana is to inspire balance and harmony with your inner self and all your surroundings. With this in mind, we put our heart and soul into our artfully designed Attabeyra Spa, named after the Water Goddess of the indigenous people.

We gather the powerful energy of the land and sea to focus on healing treatments that transport you to a magical experience of transformation, full of love and care. The techniques used at Attabeyra Spa combined with tropical surrounds make for an extraordinary place to receive any kind of wellness treatment.

Considered the most supreme of the gods, goddess Attabeyra is worshipped because she is the mother of gods and the initial creator. She is worshipped as a goddess of fresh water and fertility; she is the female entity who represents the Earth Spirit and the Spirit of all water forms.

Known locally as El Árbol De La Libertad (Tree of Liberty), the Moringa tree provides shade, attracts pollinators, and holds the earth to avoid mudslides, while the leaves and seeds are packed with rich nutrients. The more Moringa trees are picked, the more flowers they produce. The more they produce, the more people will want to plant it, and the more we can give back to the farmers and earth who grow it. Our core mission is to end deforestation by helping plant more trees and regenerate the soil we live on. Making nourishing and truly natural skincare is the means that allows us to fulfill this vision.



Herbalista

Herbalista Glow Skin Care line is formulated by certified herbalist and founder of Herbalista Apothecary, Alita Akashi. Every bottle is filled with only the purest, and most potent skin regenerating herbals, handcrafted in small batches in paradise.

Every remedy is charged with crystals, 528 Hz and prayers. Herbal medicine is the art and science of using herbs for promoting health and preventing and treating illness. Today, Herbalists combine the traditional knowledge with scientific evidence of how plant based natural medicine can support our health. Herbal medicine can be described as a perfect fusion of art and science provided by Mother Nature.



FACIALS

Made with plants and vegetable oils specifically selected from Raíz Herbal and Moringaia to take care of your skin in the best way, providing what you need to shine again while highlighting your inner beauty. To any facial you choose, add one of our specific Facial Massage techniques for visible changes on your face.





HERBALISTA FACIALS

Herbalista Essential 55 min

Herbalista Express 25 min

Experience the power of botanicals as our facials deeply cleanse, exfoliate, and hydrate your skin, leaving you with a radiant, youthful glow. Our expert estheticians will customize your facial to target your specific skincare needs, whether it's to combat aging, acne, or dryness.

Herbalista

MORINGAIA FACIALS

These light and luxurious six step treatments are made with the purest, freshest, truly natural ingredients from the island. Get ready to glow with Moringaia's Miracle Oil based formulas, nutrient-dense tropical botanicals, and pampering essential oils. Indulge in this nourishing delight for skin, hair, and spirit and discover nature's secret to radiance!

Relax: Moringaia Hair Serum

Cleanse: Facial Soap

Tone: Face Mist

Exfoliate: Hibiscus Polish

Mask: Green Reset

Nourish: Face Serum and Glassy Waves Balm



Moringaia Clear Skies Facial 55 min

For combination or oily skin.

Moringaia Fresh Bloom Facial 55 min

For dry skin.





FACIAL MASSAGES

Add to any facial!

Release Me! 25 min

This facial massage is focused on releasing the face from any toxins through the lymphatic system. With the use of specific digito-pressure points and the help of the Jade Guasha Tool your face will feel more relaxed and open. With released embedded toxins, reduced inflammation and improved micro-circulation, your face can feel new again!

Up-Lift Me! 25 min

This facial massage is focused on stimulating and activating the manufacture of collagen and elastic fibers. Specific firming and restructuring manual maneuvers as well as the jade-roller will be used to soften visible wrinkles and have a face lifting effect. Don't let the years take you down, show the world how you keep on smiling at life!



FACE & HAIR MASKS

Put on your skin what you can put in your mouth! Add a fully natural face or hair mask to any treatment to receive a nourishing and hydrating effect to your experience. Hair masks may also be treatments on their own.



FACE MASKS

Add a face mask to any spa treatment!

Avocado Mask

Extremely nourishing, thanks to the abundance of vitamin E, which really helps plump up your skin making those fine lines and wrinkles appear less noticeable. Also has anti-inflammatory benefits, which help in fighting acne.

Papaya Mask

The secret beauty nutrient in papaya is papain, an enzyme that has skin-lightening properties and can reduce the visibility of blemishes and acne scars. Leaves skin smooth and supple.

Aloe Vera Mask

Sun damage repair by excellence, as well as being sensitive skin's best ally to bring back moisture and lock it into the skin. Slows down the aging process with its antioxidant effect.





HAIR MASKS

Add a hair mask to any spa treatment!

Repair damaged brittle hair. Hydrating and nourishing masks to bring back glow and elasticity to your hair! We use wooden combs, they are static-free and seal the moisture in your hair. Enjoy a pure moment of bliss while we massage your scalp. Untangle your thoughts, while we untangle your hair.

Rice Hair Mask

Honey Coconut Hair Mask

Aloe Vera Coconut Hair Mask

HYDROTHERAPY

water in all its forms...

ICE BATH

An ice cold water immersion of 2-10 minutes that helps flush the muscle's metabolic waste products. It also delivers much needed oxygen and nutrients to the muscles, which helps them recover.

WATER BATH

Immerse your body in a relaxing bath tub. Choose warm water for releasing tension and stress or choose it cool for a refreshing effect. Try our other water installations like the Vichy Showers and High-Pressure Jet!

STEAM BATH

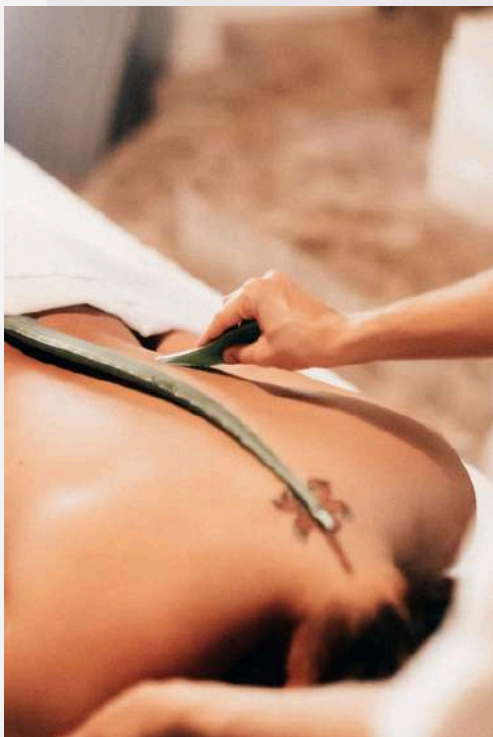
A steam bath that offers to open the pores of your skin and expel the toxins, while relaxing your muscle tissues and filling your lungs with essential oils chosen depending on your needs.



BODY SCRUBS, WRAPS & SEALS

Choose a scrub, wrap or seal for your massage. Scrubs and wraps are 25 minute treatments. Feel free to match and combine any of the options. Keep reading for all the magical options nature provides us on this island!





New Skin 2h00
steam room + scrub
+ wrap + relaxing massage

NEW SKIN PACKAGE

A 2 hour release that includes the steam room, a body scrub, a body wrap and a relaxing massage. The steam room drives you into a relaxed state where your skin will start to release toxins. The scrub will polish your skin and free it of dead skin cells to then receive a wrap that will provide you with minerals and antioxidants. After the scrub and wrap, your body is prepared to receive a relaxing aromatherapy massage with carefully handpicked oils to seal the entire treatment.



BODY SCRUBS

25 min

Honey and Sugar

Softens the skin and helps with healing

Cacao

Smooths and rejuvenates skin

Tantric

Secret recipe for the Love Potion treatment

Salt

Purifies and provides essential minerals

Coffee

Anti-cellulite and activates blood circulation

BODY WRAPS

25 min

Cacao: a great antioxidant because of its high magnesium content that contributes to the relaxation of the nervous system.

Mud: tiene alto contenido en oligoelementos, regeneradores de células grandes, y tienen una acción antirreumática ayudando con dolores musculares y óseos, mejora la circulación sanguínea y linfática para un efecto reductor de grasa.

Aloe Vera: deeply moisturizing, refreshing and healing, perfect for soothing sunburn.

White Dominican Clay: for dry and sensitive skin, rejuvenates the skin and adds shine.

Red Dominican Clay: tones and cleanses the skin, activates circulation while reducing the appearance of cellulite and absorbs excess oils eliminating toxins accumulated in the pores.





BODY SEALS

Coconut Oil: nourishes the skin, retains moisture and produces collagen, restoring elasticity. Fantastic at keeping skin, nails and hair healthy due to their antimicrobial and anti-inflammatory properties.

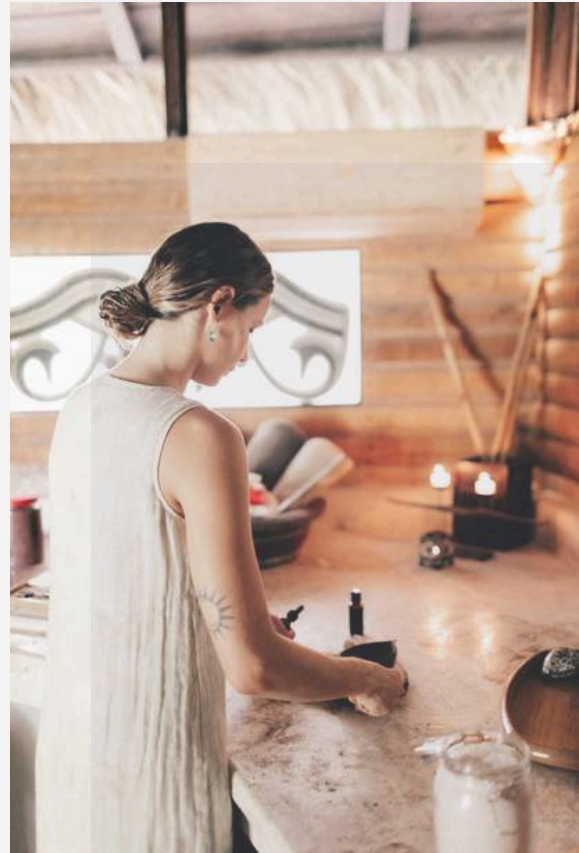
Macadamia Nut Oil: suited for all skin types, useful for balancing sebum production, creates natural protective barriers, aids in cell regeneration in dry and aging skin by moisturizing. Also acts as a light sunscreen and leaves the skin with a golden glow!

Cacao Butter: very nutritious, softens hard and dry skin, relieves sensitive skin issues and helps reduce scars and stretch marks.

Beeswax: great for skin, hair and nails, protects the skin from environmental irritants and harsh weather, lets skin breathe, non-comedogenic, anti-inflammatory, antioxidant, antibacterial, great for all skin types.

MASSAGES

All of the massages we offer integrate aromatherapy. Our therapists select the best essential oils adapted to your condition and preference.



MASSAGES

Head and Neck 25 min

Shoulders, neck, head, face, all the way out the tips of your hair!

Hands and Arms 25 min

Shoulder, upper arms, forearms, hands, all the way down to the fingers!

Legs and Feet 25 min

Glutes, thighs, calves, feet, all the way down to your toes!

Relaxing 25 / 55 / 85 min

A gentle massage over the skin, following the muscle contours (soft tissues) of the body.

Deep Tissue 25 / 55 / 85 min

Focuses on realigning the deeper layers of connective and muscle tissue.

MASSAGES

Reflexology 25 min

Application of pressure to specific points on the feet to relieve tension.

Lymphatic Drainage 55 min

Specific movements applied to the circulatory system, eliminating waste accumulated in the fluids.

Pre-Natal 55 min

A full body massage adapted to pregnant women that reduces tensions, pains, anxiety and stress.

Reactivating and Firming 55 min

Reactivates blood and lymphatic circulation and eliminates the appearance of cellulite.



5 ELEMENT MASSAGE RITUALS

Choose the element massage that will balance you the most and take you to a multi-sensorial experience. Each element has its carefully chosen musical frequencies, essential oil blends, massage techniques and herbal infusions. These rituals will holistically guide you back to harmony and balance of your body, mind and emotions.





EARTH

25 / 55 / 85 min

This ritual is made to ground you. A warm essential oil with woody fragrance will bring you back to the deepest core of mother nature. Hot stones will be placed on your body to release tensions from your muscles, to then receive a deep tissue massage. It all ends with foot reflexology, focusing on connecting with your roots and sense of stability.

FIRE

25 / 55 / 85 min

This ritual is made to bring you energy. With a spicy fragrance oil blend, your senses will be activated. Quick and tonifying indian massage techniques will reactivate vital energy and blood flow in your body. The focus will also be on the solar plexus and stomach area, turning on the inner-warrior and freeing it from any blockages. Using hands as percussion along your body will leave you vibrating at a higher frequency.



Firz
Massage Oil





WATER

25 / 55 / 85 min

This ritual is made to bring you flow. With a heart opening fragrance oil blend, you will be transported to an underwater world, balanced with the rhythm of the waves, so you return with more fluidity and harmony. Californian and lomi-lomi massage techniques will sway your body into deep relaxation. Heated herbal bags of rice and plants directly from our garden will be used throughout the massage.

AIR

25 / 55 / 85 min

This ritual is made to bring you sensitivity and mobility. Your senses will awaken with light strokes using peacock feathers. The uplifting fragrance oil will clear out any negativity. Your body will be stretched using myofascial release techniques, creating space in your muscle tissues and joints. The ritual ends with a neck releasing, face and head massage all the way to the tips of your hair, brushing any worries away.





AETHER

85 min

This ritual is made to realign your center. Crystals will be placed in each one of your chakras, balancing their energy field, connecting you with a divine essential oil fragrance. A short strong pressure will be placed on each trigger point of your body to release energetic blockage. Ending the ritual the way it started, harmony will be restored and the mind will be connected with the body through the heart, feeling whole and at peace.

PACKAGES

Spa Experience 60 min

back scrub + back massage +
express facial

Sun Bum 60 min

aloe vera body wrap followed by a
rose water face cleanse and aloe
vera face mask finishing in a
soothing oatmeal milk bath

Extend any massage for an extra cost
to suit your needs!

Detox 2h30

steam bath + scrub + Release Me!
facial 60 min + leg draining
massage

New Skin 2h

steam room + scrub + wrap +
30 min relaxing massage

Jetlag Cure 60 min

aloe vera and cucumber face
mask, focused on hydrating the
skin and reducing puffiness around
the eyes while getting a leg
draining massage + neck
decontracting massage







COUPLES TREATMENTS

Love Potion 2h00

Begin the treatment in a scented steam room, enjoy your intimacy in our outdoor shower giving each other a tantric scrub, and surrender to a 1 hour warming massage with aphrodisiac oils.

Includes an aphrodisiac drink.

Other romantic suggestions:

Candle Wax Massage

Massage by the Beach (day or night!)

KIDS TREATMENTS

Yummy Facial 30 min

Honey and sugar scrub + chocolate and banana mask + relaxing face massage with macadamia oil.

Add a 15 min back massage for a complete first time spa experience!

5+ years old

Color My Nails! mani 20 min / pedi 30 min

Toxic-free Zoya nail polish for a fun mani + pedi.

5+ years old

5 Element Super Power Massage

30 / 45 min

Find your 5 element super power! A blindfolded aromatherapy game, followed by a coconut oil massage.

3+ years old





BEAUTY TREATMENTS



Manicure Express

Manicure Full

Pedicure

Beeswax or clay wrap
for hands or feet

SUGAR WAXING

We have traditional waxing available, but we believe in the **ancient and natural technique** of sugar waxing, available for all body parts and genders.

This method is totally **natural** and done by hand by our own care. It is the depilatory technique that leaves the best results and is very effective in fighting hair under the skin. In fact, the healing properties in the sugar residues present in the caramel allow a washing of the depilated area! The lemon and honey present in the caramel wax offer us **purifying** and **softening** properties.

The very technique of applying the caramel allows a "modeling" of the depilated area, favoring blood and lymphatic circulation. This natural cocktail also **prevents ingrown hairs** thanks to its **exfoliating** action making your hairs get thinner every time and leaving your skin silky smooth.





CACAO THERAPY

Cacao Bath

Cacao Scrub

Cacao Wrap

Massage with Cacao Butter

You may also pick just 1, 2 or 3 of the treatments if you don't have time for the full experience. Each treatment is 30 minutes long.

Delight yourself with a full cacao therapy treatment by mixing a bath, scrub, wrap and massage all using only cacao ingredients. Cacao is the stress relief seed by excellence. It is a sacred plant that will open your heart just with the smell of it!

Cacao maintains skin healthy due to flavanols. Flavanols decrease the harmful effects of UV rays on the skin while enhancing elasticity and hydration.

MADEROTHERAPY

Wood therapy is an ancient body and facial technique that uses wooden utensils to help firm and shape the figure while relaxing. Different massages are performed with rollers of various sizes and shapes in the same session, making it possible to drain, tone, and eliminate fluid retention and localized fat/cellulite. It promotes blood circulation by providing oxygen and minerals to the cells and reduces stress levels by stimulating the production of collagen and elastin, providing smoothness to the skin.



1 session (1h): \$100 USD

10 sessions (6 sessions are 1h,
4 sessions with colon cleanse are 1h15)
8 yoga & fitness classes of your choice +
daily detox juice: \$980 USD (4 weeks)

Can be personalized to fit your needs.





THERMAL THERAPY



The thermal cycle consists of alternating between hot (steam bath) and cold (ice bath) temperatures for the purpose of changing the cutaneous, intra-articular and core temperature of soft tissue with the intention of improving the symptoms of certain conditions and continuing with a period of rest. It is a relaxation ritual stemming from a 2,000-year-old tradition firmly rooted in the tradition of the Nordic countries, which also focuses in the reduction of pain.

1 hour alternating between steam room
and ice bath: \$200 USD (max 4 people)

OUR SPA GUIDELINES

Spa Hours

Every day from 10:00 - 18:00

Check In

Please arrive 10 minutes before the time of your appointment to have time to fill in the arrival form and calmly change clothes.

Spa Etiquette

We appreciate the respect and privacy of our customers. Smoking is prohibited and mobile phones should be kept off in the spa area. The spa will offer towels, bathrobes and other amenities required during your visit.

Age

The spa is open to people over 3 years old, except for the steam room where the minimum age is 15.

Cancellation Policy

Any cancellations made within less than 24 hours will be charged 50% of the value of the treatment. To guarantee the reservation, the credit card or room number will be required.

Payment Methods

Cash (USD/DOP), credit card, PayPal or electronic transfer.

OUR PROMISE TO YOU

Organic, Natural & Local

We choose to offer only organic, natural and local products to support your health and wellbeing which can only exist if it has the same effect on Mother Nature. We are closely involved with nature to restore balance in the entire body and our planet. Collaborating with small local companies makes it extra special, supporting each other in our missions that share the same values!

Skill

We understand the importance of continued learning, training and advancing our team's skills to always have an up to date service and offerings.

Spa Feeling Guarantee

We believe your time with us will turn every service into an experience. We are here to create a space where you can disconnect to reconnect. Feel cared for by the therapists and the natural ingredients we use.

Our Environment

Mother Nature is at the heart of intentions. We are a plastic-free spa and against using any harsh chemicals. The spa is designed with natural materials in a feng shui manner. The dim lighting will relax your eyes, the soft music will quiet your thoughts and the sweet smell of the oils will warm your heart.

We are Family

We nurture everyone with love and care.

FACIALS

Herbalista Express	25' - \$40
Herbalista Essential	55' - \$80
Moringaia Clear Skies	55' - \$90
Moringaia Fresh Bloom	55' - \$90
Release Me! Facial Massage	25' - \$50
Up-Lift Me! Facial Massage	25' - \$50

Add a facial massage to any facial for even more visible changes!

FACE MASKS

Avocado, Papaya & Aloe Vera

HAIR MASKS

Rice, Honey Coconut &
Aloe Vera

Add a hair or face mask to any treatment for \$10!

Hair Growth Head Massage with Wooden Comb + Hair Mask	25' - \$50
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5 ELEMENT MASSAGE RITUALS

Choose the element that will balance you through a full sensory experience.

Earth, Fire, Air, Water, Aether

25' / 55' / 85' - \$60 / \$100 / \$130

MASSAGES

Relaxing	25' / 55' / 85' - \$45 / \$80 / \$125
Deep Tissue	25' / 55' / 85' - \$55 / \$90 / \$135
Head and Neck	25' - \$45
Hands and Arms	25' - \$45
Legs and Feet	25' - \$45
Reflexology	25' - \$45
Lymphatic Draining	55' - \$90
Pre-Natal	55' - \$90
Reactivating and Firming	55' - \$90

HYDROTHERAPY

Bath Tub	25' - \$50
Enhance your bath with oils, salts, flowers and more!	
Outdoor Bamboo Vichy Shower	25' - \$50
High-Pressure Water Jet	15' - \$30
Steam Room	25' - 1/2 pax \$50 - 3/4 pax \$100

BODY SCRUBS 25' - \$50

Salt, Honey and Sugar,
Coffee, Cacao & Tantric

BODY WRAPS 25' - \$50

Cacao, Mud, Aloe Vera,
White Dominican Clay &
Red Dominican Clay

BODY SEALS

Choose the seal you prefer for your massage!

Coconut Oil	included
Macadamia Nut Oil	included
Cacao Butter	\$5
Beeswax	\$5

KIDS TREATMENTS

Yummy Facial	\$25
5 Element Massage	25' - \$35 / 45' - \$45
Manicure	20' - \$15
Pedicure	30' - \$20

BEAUTY TREATMENTS

Manicure Express	\$15
Manicure Full	\$30
Pedicure	\$40
Beeswax or clay wrap for hands and feet	\$10

SUGAR / NORMAL WAXING

Half Legs	\$35 / \$25
Full Legs	\$50 / \$35
Bikini Line	\$20 / \$15
Bikini Plus	\$30 / \$25
Brazilian	\$40 / \$35
Eyebrows	\$15 / \$12
Upper Lip	\$15 / \$12
Cheeks	\$15 / \$12
Chin	\$15 / \$12
Full Face	\$40 / \$30
Arms	\$30 / \$20
Underarms	\$15 / \$12
Back	\$45 / \$35
Chest	\$45 / \$35

PACKAGES

Spa Experience	60' - \$90
Back scrub + 15 min back massage + express facial	
New Skin	2h00 - \$180
Steam room + scrub + wrap + 30 min relaxing massage	
Jetlag Cure	60' - \$90
Aloe vera and cucumber facial + neck massage + leg draining massage	
Sun Bum	60' - \$90
Oatmeal milk bath + aloe vera wrap + rose water cleansing aloe vera mask	
Detox	2h30 - \$220
Steam room + body scrub + 60 min Release Mel facial + leg draining massage	
Love Potion	2h00' - \$250 per couple
Steam room + tantric scrub in outdoor shower + 60 min warming massage with oils (includes an aphrodisiac drink)	

THERMAL THERAPY \$200

1 hour alternating
between steam room
and ice bath
Max 4 people

CACAO THERAPY

Choose a cacao bath, scrub,
wrap and/or massage!

1 treatment	\$50
2 treatments	\$90
3 treatments	\$135
Full 4 treatments	\$180

MADEROTHERAPY

1 session	\$100
Ask about our 10 session program with yoga and fitness pass and detoxifying juice included, for a transformative month into your best self!	

TREATMENT BY THE BEACH

Book your treatment by the
beach at an extra cost of \$10

Manon

DES VAGUES

Spa concept designed by Manon DesVagues,

Manon of the waves in french

who has a mission to reconnect people to the great Mother, “La Mer”

The ocean and mother in french

through each wave of relaxation...

In alliance with **SlowCare**[®]

a web of healers who support each other in
the mission to take time to take care.







Natura Cabana: An Eco Conscious Escape

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