

DELTA DIVE CLUB - COZUMEL 2017

Activities Schedule:

Saturday	September 9	Cenotes Diving on the Mainland
Sunday	September 10	Zip Line
Monday	September 11	Whale Shark Snorkel Adventure Snorkel Trip
Tuesday	September 12	Jeff Bowns Memorial Dive (for both divers & snorkelers)
Wednesday	September 13	Fishing Charter
or Thursday,	September 14	(day to be determined by demand)

All fees are quoted in US Dollars.

Cenotes

If you are arriving on Friday or earlier, you can do this trip on Saturday morning. Take the early Saturday morning ferry to Playa where you will be met by the trip operator. COST of trip: \$165 per person that includes:

- Round trip ferry transportation
- Ground transportation
- Entrance fees
- 1 guide for every 4 divers
- Tanks & weights
- Lunch, water, & fruits

Minimum 2 persons required; must be paid in cash (credit cards not accepted); \$85 deposit required via PayPal (see <http://www.deltadiveclub.com/Programs.html>).

Fly High Zip Line Park

This attraction was created by La Ceiba, our host resort! From the first ride to the last one, the tour lasts around 45 minutes, going twice on the circuit you will be doing a total of 11 lines, sliding over 2,400 feet total. Flying high over the jungle of Cozumel, you will have a bird's eye view of the Island's lush vegetation and the thrill of flying through the air on a cable! The Club is being offered this attraction at a preferential rate of \$75 per person and may be charged to your room (no deposit required). A video will be emailed to you separately. The video is too large for the Delta email gateway; it will be sent to your alternate non-Delta email address if we have it; please send an alternate non-Delta email address to insure delivery.

Whale Shark Adventure

This trip has been a favorite activity for many of our Club members and has excited all of them over the last six years! The thrill and excitement of snorkeling in the water with these beautiful gentle giants (they are the largest fish in the ocean) will remain in your memory forever! Great opportunity to take videos and photos alike! COST of trip: \$220 per person that includes:

- Leave Cozumel on 5:30 AM morning ferry (ticket **not included**)
- You will be met in Playa by trip operator
- Transportation to dock and high-speed boat to whale sharks
- Multi-lingual guide on trip
- Light continental breakfast, soft drinks and water
- Fresh fish ceviche or ham sandwich

Minimum 1 person required; must be paid in cash (credit cards not accepted); \$110 deposit required via PayPal (see <http://www.deltadiveclub.com/Programs.html>).

Snorkel Trip

Two different snorkel trips are offered:

a) Trip to Heaven will visit 3 premiere snorkel sites: Palancar, Colombia, & Heaven.

Trip duration is about 4 hours; COST: \$48.00 per person;

Minimum 8 persons on this trip; payment in cash preferred (to avoid high credit card surcharge); \$25 deposit required via PayPal (see <http://www.deltadiveclub.com/Programs.html>).

b) Half Day Snorkel Trip: this trip will include a visit to 3 nearby shallow snorkel sites including Paradise and Dzul Ha reefs.

Trip duration is 3-4 hours. COST: \$40 per person;

Minimum 8 persons on this trip; payment in cash preferred (to avoid high credit card surcharge); \$20 deposit required via PayPal (see <http://www.deltadiveclub.com/Programs.html>).

Both trips will include:

- snorkel equipment if needed
- fruit and water
- snorkel guide

NOTE: Unless we have 8+ persons per offered trip, we will have to combine all snorkelers on the same trip!

My suggestion, as a 25 year "veteran" Dive Club member visiting Cozumel, I highly recommend the Heaven Reef trip! It is a cost premium \$8, but having experienced many of the shallow reefs, the nearby reefs truly have less to see simply because there are many more snorkel boats as well as shore snorkelers visiting these sites, that tends to minimize varieties of marine life inhabiting the reef.

If you are planning to snorkel with us, please reserve the trip of your choice. Bokie and the Padre are both planning the Heaven trip!! If one or the other trip falls short of the minimum 8 snorkelers, we will contact you and offer you the alternate trip.

The Jeff Bowns Memorial Dive

On Tuesday, we are offering a combined dive and snorkel trip in honor of Jeff, a dedicated club officer for many years, and active club member for nearly 2 decades! Jeff's life ended much too soon last October in a tragic automobile accident. We miss him dearly, and to show our respect to Jeff, we are doing his favorite dive, The C-53 Patrol ship that became an artificial reef following its career as a US Navy minesweeper, and later became a patrol boat for the Mexican navy chasing drug smugglers. The C-53 is 184 feet long, and rests in 88 feet of water. We will be affixing some "Jeff Bowns Memorial Dog Tags" on the ship as a memorial for Jeff.

Although most divers can easily do this dive, the clear water around the wreck should allow snorkelers to enjoy a bird's eye view of the ship right from the surface!

Rate for divers: \$65.00 cash or \$75.40 using credit card

Rate for non-divers and snorkelers: \$40 cash or \$6.40 using credit card

Deep Sea Fishing Trip

This trip is planned for Wednesday or Thursday depending on demand. The rates vary between \$325 - \$425 for 1-4 passengers for the 3 boats offered. Cost for additional passengers varies between \$45 and \$60.

This is for a 4-hour trip. Sorry, vendor does not accept credit cards.

Please advise if you are interested in doing this trip.

Dive Rates

Morning & Afternoon 2-tank dives: \$65.00 cash price, \$75.40 if by credit card

Night dives (1-tank), minimum 6 divers: \$60 cash price, \$69.60 if by credit card

Please note that local and state taxes and surcharges for using credit cards in Cozumel is 16%+! Our vendors have no control over this; all we can suggest is that you travel with enough cash to cover most of your diving, taxi, and tour activities. Please note that these credit card taxes are already calculated into your hotel daily costs - no additional fees are assessed by the hotel.

Beach Dives

Tanks for beach shore diving are \$6.00 cash price. If paid by credit card, add 16% for taxes etc.

Nitrox

Nitrox 80 tanks are \$11 per tank

Nitrox 100 tanks are \$14 per tank

Add 16% for credit card

Massage

The hotel spa, El Cocay, offers many services to hotel guests. Club members are being extended a 20% discount on massages. See the attached complete list of services and prices. Enjoy!

Park Fee

The State of Quintana Roo imposes a Park Fee of \$2 daily for all activities involving boats, i.e. diving, snorkeling, etc. Hopefully, they will never impose this fee on swimmers seeking to cool-off! In actuality, diving officials inspect the reefs and dive sites regularly. On occasion, they prohibit diving at some sites if there is damage, or if marine life appears to be frightened away. At least, that's what they say!

Refund Policy:

If any of our trips are cancelled, we will refund your deposit. If you just decide at the last minute that you just don't want to participate in the activity you reserved, no deposit refunds can be made if you cancel within 7 days of the event (unless you can get a replacement for your reservation). We need to implement this refund policy because the Club will be responsible for cancelled reservations made within this 7-day period. If interested in participating in any of our activities, it's time to express your interest now by placing your deposit.

Exchange Rate & Travel from CUN to CZM

The exchange rate USD to Mexican pesos can vary daily; the current exchange rate is 17.62 pesos/USD. We highly recommend that you exchange some US dollars into pesos for use with local taxis, ferry, and bus if you are travelling through Cancun. Local restaurants and shops gladly accept US dollars, but they could offer you an exchange rate of 10:1, i.e. you have lost about 70% of your dollars. Many local US banks offer the best exchange rates, try your local bank before you leave for Mexico (the bank may need advance notice). Alternatively, there is a money exchange as you are exiting the airports in Mexico. Not the best available rate, but having and paying locally in pesos may save you some money!

If you are arriving on a late flight into Cancun (i.e. DL319 arr. 7:50 PM), you will have to run through immigration, baggage claim, and customs before you exit the airport. If lucky, you'll exit the airport around 8:30PM. The LAST ferry of the evening leaves Playa del Carmen to Cozumel at 10:00 PM. The bus will likely not get you there in time. In order to get to the ferry terminal for that last trip, you must take a taxi from CUN airport to Playa del Carmen. A cab driver will get you there on time. Shared rides, vans, seek additional passengers and are frequently delayed leaving the airport hunting for additional passengers. Take a taxi for only you or your family, or ask anyone at the airport if they want to share the cab ride with you. Specify that the driver leaves the airport NOW!

NEW Members and First time to Cozumel

We have many new members joining us in Cozumel this year. Welcome! Welcome! Welcome! Unless you have previously made the trip to CZM via CUN, you should be aware of "curve balls" that could delay your trip. Most large airlines arrive and depart CUN via terminal 3. If you arrive during the daytime, as you exit the terminal you will see a loading platform towards your right. Look for a red and white bus displaying the company name ADO. There will be a sign on front or in front window saying "Playa del Carmen" or simply "PLAYA". The bus leaves hourly on the half hour. Fare is about \$12USD. It goes usually non-stop to the ADO terminal in Playa. After exiting the bus, claim your baggage; when you exit the bus terminal, you will see the beautiful water of the Caribbean. You will also see the ferry terminal. It is about a 5-minute walk to the ferry terminal. There are 3 ferry lines with booths at the entrance; look for the one leaving the soonest. Only buy a one-way ticket, because when you are leaving to go home, the next ferry may be a different ferry operator and tickets are not interchangeable among the ferry operators, so you may have to buy another ticket anyway. When you arrive at the Cozumel ferry dock (about a 45 minute ride), just outside of the CZM terminal, you will see taxis to your left. Ask the driver for La Ceiba. Unless it has changed, fare is 80 pesos. The drivers typically do not give you an exchange rate, so it may be \$8 USD!

Other Need to Know Information

Locks for Dive Gear: Once again this year we will have the use of the dive lockers on the hotel dock to stow gear between dives. This is a reminder to bring a padlock with you to secure your dive gear in these dive lockers.

Use of Credit Cards: As mentioned above, credit cards are, for the most part, universally accepted BUT keep in mind that some businesses require surcharges to use credit cards. This surcharge can be significant. The dive operator, Dimi Scuba Tours, accepts credit cards (except for the government mandated Marine Park Fee which must be paid in cash), however a surcharge (16%!!) is added to the cost of diving if paid for with a credit card. Your credit card issuer may also have some foreign exchange "tack-on" fees adding additional cost to your purchase! It is advised that you plan ahead and bring sufficient cash for diving. The hotel accepts credit cards and all surcharges are included in our negotiated all-inclusive rate. It is advised that you plan to use cash for payment for most other services, e.g., cabs, bus, ferry, tips, etc. The US dollar is, for the most part, universally accepted BUT the exchange rate with the Mexican Peso may vary among vendors. Consider changing some US dollars to Mexican Pesos before you leave or upon arrival in either CUN or CZM, we suggest changing about \$50 US into pesos. The exchange rate is not that good at the airports! You can get a much better rate at banks or "cambios" (money exchange stores), but you may need some pesos for the bus or cabs.

Scheduling Your Dives: You can schedule your diving either day-to-day or by the week. All diving activities will be coordinated by Steve Hollis. Please seek out Steve to reserve your space on the dive boat. You will need to sign the customary release and either pay on a day-to-day basis, or leave your credit card open until you have no more trips scheduled. If needed, rental gear is also available but you should make your rental needs known in advance; you can write back and we can notify the dive operator of your needs. Payments in cash are suggested. There is an ATM located near the hotel that dispenses cash in US dollars. The dive boat will pick-up our divers at the hotel dock. Remember, Steve Hollis has volunteered to be the communications coordinator with the dive operator to both schedule and cancel dives (last minute cancellations are subject to a penalty). Seek out Steve to assist with your diving.

Excursions: If you make a reservation/deposit for any of the scheduled side trips, your deposits will have been paid to the operator before the trip and you will be responsible for the balance plus any additional expense (e.g., Marine Park Fee, tips, etc.). Remember, use of credit cards may impose a significant surcharge, plan on cash if you can.

Cell Phone Service: If you plan to use your cell phone while in Cozumel, check with your cell phone service provider whether you can use your cell phone in Cozumel. International cell phone calling can be expensive. Verizon Wireless and MetroPCS (T-Mobile) offer Mexico service at a very reasonable rate – if you use other carriers, check directly with them. You can add the service a day or so before leaving and then cancel the added service after you return and pay a prorated amount (probably costing less than one 10-15-minute call to/from the US).

Internet Service: La Ceiba offers free internet service in the hotel lobby! In the past, several members were very successful using Skype and Viber VOIP phone service. Both services worked very well for making VOIP calls from the lobby at little or no cost! If you anticipate making or receiving calls using these services, get your smart phone set-up with either or both services.

Travelling to Cozumel: We welcome all of you who are joining us for the first time this year. Our large group will mean more fun for all! Bring card and board games to play in the evenings in the restaurant – we will be the vast majority of guests at the hotel, so the restaurant use to socialize will not be an issue. But, on the down side, travel to/from Cozumel will be more difficult with more non-revs and vacation passes standing-by for the same seats. As in past years, we would see many S-2 passes and active S-3 travelers. This will make it more difficult for retirees and buddy travelers to fly on their preferred flights! If you plan to non-rev to/from either CZM or CUN, **please** list your flight selections as soon as possible so that lower priority pass travelers can plan their travel options now, rather than closer to flight time when availability starts to diminish!

NOTE: Late arrivals into Cancun (arrival after 7:30PM) can also be a problem! Clearing Mexican immigration, claiming your baggage, and clearing customs can be a lengthy process. As mentioned above, the last ferry to Cozumel leaves Playa del Carmen at 10:00 PM! It takes a "good" taxi driver about 45 minutes from airport to the ferry pier. If you leave the airport any later than 8:30PM you may miss the ferry!!!! Your only hope is a taxi! If you are arriving late, DO NOT take a bus or a shuttle service because they will not get you to the ferry pier on time! Your options are to try and travel earlier, or to plan spending the evening at the Cancun airport hotel (Comfort Inn, closest hotel to the airport and offers free shuttle service to/from the airport), and continue your journey the following day!

IF YOU WILL BE MISSING YOUR SCHEDULED ARRIVAL/CHECK-IN AT THE HOTEL, PLEASE CALL THE HOTEL AND ADVISE THEM THAT YOU HAVE TRAVEL DIFFICULTY AND YOU WILL ARRIVE THE NEXT MORNING! WE DON'T WANT THE HOTEL TO CONSIDER YOU A "NO-SHOW" AND CANCEL YOUR RESERVATION (AND CHARGE YOU AS A "NO-SHOW" FEE). THE HOTEL'S MAIN RESERVATIONS PHONE NUMBER IS: +52 (987) 872 0844.

If your travel plans have you arriving in CUN by late afternoon, the air-conditioned motor coach service is comfortable and the least expensive. These motor coaches (buses) operate from Cancun airport with hourly service to Playa del Carmen. The ferry boats operate either hourly, or bi-hourly, depending on the time of day. There are three ferry services; take the one leaving the soonest. It is advised that you do not buy a roundtrip ticket for the ferry because when it's time to return to Cancun from Cozumel, the next scheduled departure may be the other ferry service and your return ticket will be wasted.

The travel portion of the trip can get confusing, especially for new members coming to Cozumel for the first time! If you have questions, please do not hesitate to call Bokie on his cell phone to discuss your travel concerns. Let's avoid last minute complications! (954) 914-2137

Don't Ruin Your Trip With an Ear Infection: It is not a rare occurrence that somebody in our dive family ends-up with an ear infection from the local warm CZM water that is rich in algae! Here's a great preventative step that can easily be taken so it does not happen to you or your family/friends: rinse your ears after each dive with "ear-beer". It is simply a 50/50 mix of white vinegar and isopropyl alcohol! You may smell like a tossed salad for a little while, but you can prevent an ear infection that can put a real damper on your trip!

"Cozumel PreFlight": Attention Cozumel divers, in preparation for our fantastic voyage beneath the sea in Cozumel, please test your dive gear and refresh your skills prior to take off.

Other Stuff: Dress in Cozumel is very casual so you can plan accordingly. Don't forget swim suits, sandals or flip-flops, special medications, sun block, sun glasses, camera, what else??

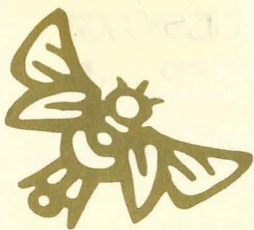
If you take pictures or videos, please consider sharing them with the rest of the Club by sending them to the Club email and they will be posted in the Club Gallery'

If you need emergency repair service for your dive gear, check with Bokie for your best option - he has an excellent contact in Cozumel for this service.

Any other questions, contact Bokie.

Specific questions? Email me (Bob) at: bbdogz@bellsouth.net

You may also call my cell phone (954) 914-2137 and please leave message and I will return your call.



EL COCAY
SPAMAYA

SPA
SERVICES
MENU



EL COCAY SPA MESSAGES

Maya Pu'uch-Kaal Massage (Back, neck & shoulders massage)

25 minutes

A relaxing massage designed to release the accumulated tension in the back, neck & shoulders.

Tuläakal Massage (Holistic Swedish Massage)

50 min ó 80 min

Is a form of health therapy using traditional massage techniques aimed at treating the whole person-physical, energetic and emotional-not just part or parts of the body in which symptoms occur. This massage strives to create harmony and wholeness by restoring the balance between the inner self and the environment and re-establishing the flow of energy to the body. Each person is unique and therefore each treatment is suited to the needs of the "whole person".

Maya K'in Massage (Energizing Full Body Massage)

50 minutes

Renew and restore your vital energy with a wonderful soothing full-body massage. Tension and accumulated stress will vanish with each long, smooth-gliding stroke, loosening tense muscles, improving circulation and mobility.

Ba'ate'el Massage (Eagle Warrior full body massage)

50 minutes

Relax with a deep tissue full body massage; targets your muscles, tendons and ligaments while striving to release tension in overstressed areas. The many benefits of this massage include the alleviation of minor aches and pain, reduced body stiffness, decreased anxiety, and restful sleep.

Ba'ate'el Massage (Deep Tissue Massage - Upper Body Focus)

50 minutes

Gives more attention to the specific muscles of the upper body to decrease pain and tension and increase range of motion. Working down to the deeper layers of tissue this treatment is helpful for chronic neck, shoulder and back conditions.

Tuunich Kili'inch Massage (Hot Stones Massage)

80 minutes

A unique therapy provides a deep warm, nurturing massage that is applied with soft and warm rocks, which bring relief to inflamed sore muscles. Warm stones will be placed between your toes, along your spine and on the chakra centers of the body, releases deep tension, and brings relief to chronic deep pain. This treatment is not recommended for pregnant women or those with high blood pressure.

Tsàak Massage (Therapeutic Massage)

80 minutes

The use of aromatherapy oils in massage combines the senses of smell and touch to ease both physical and mental tension. This type of massage is based on the Swedish technique using kneading, long, smooth-gliding strokes. Other techniques are also applied to loosen tense muscles, reduce stress and improve circulation and mobility. This treatment is ideal to soothe body and mind.

EL COCAY SPA MASSAGES

Wene Massage (Neurosedative Massage)

80 minutes

Is a slow and rhythmic full body massage. It is ideal for those who are overwhelmed, stressed and tired. Your therapist will decongest the lymphatic system and nervous system by soothing and releasing all tension from your body

Na' Massage (Mothers Massage)

50 minutes

This massage is designed especially for expectant mothers. Relieve the aches, pains and tensions. Cushions are used to allow you the most comfortable position possible.

Ki'bok Massage (Aroma Therapy Massage)

50 minutes

Aroma therapy is the use of natural, aromatic plant oils in the pursuit of emotional, physical and esthetical well-being. The use of these oils in massage combines the senses of smell and touch to ease both physical and mental tension. This type of massage is based on the Swedish technique, other techniques are also applied to loosen tense muscles, reduce stress and improve circulation and mobility. This treatment is ideal to soothe body and mind.

OoK T'oon Massage (Legs & Feet massage)

25 minutes

Relax and renew your vital energy with a soothing massage for your legs and feet. The gentle massage improves your circulation and increases flexibility of leg and feet.

Ook Massage (Reflexology)

25 minutes

Reflexology is an ancient technique that promotes energy balance and overall well-being. This therapy is based on the principle of reflex points that correspond to body organs; Proper stimulation of these reflexes can aid many health problems in a natural way.

Kalaan Massage (Revitalizing Foot Massage)

25 minutes

A treatment dedicated to your sore feet. Let your feet plunge into an invigorating herbal foot bath, followed by a foot scrub and delightful foot massage.

Ho'ol Massage (Relaxing Scalp Massage)

25 minutes

If you love to have your head massaged try our relaxing & soothing scalp massage that will bring balance and vitality to your scalp.

EL COCAY SPA MANICURES & PEDICURES

T'itzamna' Manicure (Deluxe Manicure)

40 to 50 minutes

Give your hands a beautiful, natural and lasting appearance with this incredible deluxe manicure. This treatment initiates with a hand exfoliation, continuing with the traditional manicure and followed by the application a nurturing mask that will, leave your hands smooth and hydrated. The treatment ends with your choice of nail polish.

Lé E'ts Pedicure (Deluxe Pedicure)

60 minutes

Our fabulous pedicure will bring immediate comfort to your feet leaving them refreshed, revitalized and renewed. This treatment initiates with a foot exfoliation, continuing with the traditional pedicure in followed by the application a relaxing, aromatic foot massage follows the application of a refreshing mask nurturing mask. The treatment ends with your choice of nail polish.

Ja'ak'òol Pedicure

Bàay Manicure

Nail Polish Change

EL COCAY SPA FOOT TREATMENTS

Ki' óolt Feet (Joyful Feet)

50 minutes

Begins with an exfoliation for feet and calves followed by an application of refreshing gel, reflexology points are then addressed to release tension. This treatment ends with a hydrating cream that thoroughly refreshes your feet. Hot towels are used during this treatment to achieve deep relaxation.

Tsemes Massage (Fango foot massage)

50 minutes

A wonderful experience for tired, swollen feet. This Treatment begins with an exfoliation, followed by a soothing fango massage on calves and feet, and ends with a relaxing foot bath.

Sam Nikte He'ele! Therapy (Rosdamiana Foot Therapy)

50 minutes

This unique, relaxing, treatment to hydrate and nourish your skin. This is a natural mask made with silk extracts, Rose and Damiana. This treatment combines a brief exfoliation, followed by the Rosdamiana foot wrap.

Ki'w H'ix Chaay (Mezcal lima en Chaya Foot Therapy)

50 minutes

A unique experience that combines a soothing, relaxing foot massage with the wonderful benefits of the Mezcal, lima and Chaya (which are rich in minerals and plant enzymes). Detoxifying and nourishing and helps to reduce foot inflammation.

EL COCAY SPA BODY TREATMENTS

Oot Therapy (Body Scrub)

50 minutes

A body Scrub is the first step to prepare your skin for other Spa treatments and helps to get a perfect tan. The surface skin is refined by exfoliating dead cells, stimulating circulation and leaving your skin with healthy glow.

U'Kaabiil Ki' Wrap (Anti-Oxidant Red Wine Body Wrap)

80 minutes

A unique experience that combines a soothing, relaxing massage with the wonderful benefits of the Red Wine (which is rich in minerals and proteins). The resulting effect is anti-oxidant, and hydrated skin.

Chukwa' Body Wrap (Cocoa Body Wrap)

80 minutes

Total body application of Cocoa mask which is rich in Vitamin E that helps to improve skin tone, activates metabolic functions improves skin oxygenation and circulation. It also acts as an anti-inflammatory, restores skin mineral balance and restore your body.

Luuk' Therapy (Thermal Clay Wrap)

80 minutes

A total body application of thermal clay, leaving your skin renewed and smooth. Helps to soften stretch lines and improves skin tone. It also acts as anti-inflammatory, antiseptic agent, which absorbs body heat, restores skin mineral balance and helps to detoxify your body. Great for sore muscles, joints and abdominal inflammation.

Sam Nikte Kaab Wrap (Honey & Yogurt Hydrating Body Wrap)

80 minutes

This unique, relaxing, treatment to hydrate and nourish your skin. This is a natural mask made with Yogurt extracts and Honey. This treatment combines a brief body exfoliation, followed by the Yogurt mask experience that combines a soothing wrap. Helps to soften stretch lines and improves skin tone.

Mayan Clay Massage

80 minutes

Mayan Clay Massage uses therapeutic clay applied to the face & body in the form of a Swedish massage. This draws out impurities from the skin tissue and permits the body's absorption of minerals that repair and sustain healthy skin. After a shower rinse, a fifteen- minute back massage with natural oil compliments this treatment.

EL COCAY SPAMAYA FACIALS

O'olki Facial (Refresher facial)

25 minutes

This twenty five minute treatment is designed to cleanse and refresh. The session includes facial cleansing, exfoliation and protective moisturizer. No mask or extraction is included.

Náay Facial (Hydrating Facial)

50 minutes

Cleans and maintains the natural glow of your skin. You'll experience gentle facial, exfoliation and massage followed by a special calming mask and the application of a light moisturizing lotion. No extraction is included.

FREQUENT SPA QUESTIONS

DO I NEED TO MAKE AN APPOINTMENT FOR SPA TREATMENT?

Yes, it's necessary to make an appointment so that your Spa treatment is provided at the scheduled time.

WHAT HAPPENS IF I AM LATE FOR MY APPOINTMENT?

As a professional courtesy to our other clients that have previously made their appointments, it will be necessary to cut short your treatment time according to the amount of time you were late, if and when there is another client with an appointment waiting.

WHAT HAPPENS IF I MADE AN APPOINTMENT AND I CAN KEEP IT?

We will appreciate it if you advise us 24 hours prior to your appointment in order to cancel so that we can give that time to another client. Otherwise, you will be charged for the service.

DO I HAVE TO COMPLETELY UNDRESS?

Our most important objective during your visit to the Spa is for you to acquire a perfect state of harmony along with physical and mental relaxation. This is the reason why we do not ask anything that may alter your state of serenity. Therefore, if you feel more comfortable with your own underwear or your bathing suit you may have your treatment done this way. However, your body will be kept covered at all times with a sheet except for the specific area to be treated at the time.

CAN I MAKE SCHEDULE CHANGES?

Changes in your Spa schedule will only be allowed with 24 hours in advance of the scheduled time.

SHOULD I EAT PRIOR TO MY TREATMENTS?

Preferably you should not eat at least one hour before a body treatment, or should only have a salad or fruit..

INDOOR & OUTDOOR OCEAN FRONT MASSAGE CENTER



OPEN FROM MONDAY THRU SATURDAY FROM
9:00 A.M. TO 5:00 P.M.

SUNDAYS FROM 10:00 A.M. TO 3:00 P.M.

FOR MORE INFORMATION AND RESERVATIONS

PLEASE DIAL EXT. # 33315



SPA INFORMATION & POLICES

- MAKE YOUR OWN PACKAGE WITH MINIMUM THREE SERVICES AND GET SPECIAL PRICE.
- EL CID RESORT MEMBERS GET 15% DISCOUNT BY **SHOWING** MEMBER CARD.
- CREW MEMBERS PLEASE ASK FOR YOUR SPECIAL PRICES CREW MEMBER CARD REQUIRED.
- AFTER 15 MINUTES LATE THE SERVICE WILL BE AUTOMATICALLY CANCELED.
- IF YOU DO NOT SHOW UP TO YOUR RESERVATION 100% OF THE VALUE OF THE SERVICE WILL BE CHARGED.
- PRE-PAID SERVICES ARE NON REFUNDABLE ONCE THEY HAVE BEEN PAID BY ROOM CHARGE, CREDIT CARD OR CASH.
- NON RENDERED SERVICES WILL NOT BE REFUNDABLE.
- PROMOTIONS CANNOT BE MIXED WITH COUPONS OR OTHER DISCOUNTS.
- GRATUITY IS NOT INCLUDED IN THE PRICE.
- FOR YOUR OWN COMFORT PLEASE WEAR YOUR BATHING SUIT TO HAVE MASSAGE IN THE OUTDOOR CENTER.

Hotel El Cid La Ceiba, Cozumel.

Tel. (987) 8720844 Ext. # 33315

Fax (987) 8720065

E- mail: elcocaycozumel@elcid.com.mx



El Cid

L A C E I B A
cozumel • méxico

SPAPACKAGES

Tá Pat Ken Plan (Pampering Plan)

Oot Therapy (Body Scrub) 50 min.

Tsàak Massage (Therapeutic Massage) 80 min.

Náay Facial (Hydrating Facial) 50 min.

Manicure & Pedicure 60 min.

Price \$291 us

(Retail Value \$343 us)

Jeets' Kuup Plan (Comfort Plan)

Oot Therapy (Body Scrub) 50 min.

Tulàakal Massage (Holistic Full Body Massage) 80 min.

Náay Facial (Hydrating Facial) 50 min.

Lé Ets Pedicure (Deluxe Pedicure)

Price \$257 us

(Retail Value \$303 us)

Jats' Uts Plan (Beauty Plan)

Oot Therapy (Body Scrub) 50 min.

Energizing Massage (Full Body Massage) 50 min.

Náay Facial (Hydrating Facial) 50 min.

Tsemes Massage (Fango foot massage)

Price \$235 us

(Retail Value \$277 us)

Sayab Plan (Natural Plan)

Body Wrap (Of your choice) 80 min.

Ho'ol Massage (Relaxing Scalp Massage) 25 min.

Kalaan Massage (Revitalizing Foot Massage) 25 min.

Price \$188 us

(Retail Value \$221 us)

Kuxtal Plan (Revitalizing Plan)

Oot Therapy (Body Scrub) 50 min.

Maya Pu'uch-Kaal Massage (Back massage) 25 min.

O'olki facial (Refreshing facial) 25 min.

Price \$146 us

(Retail Value \$172 us)

Je'el Plan (Relaxing Plan)

Lé Ets Pedicure (Deluxe Pedicure) \$60 min.

OoK T'oon Massage (Legs & Feet Massage) 25 min.

OoK Massage (Reflexology) 25 min.

Price \$128 us

(Retail Value \$150 us)

El Cocay Spa Maya at El Cid La Ceiba Beach Resort
Price List - - DDC Members get 20% off Massages

Maya pu'uch-kaal(Back, neck & shoulders Massage)	25 min. \$ 50.00 usd
Tuláakal Massage (Holistic Swedish Massage)	80 min \$109.00 usd
50 min \$69.00 usd	
Maya Kiin Massage (Energizing full body massage)	50 min. \$72.00 usd
Ba'ate'el Massage (Eagle warrior full body massage)	50 min, \$88.00 usd
Ba'ate'el Massage (deep tissue massage- upper body focus)	50 min, \$90.00 usd
Tuunich Kili'inch Massage (Hot stones massage)	80 min, \$143.00 usd
Tsáak Massage (Therapeutic massage)	80 min, \$132.00 uds
Wene Massage (Neurosedative massage)	80 min, \$121.00 uds
Na'Massage (Mothers massage)	50 min, \$72.00 usd
Ki'bok Massage (Aroma therapy massage)	50 min \$88.00 usd
Ook T'oon Massage (legs & feet massage)	25 min, \$50.00 usd
Ook Massage (Reflexology)	25 min, \$50.00 usd
Kalaan Massage (Revitalizin foot massage)	25 min, \$50.00 usd
Ho'ol Massage (Relaxing scalp massage)	25 min, \$50.00 usd

EL COCAY SPA MANICURES & PEDICURES

Tlitzamna' Manicure (Delux manicure)	40 to 50 min \$39.00 usd
Lé Eis Pedicure (Delux pedicure)	60 min, \$50.00 usd
Ja'ak'ool (Pedicure)	30 min, \$39.00 usd
Báay Manicure	30min, \$28.00 usd
Nail polish change	15min, \$13.00 usd

EL COCAY SPA FOOT TREATMENTS

Ki ool feet (joyful feet)	50 min \$77.00 usd
Tsemes Massage (Fango foot massage)	50 min \$61.00 usd
Sam Nikte He'elel Therapy (Rosdamiaana foot therapy)	50 mi \$ 61.00 usd
Kiiw HiiX Chaay (mezcal lima en chaya foot therapy)	50 min \$61.00 usd

EL COCAY SPA BODY TREATMENTS

Oot Therapy (Body scrub)	50 min \$72.00 usd
U'Kaabil Ki' Wrap (Anti oxidant red wine body wrap)	80 min 121.00 usd
Chukwa' Body Wrap (Cocoa body wrap)	80 min \$ 121.00 usd
Luuk' Therapy (Thermal clay wrap)	80 min \$ 121.00 usd
Sam Nikte Kaab Wrap (Honey & yogurt hydrating body wrap)	80 min \$121.00 usd
Mayan Clay Massage	80 mn \$ 132.00 usd

EL COCAY SPA FACIALES

Náay Facial (Rfresher facial)	25 min \$50.00 usd
O'olki Facial (Hydrating facial)	50 min, \$72.00 usd