



PURI

WATER CLEANSSES AND VITALIZES

S P A

On the banks of the mythical San Pedro River, Alto Atacama offers its guests the **Puri Spa**.

Puri means water in *Kunza*, the native language of the inhabitants of the Atacama Desert.

Water is sacred to them because it cleanses, gives life and wisdom.

In different spaces and by various forms, **Puri SPA** slows the pace and renews energy: Six open-air pools at different temperatures, a bar serving juice and flavored water, indoor jacuzzi and outdoor jacuzzi with a view of the Cordillera de la Sal, scottish showers and mineral baths, indoor and outdoor massage rooms.

ALTO ATACAMA
desert lodge & spa



PURI SPA

OUTDOORS

In our **Mineral baths**, with a view of the Cordillera de la Sal, guests can dip into mineral water at a temperature between 35°C and 38°C. The water is 100% pure, extracted from underground aquifers, and totally untreated. It is virgin water, rich in minerals, which has never seen the light of day until it reaches the pools of the baths.

The **outdoor pools** emerge, like the ancient constructions in Socaire, from the bottom of a ravine. On different levels, surrounded by planters and stones collected in the desert, they retain a sense of privacy.

The **Puri Bar** extends the revitalizing experience of the Spa to the pool area. Besides the customary drinks, this is the ideal place to enjoy fresh fruit, flavored water, and juice with oxygenating, hydrating, relaxing, and energizing properties. Guests can also consult with a therapist about herbal teas or natural juices to complement their treatment.

Puri Spa also offers **guided yoga and meditation classes** that are given in the shade of 500 year-old algarrobos or carob trees.

Our **outdoor jacuzzi** facing the Catarpe valley is always a welcome addition when enjoying the Atacama sun or star-filled night skies.



MINERAL BATHS



PURI BAR



OUTDOOR JACUZZI



OPEN-AIR POOLS



INDOOR
MESSAGE
ROOM

INDOORS

Treatments at our Spa are grouped by four ancestral elements: fire, water, earth and air. We use sounds, aromas, and artisanal, organic products from the area to create an atmosphere where our guests can relax and disconnect. Guests can tell the therapist if any part of their body requires special attention and care.

Our **Puri Spa trilogy** is a treatment that relaxes the feet, back, and head when at high desert altitudes. It is a 90-minute alternative to a morning excursion, and perfect for guests to enjoy on the first or second day of their stay.

The **dry sauna** and **wet sauna** help renew the body's energy. In resting rooms, guests can take **Scottish showers** with different temperature sprays to reactivate blood circulation and tone the skin.



WET
SAUNA



DRY
SAUNA



SCOTTISH
SHOWERS

FIRE TREATMENTS

THE EARTH ASCENDS TO THE SKY WITH SACRED FIRE. HEAT INCREASES CIRCULATION, RELIEVES PAIN, AND CREATES A STATE OF MAXIMUM RELAXATION.



CKAUTCHA_ HERB SABAY

Massage performed with bundles of hot aromatic and medicinal Andean herbs.

The therapeutic power of massage, phytotherapy, and aromatherapy are used, producing multiple effects on a physical and spiritual level and reinforcing maximum relaxation.

90 MIN. \$ 90,000
60 MIN. \$ 75,000
40 MIN. \$ 55,000



CKAICHI_ STONE HOT STONES

Therapy with hot volcanic stones (55°C), combined with relaxation massage.

Heat from the stones dilates blood and lymph vessels. This treatment increases circulation, relieves pain and stiffness. It provides energy, oxygenates the skin, revitalizes and relaxes tissues.

90 MIN. \$ 90,000
60 MIN. \$ 75,000
40 MIN. \$ 55,000



SUYI_ HAND DEEP TISSUE MASSAGE

Deep, localized massage, ideal to relax muscles and dissolve contractions.

Treatment promotes the release of endorphins and hormones that relieve pain and act like antidepressants creating a feeling of well-being and satisfaction.

60 MIN. \$ 75,000
40 MIN. \$ 55,000

WATER TREATMENTS

ACCORDING TO THE ANDEAN VIEW OF THE WORLD, THE LIFE-GIVING FORCE RESIDES IN WATER. THESE MESSAGES INCREASE YOUR PHYSICAL FLUIDITY AND VITAL ENERGY.



PURI_ WATER DEEP TISSUE MASSAGE, LOMILOMI (HAWAIIAN MASSAGE) AND RELAXATION

Treatment that combines massage techniques in relaxation, toning, and lomilomi.

It is adapted to the needs and preferences of every guest and provides a deeply soothing experience.

90 MIN. \$ 90,000



LUCKAMATUR_ MOVING LYMPHATIC DRAINAGE

Treatment that applies rhythmic massage to activate the lymphatic system.

Improves circulation and favors the elimination of toxins in the legs or the whole body. When there is significant swelling, we recommend a longer session.

90 MIN. \$ 90,000
60 MIN. \$ 75,000
40 MIN. \$ 55,000



PALATUR_ SOOTHE LOMILOMI (HAWAIIAN MASSAGE)

Smooth, rhythmic massage that covers extensive areas of the body, leading to deep relaxation.

The body is swept along by the rhythmic balancing of the arms of the therapist, who uses both hands and forearms, restoring circulation of energy and improving the guest's physical, mental and spiritual state.

60 MIN. \$ 75,000



PURI HAMPI_ MEDICINE WATSU

Aquatic therapy that combines massage and a subtle application of pressure on *Shiatsu* points, creating a relaxed state where all the senses are stimulated.

Proven effective in improving physical, mental, and emotional well-being. This treatment takes place in our heated pool together with the Spa therapist.

60 MIN. \$ 75,000
40 MIN. \$ 55,000



KOCHA_ MINERAL BATHS

60 minutes to bathe at your leisure in a pool of mineral water with an average temperature of 37°C.

Like all mineral baths, we recommend taking a break after 20 minutes of bathing before reentering mineral pool. Includes flavored water and fruit cocktail.

60 MIN. \$ 40,000



EARTH TREATMENTS

THE *PACHAMAMA* IS THE BASIS OF LIFE; FROM HER WE COME AND TO HER WE RETURN. THESE TREATMENTS HAVE HEALING EFFECTS, RECOVER VITALITY, AND RENEW AND REFRESH THE SKIN.



PALUNTUR_ CLEANSING

BODY

Revitalizing treatment that combines the properties of the coca leaf and *murta* or strawberry myrtle.

The contracting, calming, and anti-inflammatory effects of the coca leaf prepare the skin to be deeply moisturized with organic *murta* cream. The treatment concludes with a relaxing massage that produces a feeling of well-being.

60 MIN. \$ 80,000



YOTTI_ HIGHLAND MUD

BODY

Purifying treatment that uses the regenerative properties of mud from the highlands.

Regeneration of cells and formation of collagen and elastin are activated with clay from the area, mineral water, and honey. A final moisturization with organic *murta* cream leaves the skin moisturized and radiant.

60 MIN. \$ 60,000



CKATIR_ QUINOA

FACIAL

Facial treatment that combines the properties of red and white quinoa.

It nourishes and smoothes the skin. Especially recommended for sensitive, dry, undernourished, and irritated skin.

60 MIN. \$ 60,000



KORE_ RICA RICA

FACIAL

Facial treatment especially recommended for oily skin.

Combines the benefits of salt with *rica rica*, a local herb that has antiseptic and contracting properties that returns proper balance to the skin.

60 MIN. \$ 75,000



SIMMA_ MEN

FACIAL

Facial treatment for men that helps eliminate toxins.

Full cleansing, exfoliation, and moisturizing treatment that gives energy and vitality back to the skin.

60 MIN. \$ 75,000

AIR TREATMENTS

IN THE ANDEAN WORLD OF RITUALS, MUSIC IS CLOSELY LINKED TO CEREMONIES. THESE THERAPIES AND RITUALS TAKE YOU ON AN OXYGENATING EXPERIENCE.



SUI_ TOE

REFLEXOLOGY

Therapy based on reflexology, a traditional Chinese medicine. It generates relaxation, reduces pain, and increases the feeling of well-being.

By applying pressure and massage to certain parts of the foot, a reflex response is produced in the respective organs and glands, thereby activating blood circulation and communication of the nervous system.

40 MIN. \$ 55,000



SERI_ CRANIUM

CRANIAL MASSAGE

Therapy that restores and improves muscular equilibrium in the face, head, neck, and back area.

Using techniques involving pressure, traction, and massage, blood circulation is increased in the cranial area, helping nutrition, oxygenation of tissues, and elimination of toxins.

30 MIN. \$ 55,000



LACKUNTUR_ BREATHING

THAI

Ancient technique based on an Eastern concept of energy.

Flowing dance that combines gentle, rhythmic stretching inspired by Yoga.

90 MIN. \$ 90,000

60 MIN. \$ 75,000



HULTI_ SLEEP

RELAXATION

Gentle, localized massage that provides relaxation and well-being.

When the guest is fully relaxed, breathing becomes deeper, increasing the body's oxygen level and reducing symptoms of "altitude sickness."

90 MIN. \$ 90,000

60 MIN. \$ 75,000

40 MIN. \$ 55,000



LULANTUR_ SOUND

SOUND WAVE THERAPY

Generation of vibrations with musical instruments to restore and correct resonance frequency in the body.

Sound waves spread through the air to the body, displacing molecules and harmonizing mind, body, and spirit.

15 MIN. \$15,000

RESERVATIONS

Reserve your treatment at least 2 hours ahead, calling 965 # (appointments subject to availability).

We suggest you arrive 15 minutes before your appointment.

BEFORE MASSAGE

Use of the wet and/or dry saunas is recommended to optimize effects of the treatment.

RESTRICTIONS

- No consumption of alcohol in the Spa.
- People who are inebriated will not be treated.
- Spa is only for guests over 16 years of age.

CANCELLATIONS

Any treatment should be cancelled or postponed 2 hours ahead of the appointment. Otherwise, guests will be charged 50% of the cost of the reserved massage.

Prices include VAT.

RESERVATION HOURS

9:00 am to 10:00 pm

TREATMENT HOURS

9:00 am to 11:00 pm



SPA FINDER AWARDS

Named one of the ten best Spas in Latin America.

Named Best Spa in Chile.

ALTO ATACAMA
desert lodge & spa

