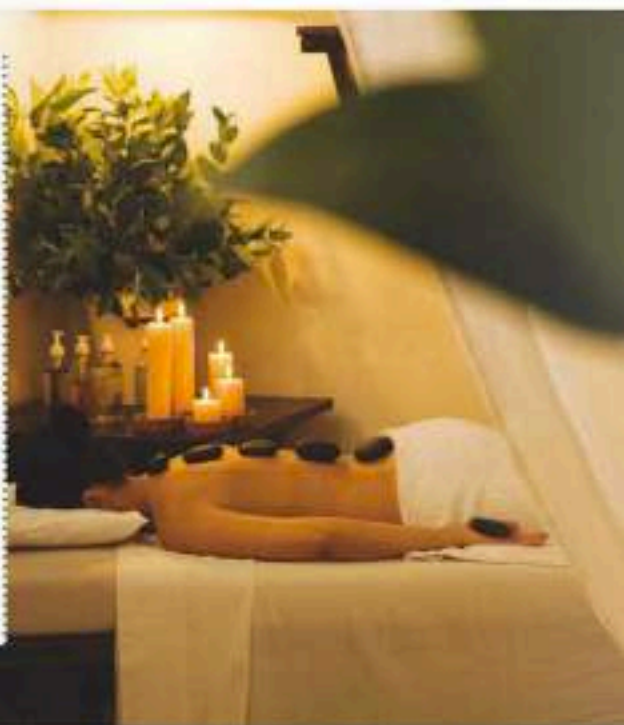


MODERN SPA Guide

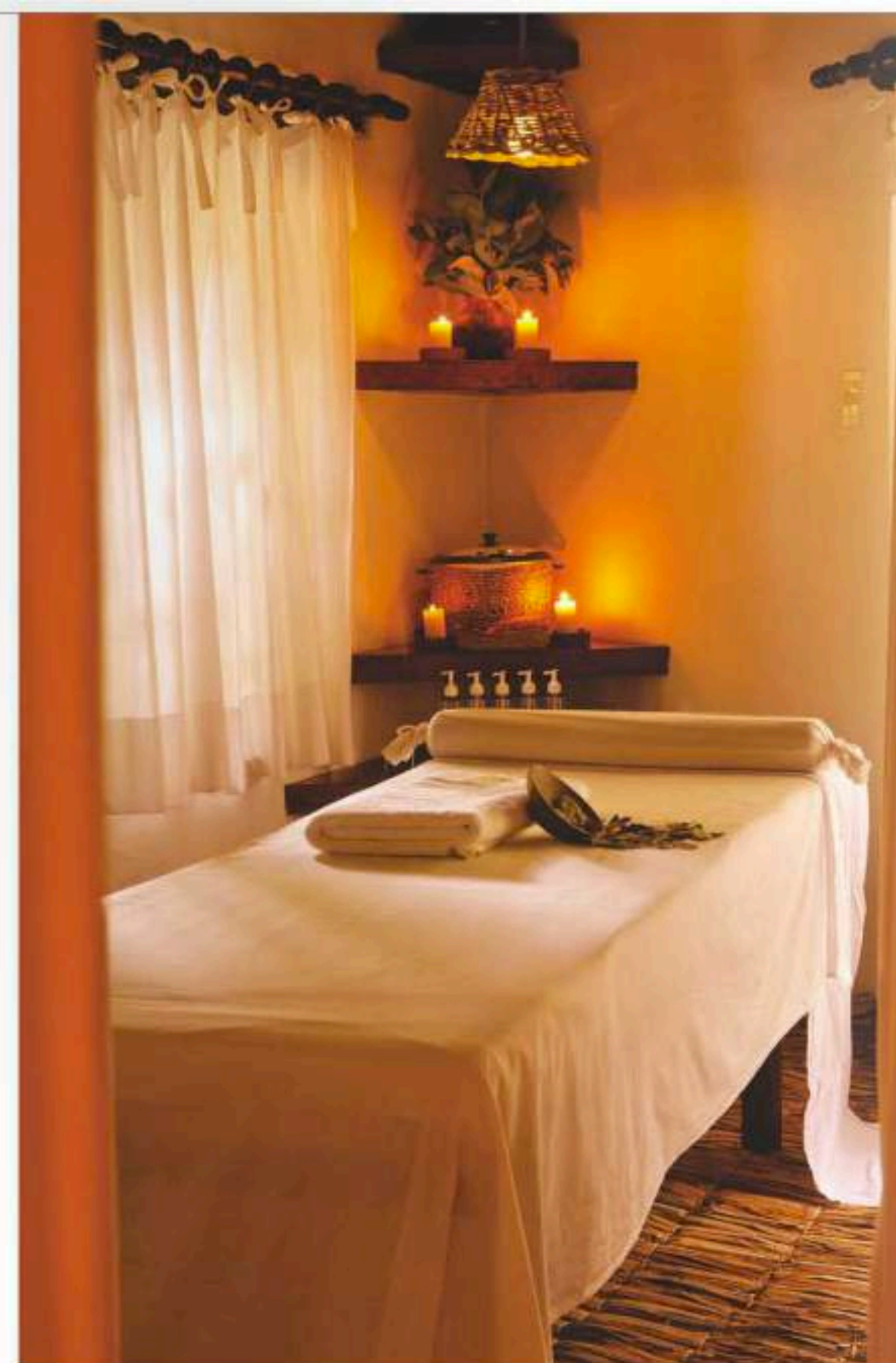
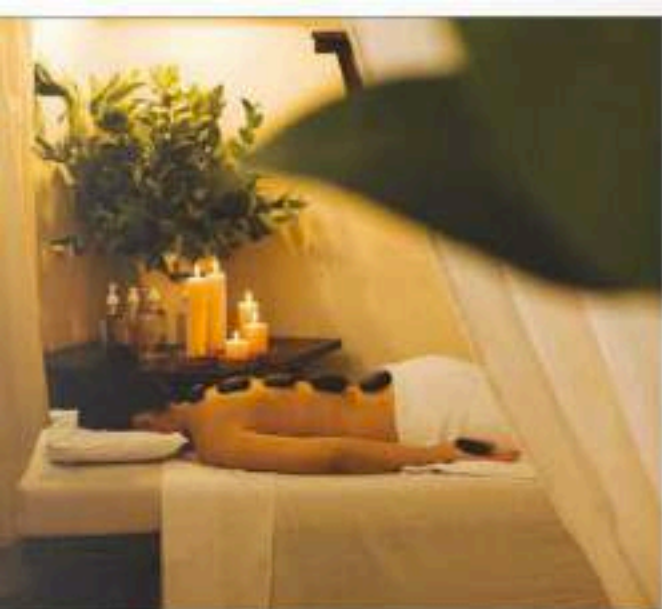
Welcome to the Modern Spa Guide, a selection of stunning day and stay spas, UK and beyond...



Unu Spa in the Inkaterra Machu Picchu Pueblo Hotel



A spiritual welcome awaits you in this stunning Andean paradise...



Opened in 1994, Unu Spa ('Unu' means water in Quechua language) is a unique spa concept that combines classic nurturing with a mystical Andean approach. It is located within Inkaterra Machu Picchu Pueblo Hotel in the midst of the Andean cloud forest.

Since 1975, Inkaterra has pioneered ecotourism and sustainable development in Peru. Committed to scientific research and conservation, Inkaterra shares biodiversity and culture with the world through authentic travel experiences.

Inkaterra properties are established in the heart of the Machu Picchu cloud forest, deep in the Amazonian rainforest, nestled in the cobblestoned streets of Cusco, and surrounded by the rolling hills of the Sacred Valley of the Incas. Luxury standards are achieved in all hotels, defined for their eco-friendly design inspired by traditional architecture and built with native materials, in harmony with the

environment. The hotel collection hosts more than 200,000 travellers every year, and is a member of diverse alliances such as Relais & Châteaux, Virtuoso and National Geographic Unique Lodges of the World. Eduardo Castañeda, Resident Manager at Inkaterra Machu Picchu Pueblo, answers our questions...

Tell me about your facilities?

Popular with those heading to the ancient citadel of Machu Picchu, Inkaterra Machu Picchu Pueblo Hotel is an intimate Andean village with terraced hills, waterfalls, stone pathways and 81 whitewashed adobe casitas tucked away in the cloud forest.

À-la-carte excursions feature the property's 12 acres of exquisite natural beauty, where 214 bird species have been registered, such as the golden-headed quetzal and the iconic Andean cock-of-the-rock. The world's largest native orchid collection (372 species, including 19 new species to science) in its natural habitat is found within the

hotel. Organic tea is produced through millenary techniques. The Andean Bear Rescue Center studies and conserves the only bear species native to the Southern Hemisphere, and main inspiration for Paddington Bear!

Do you have a restaurant or cafe, and what's on the menu?

The first-class restaurant features stunning views of Vilcanota River, whilst Café Inkaterra shares the secrets of Andean cuisine with a contemporary approach, creating an innovative environment for style fusion.

Do you have a signature treatment?

The Andean Sauna, where stones from Vilcanota River are heated inside a candle-lit eucalyptus hut located next to the natural spring water pond.

What are your most popular treatments?

The Inkaterra Therapy is an exclusive treatment that either starts or ends with a purification session in our Andean

sauna. A Lymphatic Drainage Massage is performed using a blend of Coca leaf oil and cream to increase the flow of the lymphatic system. Afterwards, a natural mask with a blend of Coca leaf is applied to the entire body for 20 minutes. While in the body wrap, lymphatic face drainage is offered. After the cleansing shower a nourishing and hydrating Coca cream is applied to the entire body.

What are your chosen brands?

Inkaterra uses 100% natural, in-house products derived from local botanical extracts such as mint, lemongrass, eucalyptus and orchids, thus providing a pleasing spiritual, sensual and soothing experience.

Tell me about your staff.

Inkaterra therapists are trained in institutes specialising in physiotherapy and massage methods. Spas or massage rooms are available in most Inkaterra hotels, in order to respond to guest wishes and also as a recuperation





therapy after excursions involving hikes and treks in hotel grounds and surrounding areas.

Our team is always pending of our guests' wishes, in terms of massaging; sessions can be provided in the Unu Spa or in their room upon request.

Describe your staff training programmes.

Training sessions are constantly carried out onsite and outside, not only on therapies but also on the proper use of our natural spa products.

More than 4,000 people from local communities have been trained since Inkaterra was founded. Career opportunities on hospitality and ecotourism reduce migration, which helps safeguarding local cultures. Workshops and conferences are constantly organized to raise awareness on environmental care.

What's your philosophy/mantra?

Heal the body; Balance the mind; Renew the spirit.

What special 'spa breaks' are you currently offering?

Inkaterra's four-day Wellness package features a visit to the Historic Sanctuary of Machu Picchu, and various activities such as birding and orchid observation, followed by a selection of therapies at Unu Spa. The inkaterra Therapy combines the Andean Sauna and the Coca leaf purification treatment, a De-stress Massage to relax the body and restore physical, mental and emotional balance. The massage therapist uses techniques designed to help you recover flexibility and achieve maximum relaxation; it consists of passive stretching and applied pressure, using hands, feet, elbows, and knees along the energy lines of the body.

The Foot Therapy starts with a foot soak using a combination of salts with various Andean plants and flowers. Then the exfoliation treatment is applied, removing dead skin and re-hydrating your skin, followed by a deep relaxing foot massage.

What are your future plans?

In addition to Ena Spa at Inkaterra Reserva Amazónica (Madre de Dios) and Inkaterra La Casona's Therapy Room in Cusco, Inkaterra will complete its collection with new spas for Inkaterra Hacienda Urubamba (Sacred Valley of the Incas), Inkaterra Hacienda Concepción (Madre de Dios) and El Ma Pi by Inkaterra (Machu Picchu Pueblo).

Each spa will have features of its own, in harmony with the destination, underscoring the sense of place and working with local botanical extracts.

www.inkaterra.com

