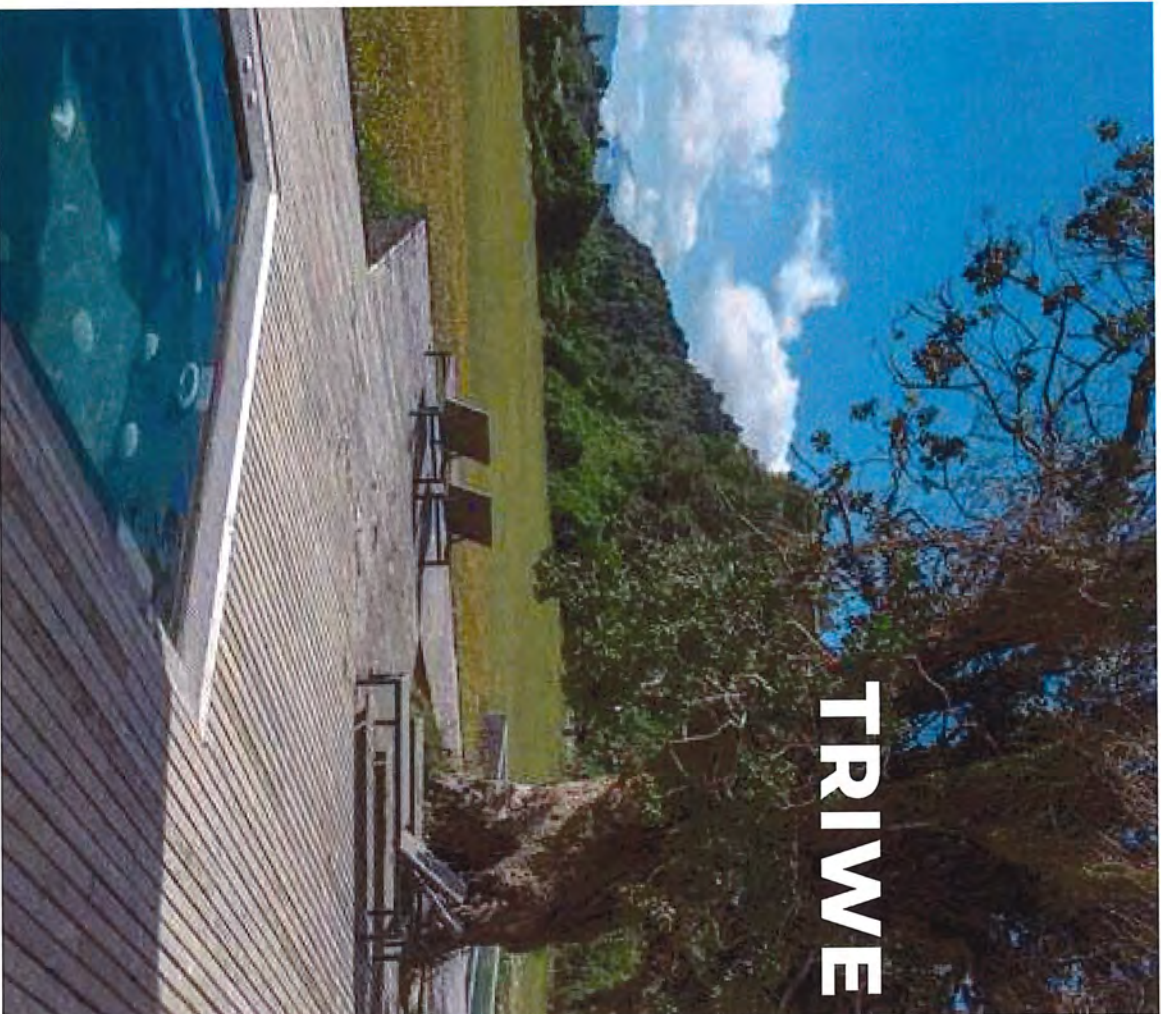




FUTANQUE
HOTEL & SPA
PRIVATE RESERVE • PATAGONIA

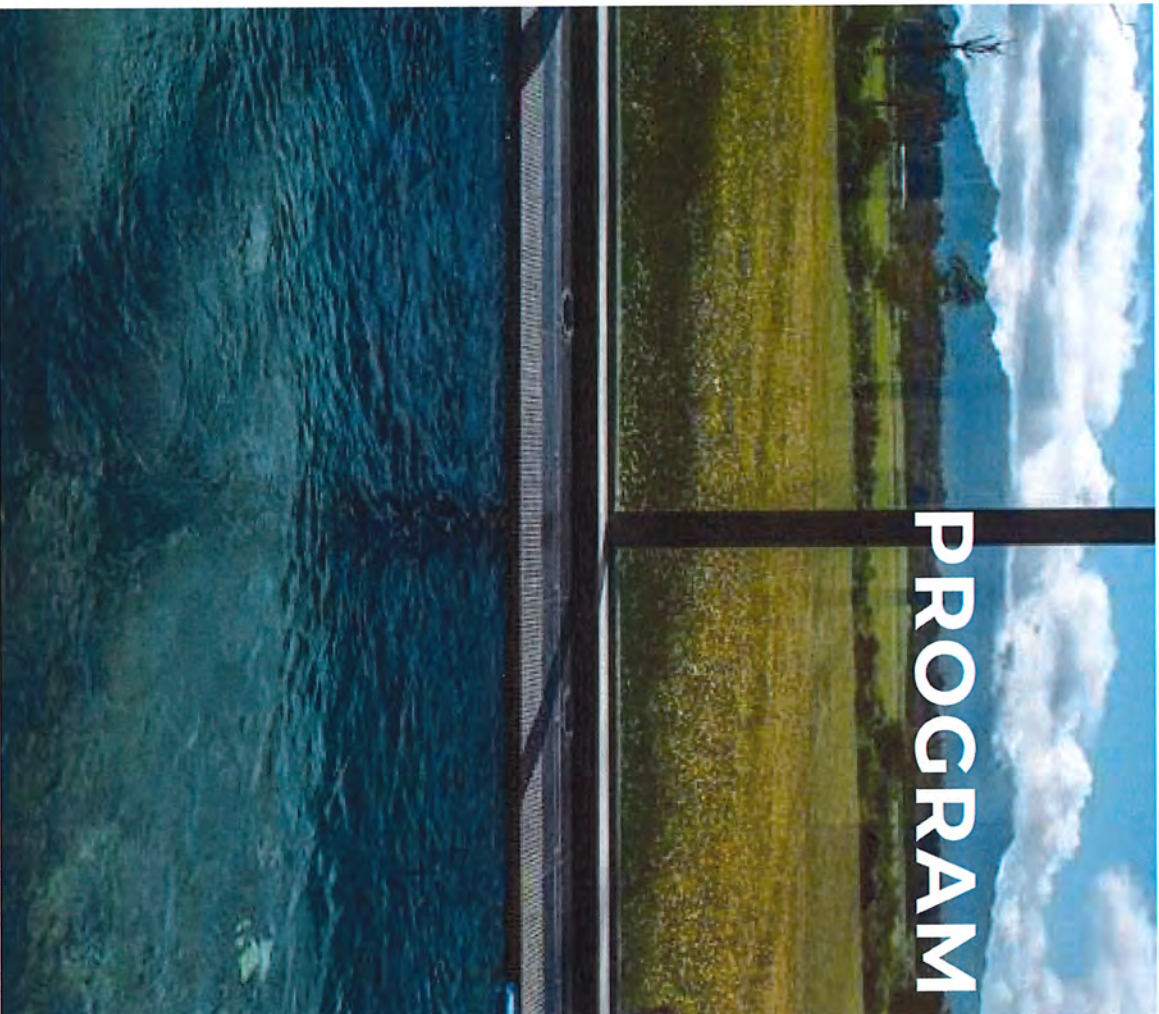


TRIVE SPA

Our Spa sits on the rainy meadows overlooking Lake Rancho, facing a breathtaking span of mountains and waterfalls. The spa's architecture is highlighted by the warmth of the native wood and volcanic rock with which it has been constructed, representing Futangue Park's natural heritage. Its name, originating from the native language of the area, Mapudungün, refers to the ancient laurels it sits under.

Trive is a sensory voyage through the interior of the Valdivian Rainforest; its smells, tastes, textures, and sounds, where the water from the slopes above it and the native plants around it combine to purify the body and spirit with the medicinal properties that have cured the indigenous peoples for thousands of years.

Relax, rest your mind, and savor the elements of the forest in all their different forms.



PROGRAM OVERVIEW

This program was designed for those seeking a mindful experience in which they can connect to the self, others and the universe. We believe in the healing power of nature, represented in different elements of the Patagonian forest. They are incorporated into our daily meditation, yoga, and massage therapies, with the purpose of revitalizing the body, mind, and spirit. Along with your stay, you can choose a variety of healthy menu alternatives, specially crafted for this program, including detox drinks and a plant-based diet.

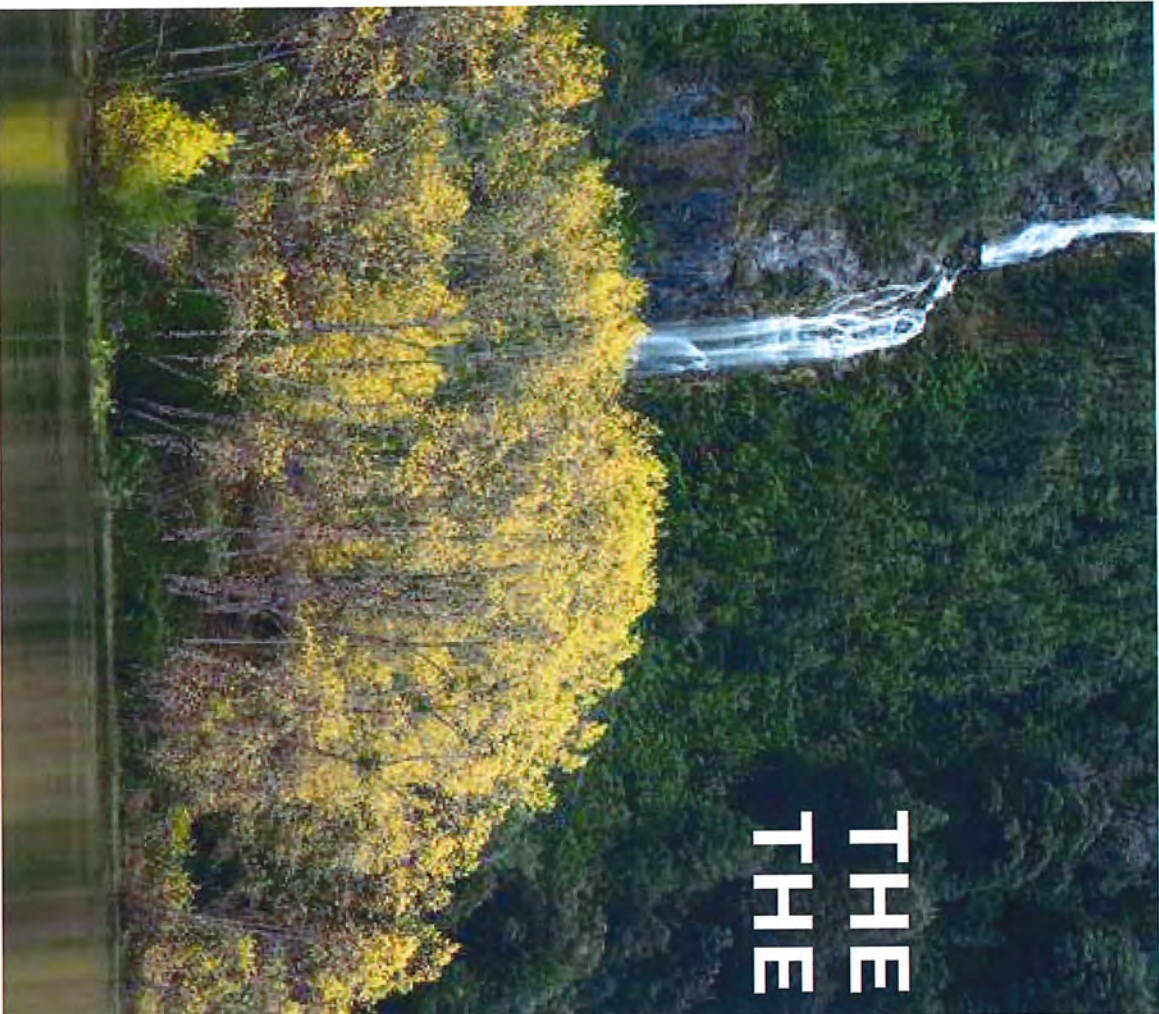
We have divided this wellness experience into two groups based on the interests and goals of our guests:

SEEKERS

This is for those who come with a mindset of transformation and seek to connect with nature and the self through yoga and meditation. Peace of mind and self-awareness are the mantra.

INDULGERS

This is for those who want to relax and indulge in a stress-free experience through regenerative therapies and disconnection from daily life. A healthy lifestyle and joy are the mantra.



THE PATH OF THE SEEKER

We will wake up early in the morning for a yoga session at sunrise. After the yoga session, breakfast will be waiting.

The rest of the morning is free to visit the park or choose any of the massage therapies on our spa menu.

In the afternoon, we will have another yoga session in a beautiful setting in the park (weather permitting), and then there will be time for a deep meditation in nature.

We will return to the hotel at sunset.

*Seekers can include up to four hours of rituals or amenities for each day of their stay (two hours in the morning and two in the afternoon). You can also choose to go on a half-day excursion, any morning or afternoon during your stay.

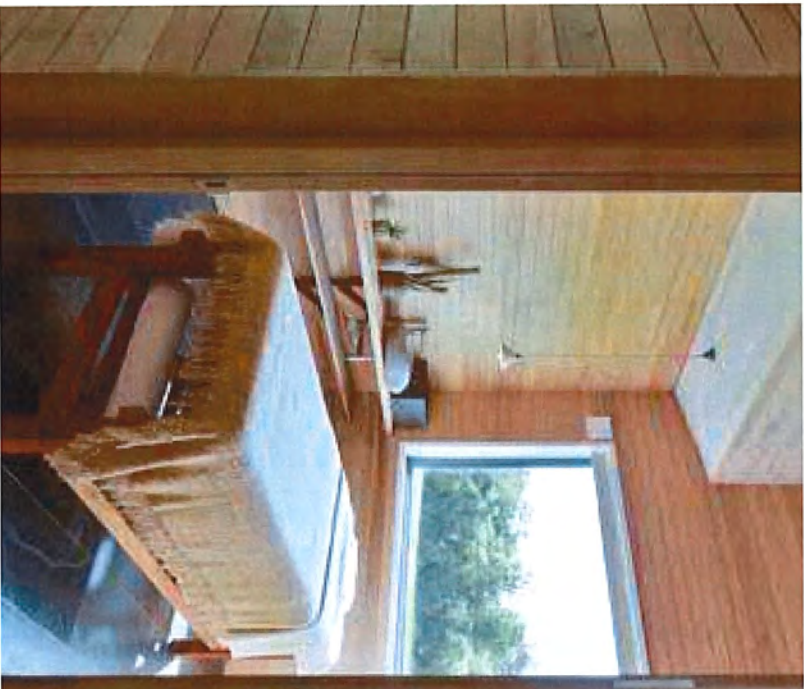


THE RITUAL OF THE INDULGER

In the morning you can choose between a yoga session or any of the massage therapies from our selection. The rest of the morning, you can enjoy the hotel and the park or continue pampering yourself in our spa.

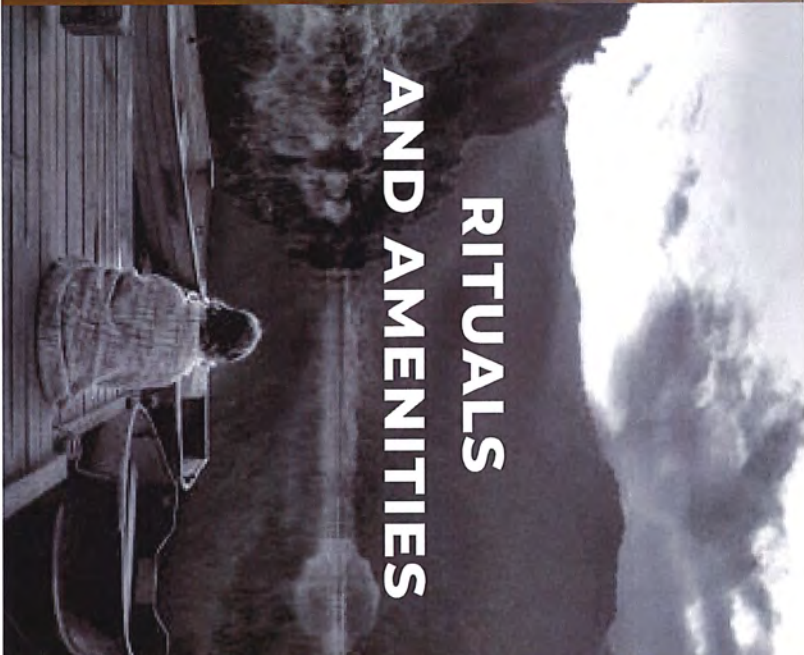
In the afternoon, you can choose another therapy at the spa or a half-day excursion in the park. This excursion could be a mindful trek, where we practice simple breathing and observation exercises to connect with nature.

*Indulgers can include up to 2.5 hours of rituals or therapies each day, distributed as you like throughout the day. You can exchange two hours of massage for a half-day excursion in the park.



THERAPIES

We offer a selection of ten massage techniques focused on relaxing and indulging the body, stimulating the senses through aromatherapy, relieving tension and eliminating stress.



RITUALS AND AMENITIES

As we quiet our minds, walk in nature, and listen to our own breath, feelings, and thoughts more deeply, we seek to grow a sense of stillness and clarity.

MEDITATION



YOGA

Using Hatha Yoga as a base, we aim to find a moment of disconnection and reconnection with ourselves and nature. This creates a personal sense of harmony and well-being.



RITUALS

For both seekers and indulgers, we have crafted the following rituals:

DETOX RITUAL (2 hours)

- Sauna
- Lymphatic drainage massage (remove liquids, toxins, and wastes)
- Detox juice

FULL BODY RITUAL (2.5 hours)

- Facial
- Massage (deep tissue and relaxation techniques)
- Body wrap
- Foot spa

MIDDLE RITUAL (1.5 hours)

- Body exfoliation
- Massage (deep tissue and relaxation techniques)
- Foot spa

FIRST RITUAL (1 hour)

- Body exfoliation
- Relaxation massage

SPA MENU

RELAXATION MASSAGE

This massage involves applying soft pressure on the back, arms, hands, legs, and feet and using essential almond oil and native plants from the Valdivian Rainforest to help relax your body, stimulate better circulation, and promote general well-being. (available in 30, 60, 90, and 120-minute sessions)

DEEP TISSUE MASSAGE

A deep tissue massage with pressure and mixed muscle contraction techniques, this massage helps to restore structural balance using a combination of gliding strokes, kneading, and stretching of the muscles to induce a relaxing and calming effect. This therapy is done with essential almond oil and native plants from the Valdivian Rainforest. (available in 30, 60, 90, and 120-minute sessions)

HOT STONE MASSAGE

Gain mental peace and enter a state of harmony with this massage focusing on total relaxation. Release tension using hot mineral stones of volcanic origin, combined with a full-body massage mixing manual relaxation and relieving techniques. The massage utilizes essential oils, which relieve fatigue, tension, and muscle pain. (available in 60, 90, and 120-minute sessions)

TRIVE MASSAGE

This massage involves a complex healing therapy that calls for perfect synchronization to stimulate and balance the key energy points of the body.

It begins with a journey of the senses to the interior of the Valdivian Rainforest through a combination of soft and deep manual techniques powered by volcanic stones and native plant aromatherapy, which help you relax, relieve stress, and soothe muscle tension. (60 minutes)

LYMPHATIC DRAINAGE MASSAGE

This gentle massage stimulates the natural drainage of the lymph, which helps to eliminate waste from the body. The goal is to move the fluid out of tissues and into the lymph nodes, where bacteria, viruses, and other harmful microorganisms are destroyed. This technique is helpful as a skin care and wellness routine given the detoxifying, esthetic, and stress reduction benefits it offers. (90 minutes)

BAMBOO THERAPY

This massage will harmonize your health through the sensations transmitted by the senses and through contact with bamboo rods, which stimulate the drainage of harmful toxins and work the deep-muscle tissue, providing relaxation and draining effects by immersing you in the vastness of the Valdivian Rainforest's energy. A state of absolute relaxation can be obtained from the elasticity and robustness of the reeds, which release accumulated tension in the body. (available in 60, 90, and 120-minute sessions)

SPA MENU

SPORT MASSAGE

As a pre- and post-competitive therapy, this massage is focused on both frequent and casual athletes. It seeks to relieve and strengthen muscle recovery, optimize and enhance muscle performance and prevent injuries and muscle fatigue. (50 minutes)

PURIFYING WRAPS

(with local berries and honey harvested in the park)

This therapy incorporates a moisturizing body mask with antioxidant and purifying properties. It also acts to eliminate stress and fatigue, reduce inflammation, and remove retained liquids, causing a pleasant overall sense of well-being. The texture of the wrap offers small massages when applied to the body. This therapy is done with essential almond oil and oils from native plants found in the Valdivian Rainforest. (60 minutes)

FACIAL

(mask made with local berries)

This treatment consists of facial depurative cleansing, exfoliation, hydration, nutrition, and a facial massage. It is beneficial for both women and men and is done with organic products and essential oils from native plants found in the Valdivian Rainforest. (60 minutes)

FOOT SPA TREATMENT

This massage aims to stimulate the channels through which the body's energy flows by applying acupressure to improve organ function related to the treated points. It begins by relaxing the legs and feet by wrapping them in warm towels with anti-inflammatory and revitalizing essences, and it ends with a massage of activating menthol essences and extracts from native plants of the Valdivian Rainforest. (60 minutes)

YOGA SESSION

Through coordinated poses and a focus on the breath, these yoga sessions help you find a moment of connection with yourself and nature. The sessions take place in a harmonized space inside the park (weather permitting).

We carry out classes with different approaches built on Hatha Yoga and focus on helping you move through the postures in a way that lets you obtain the full benefits of each movement. At the same time, we add fluency sequences, where we work with the rhythm, movement, and breathing, achieving a balanced routine.

GUIDED MEDITATION IN THE FOREST

This meditation focuses on a conscious reconnection with nature, which produces many health benefits. We will walk along a gentle path through an old forest, practice barefoot meditation, do some light stretching / yoga, share experiences, and end with an intimate tea ceremony.