



## Zona Z Wellness

At Zona Z Wellness & Spa, our mission is to create a peaceful atmosphere by focusing on health and wellness through the use of therapeutic massages and chiropractic services. We believe in the interconnectedness of the body, spirit, and the old Mexican charm of Puerto Vallarta. We strive to help nurture that connection.

### Chirogenix

Chirogenix incorporates 3 disciplines of holistic wellness care: chiropractic manipulation, therapeutic circulatory massage, and rehabilitation physiotherapy. This gentle treatment focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health.

### Zona Z Signature Massages

The Zona Z Signature Massages are holistic manipulation of the soft tissues, where the primary focus is on the different layers of muscle of certain sections the body. Your entire body will experience various massage techniques, acupressure, reflexology, and ayurvedic aromatherapy. The goal of Zona Z's signature massages is to de-stress those muscle tissues that are causing tension throughout your body. This massage will have you drift away for the next 60 or 90 minutes of bliss.

### Physiotherapy Treatment

Dr. Mark has been NBCE board certified for Level I physiotherapy and has extensive experience in rehabilitation protocols. Dr. Mark uses comprehensive, evidence-based methods that include joint and spine mobilization/manipulation, diverse soft tissue release techniques, therapeutic exercise, and neuromuscular re-education along with ultrasound and electrotherapy related modalities.

### Wellness Menu

Our professional staff offer a wide selection of Body massage, available in your own private suite at ZonaZ or the Wellness Zone Studio.

#### **Offering:**

Initial Treatment/ Consultation	\$1,000 MX	\$62 US
Chirogenix Treatment (45-60 mins)	\$800 MX \$1,000MX	\$50 - \$63 US
Acupressure Cupping/Massage	Extra \$600 MX	\$38 US
Energy Balance with Chirogenix	\$1,500 MX	\$94 US

Massage	30 min	60 min	90 min	US DOLAR
Zona Z CBD Massage		\$1,000 mx	\$1,500 mx	\$ 62 / \$ 94 usd
Zona Z Therapeutic		\$ 700 mx	\$ 900 mx	\$ 44 / \$ 56 usd
Zona Z Deep Tissue		\$ 900 mx	\$ 1,200 mx	\$ 56 / \$ 75 usd
Relaxing		\$ 600 mx		\$ 38 usd
Lymphatic Drainage		\$ 800 mx		\$ 50 usd
Back Massage	\$ 500 MX			\$ 32 usd
Reflexology	\$ 600 MX			\$ 38 usd
Tires Legs	\$ 500 MX			\$ 32 usd
Thai			\$1,200 MX	\$ 75 usd
Hot stones			\$1,200 MX	\$ 75 usd

\*Above prices are subject to changes without notice. \*\*Notice, ZonaZ Wellness Policy for Changes and Cancellations. \*\* 24-hour in advance notice must be received to avoid a cancel/change fee of 500.00 pesos min. Any Cancellations or next day appointment changes will result in the mentioned fee. This policy is to avoid many cancellations where our therapy staff and I could have scheduled other wellness treatments for individuals seeking appointments.