

Germaine de Capuccini Spa at the Grand Miramar Puerto Vallarta, Jalisco, Mexico



The elegant [Germaine de Capuccini Spa at the Grand Miramar Puerto Vallarta](#) in [Puerto Vallarta, Jalisco, Mexico](#) is light and airy with state-of-the-art treatment rooms overlooking the Pacific Ocean. The Spa has a diverse treatment menu including anti-aging treatments, massages, body wraps, exfoliating treatments, facials, steam, and holistic treatments to create a most memorable experience for its guests. We thoroughly enjoyed our Spa treatments where the therapists worked their restorative magic on our muscles after our long walks on the beach and exploring the charming city of Puerto Vallarta.

A Spa experience is the utmost indulgence for the health and care of our bodies and minds; it is a conscious commitment of setting time aside in our lives; it is nurturing, revitalizing, and restorative, it is a time to relax, and a time to de-stress, and to truly maximize the benefits of a Spa visit, when one enters through the door, one must be prepared to go on a "journey of relaxation" leaving cares and "emotional baggage" behind. This is one journey where the only thing that you need to bring along is yourself.



Germaine de Capuccini Spa

For a thoroughly memorable experience, one should arrive early for a Spa appointment to soak up the peaceful ambience and perhaps take a steam before treatments to relax the muscles. It is important to remember that this is "Your Time," you have made a decision to go on a "Spa journey" and in the hectic world we live in where we are always rushing through our day trying to accomplish a Herculean number of tasks, Spa time should be special time, a time designated for relaxation, where we pamper and nurture our minds and bodies. Remember that you earned and deserve your time at the Spa, enjoy the journey.

We stayed at the Grand Miramar Puerto Vallarta in late April 2014, and wanted to experience their Spa during our stay. Our experience at the Germaine de Capuccini Spa began at the Spa entrance with its stunning décor and inviting marble reception area where the gracious and knowledgeable staff greeted us and gently guided us through our treatment selection.



Decorative Treatment Room

In keeping with the Spa philosophy of making time for ourselves, we arrived early for our appointment, changed from our street clothes into the luxe Germaine de Capuccini Spa robes and Spa slippers in the well appointed men's and women's locker rooms, which have steam rooms and showers to use pre or post-Spa treatments, and we were ready for our Spa journey to begin.

Comfortably seated in the attractive relaxation room, we soaked in the calming ambience, the light fragrance of the Spa, and the peaceful tranquility while sipping cool water while waiting for our therapists to guide us on our Spa journey.

The Spa's light and airy state-of-the-art treatment rooms have walls of windows overlooking the Pacific Ocean that create an impressive visual memory; this memory was step one in our Spa journey.



Couple's Massage Room

Step two in our journey was the little details that the Germaine de Capuccini Spa incorporated to make the experience special; treatment beds were dressed with white-on-white striped linens with striped throws that matched the throws used on the guestroom beds that created a continuous memory from the Spa to the guestroom. Scattered bougainvillea petals and towels artistically folded into animals arranged on the treatment beds added appeal.

Step three in our Spa journey was the actual treatments. The Spa Germaine de Capuccini has a diverse menu of treatments that includes various massages; we opted to have the romantic "couple's massage" so that we could share the experience. The attractive couple's treatment room had two treatment beds so that

Created by: Debra C. Argen and Edward F. Nesta

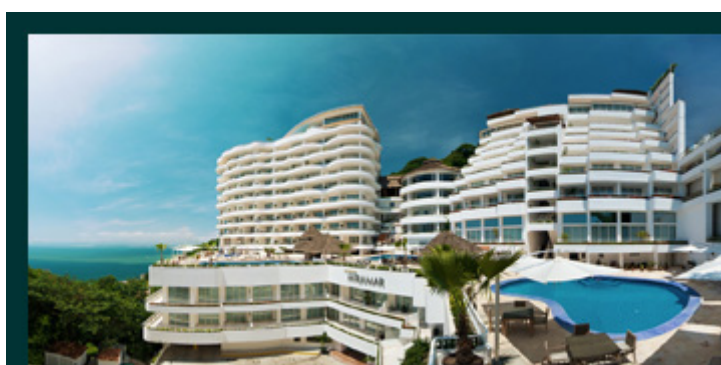
our two massage therapists could work on us simultaneously. While individual massages are also wonderful, there is something very comforting about a having a couple's massage, there is an almost spiritual connection between partners when having treatments done together in the same room where the experience is shared. Our breathing became slowly rhythmic as we allowed ourselves to succumb to the deep relaxation that comes from having a massage.



Massage

Alas, Spa time always seems to pass too quickly, almost as if Spa time runs quicker than "normal" time. Step four in our Spa journey was when our therapists gently let us know that our treatment session was completed. We sighed contentedly, relaxed, feeling refreshed and restored, thanked our therapists for a wonderful Spa journey, and knowing that we would soon need to return to the "real world" we first returned to the relaxation room to prolong the experience and the memory for just a little bit longer.

"Germaine de Capuccini is the first company in the cosmetics sector committed to the protection of the environment and the quality control regulations in Europe, using the products of the Spanish line of cosmetics."



Grand Miramar Puerto Vallarta

Read about our stay at the Grand Miramar Puerto Vallarta in the **Hotels and Resorts** section, about our dining experience in the **Restaurants** section, read the interview with Executive Chef Vidal Mezela Noh who graciously provides a taste of the restaurant with his delicious recipes in the **Chefs' Recipes** section (in **English** and in **Spanish**).



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