

LOS CABOS

WELLNESS GUIDE



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EL ARCO

Los Cabos is a magical land full of contrasts: Stunning ocean views, deserts swaying in the wind and breathtaking mountains. The famous rock arch, an icon of fate, is also known as “Land’s End” because it is located on the southern end of the Baja California Peninsula.

The extraordinary world of Los Cabos is a place of unparalleled natural beauty, biodiversity and extraordinary amenities that will appeal to anyone, as it is a sophisticated paradise in a tropical heaven.



AREAS OF LOS CABOS

PACIFIC

The Pacific region is a corridor of stunning and beautiful beaches. Towns such as Migriño, Candelaria, Todos Santos and Pescadero are located an estimated 45 minutes from Los Cabos. All year round, you can enjoy all-terrain vehicle tours, hiking or strolls to a true oasis in the Candelaria desert. The area attracts international artists, avid surfers and adventurers.

CABO SAN LUCAS

It has a myriad of attractions; here is El Arco, one of the most emblematic natural formations of the region and is the central point around which many tourist activities revolve. Whale watching can also be enjoyed in the December to April season and turtle migration from September to December. This region is often visited by young people or those traveling with friends looking for a vibrant place to stay, as there are a variety of options for dining and cocktails prepared by mixologists using ingredients from the region.

TOURIST CORRIDOR

Connecting San José del Cabo and Cabo San Lucas, it is a corridor of approximately 33 km that encompasses beautiful beaches combined with desert views. Hotels range from luxury chains, boutique or business hotels, family or adult-only options that offer either all-inclusive or European plans. The Corridor is home to the largest number of golf courses in Los Cabos.

SAN JOSÉ DEL CABO

Relaxed, welcoming and cultural, the community offers recreational activities such as art walks to admire art in different versions, including galleries, boutique stores and an extensive gastronomic offer. Here there is an estuary that is home to emblematic birds. This charming region is recommended to be enjoyed on foot, so as not to miss the attractions among its streets. It is only a 15-minute drive from Los Cabos International Airport.

CABO DEL ESTE

One of the main attractions for visitors to Los Cabos is the precious stretch known as Cabo del Este. Isolated and silent, most of its beaches are deserted, since to get there, you have to pass through sandy gaps. Surf lovers come from around the world to enjoy the crystal clear blue waves.

Deep sea fishing is one of the most popular activities here, as a wide variety of pelagic species are caught daily from shore or within 10 kilometers, including grouper, marlin, sailfish, mahi-mahi and tuna. It is not always necessary to get on a boat to enjoy fishing, it is enough to walk along the sand to catch roosterfish from there.

You can rent ATVs in Rancho Buena Vista and go on excursions to explore other places along Cabo del Este.



Visit: <https://www.visitaloscabos.travel/lugares-para-visitar>

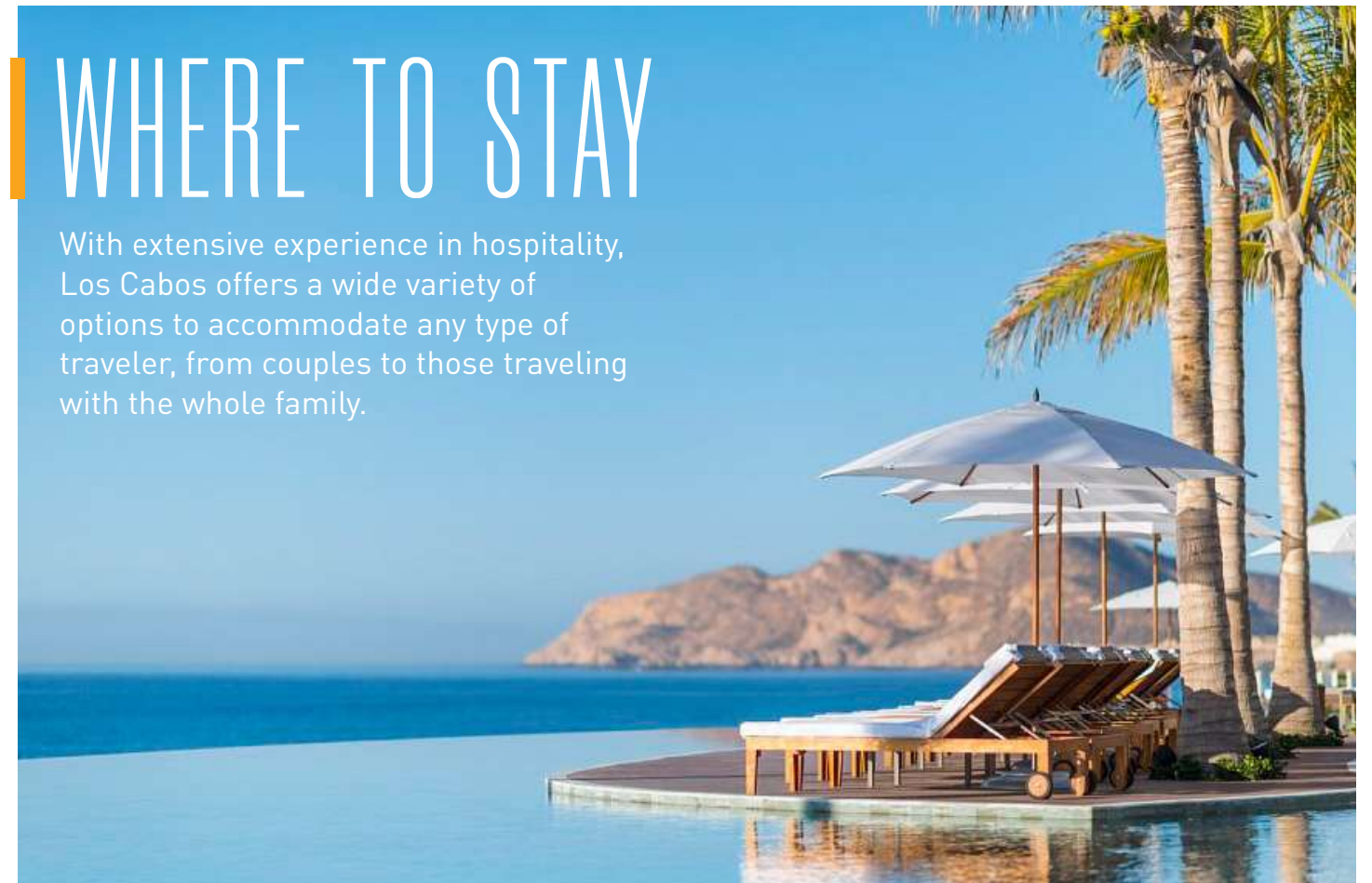
CONNECTIVITY

There are direct flights departing from most places in the Mexican Republic? They arrive at Los Cabos International Airport (SJD), located 11km from San José del Cabo.



WHERE TO STAY

With extensive experience in hospitality, Los Cabos offers a wide variety of options to accommodate any type of traveler, from couples to those traveling with the whole family.



From San José del Cabo to Cabo San Lucas, passing through the Tourist Corridor, dozens of hotels offer lodging options for every taste, preference and budget. Luxury accommodations, with golf courses, hotels with all-inclusive or European plans, for families or adults only,

or luxury rooms with sea views. For those looking for a more private stay, there are vacation rental and villa options that offer personalized service and custom vacations.



Visit: <https://www.visitaloscabos.travel/hospedaje/>

ACCOMMODATION IN LOS CABOS



CABO SAN LUCAS

1. Grand Solmar at Rancho San Lucas Resort, Golf & Spa
2. Grand Solmar The Residences at Rancho San Lucas
3. Diamante Cabo San Lucas
4. Nobu Hotel Los Cabos
5. Hard Rock Los Cabos
6. Pueblo Bonito Pacífica Golf & Spa Resort
7. Montecristo Estates Luxury Villas
8. Pueblo Bonito Sunset Beach Golf & Spa Resort
9. Waldorf Astoria Los Cabos Pedregal
10. Tesoro Los Cabos
11. Sandos Finisterra Los Cabos
12. Playa Grande Resort & Grand Spa
13. The Ridge Luxury Villas at Playa Grande
14. Solmar Resort
15. Grand Solmar Land's End Resort & Spa
16. Breathless Cabo San Lucas Resort & Spa
17. Hacienda Beach Club & Residences
18. Marina Fiesta Resort & Spa

CABO SAN LUCAS

19. Corazón Cabo Resort & Spa
20. Médano Hotel & Suites
21. Bahía Hotel & Beach House
22. Casa Dorada Los Cabos Resort & Spa
23. Me Cabo by Melia
24. Pueblo Bonito Los Cabos Beach Resort
25. Pueblo Bonito Rosé All Suites Resort & Spa
26. Club Cascadas de Baja
27. Villa del Arco Beach Resort & Spa
28. Villa del Palmar Beach Resort & Spa
29. Villa La Estancia Beach Resort & Spa
30. City Express Plus and Suites Los Cabos
31. Riu Baja California Hotel
32. Riu Santa Fe Hotel
33. Riu Palace Cabo San Lucas Hotel
34. Los Cabos Golf Resort
35. Holiday Inn Express Cabo San Lucas

TOURIST CORRIDOR

36. The Cape, A Thompson Hotel
37. Sunrock Condo Hotel
38. Sirena Del Mar Welk Resort Cabo
39. Esperanza, An Auberge Resort
40. Hacienda Encantada Resort & Residences
41. The Residences at Hacienda Encantada
42. Vista Encantada Spa Resort & Residences
43. Hacienda del Mar Los Cabos Resort, Villas & Golf
44. Hacienda del Mar Los Cabos
45. Grand Fiesta Americana Los Cabos all Inclusive Golf & Spa
46. Montage Los Cabos
47. Chilean Bay Resort & Residences
48. Grand Velas Los Cabos
49. Garza Blanca Resort & Spa Los Cabos
50. Le Blanc Spa Resort Los Cabos
51. Solaz, a Luxury Collection Resort, Los Cabos
52. The Club at Solaz
53. Los Cabos Golf Resort Trademark Collection by Windham
54. Dreams Los Cabos Suites Golf Resort & Spa

TOURIST CORRIDOR

55. Zoëtry Casa del Mar Los Cabos
56. Las Ventanas Al Paraíso, A Rosewood Resort
57. Paradisus Los Cabos
58. Hilton Los Cabos Beach & Golf Resort
59. Marquis Los Cabos All Inclusive Resort & Spa
60. Hampton Inn & Suites by Hilton Los Cabos
61. The Westin Resort & Spa Los Cabos

SAN JOSÉ DEL CABO

62. One&Only Palmilla
63. Cabo Surf Hotel & Spa
64. Krystal Grand Los Cabos
65. Santa Maria Hotel & Suites
66. Hyatt Place Los Cabos
67. Royal Decameron Los Cabos
68. Hyatt Ziva Los Cabos
69. Posada Real Los Cabos
70. Viceroy Los Cabos

SAN JOSÉ DEL CABO

71. Barceló Gran Faro Los Cabos
72. Casa Natalia
73. Royal Solaris Los Cabos All Inclusive Resort & Spa
74. Cabo Azul Resort
75. Vidanta Los Cabos
76. Acre Resort
77. El Ganzo Hotel
78. The Marina Inn
79. Secrets Puerto Los Cabos Golf & Spa Resort
80. JW Marriott Los Cabos
81. Zadún, A Ritz-Carlton Reserve

EAST CAPE

82. The White Lodge
83. Four Seasons Resort and Residences Los Cabos at Costa Palmas
84. Buena Vista Oceanfront & Hot Springs Resort

GASTRONOMIC EXPERIENCES

Mexican cuisine was the first to be recognized as UNESCO World Heritage, along with French cuisine in 2010. It remains the largest culinary heritage nomination in history, comprising agricultural methods, cooking techniques and intergenerational social ties beyond the kitchen and table.



The Baja California Peninsula is renowned for its unique terroir that shares conditions similar to the Mediterranean region in Europe, making it an innovation heaven for star chefs from around the world who go to Los Cabos' luxurious culinary temples to design cutting-edge dishes.

CABO SAN LUCAS

Hacienda Cocina & Cantina, Hacienda Beach Club

Inspired by the true luxury of a Mexican hacienda and with unique service, this property overlooks stunning views of the land's end and the bay. It is located on the seaside in Médano, the main beach of Cabo San Lucas. Hacienda Cocina y Cantina celebrates Mexican cuisine with a focus on traditional dishes from the Sea of Cortés. This one-of-a-kind experience is the perfect place for a little indulgence.

[🌐 haciendacocina.mx](https://www.haciendacocina.mx)

Sur Beach House, Bahía Hotel

Food inspired by the generosity of Baja and the spectacular sea upon which SUR is located. Influenced by international flavors, but rooted in Mexico's traditions and flavors, and with an emphasis on Baja's finest seafood, the SUR menu features food that is appealingly simple, allowing its hand-selected, high-quality homemade ingredients to shine. Their in-house sommelier and mixologist, Nizuniro (you can call him Nizu), has created a beverage menu that perfectly complements Chef Andrés' dishes. With seasonal craft cocktails, craft beer and wine options from all over Mexico and the world, every dish has a perfect pairing.

[🌐 surcabo.com](https://www.surcabo.com)

Casa Martín

Located in the heart of Cabo San Lucas, Mexico, we invite you to enjoy the gourmet creations prepared by Chef Roger Martin. Casa Martin offers an authentic new kitchen concept with a charming atmosphere. We invite you to enjoy an exquisite dinner with the highest level of customer service.

[🌐 casamartin.com](https://www.casamartin.com)



SAN JOSÉ DEL CABO

NAO

Inspired by the exchange of two legendary cultures, NAO opened in Los Cabos to offer unique, pleasing Mediterranean cuisine made by Chef Alex Branch. Working alongside local fishermen, farmers, ranchers and growers, his vast knowledge and inspiration creates an unpretentious, original style that amazes everybody. Dishes from the authentic and traditional Mediterranean riverfront renewed creatively, which are reflected on a simple, complete menu alongside distinctive drinks to pair perfectly. Each creation made here is surprising both to the eye and to the palate.

naocabo.com

Javier's Cabo Azul

With an exquisite menu and breathtaking views of the beach, every authentic home-style Mexican dish at Javier's is full of colors and flavors, and is prepared with only the freshest ingredients to please every palate. At Javier's, the delicious cuisine can only compete against its seaside setting. Spectacular furniture and romantic touches create an exotic yet warm and welcoming atmosphere, overlooking the Sea of Cortés.

javier-cantina.com

Don Sánchez

Each dish served here is a contemporary culinary masterpiece that provides a unique experience. From the jicama sashimi to the famous surf and turf tacos, everything is pleasing to the senses. Chef Edgar Roman has created a splendid opportunity for experiencing the gourmet side of Los Cabos in District 23400. It offers fresh local produce, which is used to create an amalgam of interesting, deep and delicious flavors. Try the contemporary Mexican cuisine that suits all palates (including vegetarians and vegans) in the gastronomic heart of San José del Cabo at Don Sánchez restaurant, part of the Grupo Edith's [Edith's Group].

donsanchezrestaurant.com

La Lupita

Cabo San Lucas: Taqueria and Mezcaleria, located in Col. El Médano, CABO SAN LUCAS in BCS. As lovers of our culture and cuisine, and inspired by the Mexican flavors to offer a unique product that is well-presented and uses the best quality ingredients, they support regional growers, such as Mexican wineries. All of this is accompanied by its protagonist, the quintessential Mexican product due to its tradition, origin and production: Mezcal!!!

lalupitatym.com

CarbónCabrón

Made with organic ingredients, supplies and vegetables found only on the peninsula, we give our dishes a completely local flavor that can only be achieved in Cabo. Everything prepared here comes from this land surrounded by desert and pampered by the sun; at CARBÓN CABRÓN everything is masterfully cooked on the grill, the star of the show. The kitchen recreates the most primitive culinary experience of gathering around the fire to share stories and food.

carboncabron.com/#our-menu

Tres Gallos

Located in the heart of Cabo San Lucas and San José del Cabo, Los Tres Gallos is a culinary experience for those seeking the true aromas and flavors of Mexican cuisine. All of our old family recipes have been perfected over time, thanks to our mothers and grandmothers who have cooked them all their lives. Our wonderful dishes, our picturesque and charming outdoor courtyard filled with fruit trees, and our staff eager to please you will make this your favorite place in Los Cabos.

lostresgallos.com

Lumbre

Located in the heart of San José del Cabo, it is ideal to enjoy the Art District. A restored 1950s unit, with rustic and industrial finishes. A perfect blend of a warm, modern atmosphere, with excellent service and creative, refined food. Lumbre is the place to have a truly memorable dining experience that reflects today's Baja Sur. A tribute to the generosity of Baja California Sur, Lumbre is a celebration of fire, food and friends in a relaxed, casual atmosphere. The warmth and collective energy you feel makes it into a meeting spot for locals and a must-go for visitors. Specialty: select local products at their best, cooked over firewood and executed with global techniques.

lumbre-rest.com



TODOS SANTOS

El Mirador Restaurant

El Mirador restaurant offers an excellent dining experience with breathtaking views of the Pacific coast and the most spectacular sunsets. Indulge yourself with its Mexican creations prepared with ingredients from the sea and the adjacent gardens, while enjoying views of the beach, desert and mountains.

guaycura.com/es/el-mirador-restaurant

GOLF COURSES

Los Cabos may legitimately bear the title of “Latin American Golf Capital”, with seven of the top ten courses in Mexico, according to specialized Golf Digest magazine.



Los Cabos is home to 18 uniquely-designed golf resorts around high-value housing developments backed by renowned figures such as Jack Nicklaus, Greg Norman, Robert Trent Jones Jr., Tiger Woods, David Love III, Tom Fazio, and Fred Couples.

SOLMAR GOLF LINKS

Known for its “minimal disturbance of the environment” approach, Norman built a low-profile course, leaving the contours of the site’s natural topography intact. Spanning three different ecosystems, the course runs across huge dunes exposed to strong winds, rises through a thick cactus forest sprinkled with winding streams, and ends with the last nine holes on the beach. Norman utilized native grass varieties that use the least amount of water, creating a sustainable golf experience that flows naturally with the desert landscape and its dunes.

Type of Facility: Private / Resort

Solmar Golf Links is a private club with exclusive access available to the guests of Solmar Group hotels, including the Grand Solmar at Rancho San Lucas Resort Golf & Spa.



CABO SAN LUCAS COUNTRY CLUB

Located just minutes from downtown, Cabo San Lucas Country Club is the only golf course in Los Cabos that offers spectacular views of El Arco, the iconic arch rock formation at Land’s End. The original 18-hole course was designed by Roy Dye, Pete Dye’s brother, and finally finished by Roy’s son, Matt Dye.

Type of Facility: Resort
(access to the public is subject to availability)



CABO REAL GOLF CLUB

The Cabo Real Golf Club, a key part of a 2,800-acre tourist and residential project with 3.2 miles of beach, features a multi-theme target golf course designed by Robert Trent Jones Jr.

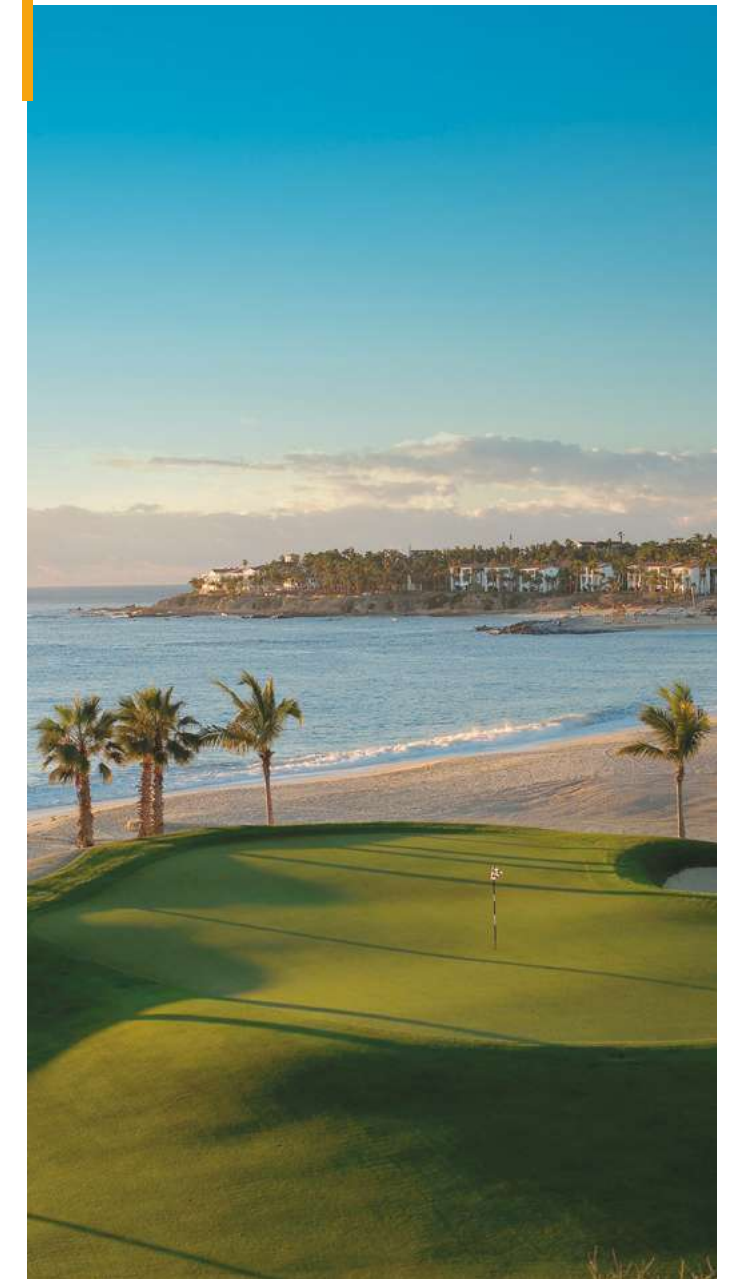
Type of Facility: Resort
(access to the public is subject to availability)



PALMILLA

Sculpted inside an encased canyon, with the brown peaks of the Sierra de la Laguna in the background, Palmilla is the landmark facility that laid the groundwork for world-class golf in Los Cabos when it opened in 1992. The original 18-hole course (nine at Arroyo Course and nine at Mountain Course), the first exclusive design from the Jack Nicklaus company in Latin America, is a target-style test woven around rocky streams, vast waste bunkers and multiple ponds.

Type of Facility: Resort
(access to the public is subject to availability)

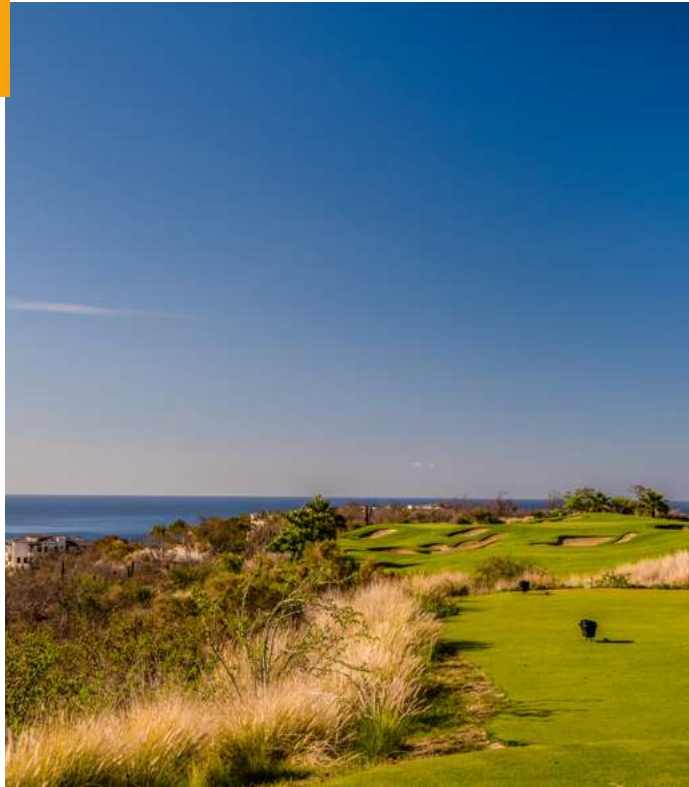


More information:
<https://www.visitloscabos.travel/golf/>

PUERTO LOS CABOS GOLF CLUB

Puerto Los Cabos is a tourist community located in Cabo del Este, a short distance from the colonial city of San José del Cabo. It served as a hybrid course for over 10 years, featuring a unique 18-hole course designed by Jack Nicklaus and Greg Norman.

Type of Facility: Resort
(access to the public is subject to availability)



SAN JOSÉ GOLF COUNTRY CLUB

Tucked away among the rolling foothills of Sierra de la Laguna, just fifteen minutes from Los Cabos International Airport and five minutes from downtown San José del Cabo, this golf course designed by Jack Nicklaus is the centerpiece of a 550-acre residential community.

Type of Facility: Semi-Private
(access to the public is subject to availability)



VIDANTA GOLF LOS CABOS

The first golf course built in Los Cabos. This charming nine-hole design was conceived in the 1980s by FONATUR (Fondo Nacional de Fomento al Turismo [National Fund for Tourism Development]), a government agency for tourism development, in order to boost tourism and the appeal of the region.

Vidanta Golf Los Cabos, located on a gently hilly land within a residential tourism development, is designed for fun and is considered a perfect option for walking and enjoying outdoors with your family.

Type of Facility: Resort



CABO DEL SOL DESERT COURSE

The Desert Course in Cabo del Sol opened in 2001 and was the architectural debut of the prestigious designer Tom Weiskopf in Latin America. Recognized for his masterful creations in desert settings, Weiskopf plotted the course on a raised land adjacent to the Cove Club, nestled among the 1,800-acre resort community, offering spectacular panoramic views of the Sea of Cortés at every hole.

Type of Facility: Resort
(access to the public is subject to availability)



Cabo del Sol



San José del Cabo

ART AND CULTURE

Its beaches and sea views, exceptional diving, golf, celebrations and nightlife, unique cuisine and stunning luxury accommodations attract millions of sybarites to Los Cabos every year.

In addition, a growing calendar of international art events promoted by local creators, gallery owners and arts-focused hotels are quickly transforming this part of the Baja California peninsula in Mexico into a must-see stop for the most seasoned culture lovers.

In fact, those who say Mexico City, Merida, San Miguel de Allende and Oaxaca as Mexico's must-sees for arts, crafts and culture are now including Los Cabos on their lists.

Contemporary dance and film lovers have been seeing this change for nearly a decade, thanks to the world-class festivals held annually.

In San José del Cabo, the surprisingly sophisticated Gallery District offers a weekly **Art Walk**, which takes place on Thursday evenings from November to June. The District also hosts the **San José Jazz Weekend** concert series in May.

There are gathering places dedicated to the work of the most renowned local artists, such as the art gallery and studio of the sculptor Julian García Forcelledo (which has been opened for twenty-three years) and the Corsica Gallery of contemporary art founded fifteen years ago. You can't miss the works of Javier Guadarrama, Victor Mora, Eduardo Mejorada and the Spanish painter Enrique Bascón, who also runs his own gallery.



EXCURSIONS

Visit a true desert oasis close to the blue ocean.

Sol de Mayo

If you're looking for adventure in a less frequented part of Baja California Sur, consider this full-day excursion. Just 55 kilometers north of the "Arco", the picturesque village of Santiago is home to thriving gardens and ranches that create the illusion of a green island amid a sea of desert scrublands. Santiago also serves as the gateway to the Cabo Real Ecological Reserve, on the edge of Sierra de la Laguna. Designated a world biosphere by UNESCO in 1994, the mountain range is made up of abundant and diverse vegetation and magnificent rock formations. Rancho Ecológico Sol de Mayo is home to some of the region's most iconic species of flora and fauna, such as lizards, quails, roadrunners, rabbits and the occasional ringtail. Begin your journey early in the trail for a better chance of sighting animals.



Oasis de Santiago

The drive to the ranch is pleasant, although renting a four-wheel drive vehicle is recommended, as the last few miles are unpaved and rough. Ten Car Rental's extensive fleet includes midsize sports vehicles and Jeeps, ideal for this type of adventure. Once on the ranch, you will have to pay a park ticket and a small fee to access the trail leading to the waterfall. The walk to the waterfall takes about ten minutes, but the return trip takes longer, since it is uphill. The rustic trail has railings and ropes for your support. The ranch offers some amenities such as bathrooms, food and beverages for sale, and even lodges to spend the night. When the picturesque 12-meter Sol de Mayo waterfall appears in sight, it's easy to feel like you've traveled to another world. This natural formation invites visitors to step back in time, as massive granite rocks at the top channel their crystal-clear spring water into a water mirror, a landscape that has attracted locals for centuries. In fact, you may find local visitors enjoying this quiet place during your visit.

► Learn more: Ten Car Rental <https://tencarrental.com/>



Cañon de La Zorra



Travelers can spend the whole day cooling off in the natural pool, a perfect space for adults after a day of exploration, while children have a safe shallow area with sand. Several companies like Terramar and Mexico Planners organize hiking excursions and they can customize your experience. The expert guides provide information about the land, its vegetation, and the places where you are most likely to see native animals along with the indigenous people who inhabited the area hundreds of years ago.

► Learn more:

Mexico Planners <https://www.mexicoplanners.com/>

Terramar <https://www.terramardestinations.com/>

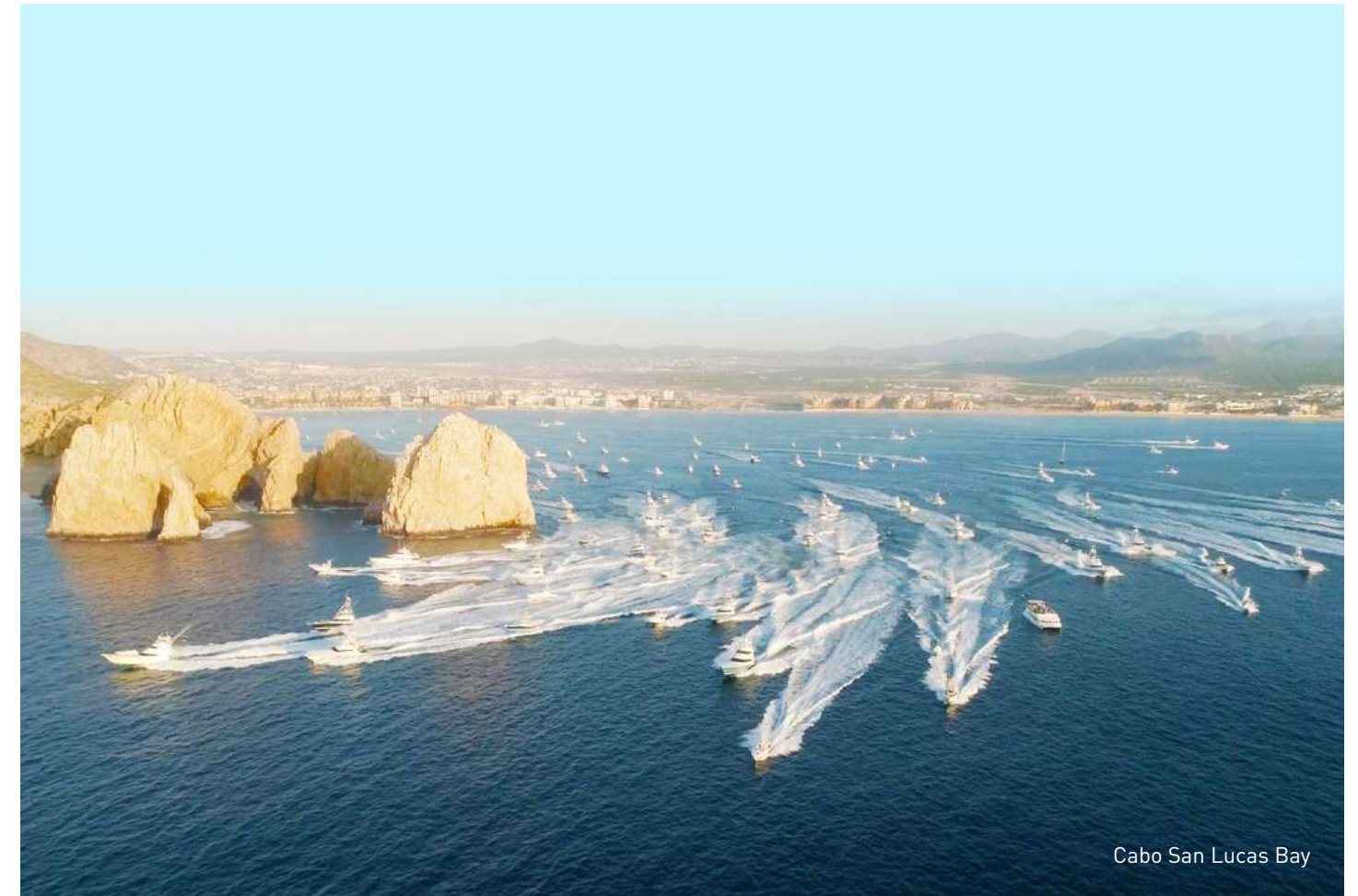
The best way to enjoy your trip is to plan ahead and prepare the right supplies. A day in the desert can be a life-changing adventure but without the right preparation, it can be a bad experience. The most important thing to remember when hiking the desert trails is a pair of comfortable closed walking shoes, essential for covering rough, steep land. So swap your flip flops out for a pair of sneakers or hiking boots. Other useful items include a swimsuit, sunscreen, sunglasses, a hat, plenty of water, a small backpack to carry everything and, of course, a camera or phone to capture memories. You may also want to buy some food at the ranch before you start on the trail to enjoy a picnic with the amazing views.

ADVENTURE

The easiest way to have an unparalleled fishing experience in Los Cabos is to rent a boat.



"Arco" of Cabo San Lucas



Cabo San Lucas Bay

"Picante Sportfishing" takes daily trips to the areas surrounding the "Arco" of Los Cabos, in a range of eight to eighty kilometers where marlins can be caught.

Luxury "Pisces Fleet" charter boats are built with world-class service in mind. Rental boats are equipped with the best gold reels made with high-strength rods with 35 kilo lines, suitable for a grueling battle with a swordfish. On a one- to three-hour expedition at high sea, nothing beats traveling in comfort and with style. These sport fishing yachts are equipped with comfortable sofas, refrigerators and TVs to keep you entertained. Once on site, the captains and fleet work hard to place a wide variety of bait to tempt species such as marlin, tuna, wahoo and mahi-mahi. One area can hold up to ten rods, as the lures hitting the

surface of the water resemble a school of bait fish. It will certainly be evident when you get a tug. The reel drag system will begin to make noise as the fish pulls on the fishing line at a fast pace. Mahi-mahi and wahoo are usually reeled in in 15 to 20 minutes, but marlin—weighing 220 to 370 kilos—or tuna—weighing more than 100 kilos—can sometimes test your willpower, spirit, and endurance.

► Learn more:

Picante Sportfishing www.picantesportfishing.com

Pisces Fleet www.piscessportfishing.com

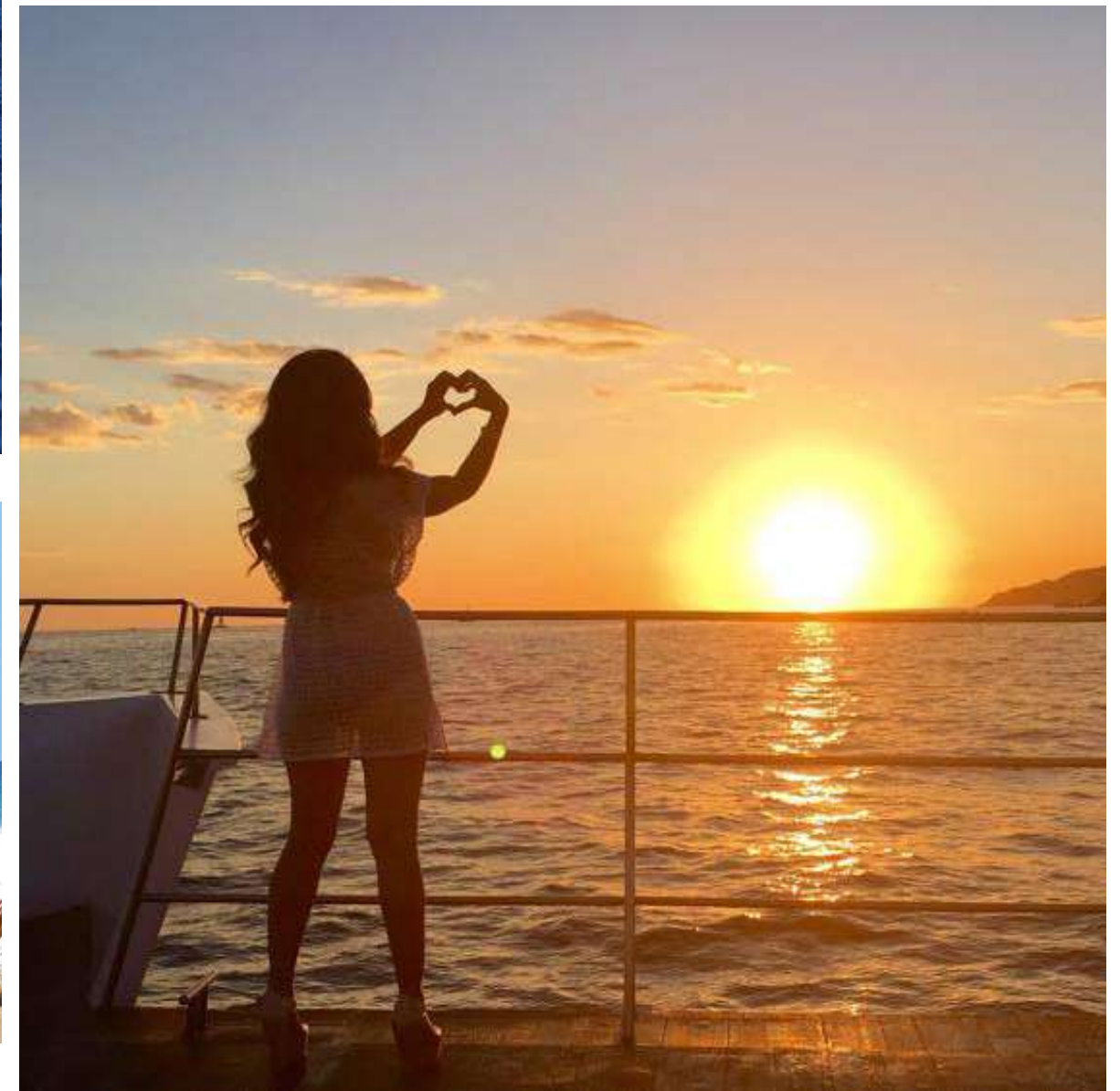


ECOTURISM

Horseback riding, luxurious sunset boat rides and whale watching...

Exploring Baja California Sur on horseback is a romantic experience for a couple, since a trot along the cactus-lined streams or a gallop along the Pacific beach is sure to be unforgettable. Sea lovers can book a Cabo Sails expedition to glide over the gentle waves on a splendid boat for a three-hour excursion with the majestic landscape of the “Arco” as a backdrop. Sunset tours are offered every day, as well as whale watching trips from December to April. It’s truly an amazing experience to witness humpback, Bryde, baleen, and gray whales travel with their families, they emerge and spew water, tossing their giant tails into the air as they dive down.

► Learn more:
Cabo Sails www.cabosails.com





Cabo Pulmo

THE WORLD'S AQUARIUM

Approximately a two-hour drive from San José del Cabo is the epicenter of Mexican scuba diving, estimated to be over 20,000 years old:

Cabo Pulmo, the great treasure of the Baja California peninsula.

Hypnotized by the variety of diverse ecosystems he explored, famous diver Jacques Cousteau called the Sea of Cortés “the World’s Aquarium”, referring to the Reserva Marina de Cabo Pulmo [Cabo Pulmo Marine Reserve], home to hundreds of different species of vibrant tropical fish, including blowfish, butterfly fish and angelfish, as well as sea creatures such as giant stingrays, swordfish, marlins, sharks, groupers, and even sea turtles.

Recognized as a UNESCO World Heritage Site, Cabo Pulmo’s impressive hard coral reef is one of the most impressive achievements in ocean conservation history.

A perfect example of sustainable ecotourism at its finest, the region is ideal for those seeking the more serene and natural side of Los Cabos. Scuba diving and snorkeling are obviously very popular, offering an up-close look at this incredible underwater habitat.



Cabo Pulmo



Cabo Pulmo

Five of the world’s seven endangered sea turtle species find shelter in Cabo Pulmo alongside bull sharks, tiger sharks, hammerhead sharks, blacktip sharks and whitetip sharks.

Visitors are encouraged to make an effort to take care of the environment as they experience and explore Cabo Pulmo in different forms of respect for nature.

SUSTAINABLE GREEN ACCOMMODATIONS:

To limit energy consumption, most lodging options in the area are fully solar powered. The absence of telephone lines and limited electricity make the area have an extremely low impact on nature, and therefore, travelers can enjoy a beautiful star-studded night sky.

SNORKEL TOURS:

Cabo Pulmo is known for having some of the best snorkeling spots in the world. As the Sea of Cortés is one of the quietest areas for travelers to explore marine life, certified Eco Adventures divers accompany visitors to explore the living coral reef and experience an incredible world of endemic species underwater.

► More information: [Eco Adventures cabopulmoecoventures.com](http://EcoAdventures.cabopulmoecoventures.com)

SUSTAINABLE KAYAKING:

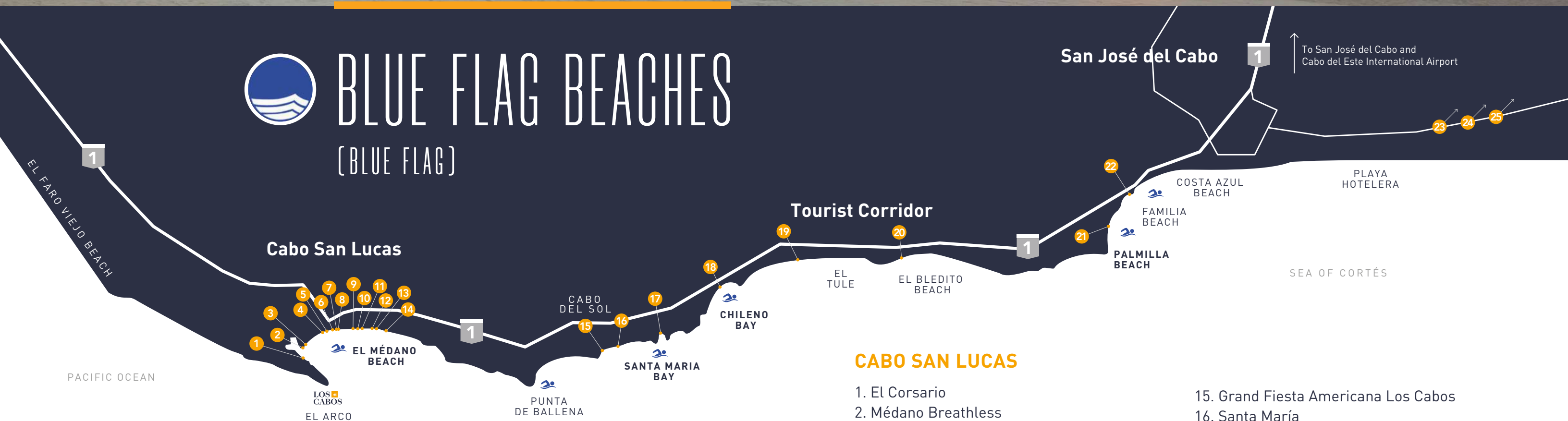
One of the most practical and eco-friendly ways to explore the shores of Cabo Pulmo is by sea kayak. This form of non-motorized transportation supports the conservation of the natural wonders in the national park while allowing you to visit its pristine waters.

► Learn more: [Cabo Pulmo visitloscabos.travel/places-to-visit/cabo-pulmo](http://CaboPulmo.visitloscabos.travel/places-to-visit/cabo-pulmo)



BLUE FLAG BEACHES

(BLUE FLAG)



Los Cabos already has twenty-five beaches that have obtained certification from the globally renowned Fundación Europea de Educación Ambiental: [Foundation for Environmental Education (FEE)].

Over the past few years, Los Cabos has worked for its local beaches to meet the FEE's strict ecological certification standards on water quality, safety, cleanliness, accessibility and coastal protection.

CABO SAN LUCAS

1. El Corsario
2. Médano Breathless
3. Hacienda
4. Médano Casa Dorada
5. Médano ME Cabo
6. Médano Pueblo Bonito Los Cabos
7. Médano Pueblo Bonito Rose
8. Médano Club Cascadas de Baja
9. Médano Villa El Arco
10. Médano Villa La Estancia
11. Médano Villa del Palmar
12. Médano Riu Palace Baja California
13. Médano Riu Santa Fe
14. Médano Riu Palace Los Cabos

15. Grand Fiesta Americana Los Cabos
16. Santa María
17. Las Viudas
18. El Chileno
19. Grand Velas Los Cabos
20. Paradisus Los Cabos
21. Palmilla
22. Acapulquito

CABO DEL ESTE

23. La Ribera
24. El Surgidero
25. La Gaviota

EXPERIENCES AND ACTIVITIES

There are not many places in the world where you can travel among 8,000-year-old rock paintings, 325-year-old Spanish missions, and pristine beaches. With an ever-changing landscape that also includes deserts, mountains and volcanoes, surrounded by the most extensive marine life, Los Cabos is a dream for today's travelers.



Todos Santos

Shift your customers from the more touristic routes to a spot in Los Cabos that is more visited by locals.

DISCOVER BLAMPING

Experience the thrill of mountain biking (biking) + luxury camping (glamping) = **blamping**. Go through fascinating walking and biking trails at Rancho Cacachilas and spend the night relaxing in a fully equipped tent.

A MAGICAL WEDDING

In Todos Santos, the traditional celebration of "Calendas" is a colorful native event with massive handcrafted figures and lively music, ending at the Misión de Todos Santos or in the main park at a fascinating wedding ceremony.

DISCOVER RUSTIC CUISINES

Take a 4x4 off-road trip to the village of La Candelaria, where a pack mule will complete the last stretch. There, an artisan potter will share her secrets and a traditional meal prepared in her family's kitchen.



El Triunfo

FOLLOW THE GOLDEN ROUTE

In the ancient gold mining community of El Triunfo, visit La Ramona, a 47-meter-tall chimney believed to be designed by Gustave Eiffel (his legend lasts). Learn about the varieties of corn that flourish in Mexico and enjoy a pre-Hispanic dining experience.

FROM THE COUNTRYSIDE TO YOUR TABLE IN MIRAFLORES

Stroll through the gardens and orchards where ingredients abound for the best restaurants and hotels in the region. A blind tasting includes wines from Valle de Guadalupe, followed by a five-course feast and stargazing.

CONCERT BY THE SEA

Sail at sunset on a 20-meter yacht or Zodiac boat to the iconic "Arco". A hydrophone is submerged into the sea to capture the ethereal sounds of humpback whales courting. Then, enjoy a six-course meal made with ingredients from around the country.

▶ Learn more:
VIVO Luxury Services
www.vivolx.com
jesus.padilla@vivolx.com
+52 624 244 9410

▶ Baja Backstage Luxury
Adventure Travel
www.bajabackstage.com
+52 624 164 0861
InCabo Travel

▶ www.incabotravel.com
alex@incabotravel.com
+5216241222181



FROM ART TO YOUR TABLE

Gather on a yacht anchored in Puerto Los Cabos, where the boardwalk is adorned with art depicting the work of the surrealist painter Leonora Carrington.

BEYOND THE SAN JOSÉ DEL CABO BRIDGE

Begin with a guided tour at Huerta Los Tamarindos, a 50,000-square-meter organic garden. Led by Chef Enrique Silva, you'll collect ingredients for your own dinner, which will be watered with exquisite wines from Valle de Guadalupe.



UNSURPASSABLE PRIVATE FLIGHTS

The helicopter tour is the most sophisticated way to experience the beauty of Los Cabos and its natural surroundings: beaches, landscapes, crystal clear waters, a coastal city and the famous “Arco”, also called “Land’s End,” from a unique aerial perspective. Fly through the estuary of San José del Cabo, Santa Maria, Chileno... along with the beaches of El Médano, the Cabo San Lucas marina and the beautiful spot where the Sea of Cortés meets the Pacific Ocean. Cabo Sky Tours also offers the possibility to customize your private excursion to hidden beaches and some of the best kept secrets surrounding Los Cabos, the Baja Sierra Mountains or whale watching from privileged spaces.

► Learn more:
Cabo Sky Tours <http://www.skytourscabo.com>

OFF-ROAD JEEP BAJA TOUR

The world’s most incredible off-road experience! The private tour from Baja Luxury Jeep allows you to go beyond the beach in Los Cabos into the dazzling desert. The drive goes through the small, colorful village of Santiago, one of the oldest missions on the Baja California Peninsula. The last stop is the hidden treasure of the desert: Cañón de la Zorra, where a tropical oasis awaits. Be sure to bring a swimsuit to enjoy the waterslides and waterfall.

► Learn more:
<https://www.hightideloscabos.com>

SIERRA DE LA LAGUNA PRIVATE OFF-ROAD EXPERIENCE

Waterfalls + Hot Springs + The Canyon

Let yourself be guided to the other side of Los Cabos to a true oasis in the middle of the desert, along less-traveled roads where Baja California’s ancient lifestyle remains intact and people live the same way they’ve had for hundreds of years.

SWIMMING WITH WHALE SHARKS

From the tranquil coastal city of La Paz on the Sea of Cortés, swim and snorkel with the world’s largest fish. They’re huge - almost 10 meters long! They’re also very friendly, whale sharks are actually gentle giants. You’ll be next to this amazing animal that’s as big as a whale as it slowly glides through the water in search of plankton. Swimming softly and slowly close to the surface, these docile creatures allow you to approach them safely from October to April.



Whale Shark

SIERRA DE LA LAGUNA

Before arriving in Santiago, you’ll find yourself in the magical town of Miraflores, where you can observe the ancient wood carving and leather making traditions. The drive offers quick views of mango, corn, papaya, citrus and banana fields before you arrive at the picturesque village. Once in Santiago, stops include a natural spring, a visit to the mission site called Santiago de Los Coras, and, if you’re prepared, a great walk.



Sierra de la Laguna

LOS CABOS, WELNESS SANCTUARY

Visiting this Baja California Sur destination means embarking on a journey inward from which you are sure to return revitalized, with high vibrations and with your spiritual energy at its strongest. Dare to start that journey of self-discovery; disconnect to reconnect with your true essence.

When the world was created, a place was laid carefully between oceans and seas, between mountains and deserts. Under the care of the Pericú tribe from the start, it grew up amid mermaid myths and flourished in tourism to become Los Cabos.

Made up of Cabo San Lucas and San José del Cabo, this piece of paradise on earth is a luxury destination for thousands of visitors. It is also a sanctuary of wellness for those who choose to embark on an introspective journey to rediscover their essence.

Surrounded by nature, away from the bustle of the great metropolises, Los Cabos is a haven of tranquility that should be explored by lovers of yoga, meditation, healing retreats, soothing spa therapies and ancient practices that are more common than ever before.

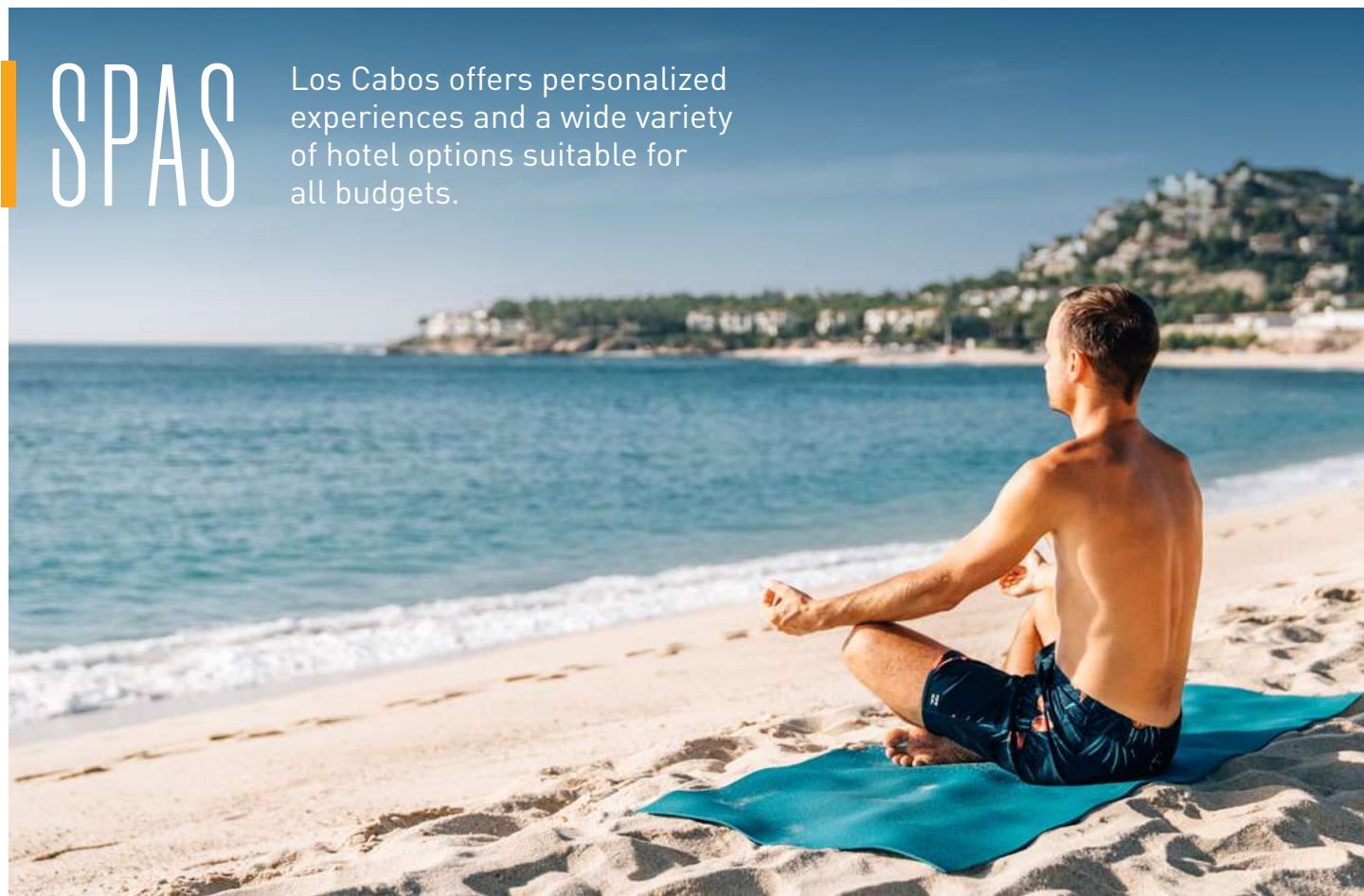
Positive energy distinguishes this magical place privileged by the healing power of its landscapes. The sea will give you its breeze and sound to balance your emotions, the desert will give you its silence to quiet your mind, and the mountains will allow you to walk along their paths to cleanse your heart.

We know that the recent pandemic made us rethink the true meaning of happiness and the importance of taking care of our physical and mental health. Improving our nutrition, our quality of sleep; achieving full awareness of self is now the priority for thousands of people like you who are looking for holistic wellbeing.

Baja California Sur is one of the top three wellness destinations in Mexico and Los Cabos is that somewhat secluded place, perfect for retreating from your busy life, yet close enough to home to return whenever you want. Here you can combine an incredible vacation with the magic of the temazcales, the nourishment of healthy eating, the restoration of detox sessions and the relaxation of the beach.

SPAS

Los Cabos offers personalized experiences and a wide variety of hotel options suitable for all budgets.



Los Cabos is located in the Baja California Sur desert and is a true oasis of relaxation where you lose track of time thanks to the wide selection of spas that provide sensory and spiritual experiences that promise to pamper you to elation.

In this heavenly Mexican destination with more than fifty spas, some of the best in the world are present, that usually belong to prestigious hotel chains that, while apart from offering exclusivity and privacy, provide the most varied therapies to satisfy different needs.

The contrasting desert and sea setting makes for incredible landscapes that facilitate the path to total relaxation. On your trip to Los Cabos, you can choose from spas with spectacular views, those that offer pre-Hispanic rituals with medicinal herbs, those specialized in saltwater therapies, wine therapy, music therapy with relaxing whale sounds, fish therapy, or perhaps those that offer body wraps with exotic ingredients.



CABO SAN LUCAS / PACIFIC

1. The Spa by the Ocean, Grand Solmar at Rancho San Lucas Resort Golf & Spa

The sea has something that seduces and entices us, so it's no coincidence that all the services offered by this temple of wellness are provided in its exclusive cabins facing the Pacific Ocean. Let yourself be carried away by the soothing sound of the sea and the magical hands of therapists. Your life deserves a little break. You deserve it.

SERVICES

Facials, massages, pre-Hispanic massage, prenatal massage, reflexology, body exfoliations and wraps, after-sun tepezcohuite treatment with aloe vera, jacuzzi, showers, beauty salon.

- Signature treatment: Spa Signature Rancho Massage
- Contact number: +52 (624) 145 75 75 Ext. 74200
- How to get there: Carretera a Todos Santos km 120, #1B, Cabo San Lucas, BCS. Post Code 23473
- solmarspacollection.com

3. Solmar Spa, Solmar Resort

You can find the breath of fresh air you're looking for at this waterfront spa. The infinite blue of the Pacific Ocean will be the relaxing music you hear in the background as you enjoy an exquisite massage in their lodges or a refreshing body wrap of aloe vera and tepezcohuite after a sun-filled day. At Solmar Spa, they'll know how to pamper you.

SERVICES

Facials, massages, pre-Hispanic massage, prenatal massage, reflexology, exfoliations, body wraps, after-sun tepezcohuite treatment with aloe vera.

- Signature treatment: Solmar Signature Massage
- Contact number: +52 (624) 145 75 75
- How to get there: Av. Solmar 1, Zona Centro. Cabo San Lucas, BCS. Post Code 23450
- solmarspacollection.com

2. Playa Grande Spa, Playa Grande Resort & Grand Spa

Aromatherapy, gentle sounds, relaxing massages, and an atmosphere of peace and serenity overlooking the sea make up the introduction letter to this spa that offers body treatments and therapies to release your body and mind from stress. For a unique experience, try the Temazcal, an ancient Mexican ritual that combines steam with native herbs and provides a sensation of spiritual rebirth.

SERVICES

Massages, facials, hydrotherapy, saltwater pool, steam, jacuzzi, pre-Hispanic rituals (temazcal), couples packages, body wraps and exfoliations, beauty salon

- Signature Treatment: Spa Collection Four Hands Massage
- Contact number: +52 (624) 145 75 00
- How to get there: Av. Playa Grande 1, Zona Centro. Cabo San Lucas, BCS. Post Code 23450
- solmarspacollection.com

4. Grand Solmar Land's End Spa, Grand Solmar Land's End Resort & Spa

Oceanfront lodges are where the magic of wellness happens in Los Cabos. The serene sounds of waves will accompany you on your journey to total relaxation of the senses. A four-hand massage, a hot stone massage, or perhaps a lavender-scented wrap; whatever you choose, you'll feel like you're in paradise.

SERVICES

Facials, massages, prenatal massage, pre-Hispanic massage, reflexology, exfoliations and body wraps, couples packages, steam, showers, beauty salon.

- Signature treatment: Diamond Ultimate Experience, Moon Light to Remember, Land's End Pampering Experience, The Experience, Solmar Marine Experience.
- Contact number: +52 (624) 145 75 75
- How to get there: Av. Solmar 1, Zona Centro. Cabo San Lucas, BCS. Post Code 23450
- solmarspacollection.com

5. Armonia Spa, Pueblo Bonito Pacifica Golf & Spa Resort

Located in the world's most romantic resort, this renowned spa specializes in bringing heaven down to its clients through its soothing, rejuvenating treatments. If you're looking for exclusivity, the private suite with a jacuzzi, steam, sauna and a bottle of sparkling wine await you so you can enjoy it with your partner.

SERVICES

Facials, massages, prenatal massage, exfoliations, pre-Hispanic, detoxifying, invigorating and antioxidant rituals. Jacuzzi, steam, cold tub, beauty salon.

 **Signature treatment:** Signature Rituals

 **Awards:** Top 25 Hotels with a Spa, National Geographic.

 **Contact number:** +52 (624) 142 96 96

 **How to get there:** Predio Paraíso Escondido, Cabo San Lucas, BCS. Post Code 23450

 **pueblobonito.com.mx**


6. Armonia Spa, Pueblo Bonito Montecristo Estates Luxury Villas


The serenity of the desert is combined with luxury at this spa that will lead you to total relaxation. If you're traveling with your family and want your children to experience the benefits of wellbeing, Armonia Spa has treatments designed for children and adolescents. If you're looking for a more mystical experience, try the pre-Hispanic ritual, an ancient Mexican tradition available to you.

SERVICES

Facials, massages, prenatal massage, rituals with organic products, jacuzzi, steam, sauna, beauty salon.

 **Signature treatment:** Luxury Massage, Armonia Signature Massage

 **Contact number:** +52 (624) 142 99 99

 **How to get there:** Predio Paraíso Escondido 1, Zona Centro. Cabo San Lucas, BCS. Post Code 23450

 **pueblobonito.com.mx**




7. Armonia Spa, Pueblo Bonito Sunset Beach Golf & Spa

Considered one of the best spas in the world, this luxurious temple of wellness offers only the best in services and products, many of them organic. Pamper your body and treat yourself to a full day with exquisite facial and body treatments that will restore your skin's radiance.

SERVICES

Facials, massages, exfoliations, body wraps, pre-Hispanic, detoxifying, invigorating and antioxidant rituals. Steam, jacuzzi, cold tub, showers, beauty salon.

 **Signature treatment:** Signature Rituals

 **Awards:** Best Spas in the World, Readers' Choice Awards 2021, Condé Nast Traveler.

 **Contact number:** +52 (624) 142 99 99

 **How to get there:** Predio Paraíso Escondido. Cabo San Lucas, BCS. Post Code 23450

 **pueblobonito.com.mx**


8. Waldorf Astoria Spa, Los Cabos Pedregal


Located in one of the top 20 resorts in Mexico according to Condé Nast Traveler, this earthly paradise, inspired by the moon, sea and Mexican healing traditions, offers you relaxing experiences that will align your energy with the rhythms of nature. Surrender your body to the nourishing treatments at Waldorf Astoria Spa, it's time to prioritize your wellbeing.

SERVICES

Facials, inhibit lifting facial, 3D collagen impact, massages, wellness therapies with native herbs (damiana, aloe, rosemary), sun restoration treatment, nail care (pedicure, manicure, reflexology), steam, sauna, ice room, jacuzzi, seawater meditation pool with sea views, hot tubs, beauty salon.

 **Signature treatment:** Awakening Moon, Nourishing Moon, Calming Moon, Restoring Moon.

 **Contact number:** +52 (624) 163 43 00 Ext. 5300

 **How to get there:** Camino del Mar 1, Pedregal, Cabo San Lucas, BCS. Post Code 23455


 **waldorfastorialoscabospedregal.com**

9. Spa del Mar, Sandos Finisterra Los Cabos


The balance between body and mind can be found in the serenity offered by Spa del Mar. With its spectacular panoramic views of the sea and the city of Los Cabos, it is an area dedicated to wellness where you can forget about stress and allow yourself the pleasure of its hydrotherapy circuit and its relaxing treatments designed to get your energy flowing.

SERVICES

Facials, massages, prenatal massage, reflexology, exfoliations and body wraps, after-sun treatment, steam, sauna, jacuzzi, cold water immersion pool, beauty salon.

 **Signature treatment:** Sandos Special Massage and Anti-Aging Deluxe Facial.

 **Contact number:** +52 (624) 145 67 00 Ext. 30601

 **How to get there:** Blv. Paseo de La Marina s/n, Zona Centro. Cabo San Lucas, BCS. Post Code 23450

 **sandos.com**

10. The Spa at Diamante, Diamante Cabo San Lucas


Treat yourself to a getaway at this spa that uses the finest and most effective products to provide you with personalized treatments, according to your mood and your energetic intention. Using plants and other native items, their therapists will bring you to a state of relaxation where there is only room to calm your mind and enjoy the now.


**Spa exclusive for guests of the Resort*

SERVICES

Facials, hydrfacial, special masks, massages, exfoliations, body treatments, after-sun treatment, manicure, pedicure, showers, steam.

 **Signature treatment:** Diamante Desert Star Massage, Slow Beauty Signature Pedicure.

 **Contact number:** +52 (624) 144 29 00

 **How to get there:** Blvd. Diamante, Cabo San Lucas, BCS. Post Code 23473

 **diamantecabosanlucas.com**



11. Esencia Wellness Spa, Nobu Hotel Los Cabos

Over ten thousand square feet of serenity await you at this spa inspired by Japanese millennial traditions, with an outdoor hydrotherapy garden overlooking a Watsu therapy pool. For a deeper holistic experience, there are one- to three-day immersion retreats with your deeper self.

SERVICES

Facials, facelift, massages, exfoliations, wraps, after-sun treatment, jacuzzi, steam, sauna, cold room, hydrotherapy pool, pressure shower, beauty salon, barbershop.

Signature treatment: Ritual Nobu Nagomi, Japanese Silk, Nobu Zen.

Contact number: +52 (624) 689 01 60

How to get there: Polígono 1, fracción D, Fraccionamiento Diamante, Los Cangrejos. Cabo San Lucas, BCS. Post Code 23473

loscabos.nobuhotels.com

12. Rock Spa, Hard Rock Hotel Los Cabos

Music is the soul of this iconic brand and its spa services could not be without it. Be the DJ of your treatment and choose the playlist that will take you on a sensory journey away from everyday life. With therapists who will customize your desired treatment, immerse yourself in a relaxing atmosphere that will help you recover from the night before.

SERVICES

Facials, massages, eye lifting treatments, firmness, leg relaxing, sun relief wrap, body scrubs, rituals, tubs, steam bath, sauna, beauty salon.

Signature treatment: Synchronicity Massage, Face the Music Facial, Smooth Operator Treatments and Wrap Remix.

Contact number: +52 (624) 689 03 00

How to get there: Fraccionamiento Diamante, Cabo San Lucas. Post Code 23473

hardrockhotels.com

CABO SAN LUCAS / SEA OF CORTÉS

13. Relax Spa by Pevonia, Breathless Cabo San Lucas Resort & Spa

Breathe in, breathe out. At Relax Spa you'll be able to relieve stress through their high-quality treatments that will take you to a Zen level where serenity and peace reign supreme. You'll regain vitality with the exclusive products from Pevonia Botánica used in all of the treatments, as therapists work on your skin to restore the sparkle of your essence.

SERVICES

Facials, massages, reflexology, exfoliations, body wraps, hydrotherapy circuit, beauty salon, boutique spa, food bar and natural juices.

Signature treatment: Breathless Custom Facial

Contact number: +52 (624) 104 95 00

How to get there: Paseo de la Marina #4750, El Médano. Cabo San Lucas, BCS. Post Code 23453

breathlessresorts.com.mx

14. SpaRitual, Corazón Cabo Resort & Spa

SpaRitual is your sanctuary in paradise, waiting to fulfill your needs and exceed your expectations. You desire the best during your vacation at Corazon Cabo Resort & Spa, and we can take you there. A holistic spa dedicated to nurturing health and well-being, SpaRitual integrates ancient rituals with state-of-the-art technologies SpaRitual includes wellness services that seek to offer a time specially designed to calm the mind and rest the body.

SERVICES

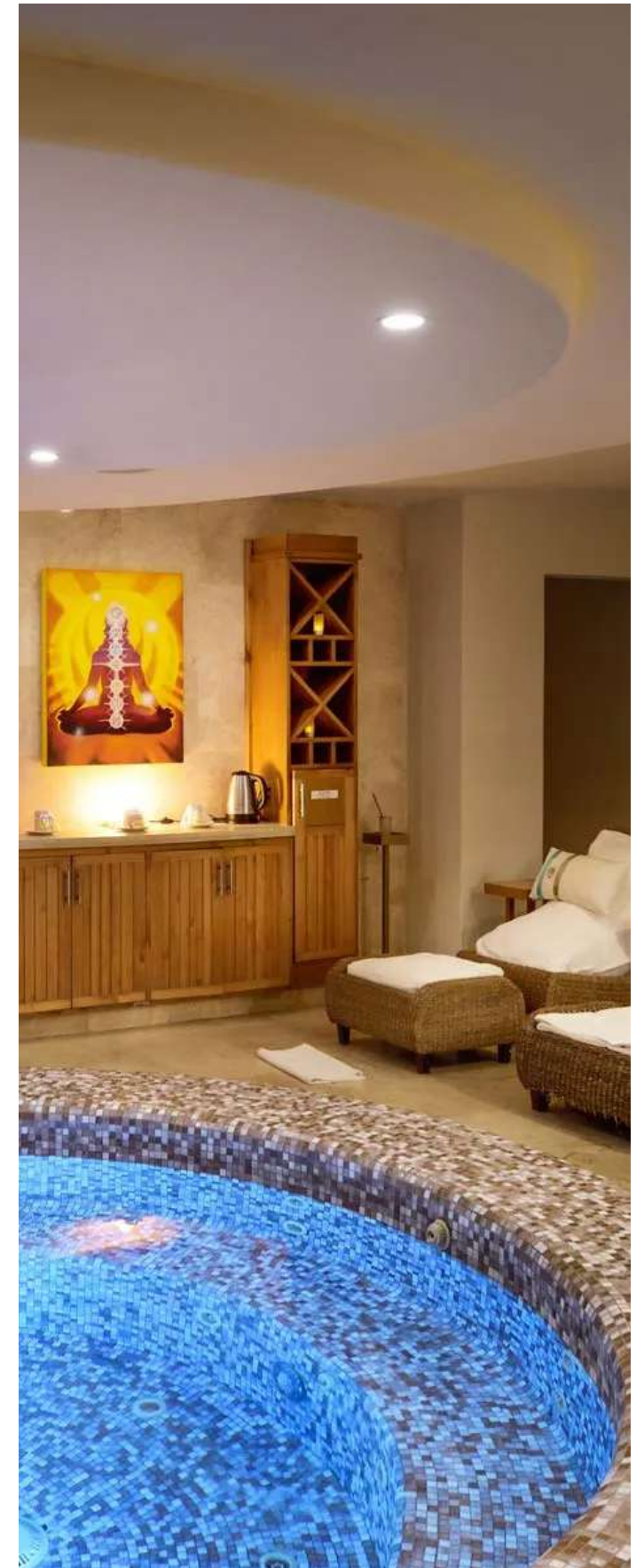
Facials, massages, exfoliations and body wraps, after-sun treatment, couples packages, sauna, steam, jacuzzi, pressure shower, showers, beauty salon, boutique.

Signature treatment: Signature Massage

Contact number: +52 (624) 143 02 64

How to get there: Pelicanos #225, El Médano Ejidal, Cabo San Lucas, BCS. Post Code 23453

corazoncabo.com



15. Korpo Wellness, Me Cabo

Serenity and relaxation are what this spa is all about, located inside the renowned Hotel Me Cabo. Here you'll find the peace of mind that comes from a day of pampering your body. The magical hands of the therapists are experts in delivering that much-desired sense of wellbeing through several treatments that will restore your skin to its original glow.

SERVICES

Facials, massages, body exfoliation, yoga for the skin, toning treatments, steam, sauna, jacuzzi, showers, manicure, pedicure.

Signature Treatment: CBDetox Massage

Contact number: +52 (624) 145 78 54 Ext. 754

How to get there: ME Cabo Hotel, Playa El Médano, Zona Hotelera. Cabo San Lucas, BCS. Post Code 23453

melia.com



17. Desert Spa, Villa del Arco Beach Resort & Spa

Where wellbeing meets luxury and life stops for a few moments so you can enjoy the present. Desert Spa moments include immersing yourself in a coconut milk bath, experiencing the hydrating cocoon or revitalizing your body with their lemon espresso reducing treatment. By yourself or as a couple, a spa day in Cabo San Lucas is always a good idea.

SERVICES

Facials, massages, body wraps, couples treatments, jacuzzi, pressure showers, sauna, steam.

Signature treatment: Signature Massage, Total Ritual, Desert Spa Facial, Desert Spa Manicure and Pedicure.

Contact number: +52 (624) 145 72 00

How to get there: Camino Viejo a San José, km 0.4, El Médano Ejidal. Cabo San Lucas, BCS. Post Code 23450

villadelarco.com

16. Saltwater Spa, Casa Dorada Los Cabos Resort & Spa

Welcome to a serene and intimate space for indulging the senses. In addition to the special personalized treatments, it is the only spa in Los Cabos where you can pamper your feet with fish therapy. Choose to have a spa day in Cabo San Lucas, your body needs it.

SERVICES

Facials, massages, body masks, couples rituals, fish therapy, beauty salon.

Signature treatment: Saltwater Holistic Ritual, Saltwater Facial, Saltwater Massage, Deluxe Saltwater Manicure and Pedicure.

Contact number: +52 (624) 163 57 00 ext. 5601

How to get there: Av. Pescador s/n, Col. El Médano. Cabo San Lucas, BCS. Post Code 23479

casadorada.com



TOURIST CORRIDOR

19. Currents Spa at The Cape, Thompson Hotel

As soon as you step into your luxurious lodge at this renowned Cabo San Lucas spa, you'll begin your journey to total relaxation. Thanks to its jacuzzi overlooking the sea, its exclusive offer of comforting treatments and its fitness space, you'll achieve the long-awaited mind-body-spirit balance.

SERVICES

Body scrubs and wraps, massages, facials, eye treatment, detox, couples treatments, ocean-view lodges, hot and cold immersion pools, steam room, sauna, showers, manicure, pedicure, yoga, meditation, pilates, spinning, healthy menu, beauty salon.

Signature Treatment: CBD Massage

Awards: Top 10 of Travel + Leisure's Annual World Best Awards, Condé Nast Traveler Reader's Choice Awards 2021.

Contact number: +52 (624) 163 00 00

How to get there: Carretera Transpeninsular Km 5, Misiones del Cabo, Cabo San Lucas, BCS. Post Code 23450

hyatt.com

20. The Spa, Esperanza - Auberge Resorts Collection

Feel the comforting sense of peace travel through your body during your visit to this luxurious Cabo San Lucas spa. Surrounded by inspiring organic architecture, their therapists will take care of you with unique treatments such as seaweed, which will exert its purifying power from your skin to the deepest part of your being.

SERVICES

Body scrubs and wraps, massages, facials, hot stone massages, couples treatments, aromatherapy, private pool, red mud purification, jacuzzi, regenerative menu, yoga, meditation, gym.

Signature treatment: Take to the sea - seaweed treatment.

Awards: 5 Stars in Forbes Travel Guide 2021, 7th Place in Travel + Leisure's Top 25, Condé Nast Traveler 2021 Readers' Choice Awards.

Contact number: +52 (624) 145 64 00

How to get there: Carretera Transpeninsular Km. 7, Punta Ballena, Cabo San Lucas, BCS. Post Code 23410

aubergeresorts.com

21. Milagro Spa, Hacienda Encantada Resort & Residences

Be healed with the properties of the flowers and plants that are part of the wellness experiences at this renowned Cabo San Lucas spa. Its holistic offer includes the temazcal, an ancient Mexican ritual that, through steam and herbs, purifies the body and relaxes the spirit.


SERVICES

Body scrubs and wraps, massages, facials, couples treatments, temazcal, aromatherapy, manicure, pedicure, jacuzzi, sauna, steam baths, hair removal, beauty salon.

 **Signature treatment:** temazcal.

 **Awards:** Tripadvisor's Traveler's Choice 2021, Top Hotel Resorts from Travel + Leisure, 2020.

 **Contact number:** +52 (624) 163 55 67

 **How to get there:** Carretera Transpeninsular Km 7.3, Cabo San Lucas, BCS. Post Code 23410


 **milagrospace.com**


22. SOMMA Wine SPA, Grand Fiesta Americana Los Cabos All Inclusive Golf & Spa

Discover a new way to enjoy wine at Somma Wine Spa, a space where grape elixirs will take your body to another level of relaxation. In addition to wine therapy, they have an extensive menu of wellness services that promise an invigorating rest.

SERVICES

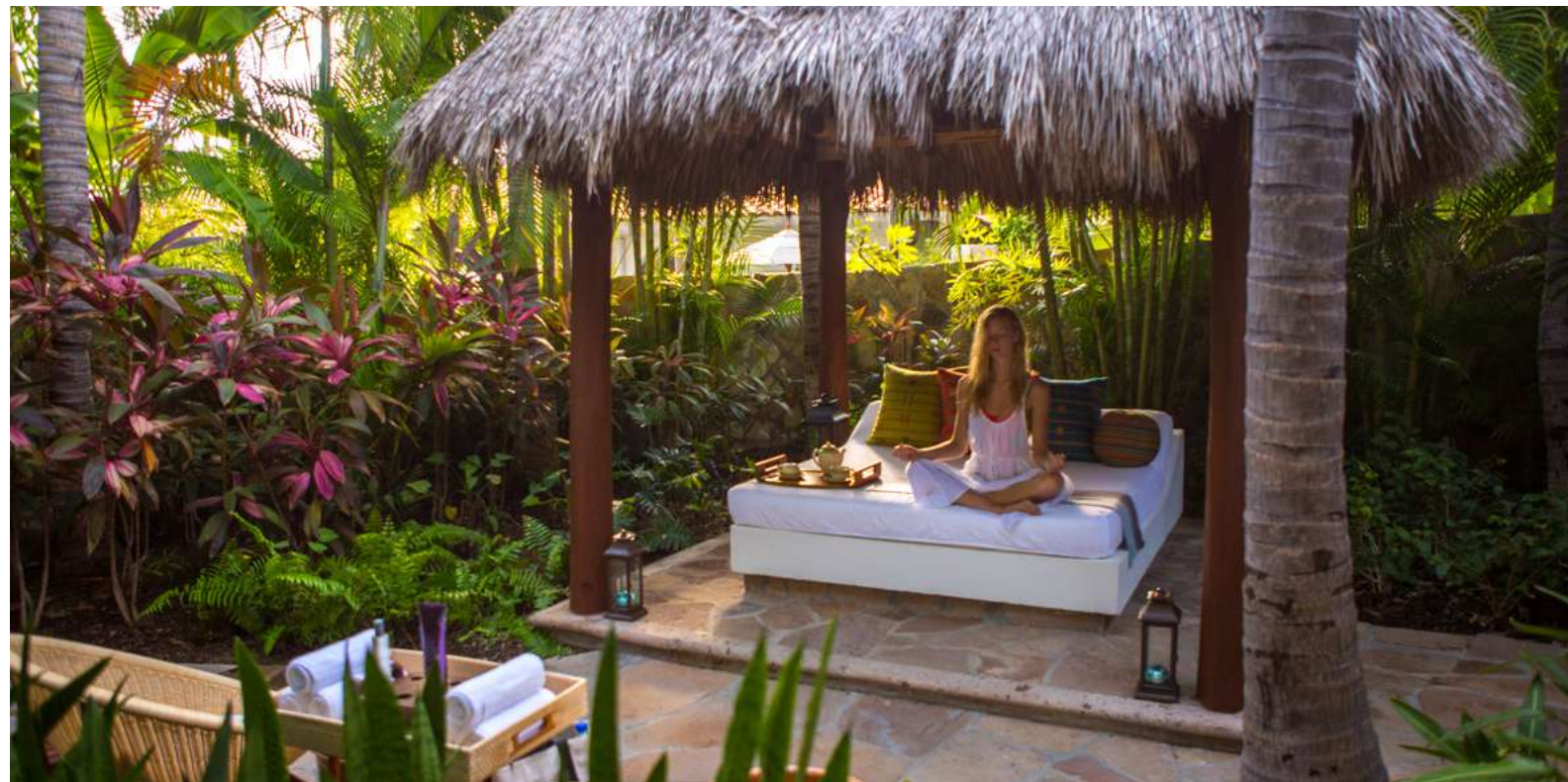
Body scrubs and wraps, massages, facials, hot stone massage, couples treatments, wine therapy, chocolate treatments, sauna, hydrotherapy tub, power shower, relaxation lounge, hot and cold immersion pools, steam bath, juice and wine bar, ocean view fitness center.

 **Signature treatment:** wine therapy treatments.

 **Contact number:** +52 (624) 145 62 00

 **How to get there:** Carretera Transpeninsular Km. 10.3, Cabo San Lucas, BCS. Post Code 23410

 **grandfiestaamericana.com**




23. Spa Montage, Montage Los Cabos Hotel

As you cross through the gates of Spa Montage, you'll enter an authentic wellness sanctuary. This renowned Cabo San Lucas spa offers the exclusive Bathing with the Whales therapy, a sensory experience that unites the singing of whales with a session of reconnection and wellbeing.


SERVICES

Body scrubs and wraps, massages, reflexology, facials, music therapy, aromatherapy, skin rejuvenation, couples treatments, pool, jacuzzi, manicure, pedicure, nail treatment, treatments for teens, boutique spa, healthy menu, gym, beauty salon, barbershop.

 **Signature treatment:** Bathing with the Whales therapy.

 **Awards:** Readers' Choice Awards, Condé Nast Traveler, 2021.

 **Contact number:** +52 (624) 163 20 13

 **How to get there:** Carretera Transpeninsular Km. 12.5, Int. Bahía Santa María, Twin Dolphin, Cabo San Lucas, BCS. Post Code 23410


 **montagehotels.com**

24. Spa Imagine Los Cabos, Garza Blanca Resort & Spa


Breathe the pure peninsular air and relax at this sublime spa in Cabo San Lucas. Inspired by the Vedas of ancient India, each relaxing service and therapy seeks to spark a holistic healing journey, like its massages and rituals focused on connecting, energizing, activating, expanding and harmonizing your seven chakras.


SERVICES

Massages, facials, body wrap, couples treatments, ancestral Mexican treatments, Asian treatments, sauna, jacuzzi, steam bath, pool, showers, manicure, pedicure, hair removal, beauty salon, barbershop.

 **Signature treatment:** Thai massage - first chakra, Water Lily aromatic massage - second chakra, herbal therapeutic massage ritual - third chakra, ancestral cacao ritual - fourth chakra, binary massage ritual - fifth chakra, Shirodhara experience - sixth chakra, and balance ritual - seventh chakra.

 **Awards:** Best Hotel US News 2022, Traveler's Choice Tripadvisor 2021.

 **Contact number:** +52 (624) 980 05 37

 **How to get there:** Carretera Transpeninsular Km. 17.5, Corredor Turístico Los Cabos. Cabo San Lucas, BCS. Post Code 23405

 **cabo.garzablancaresort.com.mx**


25. The Spa, Chileno Bay Resort & Residences


Begin your spa journey at this renowned healing venue connected to the natural surroundings of Cabo San Lucas. Where every step of the way is a holistic session that will bring calm to your body and serenity to your mind, from the salt inhalation room to the ancient Mexican native herbal treatments.


SERVICES

Body scrubs and wraps, massages, facials, aromatherapy, regenerative yoga, couples treatments, manicure, pedicure, reflexology pool, ancestral Mexican therapies, jacuzzi, steam baths, salt inhalation room, kids spa, gym, yoga, pilates, meditation, aqua zumba, boutique spa, hair removal, beauty salon, barbershop.

 **Signature treatment:** Spa Journey.

 **Awards:** 5 Stars in Forbes Travel Guide 2021, Travel + Leisure's World's Best Awards 2020, Condé Nast Traveler Readers' Choice Awards 2021.

 **Contact number:** +52 (624) 145 64 69

 **How to get there:** Carretera Transpeninsular Km. 15, Playa Chileno Bay. Cabo San Lucas, BCS. Post Code 23410

 **aubergeresorts.com**

26. Blanc Spa Los Cabos, Le Blanc Spa Resort Los Cabos


Find the balance you long for at this renowned Los Cabos spa. An exclusive, tastefully-decorated space that will revitalize your body and calm your mind. If you're looking for deep relaxation, ask for the hydrotherapy circuit to experience what Blanc Spa calls "health through water".


SERVICES

Body scrubs and wraps, massages, facials, steam baths, sauna, jacuzzi, polar pool, sensation shower, relaxation area, manicure, pedicure, juice and beverage bar, hair removal, beauty salon, barbershop.

 **Signature treatment:** Hydrotherapy circuit.

 **Awards:** Tripadvisor Travelers' Choice, 2022.

 **Contact number:** +52 (624) 163 01 00

 **How to get there:** Carretera Transpeninsular Km. 18.4, El Tezal, San José del Cabo, BCS. Post Code 23400

 **los-cabos.leblancsparesorts.com**

27. SE Spa, Grand Velas Los Cabos

Recognized as one of the best resort spas in Cabo San Lucas, SE Spa is luxury set for your relaxation. The waters of its stunning stone-walled pool are where you start your Water Journey, its signature hydrotherapy ritual that promises to refresh you from head to toe.

SERVICES

Body scrubs and wraps, massages, facials, couples treatments, sauna, steam with chromotherapy, ice room, showers, polar pool, jacuzzi, relaxation area with heated chairs, sensation pool, beauty salon, barbershop,

🏆 **Signature treatment:** SE Spa Water Journey.

🏆 **Awards:** Tripadvisor Travelers' Choice, 2022.

📞 **Contact number:** +52 (624) 104 98 00

📍 **How to get there:** Carretera Transpeninsular Km. 17, Corredor Turístico. Cabo San Lucas, BCS. Post Code 23405

🌐 loscabos.grandvelas.com



28. Ojo de Liebre Los Cabos Spa, Solaz Resort

Named after the whale sanctuary, Ojo de Liebre de Solaz, with its intimate architecture and select menu of wellness services, it is one of the best spas in Cabo San Lucas. It is a space where each treatment is related to a natural element for you to connect body, mind and spirit.

SERVICES

Body scrubs and wraps, massages, facials, couples treatments, reflexology, aromatherapy, deep pool, jacuzzi, sauna, steam bath, healthy menu, gym, hair removal, beauty salon.

🏆 **Signature treatment:** Signature Five Point Star.

🏆 **Awards:** Condé Nast Traveler Readers' Choice Awards, 2021.

📞 **Contact number:** +52 (624) 144 05 00

📍 **How to get there:** Carretera Transpeninsular Km. 18.5, Corredor Turístico. Cabo San Lucas, BCS. Post Code 23400

🌐 marriott.com

29. Zoëtry Spa, Zoëtry Casa del Mar Wellness & Spa Resorts

Your body and mental wellbeing will find balance at this renowned Cabo de San Lucas spa. With treatment lodges with intimate architecture, a hydrotherapy circuit with a Turkish bath, and a menu of therapies featuring exclusive Natura Bissé products, relaxation will be your new best friend.

SERVICES

Body scrubs and wraps, massages, facials, couples treatments, hot stone massages, pedicure, manicure, steam bath, sauna, Turkish bath, beauty salon, barbershop, boutique spa.

🏆 **Signature treatment:** Detoxifying treatment with marine essence.

🏆 **Awards:** AAA Four Diamond Award, 2021 Tripadvisor Travelers' Choice.

📞 **Contact number:** +52 (624) 145 77 00

📍 **How to get there:** Carretera Transpeninsular Km. 19.5, Cabo Real. Cabo San Lucas, BCS. Post Code 23400

🌐 zoetryresorts.com.mx

30. The Spa at Las Ventanas, Las Ventanas al Paraíso at Rosewood Resort

Excellence and quality of service perfectly describe this award-winning spa in San José del Cabo. It is proud of its treatments designed to take you to a state of higher relaxation, such as the one you will experience at the Holistic Twilight ceremony, which ensures you will achieve a state of peace and awareness of the present, with the glow of candles and music therapy.

SERVICES

Exfoliations and body wraps, massages, facials, prenatal massage, ancestral Mexican therapies, Asian therapies, botanical baths, couples treatments, aromatherapy, healthy menu, meditation, manicure, pedicure, treatments for children, beauty salon.

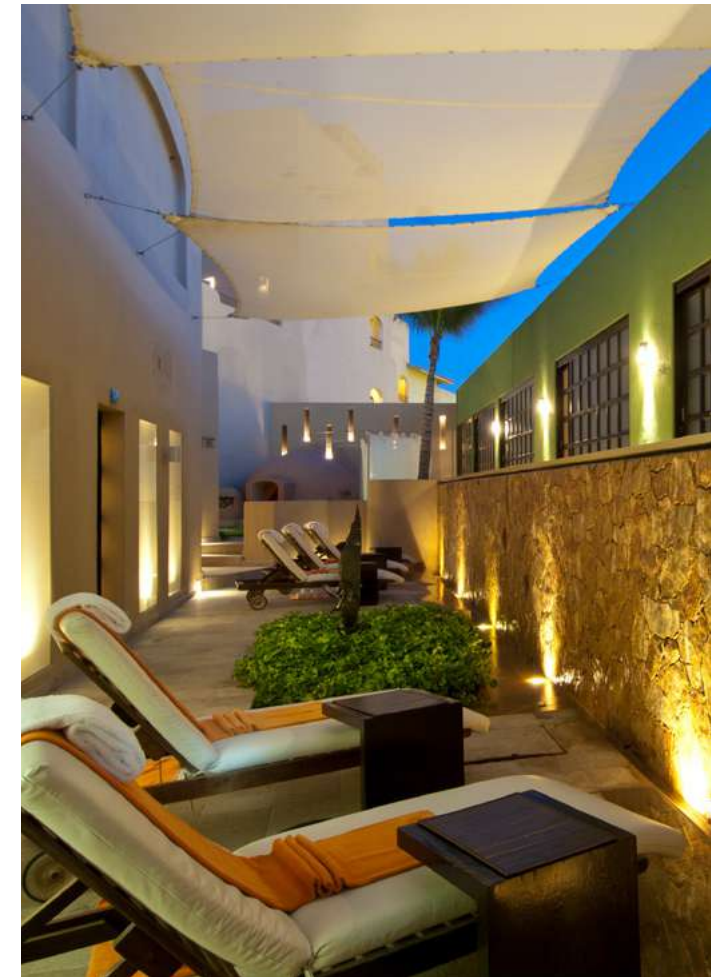
🏆 **Signature treatment:** Holistic Twilight Ceremony.

🏆 **Awards:** Forbes Travel Guide Star Award 2019, Top 3 Hotels in Mexico for Travel + Leisure 2019, Condé Nast Traveler Reader's Choice Awards 2021.

📞 **Contact number:** +52 (624) 144 28 00

📍 **How to get there:** Carretera Transpeninsular Km. 19.5, San José del Cabo, BCS. Post Code 23400

🌐 rosewoodhotels.com



31. YHI Spa, Paradisus Los Cabos

Renowned for its level of luxury, YHI Spa is a wellness paradise in Cabo San Lucas. It is a space of serenity that is proud of its modern and welcoming facilities with hot and cold pools, as well as unique massages such as the Mexican Herbal Ritual, an ancient healing experience that will restore that vitality you're seeking.

SERVICES

Body scrubs and wraps, massages, facials, reiki, couples treatments, aromatherapy, steam baths, sauna, pool, relaxation area, fitness center, beauty salon.

🏆 **Signature treatment:** Mexican Herbal Ritual.

📞 **Contact number:** +52 (624) 144 00 00 ext. 705

📍 **How to get there:** Carretera Transpeninsular Km. 19.5, Corredor Turístico, Cabo San Lucas, BCS. Post Code 23400

🌐 melia.com

32. Eforea Spa, Hilton Los Cabos Beach & Golf Resort

Choose an aromatic herb from the living wall of this luxurious wellness venue to customize the treatment that will nourish your body and mind. These kinds of details make Eforea Spa special, where its staff strives to create the perfect environment of relaxation so you can rest as much as possible on your trip to Los Cabos.

SERVICES

Body scrubs and wraps, massages, facials, hydrotherapy tub, couples treatments, showers, sauna, steam baths, drink bar, manicure, pedicure, yoga, treatments for children, gym, spinning, beauty salon, boutique spa.

🏆 **Signature treatment:** Massage with herbs from the Living Wall.

🏆 **Awards:** Tripadvisor Travelers' Choice Award, 2020.

📞 **Contact number:** +52 (624) 145 65 00 Ext. 7600

📍 **How to get there:** Carretera Transpeninsular Km. 19.5, San José del Cabo, BCS. Post Code 23450

🌐 hilton.com

33. Spa Marquis, Marquis Los Cabos All Inclusive Resort & Spa

It's time to disconnect from the city and connect with your wellbeing at this magnificent Los Cabos spa. Choose from its signature treatments, such as the Ritual Diamond Experience Rose, which will envelop you in exfoliating emulsions and delicious Damask rose fragrances to revitalize your senses and renew your essence.

SERVICES

Body scrubs and wraps, massages, facials, couples treatments, manicures, pedicures, aromatherapy, hydrotherapy tubs, pool, steam baths, sauna, sports massage, drink bar, beauty salon, hair removal, gymnasium.

Signature treatment: Diamond Experience Rose Ritual and Diamond Experience Energy Facial.

Awards: Best All-Inclusive Resort, Travel + Leisure, 2022.

Contact number: +52 (624) 144 20 00

How to get there: Carretera Transpeninsular Km 21.5, Cabo Real, San José del Cabo, BCS. Post Code 23400

marquiscoscabos.com

34. Dreams Spa by Pevonia, Dreams los Cabos Suites Golf Resort & Spa

A dream of serenity come true. Have a pleasant experience at this Cabo San Lucas spa, which offers an extensive menu of body treatments and access to pools designed to stimulate your senses. It is perfect to enjoy a spa day with your family, as there are treatments for children and adolescents.

SERVICES

Body scrubs and wraps, massages, facials, wine therapy treatments, steam baths, sauna, hydrotherapy tubs, showers, aromatherapy, treatments for children and adolescents, manicure, pedicure, beauty salon, hair removal, barbershop, boutique.

Signature treatment: Dreams Massage.

Contact number: +52 (624) 145 76 00

How to get there: Carretera Transpeninsular Km. 18.5, Corredor Turístico. Cabo San Lucas, BCS. Post Code 23400

dreamresorts.com.mx



35. Manoma Spa & Salon

Experience the pleasure of a spa day on your visit to San José del Cabo. Choose from the range of experiences offered to you by Manoma Spa: from a body scrub to a custom facial to a hydrafacial, the signature treatment of the house that will restore your skin's beauty and brightness.

SERVICES

Body scrubs, massages, facials, manicures, pedicures, beauty salon, hair removal.

Signature treatment: Hydrfacial.

Contact number: +52 (624) 105 29 00

How to get there: Carretera Transpeninsular Km. 24.8, Cerro Colorado. San José del Cabo, BCS. Post Code 23400

manoma.com

SAN JOSÉ DEL CABO

36. One&Only Spa, One&Only Palmilla

Its reputation as one of the best spas in Mexico and in the world goes beyond borders. At its luxurious and relaxing facilities, they offer the best in body treatments and traditional ceremonies that will allow you to recharge, rejuvenate, and renew your body and spirit. Treat yourself to a Mexican getaway and enjoy that personal journey that will make you feel and look radiant and at peace.

SERVICES

Facials, massages, maternal massage, reflexology, body scrubs, private couples treatments and suites, treatments for men, treatments for children and adolescents, ancestral rituals (temazcal, purification ceremony, mindful breathing), sauna, steam, pool, juice bar, manicure, pedicure, yoga, pilates, beauty salon, barbershop.

Signature treatment: One&Only Palmilla Massage, Traditional Healing Ritual, Baja Deep Tissue Pindas Treatment.

Awards: Best spas in Mexico, Forbes Travel Guide. Top 25 Hotels with a Spa, National Geographic.

Contact number: +52 (624) 146 70 00 ext. 7210

How to get there: Transpeninsular, Corredor Turístico. San José del Cabo, BCS. Post Code 23400

oneandonlyresorts.com



37. Eternity Spa, Kristal Grand Los Cabos

A relaxed state is necessary to achieve balance in life. On your *wellness* journey to San José del Cabo, let the expert therapists at Eternity Spa pamper you. They will take you on a restorative journey where all you have to do is close your eyes, inhale the delicious smells of aromatherapy deeply, exhale and relax.

SERVICES

Facials, massages, reflexology, body treatments, manicures, pedicures, private lodges and couples treatments.

Signature treatment: Eternity Massage.

Contact number: +52 (624) 163 47 50

How to get there: Carretera Transpeninsular, km 29, La Jolla. San José del Cabo, BCS. Post Code 23400

krystalgrandcabos.com

38. Zen Spa, Hyatt Ziva Los Cabos

Your vacation in Los Cabos can't be without a spa day, a day exclusively for pampering your body and relaxing your mind. At Zen Spa, you'll find the ideal therapies to relieve the stress caused by your routine in the city. Let their hydrotherapy circuit do its work on your muscles and then end the session with an anti-aging facial of stem cells infused with collagen, retinol, elastin and other restorative ingredients. Your body will thank you for this.

**You need to be a guest of the hotel.*

SERVICES

Facials, after-sun facial, massages, candle massages, body scrubs and wraps, showers, sauna, steam, jacuzzi, sensory pool.

Signature treatment: Signature Massage.

Contact number: +52 (624) 163 77 30 ext. 4500

How to get there: Paseo Malecón s/n, Lote 5, Zona Hotelera, San José del Cabo, BCS. Post Code 23405

hyatt.com

39. The Spa, Viceroy Los Cabos

Paradise exists and you can be a part of it. The soft therapeutic lighting is the prelude to this award-winning spa that promises to bring you into your Zen state through its various treatments designed to heal the body, mind and soul. While enjoying their therapies, you'll relax even more with their homemade herbal teas, loaded with good energy and health for your body.

SERVICES

Facials, massages, massages for children and adolescents, treatments for couples and men, vitality pool, sauna, steam, hot and cold jacuzzi, ice fountain, waterfall, showers, biomagnetism, cacao ceremony, private meditations, private yoga sessions, Bach flower therapies, acupressure, lunar meditation, boutique.

Signature treatment: Viceroy Signature Facial, Viceroy Signature Body, Herbal Dream Catcher, Tranquil Damiana.

Awards: Best Spas in the World, Condé Nast Traveler.

Contact number: +52 (624) 104 99 99

How to get there: Paseo Malecón San José, Lote 8, Zona Hotelera, San José del Cabo, BCS. Post Code 23405

viceroyhotelsandresorts.com

40. Deep Blue Spa, Barceló Gran Faro Los Cabos

Deep Blue Spa honors the sea and its treatments are inspired by the benefits of Thalassotherapy. Immerse yourself in a journey deep into the oceans and revitalize your body with the vitamins, amino acids and proteins of algae, seawater, mud and other marine elements that will take your wellness experience to the next level.

SERVICES

Facials, massages, prenatal massage, reflexology, exfoliation and body wraps, private suite for couples treatments, sauna, steam and jacuzzi.

Signature treatment: Deep Blue Holistic Massage, Pacific Ocean, I Believe in Miracles, Sparkles from Heaven.

Contact number: +52 (624) 142 92 92 ext. 737

How to get there: Paseo San José Lote 9, Zona Turística. San José del Cabo, BCS. Post Code 23400

barcelo.com



41. Paz Body and Mind Spa, Cape Azul Resort

After an exciting day in San José del Cabo, you deserve a moment of peace and relaxation. Whether you're traveling with friends or with your partner, you'll find a Zen atmosphere at Paz Body and Mind Spa where aromatherapy and soft music combine to give you that space into your inner serenity. Jade, sapphire, quartz and amber will be present in your therapies. Ask for them and feel their healing energy.

SERVICES

Facials, massages, prenatal massage, reflexology, hydrotherapy treatments, Vichy showers, steam, sauna, jacuzzi, manicure, pedicure, couple or group suite, yoga studio, beauty salon.

Signature treatment: Peace Massage, Peace Hot Stones [Massage], Papaya Sugar Polish & Shea Butter Massage, Aloe Cooling Massage, Zest Lapis, Draining Onyx, Peace Natural Glow Facial.

Contact number: + 52 (624) 163 51 00 ext. 2801

How to get there: Paseo Malecón s/n, Lote 11, Fonatur. San José del Cabo, BCS. Post Code 23400

caboazulresort.com



42. Spa, Hotel el Ganzo

A unique spa that combines serenity, art and good vibes facing the Sea of Cortés. In addition to the relaxing services offered with native plants such as Damiana, this unique relaxation space has a comprehensive wellness vision that, through body treatments, yoga, music for the soul and its rooftop, offer a groovy experience for those looking for something different.

SERVICES

Facials, massages, body wraps, reflexology, manicure, pedicure, pool, hot and cold jacuzzi, sauna, steam, yoga studio.

Signature treatment: Damiana massage, luxury facial.

Contact number: +52 (624) 104 90 00

How to get there: Tiburón s/n, La Playita. San José del Cabo, BCS. Post Code 23403

elganzo.com



43. Secrets Spa by Pevonia, Secrets Puerto Los Cabos Golf & Spa Resort

An oasis where time and stress do not exist; where there is only room for relaxation and peace of mind. Whether you want to rekindle the romance with your partner or have a spa day with your friends, this intimate space offers an extensive menu of treatments using the exclusive natural products of Pevonia Botánica, a real luxury for the senses.

SERVICES

Facials, after-sun facial, massages, wine therapy massage, reflexology, exfoliations, body wraps, aromatherapy with salts, after-sun treatments, cryo collagen eye treatment, private couples treatments and cabins, sauna, jacuzzi, dynamic pool, showers, manicure, pedicure, beauty salon, boutique.

Signature treatment: Luxury and Wellness Fusion, Wellness and Reflection Fusion, Anti-Stress Fusion, Spa Moments, Moon & Stars Massage.

Contact number: +52 (624) 144 26 00

How to get there: Av. Paseo de los Pescadores s/n, La Playita, San José del Cabo, BCS. Post Code 23400

secretsresorts.com.mx

44. Jasha Spa & Salon, JW Marriott Los Cabos Beach Resort & Spa

Surrounded by abundant vegetation and the calming sounds provided by the tranquility of the water, Jasha Spa is inspired by the natural and healing ingredients found in the surrounding botanical garden. If you're looking for a mystical and healing experience, ask about the temazcal, the steam bath used ancestrally by native Mesoamerican cultures.

SERVICES

Facials, massages, ayurvedic treatments, reflexology, temazcal, treatments for men, exfoliation and body wraps, indoor and outdoor pools, hydrotherapy tubs, steam, sauna, manicure, pedicure, beauty salon.

Signature treatment: Up your Moode.

Contact number: +52 (624) 163 76 00

How to get there: Fracción Hotelera FH5-C1, Subdelegación de la Playita, Puerto Los Cabos, San José del Cabo, BCS. Post Code 23403

marriott.com

45. Spa Alkemia, Zadún Ritz-Carlton Reserve

The foliage envelops everything and gives you private calm spaces where you can flow without worry and give yourself the pleasure of a spa day. Its wellness proposition combines the ancient with the modern, offering therapies inspired by the healing power of native plants to cleanse the body and clear the mind. After visiting Spa Alkemia, you'll love the magic of Mexico.

SERVICES

Facials, massages, prenatal massage, body exfoliation and wraps, relaxing pool, jacuzzi, steam, sauna, treatments for men, sound therapy room, private home for couples or groups, healthy cuisine, beauty salon.

Signature treatment: Alkemia Massage, Zadún Special Facial, Alkemia Ocean, Desert Botánica, Flora Abundance.

Awards: #1 of the Top 20 Resorts in Western Mexico, Condé Nast Traveler Readers' Choice Awards, 2021.

Contact number: +52 (624) 172 90 00 ext. 5202, 5203, 5205

How to get there: PBlvd. Mar de Cortés s/n, Puerto Los Cabos. San José del Cabo, BCS. Post Code 23403

ritzcarlton.com

CABO DEL ESTE

46. Oasis Spa, Four Seasons Resort Los Cabos at Costa Las Palmas

A space that lives up to its name and provides refuge for those seeking a stress-free place to calm the mind. With an exquisite menu of relaxing treatments and spiritual therapies like meditation or reiki, Oasis Spa goes beyond traditional models and even offers retreats for those who want a more holistic experience.

SERVICES

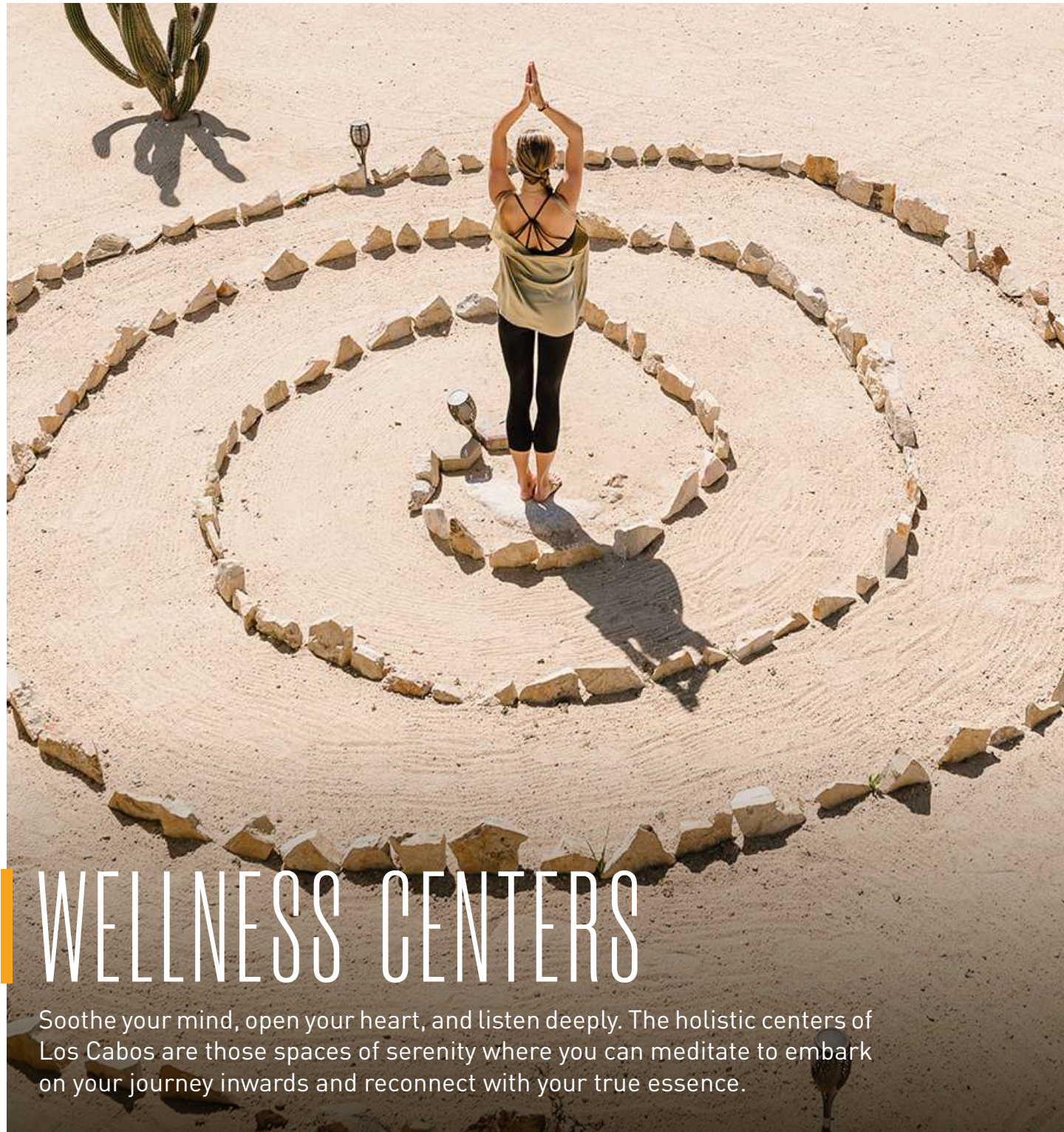
Facials, massages, reflexology, exfoliations, restorative, rejuvenating, after-sun, nourishing, energizing and detoxifying body treatments. Wraps, couples experiences, private suites, saunas, steam rooms, individual pools, hydrotherapy tubs, manicures, pedicures. Private guided meditation sessions, breathing exercises, reiki, yoga and two-day retreats, beauty salon, boutique.

Signature treatment: Better Together, Sparkling Oasis Facial, Oasis Massage, Restore Your Mind.

Contact number: +52 (624) 689 04 45

How to get there: Calle Eureka s/n La Ribera, Los Cabos. BCS. Post Code 23570

fourseasons.com



WELLNESS CENTERS

Soothe your mind, open your heart, and listen deeply. The holistic centers of Los Cabos are those spaces of serenity where you can meditate to embark on your journey inwards and reconnect with your true essence.

The variety of services offered in each of them varies and depending on what you're looking for, you will find that discipline that will help you to have clarity of thought and renewal of spirit. Some offer breathtaking ocean views and activities like yoga; in others you will feel the fresh ocean breeze as you rest in hammocks and have dinner under the stars, or perhaps you would prefer to experience the temazcal ceremony and then nourish yourself with a healthy menu.

Life cycles change and flow; start that quest and let your energy flow in Los Cabos.

47. Casa Tara Retreat

Awaken, relax, transform. Those are the wellness changes you'll experience when you stay at Casa Tara Retreat, a renowned wellness center in Baja California Sur. In addition to the various classes they offer for groups or privately, they have activities such as hiking and diving so you can feel Baja Sur in your soul.

SERVICES

Accommodation, spa, yoga classes, healthy menu, kitesurfing, hiking, mountain biking, kayaking, swimming with whales, diving, sport fishing

Contact number: +52 (612) 103 11 12

How to get there: Corredor Isla Cerralvo s/n, carretera El Sargento - La Paz, El Sargento, BCS. Post Code 23232

CALENDAR OF EVENTS

August 27 The Window to My Spirituality

September 9-13 Starting on the Next Sunrise

October 12-16 Yoga Retreat - Carolina & Jesse

February 18-25, 2023 Journey to Baja Mexico

April 1-8, 2023 Drop in the Ocean Retreat

casatararetreat.com



48. Prana del Mar

Achieve balance during your stay at Prana del Mar, a retreat in Cabo San Lucas designed for your wellbeing. A healing experience that begins from the moment you open your eyes, with a healthy breakfast, meditation, yoga classes, and a walk to find yourself in the labyrinth in the gardens.

SERVICES

Accommodation, pool, spa, yoga classes, surfing, whale watching, horseback riding, group retreats, hiking, snorkeling, cooking classes, guided village tours, turtle watching.

Contact number: +1 (415) 310 29 09

How to get there: Carretera Cabo San Lucas - Todos Santos, La Tinaja, Cabo San Lucas, BCS. Post Code 23410

CALENDAR OF EVENTS 2022 - 2023

October 8-15 Conscious Wellness & Yoga Retreat

October 15-22 Sun, Sand and Community Retreat

October 22-29 Rooted Yoga Mexico - Yoga Retreat

October 23-29 Honor the Hibernation: A Yoga Retreat

October 29 to November 5 Bliss Camp Yoga Retreat in Cabo

November 5-11 Full Moon Yoga Retreat

November 12-19 Homecoming: Yoga, Meditation

& Breathwork Retreat

December 3-10 Exploring the Nature of Mind

January 2-8, 2023 Reset and Renew Yoga Retreat

January 14-21, 2023 Journey within Yoga Retreat

February 4-11, 2023 Winter Yoga Retreat in Los Cabos

February 4-11, 2023 Pelagic Safari Yoga Retreat

February 18-22, 2023 Baja Yoga Getaway

February 22-26, 2023 Baja Yoga Getaway II

February 26 to March 4, 2023 Raja Yoga & Meditation Retreat

March 11-18, 2023 Permission To Be - Mexico Retreat

April 9-14, 2023 Baja Mexico Yoga Retreat

May 13-19, 2023 Pathway to Presence Yoga Retreat

pranadelmar.com

49. Pachamama Mexico

Feel Baja Sur from your roots to your Sahasrara chakra during your healing time at Pachamama Mexico. The energy flowing in this space through liberating activities such as yoga and the temazcal ceremony will allow you to release and reconnect with your divine essence.

SERVICES

Accommodation, pool, yoga classes, spa, hammock area, Zen communal kitchen, temazcal, bike rental.

📞 **Contact number:** +52 (612) 183 26 76

📍 **How to get there:** Camino Viejo s/n, El Pocito, Todos Santos, BCS. Post Code 23300

CALENDAR OF EVENTS 2022 - 2023

October 12-16 Adventures Yoga Retreat

January 11-15, 2023 A Couples Fiesta!

January 26-31, 2023 Awaken Your Fire Retreat

February 5-9, 2023 A Couples Fiesta!

February 25 to March 2, 2023 Rest and Reset

Healing Retreat

🌐 pachamamamexico.com

50. Rukhsana's Wellness Heavenly Retreat

Enter a space where the energy invites you to begin your healing process during your visit to Cabo San Lucas. Trust that the center instructor, certified by the Chopra Center, will guide you through yoga and meditation sessions on your path to reuniting with your essence.

SERVICES

Accommodation, spa, yoga classes, meditation classes, vegetarian menu, ayurvedic treatments.

📞 **Contact number:** +52 (624) 229 46 04

📍 **How to get there:** Av. Los Tules s/n, Lomas Los Tules, San José del Cabo, BCS. Post Code 23405

🏆 **Awards:** Chopra Center Certified Instructor

CALENDAR OF EVENTS 2022 - 2023

October 16-22 Rising Sun Coaching & Retreats

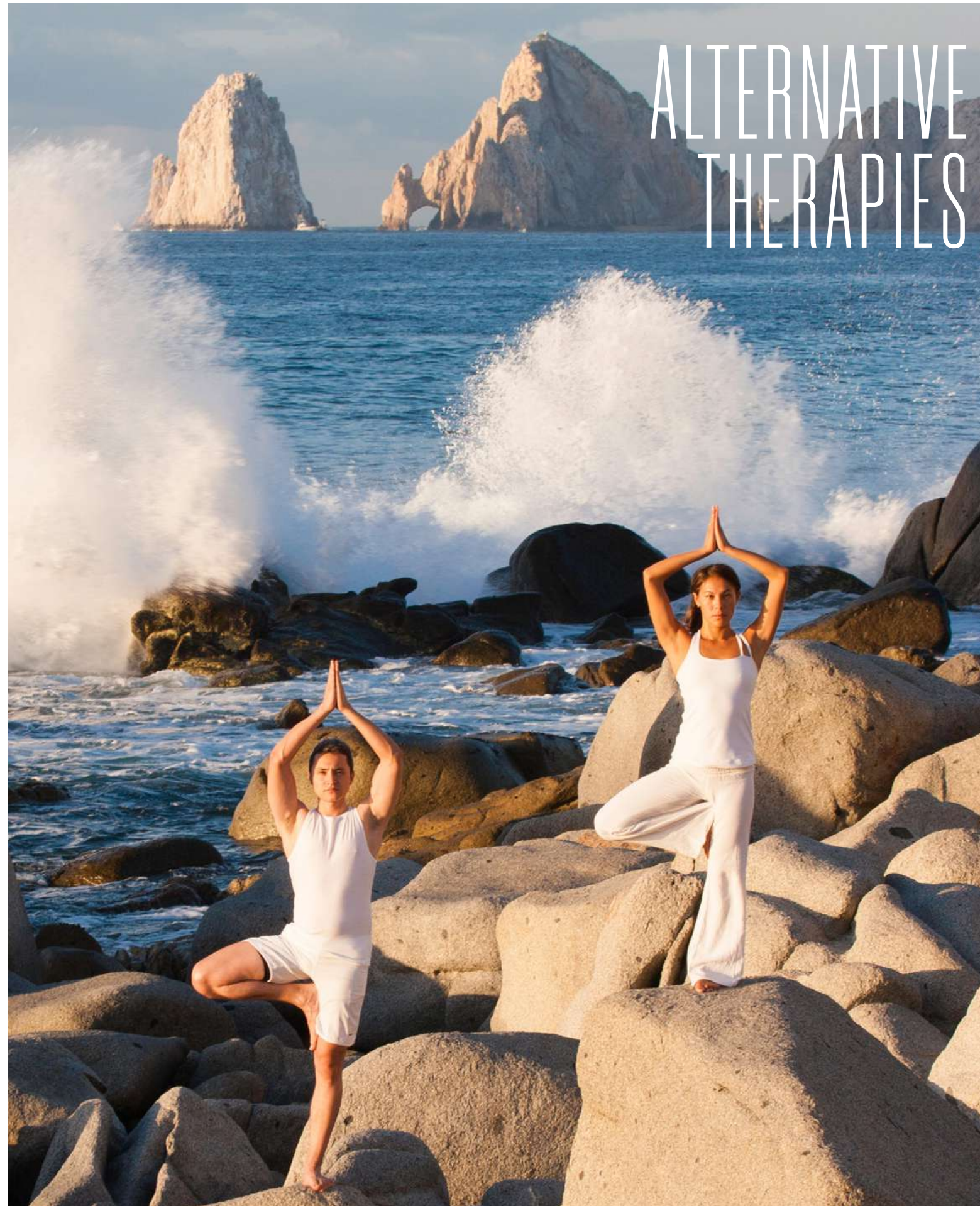
November 10-12 Primordial Sound Meditation Retreat

November 13-20 Finding the Self: Meditation & Yoga Retreat

February 2-4, 2023 Primordial Sound Meditation Retreat

February 5-12, 2023 Finding the Self: Meditation & Yoga Retreat

🌐 retreatcabo.com



ALTERNATIVE THERAPIES

Sometimes you have to take a pause in life to heal your heart or body, so there are thousands of alternative therapies that help us walk that personal path.

Your trip to Los Cabos can be the beginning of that journey where you discover through the temazcal or Tibetan bowl music therapy that it's okay to live stress-free, focus on the present, and enjoy the now.

In Cabo San Lucas and San José del Cabo there is a wide range of places specializing in traditional Chinese medicine, reiki, pre-Hispanic rituals, yoga, meditation and ionic cleansing. In each discipline, experts will guide you to find the answers you're looking for at your own pace.

Dare to open new doors, a different level of consciousness awaits you in Los Cabos.

51. Sound Healing Los Cabos

Let the sound of Tibetan bowls enter your body in the form of vibrations that will release your accumulated stress and allow positive energy to flow freely through your being. Supported by ancient Himalayan instruments, vibration-based music therapy seeks to take you to deep states of relaxation and harmonize your body physically, emotionally and spiritually.

SERVICES

Individual, couple, family and group sessions; aquatic sound therapy.

📞 **Contact number:** +52 (624) 237 46 22 and (55) 1931 12 74

📍 **How to get there:** Camino Real Paseo de la Marina, Local 5, Planta Alta, Col. El Médano, Cabo San Lucas, BCS. Post Code 23453

🌐 fourseasons.com

52. Temazcal Tonantzin Tlalli

Step into the womb of the Earth and step out into the world completely renewed after a temazcal session in Los Cabos. This ceremonial steam bath of pre-Hispanic origin relies on chants and medicinal herbs to create an immersive experience that will help you have the introspection you are seeking.

SERVICES

Temazcal.

📞 **Contact number:** +52 (624) 358 52 30

📍 **How to get there:** Carretera Transpeninsular Km. 63, Club Campestre El Madrigal, Delegación Caduaño, San José del Cabo, BCS. Post Code 23530

🌐 **temazcaltonantzin.loscabos**



53. Cabo Temazcal

Surrounded by the peninsular desert, an ochre dome with an open door welcomes you to Pachamama's womb to begin your healing process. Cabo Temazcal returns to the pre-Hispanic medicinal tradition and makes it available to you so you can feel the steam that will purify your lungs and free you of toxins and negative energy. A magical healing experience you must experience on your trip to Cabo San Lucas.

SERVICES

Temazcal, meditation.

📞 **Contact number:** +52 (624) 147 72 55

📍 **How to get there:** Carretera Transpeninsular Km. 106, Rancho Margaritas, Cabo San Lucas, BCS. Post Code 23450

🌐 **cabotemazcal**

54. Las Californias Centro Holístico

You've come to the right place if you're looking for alternative therapies to achieve comprehensive healing. Located in the historic center of San José del Cabo, this holistic center offers a variety of rituals and ceremonies focused on balancing mind, body and spirit. It is a magical place that offers peace and healing for those in search of wellbeing.

SERVICES

Temazcal, alternative therapies, massages, cacao ceremony, reiki, yoga, marriage ceremonies, family constellations, psychology sessions, tarot reading, boutique.

📞 **Contact number:** +52 (624) 151 73 85

📍 **How to get there:** Av. Centenario 1,315, Zona Centro, San José del Cabo, BCS. Post Code 23400

🌐 **LasCaliforniasCH**

55. Casa Abuela Luna

'The perfect place to find yourself again' is the powerful motto that invites you into this healing home in Los Cabos. Immersed in an environment of peace and fellowship, you can choose between relaxing massages that will release your stress or alternative therapies that promise to open a new door to your well-being.

SERVICES

Ionic cleansing, ear candling, reiki, astral surgery, massages, facials, alternative therapies, manicure, pedicure.

📞 **Contact number:** +52 (624) 120 57 09

📍 **How to get there:** Pescadores y Barlovento Local 1, Colonia El Rosarito, San José del Cabo, BCS. Post Code 23400

🌐 **casaabuelaluna.com**

56. The Wise Hand

The only traditional Chinese medicine center in San José del Cabo offering acupuncture and other Asian treatments focused on various disorders and diseases. Led by Dr. Sara Chung, who puts all this millennial knowledge gained through years of study and constant practice at your disposal, to ensure your well-being is in good hands.

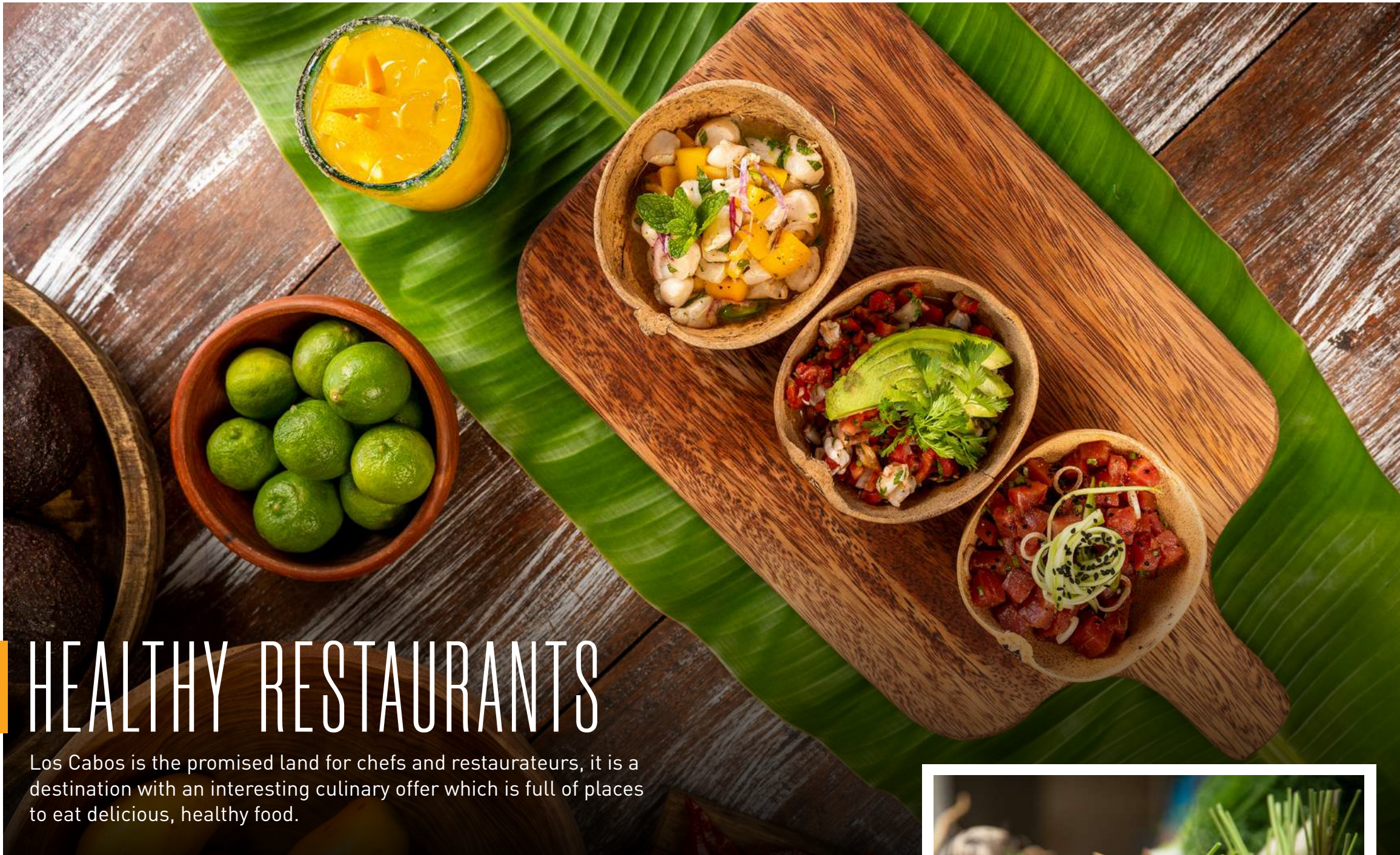
SERVICES

Acupuncture, cupping, Bach flowers, herbal treatment, qigong, auriculotherapy, phytotherapy, moxibustion, Tui na.

📞 **Contact number:** +52 (624) 688 97 01

📍 **How to get there:** Calle Mauricio Castro esquina con Vicente Guerrero s/n, Zona Centro, San José del Cabo, BCS. Post Code 23400

🌐 **thewisehand.com**



HEALTHY RESTAURANTS

Los Cabos is the promised land for chefs and restaurateurs, it is a destination with an interesting culinary offer which is full of places to eat delicious, healthy food.

Seasonal, organic and eco-friendly food, healthy fats, vegetables, fruits and live-food mixology are the new stars of the region's most celebrated menus, gaining favor among palates and are successful as a trend.

To make your trip to Los Cabos full of flavor, we recommend these gastronomic hot spots where healthy foodies eat.




CABO SAN LUCAS

Farm to table

57. The Restaurant, Nobu Hotel Los Cabos

A creative proposition where fresh ingredients are elegantly presented in dishes that will entice your eyes and seduce your palate. You'll find an open place full of natural light that inspires with its details and restores you with every bite at this restaurant in Cabo San Lucas.

Organic cuisine, local ingredients.

- 📧 **Reservation:** Not necessary. 
- ☎ **Contact number:** + 52 (624) 689 01 60 ext. 4771
- 📍 **How to get there:** Blvd. Diamantes N, Los Cangrejos, Cabo San Lucas, BCS.
- 🕒 **Hours:** Every day from 7:00 a.m. to 12:30 p.m.


🌐 loscabos.nobuhotels.com



58. Tomatillos Farm to Table Restaurant, Villa del Palmar Beach Resort & Spa

Imagine yourself sitting in a gazebo looking at a delicious salad whose fresh ingredients came straight from the farm. This scene is from this renowned Cabo San Lucas restaurant, where each dish is designed to seduce your senses and make you a part of its story with every bite.

Farm to table, local ingredients.

- 📧 **Reservation:** Recommended. 
- ☎ **Contact number:** + 52 (624) 145 70 00 ext. 518
- 📍 **How to get there:** Camino Viejo a San José Km. 0.5, El Médano, San José del Cabo, BCS. Post Code 23450.
- 🕒 **Hours:** Every day from 6:00 p.m. to 10:30 p.m.

🌐 cabo.villadelpalmar.mx






CABO SAN LUCAS

Vegetarian and Vegan

60. Elements Indian Vegan & Vegetarian Restaurant Cabos

Let your palate enjoy the range of textures and flavors immersed in the dishes of the only vegetarian and vegan Indian restaurant in Cabo San Lucas. Its exquisite menu is made up of dishes from the Ayurveda tradition, which makes food your medicine.

Vegetarian Indian cuisine.

- ✓ **Reservation:** Recommended. 
- ☎ **Contact number:** + 52 (624) 128 62 11
- 📍 **How to get there:** Narciso Mendoza esquina con Calle 20 de noviembre, Zona Centro, Cabo San Lucas, BCS. Post Code 23469.
- 🕒 **Hours:** Thursday thru Tuesday from 1:00 p.m. to 10:00 p.m. Wednesday closed.


 elements-restaurant-los-cabos.business.site



61. La Rana Vegana

La Rana Vegana is that healthy place with good ambiance you're looking for to enjoy a pleasant moment on your vacation. A vegan restaurant in Cabo San Lucas that boasts exquisite cuisine, from the plant-based burger to the quesabirrias prepared with hibiscus flowers. You won't be able to eat just one.

Vegan cuisine.

- ✓ **Reservation:** Not necessary. 
- ☎ **Contact number:** + 52 (624) 239 94 48
- 📍 **How to get there:** Calle Ignacio Zaragoza s/n, Ejidal, Cabo San Lucas, BCS. Post Code 23470.
- 🕒 **Hours:** Monday thru Friday from 6:00 p.m. to 10:00 p.m.


 **La Rana Vegana**



59. El Huerto, Farm to Table Restaurant

Just as the seasons influence what is planted in the local garden, the restaurant's menu also accommodates the offer of available ingredients. This makes Chef Emilio Sirera's proposal cutting-edge but earthy; a simplicity steeped in creativity to emulate the magic of the earth in every bite.

Farm to table, local ingredients, signature cuisine.

- ✓ **Reservation:** Recommended. 
- ☎ **Contact number:** + 52 (624) 211 94 76
- 📍 **How to get there:** Carretera Transpeninsular, calle sin nombre s/n, Colonia El Tezal, Cabo San Lucas, BCS. Post Code 23454.
- 🕒 **Hours:** Tuesday thru Sunday from 8:00 a.m. to 1:00 p.m. and from 5:30 p.m. to 10:00 p.m.

 elhuertorestaurant.com




SAN JOSÉ DEL CABO

62. Acre Restaurant & Cocktail Bar

Located in the foothills of Sierra la Laguna, just minutes from San José del Cabo, Acre Restaurant honors the 25 acres of luxurious and sustainable development where green foliage covers everything. Its culinary offer is inspired by Baja and evolves alongside the seasons of the year.

Global cuisine, local ingredients, farm to table.

- ✓ **Reservation:** Recommended. 
- ☎ **Contact number:** + 52 (624) 688 65 35
- 📍 **How to get there:** Rincón de las Ánimas, Calle Camino Real s/n, Ánimas Bajas. La Playa, San José del Cabo, BCS.
- 🕒 **Hours:** Every day from 8:00 a.m. to 10:00 p.m.


 acresort.com



63. Flora's Field Kitchen, Flora Farms

'From garden to table' is the philosophy of Flora's Field Kitchen, a restaurant in San José del Cabo that's a must visit on your trip. You'll find a menu where every ingredient is chosen carefully, always organic and sustainable, whether it's from the local garden or a select peninsula ranch.

Farm to table, local ingredients, signature cuisine.

- ✓ **Reservation:** Recommended. 
- ☎ **Contact number:** + 52 (624) 142 10 00
- 📍 **How to get there:** Carretera Transpeninsular Km. 30, Las Ánimas Bajas, San José del Cabo, BCS. Post Code 23407.
- 🕒 **Hours:** Tuesday thru Saturday from 9:00 a.m. to 9:00 p.m. Sunday from 10:00 a.m. to 2:00 p.m.

 flora-farms.com



64. Los Tamarindos

Chef Enrique Silva's signature is in every detail of this renowned San José del Cabo restaurant. Mexican cuisine from farm to table, where every ingredient has a quality and freshness guarantee, served in a space with a rustic atmosphere that will allow you to enjoy the landscape of this Mexican little corner.

Farm to table, Mexican cuisine.

- ✓ **Reservation:** Recommended. 
- ☎ **Contact number:** + 52 (624) 105 60 31
- 📍 **How to get there:** Calle de Las Ánimas s/n, Ánimas Bajas. San José del Cabo, BCS. Post Code 23407
- 🕒 **Hours:** Monday thru Friday from 12:00 p.m. to 10:00 p.m. Saturday and Sunday from 10:00 a.m. to 10:00 p.m.

 lostamarindos.mx





65. Semillón de Puerto Raíz

With the touch of the celebrated chef Javier Plascencia Semillón was born, a restaurant in San José del Cabo connected to the land. Many of its ingredients come from its own gardens, bringing the “farm to table” concept to life in every dish and every cocktail in its Guamúchil bar, renowned for its creative mixology offer.

Signature cuisine, local ingredients, farm to table.

📅 **Reservation:** Recommended.

📞 **Contact number:** + 52 (624) 160 61 76

📍 **How to get there:** Lote 100, Zona Centro, San José del Cabo, BCS. Post Code 23400.

🕒 **Hours:** Wednesday thru Monday 5:00 p.m. to 10:00 p.m.
Brunch: Saturday and Sunday from 10:00 a.m. to 2:00 p.m.

🌐 puertoraiz.com



CABO SAN LUCAS

Vegetarian and Vegan

66. Chula Vegan Café

If you are looking for a pleasant space with a fully vegan menu in San José del Cabo, this café is your spot. A passion project of two sisters, Natalia and Ivana, they offer a menu of dishes made from local organic products with a cool Mexican twist that makes them unique.

Vegan cuisine, local ingredients.

📅 **Reservation:** Not necessary.

📞 **Contact number:** + 52 (624) 688 97 50

📍 **How to get there:** Blvd. Antonio Mijares s/n, Plaza La Misión Local 1, Zona Centro, San José del Cabo, BCS. Post Code 23400.

🕒 **Hours:** Tuesday thru Saturday from 8:00 a.m. to 4:00 p.m.
Sundays from 8:00 a.m. to 3:00 p.m.

🌐 chulavegancafe.com



67. Cynthia Fresh Organic Restaurant

Whether you're ordering vegan tacos with roasted vegetables or the house pasta, you're sure to enjoy a rich evening at this organic food restaurant in San José del Cabo. People rave about the quality and flavor of their sandwiches, from the crunchy fish to the Parmesan fish. If you like healthy, delicious food, this is definitely a *must*.

Healthy cuisine.

📅 **Reservation:** Not necessary.

📞 **Contact number:** + 52 (624) 155 58 74

📍 **How to get there:** Zona Turística Fonatur, Malecón San José, Zona Hotelera, San José del Cabo, BCS. Post Code 23405

🕒 **Hours:** Monday thru Saturday from 12:00 p.m. to 6:00 p.m.



68. Mi Vegano Favorito

Imagine a portobello mushroom burger with a mushroom topping and fried sweet potato. If that made your mouth water, you simply must visit Mi Vegano Favorito, a vegan restaurant in San José del Cabo with an attractive menu made for those who care about their health and that of the planet.

Vegan cuisine.

📅 **Reservation:** Not necessary.

📞 **Contact number:** + 52 (624) 142 46 80

📍 **How to get there:** Av. Centenario s/n, Zona Centro, San José del Cabo, BCS. Post Code 23400

🕒 **Hours:** every day from 5:00 p.m. to 10:00 p.m.





EXPERIENCE LOS CABOS

Introspection is a very personal and unique journey for every human being. For some, perhaps water is the ideal means to work through their emotions. Others may prefer the silence of a guided meditation and some connect better when walking the mountain trails.

Because we know that you also want to stay active on your disconnection trip, you will find the most diverse options in Los Cabos so that, depending on your mood, you can explore all your different sides: the adventurer diving or swimming in the open sea, the sybarite with Art to Table, or the calm one, meditating and exercising at the same time with a relaxing yoga class.

69. CYCLING

Active travelers know that riding a city, mountain or electric bike is always a good way to get to know a destination. Let yourself be guided by the experts and explore the area surrounding Los Cabos. You'll visit the Baja California desert routes and end the day at a lookout while enjoying the sunset, or discover the vibrant street art hidden away.

▶ cabo-adventures.com ▶ falconbiketours.com

70. HIKING

Along with the beautiful views of the seas and oceans surrounding Los Cabos, this heavenly destination also has inviting trails to explore. A UNESCO-protected natural site, Sierra la Laguna is a popular hiking site where you can marvel at the oasis you will find in the middle of the desert through Cañón de la Zorra (Zorra Canyon) or Cañón de San Dionisio (San Dionisio Canyon).

▶ hightideloscabos.com ▶ incabotravel.com ▶ toursarefun.com

71. KAYAKING

Enjoy the view from the sea of the Los Cabos desert coast, as you exercise and explore the bays surrounding this luxury destination. On top of being a fun water activity, it's also relaxing since it can be combined with a little snorkeling to watch fish, eels, starfish, sea urchins and even turtles.

▶ cabo-adventures.com ▶ hightideloscabos.com

72. MODUVATED

To keep your physical, nutritional and emotional health in balance while visiting Los Cabos, there is nothing like this comprehensive gymnasium and wellness center that offers the latest facilities, equipment, classes and instructors trained for different needs such as yoga, pilates, fitness, nutrition and a healthy bar. All your wellbeing under one roof.

▶ moduvated.com

73. PADDLE BOARDING

Los Cabos is one of the world's most privileged locations for water sports, and Paddle Boarding is a fun way to get familiar with the destination. Put your balance to the test and dare to cruise standing or sitting on the board, all the way to the stunning "Arco" of Los Cabos. Expert guides will always be with you so you feel safe.

▶ cabo-adventures.com ▶ hightideloscabos.com ▶ cabosup.com

74. RUNNING TOUR

With your trainers on and running, Los Cabos will be at your feet. Discover the cities that make up this destination at your leisure. Whether you are a beginner or a marathoner, local tour guides will always go at your speed while showing you the interesting things about Cabo San Lucas, San José del Cabo or La Paz.

▶ runningtoursloscabos.com



75. DIVING

In this privileged area where the Pacific Ocean and the Sea of Cortés meet, diving is a unique experience in the world. Let yourself be amazed by the beauty that the depths of Cabo Pulmo, Gordo Banks and Cerralvo Island will show you. Stingrays, eels, turtles, whale sharks and huge schools of multicolored fish will be some of your adventure companions on this other side of Los Cabos.

- ▶ cabo-adventures.com
- ▶ divecabo.com
- ▶ mantacabo.com
- ▶ cabosharkdive.com
- ▶ diveninjaexpeditions.com

76. YOGA - MEDITATION

We all want happiness, and the practice of yoga or meditation can help us reach balance in our body, mind and soul, the optimal state of wellbeing. Whether you're a beginner or an expert in these practices, you'll find yoga shalas at Los Cabos where there's always a class so you can connect with your inner self.

- ▶ yogazantory.com
- ▶ santoshayogacabo.com
- ▶ bajamoonyoga.com

SAN JOSÉ DEL CABO

77. ART TO TABLE

Dining surrounded by art, meeting and interacting with the artist behind an important piece of art while enjoying an exquisite menu and as a sommelier does their magic, is possible in this unique experience that takes place inside a gallery. You and your select group will be amazed at this unique way of experiencing Los Cabos.

- ▶ patriciamendozagallery.com

78. YOGA - MEDITATION

Los Cabos is the ideal destination to focus on the now, in the present. Through yoga and meditation, you'll experience the serenity that comes from practicing these two age-old healing activities. Whether you're traveling alone or in a group, the instructors are always happy to adapt to the itineraries of travelers that are looking for a day of inner peace, as you do.

- ▶ gabydelarosa.com
- ▶ yogadelmarcabo.com

78. SWIMMING

Water is a natural element that brings us serenity. Whether you want to exercise in the comfort of a pool or you are seeking the adrenaline of swimming in the open sea, both options are available to you in Los Cabos. Certified instructors will be with you at all times so you can feel confident and safe while you enjoy the experience.

- ▶ bluelaneswimming.com
- ▶ mannygonzalezsurfschool.com



A SUSTAINABLE DESTINATION

Our path to wellness is undeniably linked to the environment. The natural elements—air, fire, water and earth—are part of our essence as human beings and taking care of them is our responsibility.



42% of the area of Baja California Sur is a protected nature area

In the pursuit of balance to meet the needs of the present without compromising the resources of the future, we are working on different conservation routes to achieve sustainable development in Los Cabos. We are the Mexican destination with the most beaches certified internationally with the Blue Flag award [25] from the Foundation for Environmental Education.

Forty-two percent of the area of Baja California Sur has the status of protected natural area, one of the largest in the world, and both Cabo Pulmo National Park and Sierra La Laguna Biosphere Reserve are listed as World Heritage Sites by UNESCO.

Sierra La Laguna is the main breeding sanctuary for two of Mexico's most important hummingbird species and our Gulf of California or Sea of Cortés is a gem for conservation and one of the best places on the planet to dive. There is a reason why the famous oceanographer Jacques Cousteau named it "the world's natural aquarium."

Moreover, the turtles who live in the region [Carey, Golfina, Laúd and Caguama] are protected since we operate the Turtle Network of Los Cabos here, recognized in 2017 as the best sustainable project in Latin America. You can even help them survive because, depending on where you stay, there are activities at certain hotels to bring the newborn turtles to the seaside to avoid predators.

In Los Cabos, a luxury tourist destination in Mexico, we strive not only to achieve excellence in customer service for our visitors and ensure they have an unforgettable vacation, but also to take care of our natural resources so that future generations can enjoy them as well and live a full life.

We are home to over 800 marine species, 500 types of cacti and a myriad of endemic fauna

While most of our state is desert, you'd be surprised to learn that we have eleven protected wetlands, two of which are in Los Cabos. These areas are shelters for several species of flora and fauna and are among the most biodiverse places in the world.

We are home to more than 800 marine species, 500 types of cacti and a myriad of endemic fauna, which is why our state began a process to stop depending on the use of plastic and we restricted the use of single-use plastics such as bags, straws and Styrofoam containers as of 2019. We want to prevent the pollution of our seas and oceans and keep our animals from dying by being poisoned by them.

We also take care not to alter the natural landscape that differentiates us, avoiding invasive construction and unnecessary advertising. On your trip to Los Cabos, you'll notice that the highest buildings are only six stories high and that there are no visually polluting billboards.

Around the world, care and protection of the environment have become essential and we have been working on it for years in Los Cabos, always seeking a balance between our tourist vocation and being a sustainable destination.

When you relax doing yoga on the beach, dive in Cabo Pulmo, enjoy the sunset at one of our spas, connect to the magic of the South California desert, hike through the Sierra La Laguna mountains or marvel at the miracle of life when you see a turtle being born, think about how much you're helping with your visit to our destination. You will be supporting the local economy and allowing us to continue striving to care for Planet Earth, which belongs to us all.



STAY HEALTHY

Perhaps the reason for your trip to Los Cabos is to take care of your health, and this is exactly where your journey to recovery can begin.

The best hospitals and specialized physicians, most of whom are bilingual, have made this vacation destination their base for caring for thousands of patients who, like you, are looking for Mexican warmth in their healthcare, competitive prices, and above all, a destination that is healthy in every way.

Many of our hospitals are part of international networks of well-known companies and also accept international health insurance. You can relax knowing your health will be in good hands in Los Cabos.



80. Hospiten

Equipped with state-of-the-art technology and world-class facilities, this Cabo San Lucas hospital is part of an international hospital network that operates under the strictest quality standards. They have medical staff in various specialties and a 24/7 emergency department.

HOSPITAL SERVICES

Cardiology, pediatric cardiology, gastroenterology, general surgery, gynecology, internal medicine, neurology, otolaryngology (ENT), pediatrics, traumatology, urology, radiology, psychiatry, pediatric pulmonology, perinatology, clinical laboratory, emergency room.

USA and Canadian health insurance companies accepted.

📞 Call us at: + 52 (624) 145 60 00

📍 How to get there: Carretera Transpeninsular km 0.5, Condominio Maestro Plaza San Lucas, Colonia El Tezal, Cabo San Lucas, BCS. Post Code 23454

🌐 hospiten.com

82. American Medical Center (AMC Hospital)

Excellence in healthcare in Cabo San Lucas is what AMC Hospital guarantees you. Put your trust in their team of bilingual specialists who will ensure your recovery. They have a clinical laboratory and pharmacy that will allow you to take care of your health comprehensively. Everything, in one place.

HOSPITAL SERVICES

Neurology, cardiology, gynecology, medical surgery, gastroenterology, nephrology, traumatology, shock trauma, intensive care, intermediate care unit, recovery, clinical laboratory, pharmacy, X-rays, operating room, Covid tests, tomography, ambulance service, emergency room.

USA and Canadian health insurance companies accepted.

📞 Call us at: + 52 (624) 143 49 11

📍 How to get there: Blvd. Lázaro Cárdenas #911, El Médano Ejidal, Cabo San Lucas. Post Code 23453

🌐 amchospitals.com

81. Hospital de Especialidades

Founded in 1993, this hospital in Cabo San Lucas is the most established one in the peninsular city. Equipped with state-of-the-art technology and a staff of specialized physicians, they ensure treatment and care that makes you feel safe and comfortable on your way to a quick recovery.

HOSPITAL SERVICES

Operating room, gynecology, otolaryngology (ENT), internal [medicine], psychology, dermatology, traumatology, general surgery, pediatrics, dentistry, ophthalmology, general medicine, clinical laboratory, tomography services, hyperbaric chamber, X-rays, COVID special care, emergency room.

USA and Canadian health insurance companies accepted.

📞 Call us at: + 52 (624) 143 77 77

📍 How to get there: Calle Adolfo López Mateos s/n, Ejidal Chamizal, Cabo San Lucas, BCS. Post Code 23470

🌐 hospitalcmc.com

83. MHC Hospital María Guadalupe

What could be better than taking care of your health in the paradise of Cabo San Lucas? With 21 years of experience, this hospital, also known as Cabo Medical Center, has the best specialist doctors who will focus on your treatment and recovery by always providing you with competitive prices and the warm care that distinguishes the Mexican people.

HOSPITAL SERVICES

Traumatology and orthopedics, critical medicine, internal medicine, general surgery, plastic surgery, dentistry, ophthalmology, neurosurgery, urology, general medicine, gynecology, otolaryngology (ENT), cardiology, pediatrics, pediatric cardiology, intensive care, emergency room.

USA and Canadian health insurance companies accepted.

📞 Call us at: + 52 (624) 143 97 27

📍 How to get there: Prolongación Juan Álvarez s/n y Libramiento a Todos Santos, Colonia Arenal, Cabo San Lucas, BCS. Post Code 23455

🌐 hospitalcmc.com

84. Medicare Ambulancias

Emergencies come with no warning so it is important to know that in case of one, in Cabo San Lucas you can request private ambulances from Medicare Ambulancias. They offer ground and air units with certified, bilingual paramedics who will take care of you in your language and are prepared to respond to all kinds of situations.

HOSPITAL SERVICES

Air and ground ambulances, domestic and international transfers.

📞 Call us at: + 52 (624) 143 40 20

📍 How to get there: El Pescador Edificio E, Departamento 2-96, El Médano, Cabo San Lucas, BCS. Post Code 23453

🌐 ambulanciasmedcare.com

85. BlueNet Hospital

Professional healthcare, advanced technology, competitive pricing and a luxury tourism destination to recover from your treatment all come together at this medical center, the favorite of English-speaking visitors seeking quality and warmth to meet their health and beauty needs. Call and ask to speak with a medical tourism executive. Your health awaits you in Cabo San Lucas.

HOSPITAL SERVICES

Anesthesiology, angiology, bariatrics, cardiology, pediatric cardiology, plastic surgery, advanced general surgery, pediatric surgery, dermatology, pediatric dermatology, endocrinology, physical therapy, gastroenterology, gynecology and obstetrics, emergency medicine, general medicine, internal medicine, neurosurgery, pediatric neurosurgery, neurology, nephrology, pulmonology, nutrition, oncology, orthopedics, dentistry, ophthalmology, otolaryngology (ENT), pediatrics, psychology, psychiatry, radiology, rheumatology, traumatology, urology, intensive care unit, hemodialysis, intravenous infusions, clinical laboratory, pre-nuptial testing, operating room, medical equipment rental, radiology and imaging, ambulances, emergency room.

USA and Canadian health insurance companies accepted.

📞 Call us at: + 52 (624) 104 3910

📍 How to get there: Carretera Transpeninsular km 6.3, Cabo San Lucas, BCS. Post Code 23455

🌐 bluenethospitals.com



86. H+ Hospital

The most patient-centric hospital in Los Cabos that has the medical staff, facilities and equipment to perform interventions of the highest surgical specialties, especially in endoscopic procedures. Its quality is proven as it is the only hospital in the state that has the following certifications: "General Health Council" by the Mexican government and "Canadian Health Council" by the government of Canada.

HOSPITAL SERVICES

Preventive medicine, endoscopy unit, intensive care, neonatal intensive care, nursery, hyperbaric chamber, clinical laboratory, radiology and imaging (ultrasound, CT, MRI, mammogram, X-ray) hospitalization, blood bank, emergency room.

📞 Call us at: + 52 (624) 104 93 00

📍 How to get there: Plaza Koral Center, Carretera Transpeninsular km 24.5, Cerro Colorado. San José del Cabo, BCS. Post Code 23406

🌐 hmaslocabos.mx

87. PRMEDICA Inc.

Institution specializing in biocellular regenerative medicine that provides care for various orthopedic and musculoskeletal disorders. Their bilingual staff will take care of you in your language, making you always feel safe and supported in your stem cell treatment. Its noninvasive procedures provide relief for conditions such as orthopedic injuries, arthritis, and degenerative joint conditions of the knees, hips, shoulders or back, to name a few.

HOSPITAL SERVICES

Biocellular regenerative medicine (local mesenchymal stem cell infiltration, intravenous infusion of mesenchymal stem cells, placenta-derived stem cells/subcutaneous slow-release nutrient deposit, regular PRP, Meyers intravenous hypervitamin drip cocktail, intravenous chelation therapy). Preventive health checks. Non-surgical nose surgery, immune boosters for the respiratory system, medical spa.

📞 Call us at: + 52 (624) 688 84 97

📍 How to get there: Plaza Esperanza, Carretera Transpeninsular Km 25, Cerro Colorado. San José del Cabo, BCS. Post Code 23405

🌐 prmedicainc.com

SAN JOSÉ DEL CABO

88. Hospiten San José

A well-known clinic in San José del Cabo that belongs to the Hospiten international hospital network, which guarantees its high quality standards and the constant modernization of its equipment and facilities. Its bilingual medical specialists guarantee you warm and personalized care, in a dream tourist destination.

HOSPITAL SERVICES

Cardiology, pediatric cardiology, gastroenterology, general surgery, gynecology, internal medicine, neurology, otolaryngology (ENT), pediatrics, traumatology, urology, neonatology, radiology, clinical laboratory, emergency room.

USA and Canadian health insurance companies accepted.

📞 Call us at: + 52 (624) 105 85 50

📍 How to get there: Paseo de las Misiones 266, Campo de Golf Fonatur, San José del Cabo, BCS. Post Code 23400

🌐 hospiten.com

89. Clínica San José

Its 30 years of experience show the level of professionalism of this medical clinic in San José del Cabo. In its fully equipped facilities and accompanied by a medical staff with a high sense of humanism, you will receive the care you deserve and timely follow-up for a quick recovery.

HOSPITAL SERVICES

General Medicine, gynecology, pediatrics, general surgery, X-rays, pharmacy, emergency room.

📞 Call us at: + 52 (624) 142 02 60

📍 How to get there: Calle Barco s/n, El Chamizal, San José del Cabo, BCS. Post Code 23405

🌐 clincasantisimatrinidad.com

90. CIFO Traumatología

If you're an athlete or you suffer from knee or spinal pain, it's time to plan your trip to Baja California Sur and begin your recovery process at this medical center in San José del Cabo, the only one of its kind in the entire state. CIFO guarantees you the best diagnosis, comprehensive management of traumatic and orthopedic injuries, and competitive prices.

HOSPITAL SERVICES

Arthroscopy, orthopedics, sports injuries, traumatology, spinal surgery, joint replacement, physical therapy.

📞 Call us at: + 52 (624) 142 33 11

📍 How to get there: Blvd. Mauricio Castro #1,952, Plaza del Cabo, Campo de Golf Fonatur, San José del Cabo, BCS. Post Code 23406

🌐 cifo.com.mx



LOS CABOS TAKES CARE OF YOU / HEALTH AND SAFETY PROTOCOLS

Los Cabos has *Sharecare's health safety verification*, making it the world's first **VERIFIED®** travel destination. This designation means that most hotels and resorts continually strive to ensure that their health protocols meet more than 360 global standards validated by experts.

Los Cabos continues to work closely with hospitals, care units, airports, ports, hotels, resorts, travel operators and travel agencies to align the implementation of health and safety measures throughout the destination.

Visitors will find several alternative testing facilities available at hospitals and laboratories, and at hotels, timeshare locations and vacation rentals.

As a unified destination, a flexible booking policy has been applied for travelers, while standardized control protocols have been implemented at the airport and port. In close collaboration with the tourism industry, the **"Clean Spot"** certification, issued by the Mexican federal government to adherents to strict hygiene protocols, has been obtained, along with the **"Safe Travels"** seal of approval issued by the World Travel and Tourism Council (WTTTC), recognizing the efficient safety protocols of Los Cabos.



INFORMATION ABOUT COVID-19 TESTING IN LOS CABOS

Los Cabos is well-prepared to accommodate all travelers' COVID-19 testing needs to ensure a smooth transit for travelers to meet the requirements to return to their home country.



More information: <https://www.visitloscabos.travel/los-cabos-with-care/>

LOS 
CABOS

VisitLosCabos.travel