



# RITUALS

MAYAN MASSAGE THERAPIES

Available for individuals or couples which include shower bath, steam room, and jacuzzi with fruit and sparkling wine or organic juice or tea.

## MAYAN ANCESTRAL

Start with a Mayan Purification, and enjoy our Healing Hands, an energetic massage using our native oils, balance the mind and soul, and rearrange the energies in your being. Continue with an Herbal Bath, rest in a bathtub made of mahogany, and feel how a thousand-year-old tree embraces you and connects the energy throughout your body.

110 minutes \$330 USD.

## MUKUL

This amazing treatment begins with a Mayan Purification, and continues with a few sacks of healing herbs heated to steam, helps you detoxify, releases muscle tension, and strengthens the joints, the therapist will apply the technique of shiatsu with the sacks, followed by a massage for balance.

90 minutes \$220 USD.

## KUKULKÁN

Therapy inspired by *Kukulkán* known as feather snake begins with meditation and a Mayan Ceremony seeking to connect with the energy of the sacred animals, helps you reflect on your life to break with ties from your past, offering pleasant moments of your life and to transcend like the *Kukulkán*. Eagle, Jaguar, Water, Air, and Fire. Continue with an Herbal Bath, rest in a bathtub made of mahogany, and feel how a thousand-year-old tree embraces you and connects the energy throughout your body.

130 minutes \$330 USD.

## LUU'K

This treatment is inspired by Mayan medicine which is called Luuk' in the Mayan language. It is known to offer healing and beneficial effects on the skin and joints which can heal sunburn, skin lesions, and insect bites. The clay is applied all over the body and will remain for 20 minutes while you receive delicious acupressure on the head, face, and neck. This ritual will end with a relaxing aromatherapy massage using oils from the native region.

160 minutes \$330 USD.

## MAYAN CACAO

Enjoy the benefits of Mexican cacao which is rich in antioxidants and balances the skin. The cacao or cocoa is the main ingredient in this treatment paired with additional natural oils leaving your body feeling refreshed and moisturized. We begin with a body scrub followed by a mud -massage and ending with the application of smooth alcarite butter.

160 minutes - \$330 USD.



# TRADITIONAL

MASSAGE AND THERAPIES

Indicated to eliminate contractures in different parts of the body (neck-cervical, back, lumbar area, arms, legs, and feet). Our selection of traditional massages will help you release any type of tension, leaving you with a powerful and lasting feeling of well-being.

## SWEDISH

Relaxing the nervous system this traditional Swedish massage will allow your body to release stress and tension in the muscles while sending your mind into a deep state of relaxation.

50 minutes \$130 USD or 80 minutes \$150 USD.

## MAYAN RENEWAL

Starting with traditional copal and basil scrub which is used to purify the mind, body, and soul followed by the aroma of our essential oils. Ending with a full body relaxing massage.

80 minutes \$195 USD.

## AROMATHERAPY

Treatment is focused on balancing the nervous system with a full body massage using our custom essential oils.

50 min \$140 USD or 80 min \$170 USD.

## DEEP TISSUE

Our deep tissue focuses on releasing the tension in your muscles using a special gel and allowing your body to completely relax while loosening the structure of the muscles.

50 minutes \$150 USD or 80 minutes \$180 USD.

## THERAPEUTIC

Using a combination of techniques including Lomi Lomi, stretching, shiatsu, reflexology, deep tissue, and Swedish massage to find complete balance in the mind, body, and soul.

80 minutes \$195 USD.

## HONEY & OIL

This treatment is focused on removing the dead skin and preparing it to receive the nutrients of organic honey and oils that will keep your skin smooth and hydrated.

80 minutes \$170 USD.

## HOT STONES

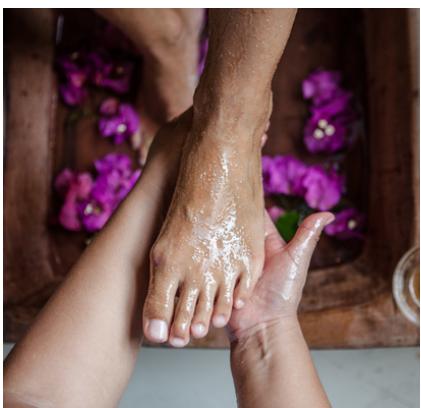
With the aroma of our natural oils, we massage your body using river stones placed in the most important energetic centers in the body to promote a natural flow of energy.

80 minutes - \$180 USD.

## REFLEXOLOGY

Applying pressure to specific points of energy on the feet and legs. This therapy will help you balance and energize your entire body. The treatment is accompanied by natural scrubs, masks, and cold gel.

60 minutes - \$150 USD.





# CEREMONIES

INDIVIDUAL OR GROUP

We want to celebrate the rich heritage of the Mayan culture, and invite you to experience it through our special ceremonies to reconnect with yourself.

## TO THE SELF

The land is my body, water my blood, wind my breath, and fire my soul. Reconnects with your heart and feel the energy of four directions of the universe, celestial jicara, and mother earth.

Our guard of tradition will take you on a journey to yourself with the help of copal, herbs, songs, and botanic therapies.

60 minutes \$150 USD (individual ceremony).

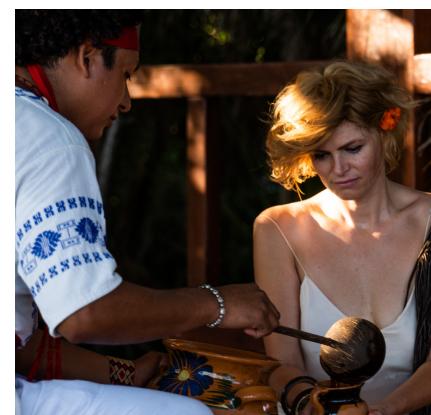
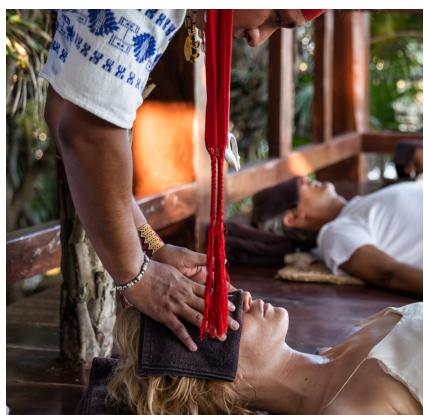
## CACAO CEREMONY

For the Mayans Chak EK Chuah, English for The Spirit of Cacao was one of the most revered deities of the ancient Mayan culture. A drink also defined as the "Food of the Gods".

The Cacao Ceremony takes us on a spiritual journey of introspection in harmony with Mother Earth and the Great Spirit. It empowers us to open our hearts and sow an intention. Cocoa allows us to listen to our true selves, releasing blocks, emotions, and thoughts that we no longer want to carry with us. It is a moment of liberation and alignment with who we really are, leading us to be one with the universe.

The context of the ceremony is an intimate space where the aromatic smoke of the copal, and the energy of the plants and seeds, will invite us to genuine liberation. Thus, allowing mental clarity and a deep state of relaxation and acceptance of the self.

\$90 USD p/p - Every Tuesday and Friday 5:00 pm.





# AETER SUN

TREATMENTS

Perfect treatments for anyone who has spent time in the sun and doesn't want the effects of sunburn. All facials include hand, neck, and feet massage.

## ALOE VERA

The land is my body, water my blood, wind my breath, and fire my soul. Reconnects with your heart and feel the energy of four directions of the universe, celestial jicara, and mother earth.

Our guard of tradition will take you on a journey to yourself with the help of copal, herbs, songs, and botanic therapies.

80 minutes - \$160 USD.

## CLAY

A healing treatment that offers a body wrap with our native Mayan clay while relaxing with a full body massage. This treatment also relieves sunburn, insect bites, and skin lesions and is sure to leave you feeling refreshed and relieved.

80 minutes - \$160 USD.

## ALOE VERA FACIAL

A relaxing facial that is focused on restoring moisture and elasticity of the skin affected by the sun using natural products such as aloe vera and cream rich in vitamin E and also includes high-frequency aparatology.

50 minutes - \$90 usd.

## DEEP FACIAL

This facial is uniquely designed according to your skin type and includes deep cleansing, exfoliation, steam, and aparatology.

80 minutes - \$280 USD.

## MEN'S FACIAL

A facial that is specially designed for men using products that will help anti-aging and minimize fine lines which will leave the face feeling replenished and moisturized.

\$190 USD.