

## THE ••••• ELEMENTS

- **Earth** represents our body
- **Water** moves our emotions
- ⊙ **Air** thoughts & communication
- ☉ **Fire** is our vital energy
- **Sky** Higher spiritual realms

The different elements impact our body in very specific ways. Maya's spa signature treatments represent these varying energies of the elements to align you with the rhythms of nature for your enhanced well being.

### RECONNECTION WITH THE ELEMENTS

Like all native peoples, Mayas maintained a connection with the elements, the earth connects directly with our body, water does with our emotions, air with thoughts, fire with all energy and the sky is the connection with the spirituality.

Our therapies and rituals represent the energy of all these elements and help us align ourselves with the rhythms of nature. That's why all our products are organic and 100% natural.

## MAYA TRADITIONS

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Our Spa's emphasis is on ancestral Mayan rituals. Be blessed in a deep mindset and drive yourself into a reflective experience. Breathe through your past, free of judgement and acceptance on the future. The tribe will take care of your body and soul, while proposing the right mixture made for you by our Mayan apothecary, delivered with ancestral wisdom.

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Start with a foot cleansing ritual using special herbs to purify and prepare you for your spa journey. Take time in our wet area featuring a house of steam rooms and saunas.

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Local herbal remedies are provided in our house of steam to enhance your experience. Our tribe will guide you on this path, we will help you disconnect and reconnect with the surroundings. Going through unknown changes in your mind, body and soul.

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The Mayan Spa's exclusive treatments will make you breathe in a comfortable rhythm. Reborn the mind/body in our Zum Pul Che later called Temazcal by the aztecs or try our vibrating sound healing sessions, also join to our Yoga session and workshops that take place in our Yoga Dome. Become one with nature through this journey and understand the Mayan culture and spirit in a deeper way. Feel the spirituality and breathe with it.

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**In Lak'ech Ala K'in**



## **EARTH - LU'UM BODY**

### **LU'UM FUSION MASSAGE • 90 MINUTES**

Combination of deep tissue, acupressure, reflexology and other massage techniques, release chronic muscle tension and aid in recovery from activity induced soreness.

### **FULL BODY MASSAGE • 60 OR 90 MINUTES**

Long strokes soothe sore muscles and stimulate circulation helping to revitalize and invigorate your body.

### **DOWN TO EARTH REFLEXOLOGY • 60 OR 90 MINUTES**

Rebalance your energy with reflexology, a natural healing art, using pressure point techniques on the hands and feet. It is based on the principle that there are reflex points that correspond to the different organs of the body.

90 Minutes includes back and neck massage.

### **IXKIK HERBAL DEEP TISSUE RITUAL • 120 MINUTES**

Starts with a targeted therapeutic body massage, incorporates gentle stretching, steamed herbal compress and hot stones are applied further ease muscle tension.

Deeper pressure is applied especially on tensed areas.





## **WATER- HA ' EMOTIONS**

### **HA' MAYAN BATH • 90 MINUTES**

Starts with a body scrub made of natural products, then entering in a deep Mayan Bath filled with petals & sacred Mayan herbs to further cleanse. Combined with a brief relaxing massage.

### **SUN RESCUE • 60 MINUTES**

The Sun rescue was designed to help you recover from a day in the sun.

Our hydrating full-body mask will nourish and heal the skin after sun or heat exposure. Honey and natural aloe vera gel are rich in antioxidants, reduce redness and irritation, helps to cool down and soothe environmentally damaged skin.

### **POPOL VUH • 90 MINUTES**

As the creation of humans in the mayan book Popol Vuh, we create this journey that represents the stages that our ancestor believe we were made of. Starts with a brush exfoliation, followed by a mayan clay body mask and a massage with a wooden stick, at the end we apply a body mask made of fresh corn with aloe vera and wrap the body in a banana leaves.

It finishes with a touch of hydrating herb infusion.

### **MAYAN REBIRTH CEREMONY • 120 MINUTES**

Full body exfoliation followed by a body wrap with banana leaves & Mayan clay. You will then be immersed into a renaissance bath with a blend of flowers & plants, completed with a massage.





## **Air - IK' MIND**

### **IK' AROMATHERAPY MASSAGE • 60 OR 90 MINUTES**

Experience your senses through Aromatherapy full body massage.

Balance your body, mind, emotions and energy, connecting with the scents of the elements. We ensure that you receive a unique treatment to suit your specific needs.

### **XTABAY FACIAL • 60 OR 90 MINUTES**

Organic and natural products as honey, avocado, papaya and others are custom blended to create a personalized facial that will soften lines, smooth and tighten face, neck and rejuvenate tired skin. Acupressure cranial and facial massage relieves tension on the head and neck. Organic aromatherapy oils are gently massaged to relax the nervous system.

You'll glow from the inside out.

### **YOOK'OL KAAB MASSAGE • 120 MINUTES**

Enjoy the experience of a couples massage under the wonderful Moonlight. Starts with an intention and request to the moon, follow by a 90 minutes holistic couples massage to open the connection with the universe, we finalize with a romantic toast with the ancestral mayan liquor Xtabentun, in front of the Ocean.

Excellent moment to create a memory that will last forever.





## **FIRE - K'AAK' VITALITY**

### **K'AAK' MASSAGE CEREMONY • 120 MINUTES**

Enjoy a magical moment together, embrace the mystique of romance, surrounded by natural beauty in our ocean-side treatment deck scented with copal. We start with a ceremony to renew your vows and celebrate love, followed by a romantic 90 minutes couples massage with Cocoa butter that will help you to revive love, having the sounds of the waves as background to enhance the total sensory experience.

### **MAYAN SOBADA • 60 OR 90 MINUTES**

Abdominal massage to reconnect your core with the universal energy of Mayan traditions, also it helps to restore the balance helping with stomach problems.

With the 90 minutes, you will have a back and neck massage included.

### **ANCIENT TRADITIONAL MASSAGE • 90 MINUTES**

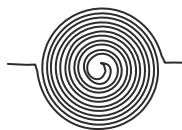
This unique experience detoxes your body using elements and techniques that have been handed down from generation to generation in the Mexican culture.

Using lemons and herbs to relax and heal the body together with ancient massage techniques as cupping and others, to restore balance and rejuvenate the mind, body and soul.

### **PIB HOT STONE MASSAGE • 90 MINUTES**

This massage honors the heat of the Black Obsidian Hot Stone.

Obsidian has the power to assist you to restore harmony in your body, resetting fear, anger and resentment. It has a strong psychic protection also may stimulate the gift of prophecy, making it an incredible experience of a deep relaxation and connection within.



## **SKY - KA'AN SPIRIT**

### **TRANSCENDENTAL SOUND HEALING JOURNEY • 90 TO 120 MINUTES**

Let yourself travel into this mystical experience, healing through sounds,  
healing touches and aromatherapy  
Re-attune to the divine peace within and all around.

### **BIOMAGNETIC HEALING GROUP SESSION • 60 MINUTES**

Guided group healing sessions, consists in the use of natural bamboo rods with embedded magnets whose main objective is to achieve a total healing and relaxation experience, as well a full Biomagnetic body balance, in order for all internal organs and systems to return to their normal energetic levels.

### **PRIVATE BIOMAGNETIC HEALING SESSION • 60 MINUTES**

Take the benefits of this natural and safe therapy that re-establishes normal cellular milieu through the use of pairs of magnets of medium intensity. The goal is to equalize the organism's pH level - a critical determinant of health.

### **ENERGY COACHING • 60 MINUTES**

The physical manifestation of anxiety, stress, and pain within the body also has serious effects on the mind. Just as the body needs help to release negative energy, so does the mind. Energy coaching is designed to get right to the root of the problem, through Active and Energetic Inquiry. The aim is to find out the root cause of the negative energy, both physically and mentally, and then release the energy without any physical or emotional discomfort.

### **ENERGY MEDITATION • 60 MINUTES.**

Meditation is the greatest gift we can give ourselves. It is the one thing that makes the difference between living a life of pain and suffering, and living a life completely balanced and full of peace. One hour of silent meditation changes everything, it brings the body, mind, spirit, and soul back into unity, it reconnects you to the sacred energy of life, and puts you back into the flow. During the meditation there is a physical activation of your connection to the divine, reuniting you with the source of all creation.



## **YOGA SESSIONS**

### **YOGA • 60 to 75 MINUTES**

Yoga cultivates health and wellbeing in all aspects physical, emotional, mental and social, through the regular practice of a range of many different techniques including postures and movement. Breath awareness, relaxation, concentration and meditation, leading to greater integration of being and union.

### **PRIVATE YOGA SESSIONS • 60 to 75 MINUTES**

#### **PRIVATE MEDITATION • 60 MINUTES**

Learn different meditation techniques. It is the one thing that makes the difference between living a life of pain and suffering, and living a life completely balanced and full of peace.

#### **SEAFRONT MEDITATION WITH CLAY • 60 MINUTES**

Ocean front meditation ceremony with Mayan Clay. Take in the beautiful colors of the sky & the Caribbean Sea helping to restore your mind while reconnecting with the 5 elements.

## **MAYAN CEREMONIES**

### **ZUMPULCHE (TEMAZCAL) • 120 MINUTES**

We invite you to join us to one of the most traditional ceremonies in Mexico, this spiritual journey will connect you with the power of the elements healing your body and mind. The Zum Pul Che later called Temazcal by the aztecs. In ancient Mesoamerica it was used as part of a curative ceremony to purify the body, healing the sickness, improving health, creating consciousness and connection with the surrounding.

### **MAYAN WEDDING CEREMONY**

Celebrate love and union in front of the ocean with a beautiful Mayan Wedding Ceremony. In this ritual our Shaman will pray to the five elements, Earth, Water, Fire, Air and Sky to bring to the couple's soul, energy of harmony and success in marriage. Also is the perfect way to renew your vows.



## **MAYAN COMMUNITY**

Thankfulness towards Mayan Communities and as a honest respect to theirs ancestral knowledge. We are humbly giving back collected profits to the local communities from activities made at our yoga dome, As a appreciation and gratefulness.

## **SPA ETIQUETTE**

Our spa environment is one of relaxation and tranquility.

Please contribute to this serenity by speaking in soft tones or enjoying the quiet.

Please respect all spa guest´s right to privacy and refrain from the use of mobile phones, pagers and cameras during your time with us. Maya Spa is a smoke-free zone. We encourage you to arrive 30 minutes prior to your appointment to enjoy the spa's wellness facilities including house of steam rooms and saunas .Our staff will be happy to assist with any recommendations based on your chosen treatments. Each treatment commences with a welcome cleansing foot bath ritual using local herbs. During your time at Maya Spa you will be provided with a locker, robe, towels and slippers. Disposable undergarments are also available at your request.

We do recommend that you refrain from bringing any valuables to the spa.

After your treatment concludes, our relaxation rooms are the ideal place to continue its benefits. Rest and relax and take the time to reflect on your experience.

## **HOURS OF OPERATION**

The spa is open daily from 8:00 AM to 8:00 PM.

Treatments are also available outside these hours by request with an extra cost.

## **HOW TO SPA**

### **RESERVATIONS**

To book an appointment, please contact the spa reception. Maya Spa welcomes both resident and non-resident guests aged 21 and older. Non-resident bookings will be secured with a credit card. To ensure your preferred time and services are available, advanced booking is advised.

The spa accommodates walk-in bookings based on availability.

### **HEALTH CONCERNS**

When making your spa reservation, please advise us of any health conditions, allergies, or injuries that could affect your service. You will be asked to complete a Health Assessment prior to your treatment so that we may ensure your comfort and safety, we provide a service customized to your needs. Please allow our spa staff to guide you in selecting the treatments most suitable for you during this special time.

### **LATENESS AND CANCELLATION POLICY**

Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests to give a minimum of 12 hours notice for changes or cancellations. With fewer than 12 hours notice you will be charged for 100% of your treatment. If appointments are reserved before arrival at the resort, the spa cancellation policy follows that of your resort reservation.

### **RATES**

#### **HYDROTHERAPY EXPERIENCE • 60 MINUTES**

For guest using only the spa facilities including house of steam, sauna and jacuzzi a charge of \$950 pesos will be apply for 60 minutes hydrotherapy experience.

IN ROOM TREATMENT a fee of \$500 pesos will apply per in room services.