

Style :: Grooming

Easy Do-It-Yourself Mayan Spa Treatments

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Riviera Maya, Mexico - As the summer starts to swelter and your face shows the damage, you might want to try these easy, exotic Mayan DIY treatments for the ultimate in-home spa experience courtesy of Esencia Estate's Aroma Spa.

From holistic rituals to ancient Mayan recipes, Hotel Esencia's eco-luxe Aroma Spa is offering easy DIY spa treatments for the spa enthusiast seeking an in-home escape into paradise.



The first organic Spa in the Riviera Maya, Aroma's eco-focus is evidenced throughout with organic, homemade products, an extensive herb garden, and native, chemical-free construction materials including walls colored with a taupe native mixture.

Renowned for providing travelers an escape into the magical realism of the Mayan culture, Aroma celebrates native tradition with a signature Temezcal Mayan Sauna. The indigenous ritual involves a Temazcalera, a specially trained Mayan healer, assessing the needs of the guest's body, mind and spirit before selecting specific herbs to lay on scalding stones in an enclosed sauna, infusing the air with healing aromatherapy.

The in-home treatments offer simple anti-aging solutions with quick and easy steps using fresh, organic ingredients for the serene feeling of a professional spa treatment.

From a nourishing scrub to an anti-aging facial, Aroma is pleased to share ancient Mayan anti-aging and skin purifying treatments and tips to promote overall well-being.

Take an escape into Mayan tradition and bring the Riviera Maya's first organic Spa into your home.

Nourishing Hand and Foot Scrub

Ingredients:

- 2 teaspoons of honey
- 3 tablespoons sugar
- Juice of 1/2 to 1 lemon (depending on the size)

Directions:

- Mix the ingredients in a bowl
- Gently exfoliate the skin with the scrub
- Let the scrub sit on the skin for 5 minutes
- Wash with water
- Apply replenishing cream



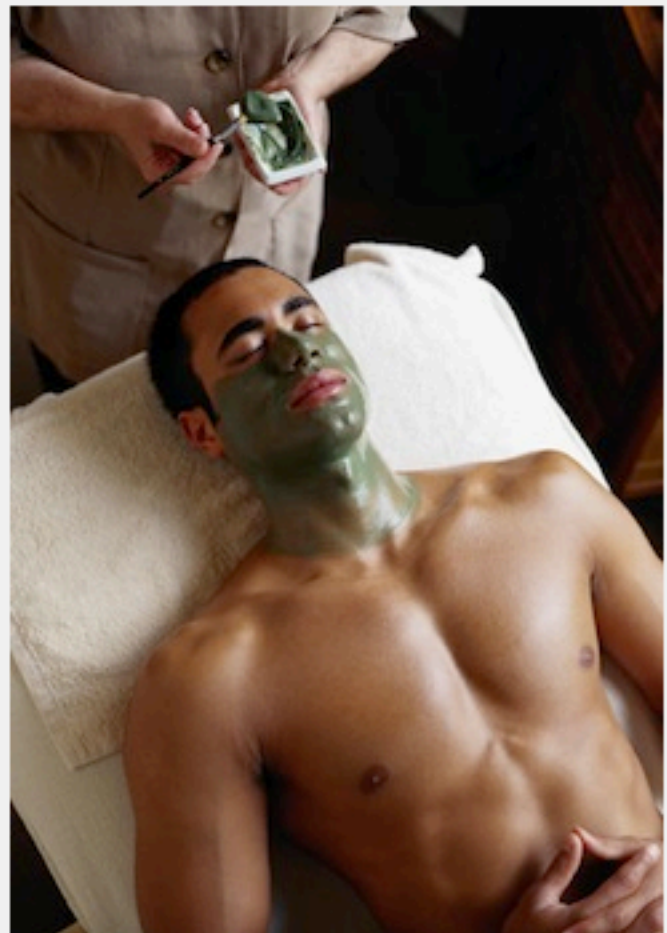
Anti-Aging Facial

Ingredients:

- 1 cup yogurt
- 1 tablespoon of oats
- 1 tablespoon honey
- Splash of Rosewater (available at any pharmacy)

Directions:

- In a bowl mix the yogurt, honey and oats
- Massage the mixture onto the face
- Leave it on the skin for 5 minutes
- Remove the mixture with cool water
- Apply rose water with a cotton pad
- Apply your favorite facial cream.



One-ingredient Anti-Aging Solutions

Tomato: The sumptuous fruit helps to prevent wrinkles and reduce the appearance of existing ones.

Directions:

- Remove the seeds and peel
- Grind the tomato in a bowl
- Apply the tomato on affected areas of your face
- Leave it on for 15 minutes before removing it with fresh water.

Olive Oil: The perfect product to bring out your skin's youthful glow.

Directions:

- Massage the face with olive oil for a minute at night after cleansing
- Remove excess with cotton

For more information about Hotel Esencia and its spectacular spa packages go to www.hotelesencia.com

or call (877) 528-3490

Treatment guidelines include starting HIV medicines at 500 T-cells or less, along with other factors.

Talk with your doctor about HIV treatments.

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