

Elite Traveler News

Esencia Estate's  
Aroma Spa Brings  
Mayan Myths to Life

Travel and Real Estate  
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Riviera Maya, Mexico—Reported by Elite Traveler, the private jet lifestyle magazine

As an era of Mayan myth nears its cyclical completion, Esencia Estate’s eco-friendly Aroma Spa is celebrating the end of the Mayan calendar with a brand new, rejuvenating Ritual Kukulkan. Deeply rooted in Mayan tradition, the three-day ancient ritual is an act of purification, introspection and renewal meant to transport the soul to an elevated consciousness in tune with the new era of love. Each day begins with a private Yokhah maya session, consisting of specific combinations of breathing exercises, hand positions, sacred sounds and physical postures of meditation, meant to induce greater harmony with the natural elements.

Day one is focused on purification, beginning with a “Limpia” copal incense treatment – where Mayan healers use sacred copal incense to cleanse the visitor’s energy field—the purifying process then adopts the Temazcal treatment, that utilizes a specially trained Mayan healer, specific herbs and hot stones to assess the needs of your body, mind and spirit. The day ends with Manteada, an ancient healing technique that aligns the spine and extremities through a routine of shaking and stretching using Mexican shawls known as “rebozos.” Complete the therapeutic treatment with a relaxing Mayan mud massage that detoxifies the body’s tissue, reduces inflammation and softens the skin.

Day two is the day of introspection. A “Limpia” with egg and interpretation treatment starts the morning in the right reflective headspace with “limpia con huevo,” a cleansing ritual led by a healer as they rub shelled egg over the surface of your body – absorbing disease and cleansing the physical being. The egg is then broken into a glass of water in preparation for the healer’s interpretation. The egg reveals the type of disease or illness remedied during the cleanse.

Unwind and reflect as a massage therapist then takes you through the Janzu, an aquatic therapy that helps you to achieve the Alpha state where the mind is simultaneously alert and at peace. Guided by your therapist, the movement of your weightless body in the water releases tension in the joints. After the Janzu session, enjoy an energy stimulating Reiki session that reaffirms peace and enables you to reach a level of deep relaxation and contemplation. These therapies together promote a clear mind – ideal for introspection.

Finally day three brings about the process of renewal. After your final Yokhah maya exercise, a traditional herbal ritual ends with a “limpia,” during which a healer uses powerful Mexican herbs to sweep away all negative energy. Bring the process full circle with the Baño de reyes – a reward yourself for three days of hard work, evolution and transformation that includes a rejuvenating bath worthy of Mayan royalty. During the treatment, your body is cleansed and anointed with herbal bath coconut milk and spices. The “you” that emerges from the Ritual Kukulkan is still the same that entered three days prior, only utterly renewed and fully in tune with the age of love.

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