

# Ascend into the new Mayan era in Riviera Maya

MAYAN | OCTOBER 9, 2012 | BY: MARY DUNKS | + Subscribe



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As the [Mayan](#) calendar nears its cyclical completion, join Esencia in the Ritual Kukulkan to ascend to the highest truth. 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.

The first organic spa in the Riviera Maya, Esencia Estate's eco-friendly Aroma Spa is renowned for its eco-friendly Mayan treatments. The three-day Ritual Kukulkan is the perfect escape from the stresses and strains of your daily life.

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## Ritual Kukulkan – Ascend to the Highest Truth

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. From ancient medicinal cleanses to water massages and holistic chiropractic techniques, this journey to enlightenment is not to be missed!



Prince Harry visits Xunantunich Mayan Temple on March 3, 2012 in Benque Viejo del Carmen, Belize. Photo credit: Mark Large - WPA Pool /Getty Images



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## Day Two – Introspection

### Yokhah Maya Session

• **“Limpia” with Egg and Interpretation** – During this cleansing ritual, a healer specializing in “limpia con huevo,” rubs a 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.

• **Water Massage and Energy Therapy** – Unwind and reflect as a massage therapist 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.

## Day Three – Renewal

### Yokhah Maya Session

• **“Limpia” with Herbs** – After your final Yokhah maya exercise, the ritual must end with a “limpia,” during which a healer uses powerful Mexican herbs to sweep away all negative energy.

• **Baño de reyes** – Reward yourself for your three days of hard work, evolution and transformation with a rejuvenating bath worthy of Mayan royalty. During the treatment, your body is cleansed and anointed with herbal bath coconut milk and spices. You will emerge from the three day Ritual Kukulkan feeling renewed and in tune with the age of love.

For more information visit [Esencia](#).



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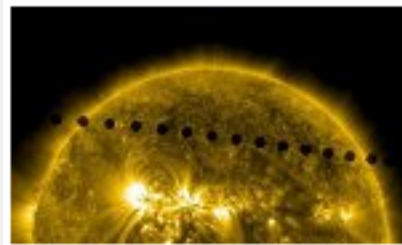


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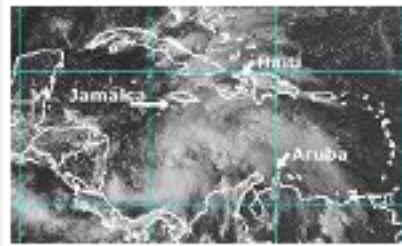
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