

Esencia Estate introduces purifying Ritual Kukulkan at its Aroma Spa

TRAVEL | OCTOBER 10, 2012 | BY: SUSAN VELASQUEZ | + Subscribe



1

Like

1

Tweet

2

+1

0

1

email

Get City Guides alerts!

Sign up

RELATED TOPICS

- Travel
- Beauty
- Spa

Eager to get ahead at work?

The top tips are in Portuguese.

FREE SHIPPING

SHOP NOW

Rosetta Stone

Live life fluently.™

Truth

The first organic spa in the Riviera Maya, Aroma 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.

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!

Day One – Purification
Yokhah Maya Session

- “Limpia” with Copal Incense – During this all-encompassing treatment, Mayan healers use sacred copal incense to cleanse the visitor’s energy field. The white smoke purifies the soul and fills the surroundings with negative ions.
- Temazcal – Indulge your senses as a Temazcalera, a specially trained Mayan healer, assesses the needs of your body, mind and spirit. The therapist then selects specific herbs that are placed on hot stones in an enclosed sauna, infusing the air with healing aromatherapy.
- Manteada – In this ancient healing technique, a healer adjusts the body’s positioning – aligning the spine and extremities through a routine of shaking and stretching using “rebozos,” Mexican shawls. End the therapeutic treatment with a relaxing Mayan mud massage that detoxifies the body’s tissue, reduces inflammation and softens the skin.

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.

The price for the three-day Ritual Kukulkan package is \$1,000 per person, excluding meals and accommodations."

For more information visit www.hotelesencia.com or call 877-528-3490.

More Results for **esencia estate introduces purifying ritual kukulkan at its aroma spa:**

1. [Spa](#)

Looking For **Spa**? Find It Nearby With Local.com!

Local.com

More Results for **esencia estate introduces purifying ritual kukulkan at its aroma spa:**

2. [Find Local Day Spas](#)

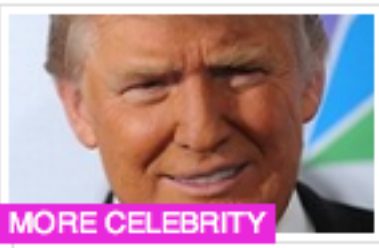
Search Local Day Spas in Your Area Find Listings on YELLOWPAGES.COM.

yellowpages.com



NEXT ARTICLE »
World Series 2012 starts at San Francisco's iconic AT&T Park

Advertisement



Celebrity Gossip
Donald Trump challenges Obama to release records.
Get the scoop



Stars go broke
See the famous names that have gone from posh to poor.
View the pics



Coulter's slur
Tweets that have Ann Coulter in trouble with the Special Olympics.
Video: What she said



Friends 124

Acquaintances

Alex Hernandez

Guide Sport College Sports College Football

Select a topic:

Hayes Code - Ohio State

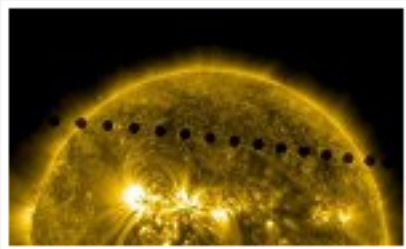
More Impressive -

Shining Moments of

1-3 OF 41



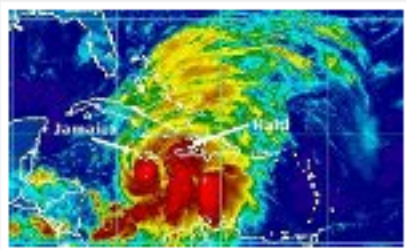
Politics
If the polls are right, Romney will win the popular vote and...



Travel
December 21, 2012 two months away: Get ready



Travel
Texas State Fair discount days



Travel
Tropical Storm Sandy scrambles cruise ship plans



Travel
Free stays for Vets on Veterans Day at Inns and B&Bs



Architectural Digest
Yachts with High-Seas Style

Soak Away Stress & Discover The Ultimate Massage

Improve Your Life with ThermoSpas Hot Tubs

Designed to Improve Your Life

Click to Learn More

Advertisement