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Armchair travelers: Luxurious spa recipes from Hotel Esencia (Video) (Video)

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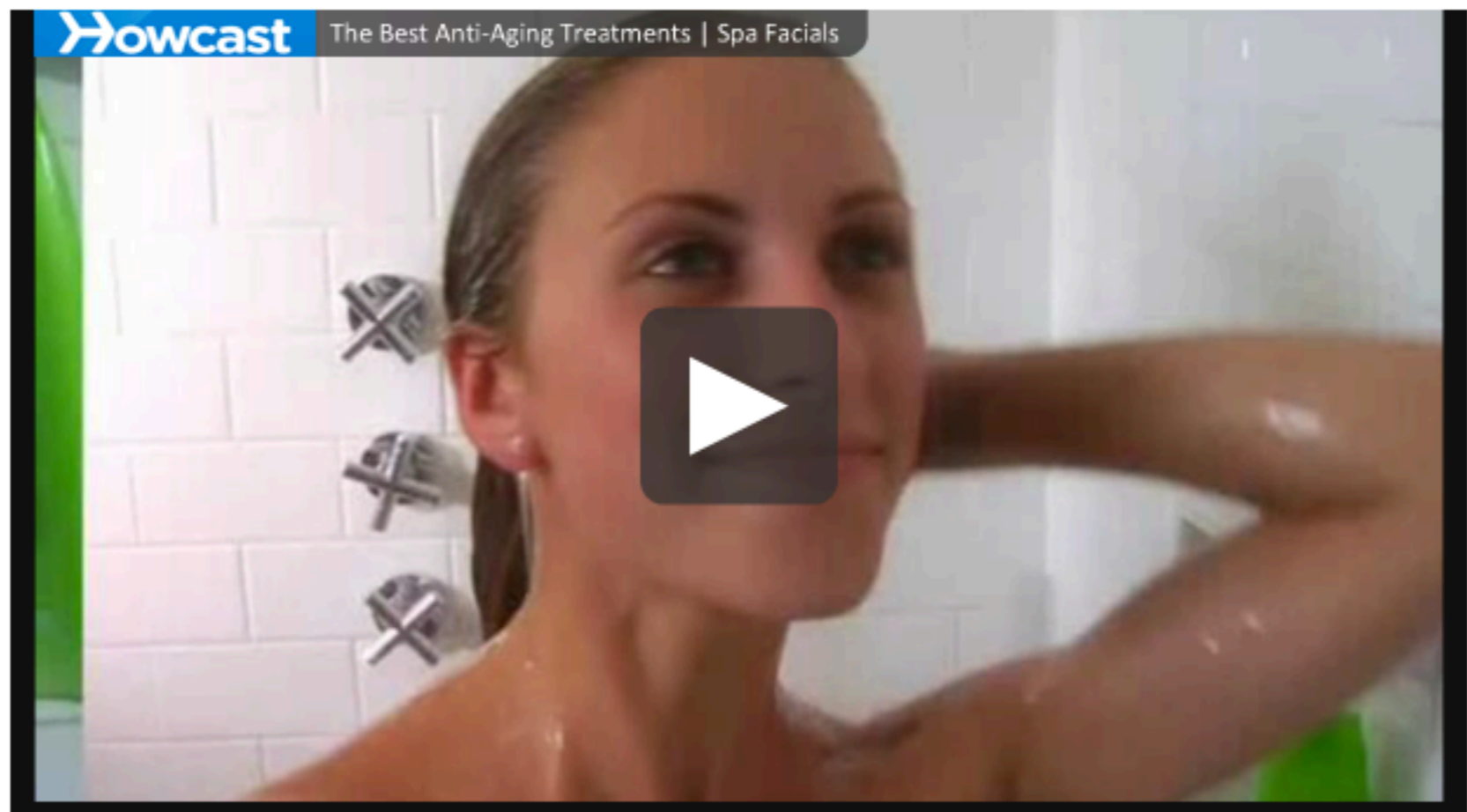
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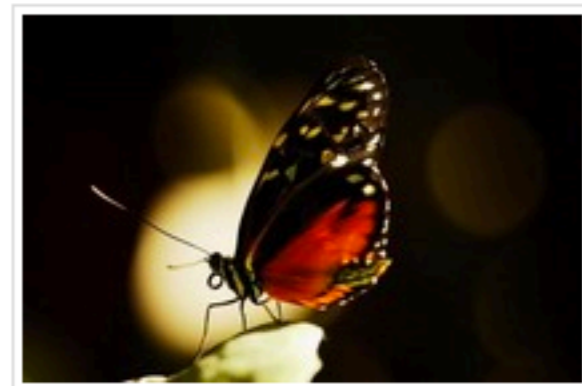
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Armchair travelers: Extend your “staycation” with luxury remedies from [Hotel Esencia](#) for the ultimate in-home [spa](#) experience. The first organic spa in the Riviera Maya offers the [best](#) “do it yourself” spa treatments.

From holistic rituals to ancient Mayan recipes, Hotel Esencia’s eco-luxe Aroma Spa has easy DIY spa treatments for the spa enthusiasts and armchair travelers alike 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 the best 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.



A Heliconius Hecale butterfly, which ranges from Mexico to Peru, is among thousands of butterflies, of some 30 species, that flutter around visitors in the Hidden Jungle exhibit at the Wild Animal Park on April 30, 2003 near Escondido, California.
 Photo credit: David McNew/Getty Images

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

Pamper yourself in the Mayan tradition with Esencia’s best “do it yourself” treatments. From a nourishing scrub to an anti-aging facial, Aroma is pleased to share ancient Mayan secrets to promote overall well being. You can quickly whip some of these up today.

Nourishing Hand and Foot Scrub

Ingredients:

- 2 teaspoons of honey
- 3 tablespoons sugar
- Juice of ½ 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.

Contact [Hotel Esencia](#) for more information and about its spectacular spa packages.

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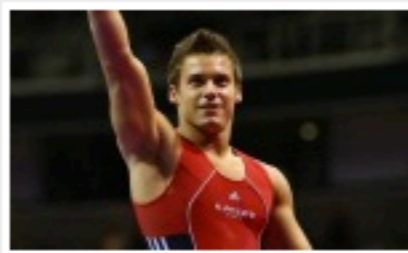
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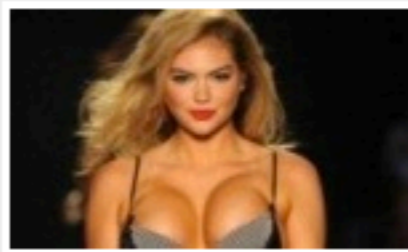
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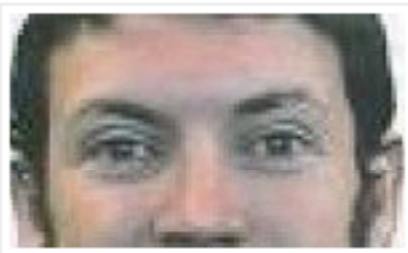
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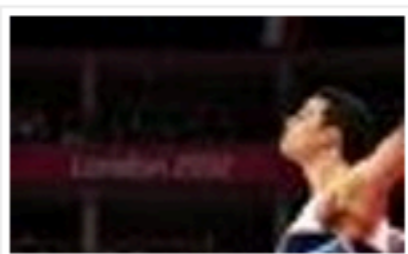
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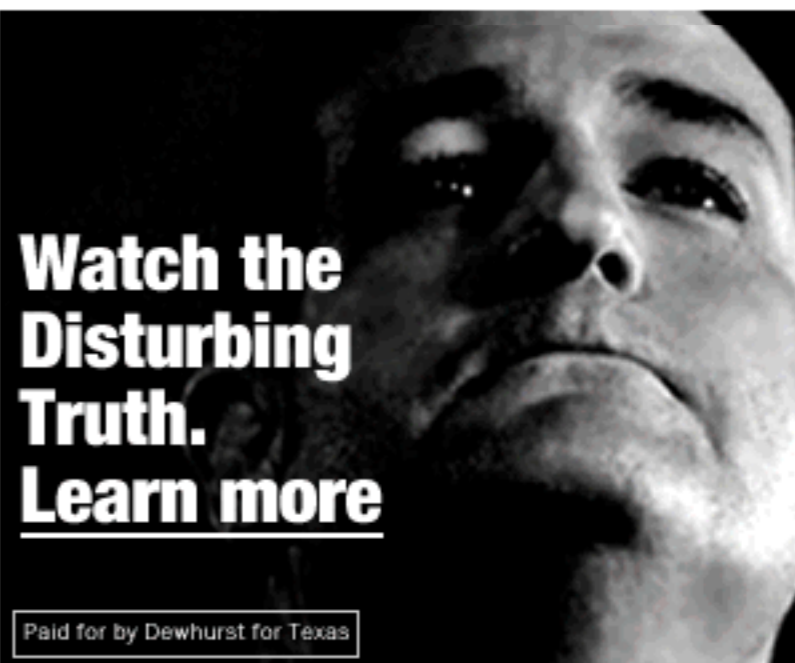
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