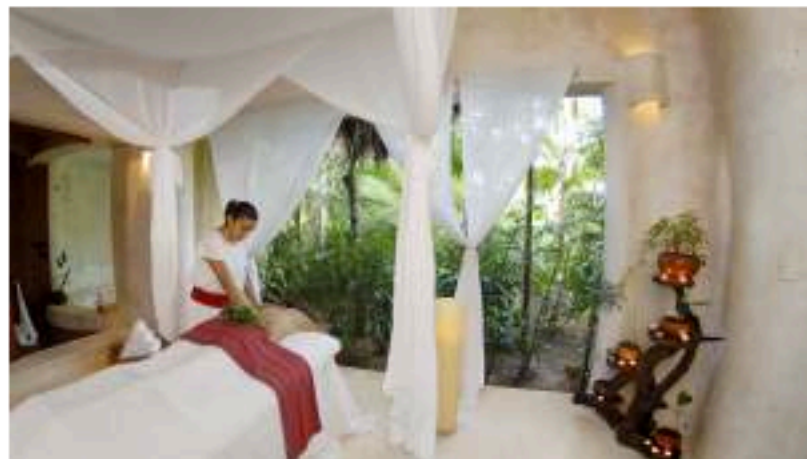


# Mexpert's Blog

Travel news and information on Mexico from Mexico.

## Mexican Caribbean Beckons Mothers-to-Be

April 5, 2011 by TravelMex



While it's always nice to be pampered, it's practically essential during pregnancy, when an elevated mood and state of wellbeing may have long-term benefits for both mother and baby. For mothers-to-be, luxury boutique hotel Esencia has

created a special three-night getaway called "9 Lunas," or 9 Moons. The package includes, among other amenities, a spa consultation and treatments for two, a romantic candlelit dinner and, best of all, a complimentary night at the hotel when the baby arrives or celebrates its first birthday. Here's what you should know about Esencia:

- It's located about an hour south of Cancun and just 15 minutes south of Playa del Carmen, making an afternoon of shopping or an evening out at the bustling beach town a convenient option. In fact, there's no shortage of unique sights of interest near the hotel, including Mayan ruins, crystal-clear *cenotes*, or natural pools, and snorkeling havens. But you might not get around to seeing any of them. "Arriving guests ask us what there is to do, and we tell them they can go here and there, and they can do this and that," says General Manager Philip Vidal, "and at most, they go out once." Most guests soon realize a day at Esencia is hard to improve on.

- Nestled on the crescent-shaped end of Playa Xpu-Ha, the 120-acre estate features an idyllic white-sand beach that guests have practically all to themselves. To the right of the hotel is a small stylish beach club and little else, to the left, a dune covered in tropical vegetation separates it from a languishing resort next door. What's more, says Vidal, "we have just 30 rooms, so at the most there may be 60 guests — it's always tranquil here."

- Regional herbs, spices and tropical fruits are used to create the all-natural treatments applied at the hotel's organic spa, Aroma, the only spa of its kind in the Riviera Maya.

- Every room is different but all offer luxe amenities, including his and hers Havaiana flip flops, and a disposable fountain pen and hand-bound notebook to use when inspiration strikes, which it often does at Esencia, judging by the number of creative entries in the guestbook. One French guest was so thrilled with his stay that he composed an acrostic ode to the hotel, spelling out "Esencia" with each feature he was grateful for. The "c" stood for the rooms (*chambre*, in French). For more information, visit [www.hotelesencia.com](http://www.hotelesencia.com).



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