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"I'm So Stressed!" Getaways

During those times when remembering to turn the coffee timer on — much less conquering your to-do list - has you overwhelmed, these heavy-duty "relaxcations" may be just what the doctor ordered.

By Meghann Foye











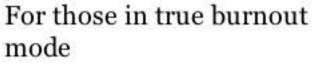












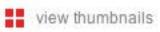
If you're about to snap, Hotel Esencia's three-day Mayaninfluenced "Kukulkan" ritual will bring you back from the edge with its all-out journey of rediscovery. You may need to surrender a bit to the organic resort's exotic schtick a specially trained Mayan healer uses specific herbs and massage techniques to assess the specific ways you've become off-balance, including an egg ritual akin to reading tea leaves — but once all the negative energy is swept away and you make it to the "reannointing" coconut milk bath, you'll feel like Humpty Dumpty put all back together again.





Courtesy of Essencia Spa





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