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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 "relaxations" may be just what the doctor ordered.

By Meghann Foye



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### For those in true burnout mode

If you're about to snap, [Hotel Esencia's](#) three-day Mayan-influenced "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 "re-annointing" coconut milk bath, you'll feel like Humpty Dumpty put all back together again.

Courtesy of Essencia Spa



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