

# *aroma* SPA

*At Aroma Spa, we revive ancient herbalist practices  
from different Meso-American cultures.*

*Through plants, herbs, flowers and aromatic resins,  
our ancestors discovered how to open the gateway to  
physical and spiritual healing. They realized the  
essence of plants can touch the essence of human  
beings.*

*Aroma Spa offers holistic well-being for your body,  
mind and spirit. Combining expert hands and the  
miracles of nature, we create delicious treatments,  
offering the unique experience of healing, magic and  
life transformation.*

# Signature Treatments

Aroma Spa introduces a trilogy of massages to achieve harmony between mind, body and soul. A must on any visit to Aroma Spa, a journey through these three therapies will help you achieve wellness.



## Massage Wiinkil

### **Anti-stress**

Free your body of tension and muscular contractures with an ancient recipe that uses the healing power of mint, pepper, cloves and rosemary applied using hot therapy on points that accumulate the most stress. The Massage Wiinkil helps to relieve pain, and reduce knots and muscle contractions.

50 min 188 usd / 80 min 244 usd

## Massage Tuukul

### **Deep relaxation**

When the mind is not at peace it causes tension, insomnia, cardiovascular and nervous problems. In our Tuukul treatment we massage the body with handmade herbal compresses using a technique that takes the mind to a state of deep relaxation and rest. This therapy combats insomnia, tension and fatigue

50 min 199 usd / 80 min 256 usd

## Massage Pixan

### **Harmonizes and restores**

To achieve perfect harmony we created a holistic massage, which combines integral therapies such as reflexology, reiki and aromatherapy that balance and energize the circulation of vital energy in the body. Massage Pixan is ideal for replenishing our energy when we feel emotionally tired, out of balance, and disconnected from our own self.

50 min 188 usd / 80 min 244 usd

# *The Rituals*

*Rituals are an inherent part of human nature and spirituality; all the tribes and indigenous groups throughout history have included rituals as a part of their social framework.*

*Using these same techniques, we connect to something greater within ourselves; something both natural and divine.*

*We invite you to enjoy nature and its rituals with us.*



## *Ritual Cuatro Elementos*

***Relaxing and balancing massage.***

*Exquisite floral fragrances allow fill your senses;  
hot stones offer their mineral properties;  
and semiprecious stones, placed in the most important  
energetic centres in the body, balance the energetic flow.*

*80 min 244.50 usd*

## *Ritual de Limón*

***Energizing massage.***

*Lemon has been considered as a natural element for purification. The  
Mayan healers used it to absorb illness and inner body heat.*

*In this ritual, the therapist alternates the use of lemons with dynamic  
hand strokes.*

*50 min 162.5usd / 80 min 232 usd*

## *Ritual de la Manteada*

*This old technique from the ancients of this region offers a massage in  
movements using natural thread woven shawls. Through stretching and  
shaking, the body posture is adjusted, and thanks to the nourishing  
properties of a mayan mud, your skin vitality is recovered. A therapeutic  
experience...*

*50min 188.5 usd / 80 min 244.50 usd*

## *Ritual de las Nueve Lunas*

*For expecting mothers.*

*For this special moment in your life, we adapt some of the rituals in order to make you and your baby feel relaxed and in harmony.*

50 min 162.50 usd / 80min 232 usd

## *Ritual Ix Chel*

*Indulgent massage.*

*The creative feminine principle, combined with the power of red flowers as a symbol of love, merge as an offering to the gods. Lukewarm honey, oil and flowers are mixed in this sensual ritual to cover your whole body with slow movements, placing you into a state of deep relaxation.*

50 min 162.50 usd / 80 min 232 usd



## *Ritual para Caminantes*

*Massage for tired feet and legs.*

*The walking warrior deserves a rest from his long journey. This delightful ritual combines relaxation, relief elimination of blocked energy through the feet. A stimulating massage for blood circulation offering a breezy sensation.*

50 min 162.50 usd / 80 min 232 usd

## *Ritual Huna*

*From the ancient wisdom of our Kahuna brothers we reveal the secret to reach the state of unconditional love and happiness through the lomi lomi massage, a massage out of this world.*

50 min 174 usd / 80min 244 usd

## *Ritual del Báaxal*

*Energetic massage.*

*Free your body from tiredness and muscular contraction, and let the energy and the strength flow again through your body. Deep pressures, stretching, twisting and press-ups. An excellent sports massage combined with Mayan massage techniques.*

50 min 162.50 usd / 80 min 232 usd



## *Couples Rituals*

### *Ritual Union*

#### *Private Temazcal and Massage*

*Link of communion through a secret language creating an atmosphere of harmony. A ceremony of love...*

*The sea, the moon and the stars will be complicit in this ritual that unites and strengthens the bonds of love.*

*130 min 580 usd*

### *Esencia de Amor*

#### *Exfoliation, massage and private jacuzzi salts and scents aphrodisiac.*

*A ritual to celebrate any special event or to the joy of been together. Includes two glasses of sparkling wine and strawberries covered with chocolate.*

*2 hr 464 usd*

### *Private Jacuzzi*

*Let yourself be surrounded by the beautiful jungle around the spa in a private Jacuzzi specially prepared to enjoy together, with flowers, candles, effervescent salts, aromatherapy and home made tea.*

*It is an ideal moment to enjoy a space of privacy, peace and rest.*

*30 min 58.50 usd*

# *Bioty Rituals*

*Our treatments are 100% natural and organic, we use hand-mix mortars to preserve intact its therapeutic properties.*

*Each ritual and every beauty treatment is originated in ancient recipes passed from generation to generation.*

## *Facial Treatments*

*Abandon yourself to this ritual and embellish more than the skin of your face...your look.*

*Following the inherited recipes, we create facial Treatment fusing natural ingredients for each particular skin.*

*Toner made of herb infusion,  
soft exfoliation*

*with ground seeds, facial massage  
with secret ingredients, and fruit  
and herb masks.*

*The final touch is applied with soft  
cream to illuminate your face.*

*Every facial is done following personal skin needs,  
in order to create a  
special formula just for you.*

***Facial treatment and reflexology foot massage***

***Facial treatment and anti aging facial massage***

***Facial treatment and neck and shoulders massage***

80 min 232 usd

Just facial treatment 50 min 209 usd

# Body Treatments

*Between a variety of colours, smells and textures from Mother Nature, we offer rituals of health, beauty, renovation and nutrition for your skin.*

*These complete treatments include an exfoliation, a body wrap, a lukewarm bath of aromatic herbs, sealing this journey through aromas and sensations with a wonderful massage.*



## *Baño de Reyes*

*Let yourself feel like a King in a bath that purifies your body and your spirit. In the steam room, you will receive a deep skin cleansing. This ritual is crowned by applying a balsam made with secret ingredients...a feast for your senses.*

*80 min 302 usd*

## *Ritual of Cacao*

*Softens and nourishes the skin*

*We begin with an body exfoliation ritual and enveloping with exquisite cocoa paste, we invite you to discover the power of this sacred seed for Meso-American cultures.*

*80 min 232 usd*

## *Ritual del Copal*

*Renews skin*

*Enjoy an invigorating exfoliation followed by a relaxing massage using the softening properties of white clay and the regenerating power of copal to reveal a new skin, stimulate blood circulation, strength the immune system and match the natural skin tone.*

*80 min 232 usd*





## *Ritual del Café*

**Detoxifies and eliminates cellulite**

*Free your body of toxins with the power of grapefruit and coffee in a ritual that begins with an exfoliation that refines the skin followed by a massage with packs full of organic coffee beans whose flavor will take you in a journey through the high ground of Chiapas.*

120 min 290 usd



## *Tropical ritual*

**Prepare and protect your skin to the sun**

*Start your holidays with a flawless skin for a perfect tan thanks to the properties from strawberries that matches the skin tone, eliminates dead cells and its antioxidant properties protect your skin from aging caused by sun exposure. To complete this ritual gets a massage with coconut and sesame seed natural compresses that nourish, soften and protect your skin from the sun thanks to natural sun protection factor.*

120 min 290 usd



## *Ritual Kin*

**For sun burned skin.**

*We use the healing properties of chamomile, lavender and freshness Mayan mud wrap around the body and at the same time ease the discomfort of the skin affected by sun exposure.*

50 min 174 usd

## *Ritual Kukumis*

**Refreshing massage**

*We use the healing properties of Aloe Vera mixed with cucumber to massage all over the body that helps maintain the tan and leaves skin ready to continue enjoying the holidays.*

50 min 174 usd





## *Kids Menu*

**Up to 13 years old!!!**

*Children deserve to experiment relaxation and well-being through rituals adapted to their taste and age.*

*This is a funny and different game to pass an unforgettable time during holidays.*

*Parental company is mandatory.*

*All the ingredients in our recipes are edible and delectable!!!*

### *Ritualito del Chocolate*

*Let your children fulfil the dream of getting a bath of chocolate!!! Playing with one of their favourite desserts, in combination with a massage, this ritual stimulates their senses.*

*After 13 years old*

30 min      88 usd

50 min      115 usd

### *Ritualito Tropical*

*A delicious strawberry and vanilla body wrap full of aromas, taste and colour!*

50 min      115 usd

### *Ritualito Kin*

*A potion that calms sun burnt skin!*

30 min      88 usd

### *Facialito* (Facial cleansing treatment for children)

*We create a natural formula tailored for their specific skin type.*

45 min      98 usd

### *Mini Pedicure*

30 min      58.50 usd

### *Mini Manicure*

20 min      58.50 usd

# Temazcal

*The Temazcal, used by the ancient cultures of Mexico, is an enclosure used for curing and cleansing.*

*In this natural 'womb' we create a warm, safe and loving space. Humid heat produced by the steam of aromatic medicinal herbs is used to stimulate and cleanse your senses. Warmth penetrates your bones, removing internal cold, restoring health and contributing to your well-being. This sacred vehicle transports you to a state of relaxation using the rhythm of drums and chants.*

*Within the Temazcal, an open and trusting atmosphere is created, allowing you to unlock your heart and open it to others. On this journey, Temazcal is your vehicle and the 'Temazcalero' is your guide. Together, you decide which course to take towards a pleasant and harmonious destination.*

*The Temazcal defines and represents our ancestral Mexican traditional medicine as the most important ritual of our culture.*

*Trust your wisdom and enjoy this voyage.*

## **Warnings:**

*Please let us know of any physical ailments such as low blood pressure, heart disease, pregnancy or any other possible physical limitations.*

### **Temazcal Group Session**

90 min

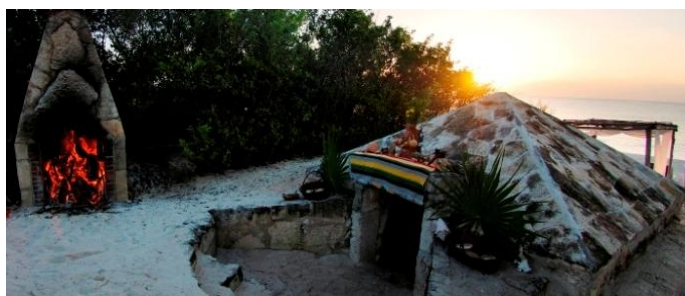
111 usd/pers\*

*Min. 3 pers. Max 10 pers.*

### **Temazcal Just for Two**

90 min

348 usd\*



# *Energetic Lessons*

## *Yokhah Maya Yoga Maya*

*“Ascend to the highest truth”*

*Yokhah maya practices work directly with the life-giving energy from the sun, to give us vitality, awaken our cosmic memory and refine our innate spiritual capacities*

*The practices consist of specific combinations of breathing exercises, postures with your hands (mudras), sacred sounds (mantras) and physical postures of meditation, to induce a deep state of altered consciousness. In this way, help us to activate our energy centers (chakras) and awaken the kundalini energy that lies dormant at the base of the spine. The Mayans knew this energy as Kulkanilni.*

*The sun nourishes all life on our planet, so humans also depend on it for optimal functioning and development.*

*Due to modern lifestyle, pollution, little contact with nature and lack of respect for the natural world, most humans have lost the ability and wisdom to use the power of solar energy effectively.*

*Yokhah maya is a tool of the ancient Mayan, who guides us to live in greater harmony with natural cycles, and reconnect with the power of earth, sky, sun and the cosmos in modern times.*

*Yokhah maya reactive our ancient wisdom, helps us to heal our being, the microcosm, which is not a reflection of the macrocosm, to practice it, we will enjoy not only better physical health and greater vitality, also better harmony in our relationships by increasing our level of awareness and recall our deep spiritual connection to the universe. We started the process to become complete human beings, to one day reach the fully enlightened state of Kulkán.*

### **Private session**

60 min 104.50 usd

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90 min 140 usd

*\*Request 24 hours in advance*



# Hatha Yoga

*"Yoga recovers body, mind and spiritual health; through an internal exploration of our power, balance and relaxation."*

*After 5.000 years of history this 'Science of the Soul' has laid way in the West, and its echo resonates already throughout like a life discipline, an effective holistic therapy, a way to unite the body, the mind and spirit, giving it a new dimension of itself and of its true essence.*

*By its same format, Yoga has been accepted immensely in the western modern world with its multiple demands and problems, which have adapted it to their forms and needs.*

*Yoga gives each, which each needs.*

## **Complimentary Lessons:**

*Please contact the Spa or Concierge for details on the YOGA season's schedule.*

*Time: 8.00am to 9:00am*

*Place: In the garden in front of the house near the swimming pool*

## **Private Yoga**

*\*Request 24 hours in advance*

**60 min 104.50 usd\***

**90 min 140 usd\***

# Healing Treatments

## Reiki

*Energy transmission therapy that helps you to find the welfare and harmony between body, mind and soul.*

50 min 162.50 usd

## Reflexology

*Ancient therapy that helps to balance and heal the body's organs reflected on the soles of the feet, accompanying this therapy a foot massage restores your energy.*

30 min 116 usd

## Janzu

*This aquatic Massage leads naturally to alpha state of meditation, relieves tension and relax each body part thanks to the weightlessness in the water. An unique experience.*

30 min 116 usd

## Cranio Sacral Therapy

*An experience of profound silence, peace and rest.*

*It is a form of extremely soft and 'non-invasive' body work. The person does not need to undress.*

*It is directed basically to work with the brain membrane (dura mater) and the physiological activities of natural self-correction. The therapist feels the bones of the cranium, sacrum and coccyx with 5 grams of touch-sensitive pressure. It is a very relaxing therapy where the subject's mind is soothed, recovering vitality and wellness. More specifically, it is effective in treating migraines, chronic headaches, insomnia, anxiety, and spinal pain, among others.*

60 min 174 usd\*

**\*Request these treatments 24 hours in advance**

# Beauty Salon

<i>Indigenous Manicure (with French add 18usd)</i>	<i>50 min</i>	<i>99 usd</i>
<i>Indigenous Pedicure (with French add 18usd)</i>	<i>50 min</i>	<i>111 usd</i>
<i>Extra Paraffin Bath for hands</i>		<i>18 usd</i>
<i>Extra Paraffin Bath for feet</i>		<i>18 usd</i>
<i>French Polish</i>		<i>21 usd</i>
<i>Polish change with nails cleaning</i>		<i>34 usd</i>
<i>Eye brow Waxing</i>		<i>29 usd</i>
<i>Moustache Waxing</i>		<i>29 usd</i>
<i>Beard Waxing</i>		<i>29 usd</i>
<i>Underarm Waxing</i>		<i>41 usd</i>
<i>Bikini Waxing</i>		<i>47 usd</i>
<i>Half leg Waxing</i>		<i>41 usd</i>
<i>Complete leg Waxing</i>		<i>76 usd</i>
<i>Arm Waxing</i>		<i>34 usd</i>
<i>Back Waxing</i>		<i>81.50 usd</i>
<i>Natural Hair Treatment</i>	<i>30 min</i>	<i>58.50 usd</i>
<i>Hair Cut and Blow-Dry</i>	<i>On Request/ In advance</i>	
<i>Blow-Dry or Straightening Hair</i>	<i>On Request/ In advance</i>	
<i>Wedding Hair Style</i>	<i>On Request/ In advance</i>	
<i>Make Up</i>	<i>On Request/ In advance</i>	

# *How to Spa*

- ✿ *The Magic of Aroma Spa starts from 9 am to 9 pm.*
- ✿ *You can make your reservation directly with us on the extension '5028'. We will help you to choose the treatment according to your needs and preferences.*
- ✿ *We advise to make our reservation 24h in advance, to guarantee the availability of treatments and schedule of your choice.*
- ✿ *Changes or cancellations must be made at least 24 hours in advance. Changes made within 24 hours, a 50% charge of the cost will be applied. Changes within 3 hours or less and no shows will be charged the total cost of the treatment.*
- ✿ *As a courtesy to our clients, appointments are punctual. In case of arriving late to your treatment, it will be shortened to avoid overlapping.*
- ✿ *To guarantee a pleasant service, it is very important you advise the SPA Receptionist and your therapist of any possible ailments that a treatment may adversely affect your well being.*
- ✿ *Certain plants, oils and products have different effects on different skin types. Please make us aware should you have any doubts regarding a certain treatment or product.*
- ✿ *Some treatments will not be suitable for guests especially with allergies, sensitive skin, high blood pressure and respiratory difficulties.*
- ✿ *During pregnancy please comment beforehand to determine an appropriate treatment.*
- ✿ *Do not eat or drink alcoholic beverages two hours before your treatment; abrupt changes in your blood pressure or sugar levels could generate nausea and headaches.*
- ✿ *Male and female therapists are available. However, the availability of one in particular cannot be guaranteed.*
- ✿ *To provide total relaxation, please 'forget' your mobile in your room. Before arriving at the spa, remember to keep all your valuable belongings in your room safe.*
- ✿ *Arriving at the Spa 15 minutes before your appointment will allow you to enjoy our facilities (Cold Jacuzzi, steam and shower). Don't forget your swimsuit!*
- ✿ *Only guests over 18 can use the facilities of Aroma Spa*
- ✿ *An adult must accompany children under 18 for the duration of the service.*
- ✿ *If the therapist just left you delighted with the treatment, we leave the tip to your consideration.*