

esencia

A SEASIDE ESTATE

For Immediate Release:

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ESENCIA ESTATE INVITES EXPECTANT COUPLES TO RELAX WITH THE “NINE MOONS ESSENCE OF LIFE” PACKAGE

Playa Xpu-Ha, Mexico (April 4, 2011) With ivory white-sand beaches, spectacular sea views, tantalizing Mesoamerican treats, and soothing organic spa treatments, [Esencia Estate](#) is truly the essence of relaxation. To help expectant couples relax and reconnect, Esencia is offering a new package *Nine Moons Essence of Life*, which features a special spa treatment for mothers-to-be. The [Ritual de las Nueve Lunas](#) (“Nine Moons Ritual”) incorporates Mayan pre-natal stress relieving techniques to put mothers and their baby in harmony.

The Nine Moons Ritual is rooted in the ancient Mayans reverence of the moon. The Mayan Moon Goddess, Po, was a strong female influencer, who was associated with sexuality, procreation, fertility and growth. The Ritual de las Nueve Lunas, representing the 9 months of pregnancy, stems from the Mayan belief that the moon’s phases were synced to the stages of a woman’s life.

Come relax, indulge and pamper yourself with the *Nine Moons Essence of Life* package, which includes:

- Round-trip transfers to and from the Cancun International Airport
- 3 nights/4 days in an Ocean View Suite or a Garden View Suite with plunge pool
- Daily Breakfast a la carte for two
- (1) 30-minute Wellness Consultation
- (1) *Ritual de las Nueve Lunas* (“Nine Moons Ritual”)
- A Candlelight Dinner for two
- The Crave of Your Choice – Choose one of the scrumptious eats from our “Crave Menu”
- Gift Certificate for a complimentary night during a future stay to celebrate your child’s first birthday. In this visit your child will be our guest and his/her hotel bill is “on the house”.

“More and more we are seeing couples coming to Esencia to simply relax, reconnect, and enjoy some cherished alone time together months, even weeks before welcoming a new child into their lives,” said Philip Vidal, General Manager of Esencia. “We wanted to create a package with the idea of serenity, indulgence, and parenthood in mind, to provide couples with a romantic and relaxing getaway experience.”

Available all year round, the *Nine Moons Essence of Life* package starts at \$2,039.00, excluding tax, for a Garden View Suite with private plunge pool, and is based on availability. Guests can book the package online at www.hotelesencia.com or by calling 1-877-528-3490.

About Esencia Estate

The 50-acre luxury resort is a member of [Small Luxury Hotels of the World](#). Located 20 minutes south of [Playa del Carmen](#) and 20 minutes north of [Tulum](#), Esencia is the essence of simplicity, elegance and beauty. Its 29 spacious suites and cottages include a range of features from private gardens to solariums and deep-soaking plunge pools. The estate is operated by [ProHotel International](#) of Houston, which also operates [Casa Bonita](#) in Barahona, Dominican Republic and The Lodge at Pico Bonito in La Ceiba, Honduras.

Sal y Fuego

The dinner menu specializes in Meso-American cuisine, using traditional Yucatán methods such as banana-wrapped fish and meat cooked in a pib (an earth oven). The menu showcases the freshest local seafood as well as dishes from the rest of Mexico, all flavored with organic herbs and fresh fruits and vegetables. The ambience combines Mexican flair and rustic simplicity with its palapa roof and view of a cenote, an illuminated underground fresh water pool.

Aroma Spa

Fully organic from its architecture to its products, the Duchess's oasis harvests its own lush herb garden for use in treatments. Five treatment rooms, four Jacuzzis, two Mayan-style domed steam rooms and a beachside Temazcal Mayan Sauna are also available. Complimentary group yoga and meditation classes are offered with an instructor on the main house terrace or in the garden area.

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