

## **Esencia Estate Pioneers New Duke and Duchess Detox Program: “Magical Realism,” Incorporates both Ancestral Mayan Teachings and Modern Science and Nutrition**

*Discover a Healthier You in 2012 with Esencia’s Aroma Spa the First Organic Spa in the Riviera Maya*

Houston, TX, January 23, 2012— Esencia’s Aroma spa presents a brand new spin on their signature detox program that blends ancient Mayan teachings with modern science to create the new Duke and Duchess Detox Spa program. Named for the estate’s original owner- an Italian duchess, the program leaves participants fully refreshed and rejuvenated with a feeling of overall well-being. The boutique hotel, a member of Small Luxury Hotels, is situated on an awe-inspiring 50 acre estate that overlooks miles of untouched Caribbean white sand beach of Playa Xpu-ha, in the Riviera Maya, just heralded as number one on Fox News’ “Best Beaches To Escape the Winter Blues.”

As you check-in at an authentic Mayan hut, replete with incense and stone goddesses, you sense that you are somewhere exotic, leaving the stresses of home behind. You are led to your room, one of only 29 complete with pristine white washed walls and furnishings crafted from native hardwoods, twelve-foot high ceilings and mahogany louvered doors. Panoramic views from all guestrooms showcase the tropical gardens and the dazzling turquoise Caribbean Sea that seems to go on forever before you.

### **Combat the Winter Blues at Esencia’s Aroma Spa, The First Organic Spa in The Riviera Maya**

The Duke and Duchess Detox program blends Mayan know-how passed down over generations and contemporary information that Brenda Espinosa, the mastermind behind the innovative new program developed at Esencia, says can only be described as ‘magical realism.’ Espinosa explains that the magic of Mayan ancestor’s knowledge is scientifically confirmed today. “I delved into the practices and recipes that my grandmother taught me and combined that with modern science using herbs from Esencia’s own garden in this totally new approach to the detoxification of the body” elucidates Espinosa.

### **Four and Seven Day Packages offered at Esencia’s Aroma Spa**

Esencia Estate’s Duke and Duchess Detox Package provides you with the tools, and teaches you how to use them, for a successful and healthy new year. These packages, starting from \$3,166.00 for the four-night package and \$5,566.00 for the seven-night package, allow you to invest in yourself and give you a strong foundation to face the challenges that life holds in the year ahead.

The program stresses that the key to the Duke and Duchess Detox Package’s success is the miraculous combination of nutrition and yoga, personal training workouts with the treatments, whose ingredients are gathered from the herbal garden that surrounds the circular walls of Aroma, the first organic spa in the Riviera Maya.

- Ritual Kukumis plus honey and sugar exfoliation – This ritual combines the healing properties of Aloe Vera mixed with cucumber to give you a stimulating full body massage.
- Eye Opener Amenity- This drink is a daily juice of chaya, pineapple, Pingüica, and celery blended from produce from Esencia's garden. This is served before breakfast to help flush toxins from your body.
- Ritual de Limones- In ancient Mayan culture, limes were used as a natural element for purification. Esencia combines this knowledge with acupressure and reflexology to drain your lymphatic system and target underlying issues felt out by the skilled fingers of a masseuse.
- Temazcal Ritual- This ritual is led by a 'Temazcalero' and held in the Temazcal, an enclosure used for curing and cleansing utilized by ancient Mayans that creates a warm, safe and loving space. Humid heat produced by the steam of aromatic medicinal herbs is used to stimulate and cleanse your senses.
- Hatha Yoga- This yoga focuses on specific internal organs and stimulation of body parts to relieve toxins, impurities, physical and energetic blockages. Practicing this type of yoga at Esencia in the Caribbean weather is especially effective because of the seaside humidity and constant 90° F to compel your body to sweat more and release a higher percentage of toxins.

The Duke and Duchess Detox Packages include round-trip transfers to and from the Cancun International Airport, nights of stay, daily breakfast and "detox – Eye opener amenity", daily spa treatments, and yoga lessons or personal trainer assistance. For an additional \$98 dollars a day all three meals designed to accompany this detox program from Esencia's Sal y Fuego restaurant and non-alcoholic beverages will be included.

For reservations and more information: [www.hotelesencia.com](http://www.hotelesencia.com), 877-528-3490.