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**Hotel Esencia's New Inclusive 'Essence of Natural Healing' Package Features Personalized Consultations and Customized Mayan Spa Treatments for All Ages**

*Riviera Maya, Mexico, April 02, 2013* – With Mayan healers reviving ancient Meso-American herbalist tradition in a tranquil seaside setting, Hotel Esencia's eco-luxe Aroma Spa, the first organic spa in the Riviera Maya, is offering a new personalized eight-day spa experience to appeal to travelers with varying types and degrees of ailments. The stunning property and former retreat of the heiress to the Ferrari fortune sits on over 50-acres of lush tropical gardens and private beachfront -- offering the perfect balance of old world Maya and new world luxury.

The new "Essence of Natural Healing" package is an extension of the spa's inclusive philosophy, which aims to deliver a relaxing, meaningful wellness experiences to treat such ailments as muscle pain, arthritis, nerve inflammation and even respiratory diseases.

"Guests come to Aroma seeking both an escape from the stress of their daily lives and a remedy to their specific ailments," says Ledia Camara, Aroma's Spa Director. "We make it our duty to make our guests feel comfortable in addressing these ailments, and develop customized treatment plans that can be extended long after the vacation ends."

Renowned for providing travelers an unparalleled escape into the Mayan culture, guests are enveloped by the magical realism of the Aroma experience the moment they arrive on Esencia's lush grounds. Walking into Aroma's circular palapa, made of organic stucco material reminiscent of the Mayan Pyramids, guests are immediately transported to the old world, as the scent of freshly plucked herbs and natural oils ascends generously upon the senses. Outside the spa structure, Aroma's garden continues to produce limes, aloe vera and various herbs, that are hand mixed by the spa's healers to create one-of-a-kind products for use in treatments.

**Discover Your Essence of Natural Healing**

Whether a mother-daughter duo, an expectant woman or an elderly couple, Aroma's highly skilled therapists will custom tailor a treatment plan suited to your interests and health needs. Beginning with a personal wellness consultation with one of Aroma's Mayan healers, this eight-day, seven-night escape will revitalize your senses, relieve your stress and leave you equipped with the knowledge to promote your continued health. Highlights of the eight-day, seven-night package include:

- **Wellness Consultation** – Complete Aroma's wellness questionnaire before sitting down with a specially trained Mayan healer for a thirty minute diagnostic

session to develop a comprehensive treatment plan to address your ailments and meet your needs.

- **Series of Three Spa Treatments** – Following your initial consultation, your therapist will present their best recommendations for your treatment plan. Examples might include:

***For Children:***

**Energizing Chocolate Massage** – A delicious and relaxing treat, children can actually eat the chocolate during this endorphin releasing massage that helps to relax the nervous system and nourish the skin.

***For Pregnant Women:***

**Janzu** – An all-encompassing aquatic experience, during which the mother-to-be enters a flotation state similar to her baby's, as both mother and child are lulled in a gentle massage. The treatment helps to relieve pain in the lower back and eliminates fluid retention and swelling in the extremities.

***For Sciatica Pain:***

**Therapeutic Massage** – An “off the menu” experience, each therapeutic massage is designed to address your specific needs. For a sciatica session, your therapist will perform a tension releasing shiatsu massage and guide your body through a series of stretches to relax the muscles and tendons involved.

- **Luxurious Accommodations** – After your spa sessions, unwind in your sumptuous garden or sea view suite. Each room features elegant furnishings crafted from native hardwoods, twelve-foot high ceilings, mahogany louvered doors, and panoramic views of either the tropical gardens or the Caribbean sea. Garden view suites each have a private plunge pool.

Rates are based on double occupancy and start at \$4,269 for a Garden Suite and \$5,389 for a Sea View Suite. The package includes round trip transfer to and from the Cancun International Airport and daily breakfast. For further information visit [www.hotelesencia.com](http://www.hotelesencia.com) or call 877-528-3490.