

*Esencia*

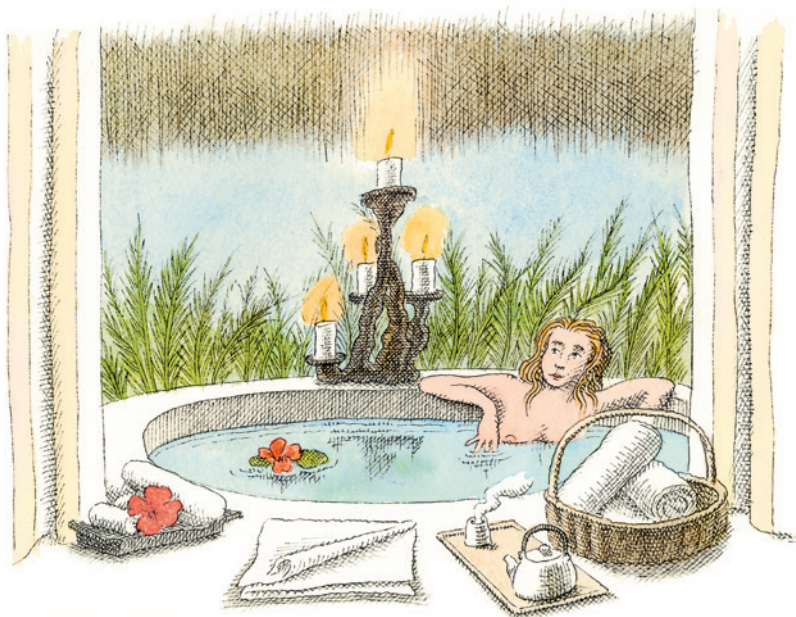
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*Spa*



**HOTEL  
ESENCIA**

*XPU-HA MEXICO*



*Esencia Spa treatments  
integrate hallmarks of modern  
wellbeing with ancient customs  
of cultivating beauty, balance,  
and peace.*

***Surrender to total relaxation  
and leave everything else  
behind...***

# IMMUNE SYSTEM BOOSTING TREATMENTS

*Let us help you give your immune system a little boost, our therapists have created a selection of treatments especially for you.*

## **MAYAN HEALING**

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### *Ancestral Ritual*

An herbal '*limpia*' cleanse is followed by a series of passive body stretches with a traditional '*rebozo*' scarf, and the application of an herbal poultice to the navel area combined with a light abdominal massage - the Mayans considered the navel to be the energy epicenter of the human body.

## **TOTAL RELAXATION**

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### *Pinda Massage*

Tension, insomnia, cardiovascular and nervous system problems are washed away through a special massage technique that utilizes handmade herbal compresses - *pindas* - which take the mind to a state of deep relaxation and rest.

# IMMUNE SYSTEM BOOSTING TREATMENTS

## ***COFFEE RITUAL***

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### *Anti-inflammatory Massage*

Activates the lymphatic system and prepares your body for detoxification, while helping reduce water retention and cellulite. This potent anti-inflammatory ritual begins with an organic ground coffee exfoliation followed by a massage with pindas full of organic coffee beans and citrus fruits, just like a journey through the high grounds of Chiapas.

## ***REFLEXOLOGY***

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### *Tension and illness Relief*

This ancient therapy promotes balance and healing of the body's organs through techniques that focus on the soles of the feet. Reflexology treatments are accompanied by a foot massage that restores energy throughout the entire body.

# ESENCIA SPA SIGNATURE TREATMENTS

## ***STRESS RELIEF***

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### *Deep Tissue Treatment*

Free your body of stress and tension with an ancient Mayan recipe that uses the healing powers of mint, pepper, cloves, and rosemary, which are applied using hot therapy on the specific points on the body that accumulate the most stress. This massage helps relieve pain and built-up muscle tension.



## ***HARMONY & RESTORATION***

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### *Healing Treatment*

In order to achieve perfect harmony, this holistic treatment combines reflexology, reiki, and aromatherapy, helping to balance and energize the circulation of vital energy in the body. The techniques used in this treatment promote deep connection to oneself.

# ESENCIA SPA SIGNATURE TREATMENTS

## ***ENERGETIC MASSAGE***

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### *Therapeutic Massage*

Let the energy and the strength flow again through your body by improving flexibility and restoring muscle energy. Deep pressure, stretching, and twisting are combined with sport massage techniques, and our homemade organic black pepper and clove massage oil.

## ***COLD STONE MASSAGE***

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### *Relax & Revitalize*

Enjoy a soothing and energizing full body massage with smooth cold stones and aloe vera - the soft movements and cold temperature help stimulate blood circulation and oxygenation, relax over-worked muscles, boost the immune system, reduce jetlag, and soothe sun exposure effects. A cold head wrap helps lower body temperature, relax facial muscles, and reduce discomfort caused by blood pressure problems, stress and headaches.

# ESENCIA SPA SIGNATURE TREATMENTS

## *ESSENCE OF LOVE*

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*Massage and bubbles for two*

Celebrate the joy of being together. This romantic ritual begins with a Mayan connection ceremony, followed by a foot exfoliation, and a full-body massage, concluding with a private jacuzzi session while enjoying a glass of champagne and chocolate covered strawberries.



# BODY TREATMENTS

## *CACAO RITUAL*

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### *Softening and Nourishing*

We begin with a full-body cacao exfoliation ritual, followed by a full-body massage with an exquisite homemade cacao paste. An invitation to discover the power of this sacred tropical seed.

## *COPAL RITUAL*

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### *Skin Renewal*

Enjoy an invigorating exfoliation followed by a relaxing body wrap - the softening properties of white clay and the regenerating power of copal will reveal a fresh complexion, stimulate blood circulation, and strengthen the immune system.





# ESENCIA SPA SIGNATURE MESSAGES

## *WATSU*

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### *Shiatsu in Water*

Enter a deep state of relaxation and experience the sensation of weightlessness while floating on water. The combination of soft moves and stretches, and acupressure on strategic body points, help lower the heart rate, decrease anxiety and insomnia, stimulate the immune system, and improve body flexibility among many other benefits.

## *THAI MASSAGE*

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### *Physical, Mental & Emotional Relief*

This is a millennial technique that combines pressure points, muscle stretching and compression. The therapist performs this tension relieving treatment on a floor mat with the masterful use of their own hands, thumbs, elbows, and knees. A stimulating and balancing total body therapy.

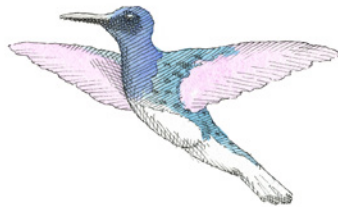
# ESENCIA SPA SIGNATURE MESSAGES

## ***TIRED LEGS MASSAGE***

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### *Revitalizing Massage*

The walking warrior deserves a rest from his or her long journey. This delightful massage creates relaxation from the release of blocked energy through the feet. A stimulating massage for blood circulation and restored lightness.



## ***HOT STONE***

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### *Relaxing and Balancing Massage*

Exquisite floral fragrances fill your senses while hot stones offer their mineral properties, and semiprecious stones, placed in the most important energetic points in the body, promote the natural and effortless flow of energy.

# ESENCIA SPA SIGNATURE MESSAGES

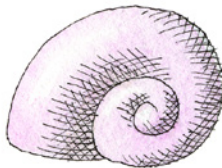
*For a thoroughly relaxing experience,  
we offer these additional treatments  
to complement our massages:*

***TATA HARPER EXPRESS FACIAL***

***BODY EXFOLIATION:  
COFFEE, CACAO, COPAL***

***ALOE VERA SUN RELIEF BODY MASK***

***COFFEE BODY MASK***



# FACIAL TREATMENTS

*All of our Facial Treatments are performed with Tata Harper products, 100% natural and nontoxic.*



**TATA HARPER**<sup>TM</sup>  
Next Generation Beauty

## ***TRAVELLER'S RECOVERY FACIAL***

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One of the most sought after facials for both traditional and savvy spa visitors around the world. This exclusive facial will energize, purify and deep-clean your skin from environmental aggressors. Gentle but powerful stimulation with advanced facial massage techniques will improve the appearance of your skin and encourage natural detoxification, leaving your skin soft, smooth and feeling fresh.

# FACIAL TREATMENTS

## *INTENSIVE MULTI MASK FACIAL*

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This treatment targets your very special needs. Bring out the best of your skin with this intensive, renewing and pampering treatment. Unwind as you enjoy a customized cleansing and multi mask skin ritual, paired with a vitamin-rich facial to leave your skin looking well balanced and radiant.



## *MOISTURE INFUSION FACIAL*

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This facial is intended for the most dehydrated and sensitive skin. With this calming and therapeutic treatment we aim to replenish your skin of nutrients combining deeply moisturizing formulas with our raw organic honey mask, this treatment will give your skin essential hydration for long lasting comfort.

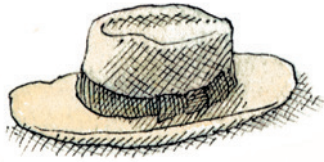
# FACIAL TREATMENTS

## *GENTLEMAN'S FACIAL*

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Designed specifically for men, this facial is tailored to address irritation from shaving and environmental aggressors.

After deep pore cleansing, the skin is toned and conditioned revealing a clean, fresh face.



# HEALING PRACTICES

## ***MEDITATION***

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*Free your mind*

Meditation is a technique to rest and relax the mind in order to attain a state of consciousness different from the normal waking state. Among its benefits are memory enhancement as well as relief of stress, anxiety, and depression symptoms. It can also help to reduce blood pressure and to neutralize negative emotions, thus improving general health and well-being.

## ***PRANAYAMA***

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*Balance, cleanse & strengthen*

Breath control exercises eliminate excess carbon dioxide from the body and provide the blood stream with a rich supply of oxygen. Internal organs are balanced, strengthened, and cleansed, and cells and tissues are invigorated. A regular practice of Pranayama helps to improve focus and concentration, which are required for meditation.

# HEALING PRACTICES

## **YOGA**

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*Union of body and mind*

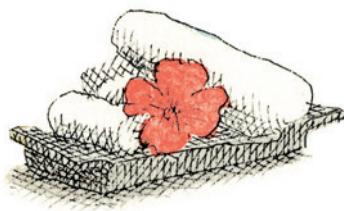
Yoga is an ensemble of physical, mental, and spiritual practices which originated in ancient India. It is a discipline that combines breath control, stretching, and positional exercises that can help promote good health, fitness, and control of the mind.

## **YOGA NIDRA**

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*Yogic sleep*

Yoga Nidra is a state of deep conscious sleep. This powerful practice is an ancestral meditation technique in which a state of physical, emotional and mental relaxation is reached, while self-awareness is increased. Tension and anxiety relief are among the benefits of this practice.





# BEAUTY SALON

*Esencia Spa beauty therapies  
are consistent with our holistic  
approach to well-being and  
inner peace.*

*Our beauticians have extensive  
knowledge of the virtues of  
each product and deep experience  
with the various healing and  
beauty rituals.*



# BEAUTY SALON

## *NAIL TREATMENTS*

Manicure · Gel Manicure · Pedicure  
Gel Pedicure · French tip  
Nail Polish Change  
Gentleman's Polishing Pedicure

## *HAIR*

Ladies Haircut  
Shampoo and Blow-Dry  
Straightening  
Hair Treatments:  
*Regenerating · Hydrating*  
Gentleman's Haircut  
Bride Hair Styling

## *WAXING*

Eyebrow · Upper Lip · Arm  
Underarm · Back · Bikini  
Brazilian · Half Leg · Full Leg

# PRICE LIST

## IMMUNITY BOOSTING TREATMENTS

<i>MAYAN HEALING</i>	80 MIN · 250 USD
<i>TOTAL RELAXATION</i>	80 MIN · 220 USD
<i>COFFEE RITUAL</i>	80 MIN · 220 USD
<i>REFLEXOLOGY</i>	50 MIN · 175 USD 80 MIN · 220 USD

## SIGNATURE TREATMENTS

<i>STRESS RELIEF</i>	50 MIN · 175 USD 80 MIN · 220 USD
<i>HARMONY &amp; RESTORATION</i>	50 MIN · 175 USD 80 MIN · 220 USD
<i>ENERGETIC MASSAGE</i>	50 MIN · 175 USD 80 MIN · 220 USD
<i>COLD STONE MASSAGE</i>	80 MIN · 250 USD
<i>ESSENCE OF LOVE</i>	90 MIN · 400 USD

## BODY TREATMENTS

<i>CACAO RITUAL</i>	80 MIN · 220 USD
<i>COPAL RITUAL</i>	80 MIN · 220 USD

# PRICE LIST

## MASSAGES

<i>WATSU</i>	<i>80 MIN · 250 USD</i>
<i>THAI MASSAGE</i>	<i>80 MIN · 250 USD</i>
<i>TIRED LEGS MASSAGE</i>	<i>50 MIN · 175 USD</i> <i>80 MIN · 220 USD</i>
<i>HOT STONE</i>	<i>80 MIN · 230 USD</i>

## ADDITIONAL TREATMENTS

<i>BODY EXFOLIATION</i>	<i>100 USD</i>
<i>TATA HARPER</i>	<i>100 USD</i>
<i>EXPRESS FACIAL</i>	
<i>ALOE VERA SUN RELIEF BODY MASK</i>	<i>100 USD</i>
<i>COFFEE BODY MASK</i>	<i>100 USD</i>

## HEALING PRACTICES

<i>MEDITATION</i>	<i>30 MIN · 45 USD</i>
<i>PRANAYAMA</i>	<i>30 MIN · 45 USD</i>
<i>YOGA</i>	<i>60 MIN · 90 USD</i>
<i>YOGA NIDRA</i>	<i>60 MIN · 90 USD</i>

# PRICE LIST

## FACIAL TREATMENTS

<i><b>TRAVELLERS RECOVERY</b></i>	80 MIN · 200 USD
<i><b>INTENSIVE MULTI-MASK</b></i>	80 MIN · 250 USD
<i><b>MOISTURE INFUSION</b></i>	80 MIN · 200 USD
<i><b>GENTLEMAN'S FACIAL</b></i>	50 MIN · 175 USD

## BEAUTY SALON

### NAIL TREATMENTS

<i><b>MANICURE</b></i>	75 USD
<i><b>GEL MANICURE</b></i>	100 USD
<i><b>PEDICURE</b></i>	85 USD
<i><b>GEL PEDICURE</b></i>	125 USD
<i><b>FRENCH TIP</b></i>	13 USD
<i><b>NAIL POLISH CHANGE</b></i>	30 USD

### WAXING

<i><b>EYEBROW</b></i>	25 USD
<i><b>UPPER LIP</b></i>	25 USD
<i><b>ARM</b></i>	40 USD
<i><b>UNDERARM</b></i>	40 USD
<i><b>BACK</b></i>	100 USD
<i><b>BIKINI</b></i>	80 USD
<i><b>BRAZILIAN</b></i>	100 USD
<i><b>HALF LEG BOTH</b></i>	80 USD
<i><b>FULL LEG BOTH</b></i>	100 USD

# PRICE LIST

## HAIR AND MAKEUP

<i>LADIES HAIRCUT</i>	60 USD
<i>BLOW-DRY</i>	60 USD
<i>STRAIGHTENING</i>	100 USD
<i>GENTLEMAN'S HAIRCUT</i>	45 USD
<i>BRIDE HAIR STYLING</i>	150 USD



**PRICES ARE IN US DOLLARS.  
TAX AND GRATUITY NOT INCLUDED.**

# ESENCIA SPA

Esencia Spa treatments are available in room or in open air designated areas for the time being and until further notice.

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We are currently taking reservations for following day treatments only, and between 9am and 9pm. Please dial 5056 to book your treatment.

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Cancellations within 24 to 3 hours in advance will result in a 50% charge. Cancellations within less than 3 hours, or no shows, will be charged in full.

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16% Tax and gratuity are not included.

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Our jacuzzis, steam room and showers are available for the enjoyment of all our guests, with 4 hrs. prior notice. Please dial 5056 for availability.

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Your therapist is available to recommend a custom treatment according to any individual needs.