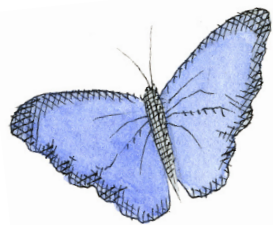


Esencia

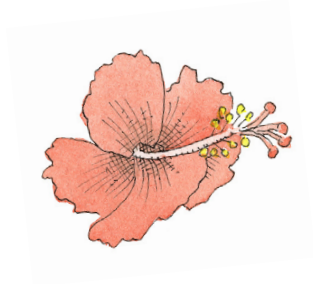
—

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...*

SIGNATURE TREATMENTS

STRESS RELIEF

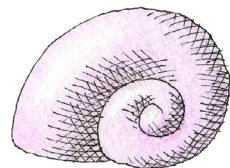
Free your body of stress and tension with an ancient Mayan recipe that uses the healing powers of mint, pepper, cloves, and rosemary, which are applied using hot therapy on the specific points on the body that accumulate the most stress. This stress relief massage helps relieve pain and built-up muscle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

DEEP RELAXATION

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

HARMONY & RESTORATION

To achieve perfect harmony, this holistic massage combines integral therapies such as reflexology, reiki, and aromatherapy to balance and energize the circulation of vital energy in the body. The techniques utilized in this treatment energize, balance, and promote deep connection to oneself.



SIGNATURE TREATMENTS

BAÑO DE REYES

The Royal Treatment

Feel like a king or queen in a bath that purifies your body and your spirit. In the steam room you will receive a deep skin exfoliation followed by a balsam application made with fresh ingredients from our spa garden. A feast for your senses.

LIME RITUAL

Purifying Massage

Lime has been considered a natural element for purification since Ancient Mayan healers used it to absorb illness and harmful inner body heat. In this ritual, the therapist alternates the use of limes with dynamic hand strokes.

ENERGETIC MASSAGE

Mayan Therapeutic 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 combined with Mayan massage techniques.

BODY TREATMENTS

RITUAL DEL CACAO

Softening and Nourishing

We begin with a body exfoliation ritual that envelops the body with an exquisite cream made from cacao, an invitation to discover the power of the sacred tropical seed of Mesoamerica.

RITUAL DEL COPAL

Skin Renewal

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 fresh complexion, stimulate blood circulation, and strengthen the immune system.

AFTER-SUN

Moisturizing Massage

Using the healing properties of aloe vera mixed with cucumber, this full-body massage helps your body maintain a golden tan, prevents skin-peeling, and leaves skin refreshed.

BODY TREATMENTS

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 followed by a massage with packs full of organic coffee beans, like a journey through the high ground of Chiapas.

TROPICAL RITUAL

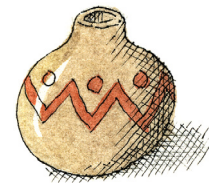
Sun and Aging Protection

Prepare your skin for a perfect tan with the unique antioxidant properties of strawberries. This ritual is completed with a massage using coconut and sesame seeds.

RITUAL DEL SOL

Afer-Sun Soothing Treatment

We use the healing properties of chamomile, lavender and the freshness of a Mayan mud wrap to sooth the body and ease the discomfort of sunkissed skin.



MASSAGES

PRENATAL MASSAGE

For Expecting Mothers

For this special moment in a woman's life, we adapt this massage and aromatherapeutic techniques to make you and your baby feel relaxed and in harmony.

INDULGENT MASSAGE

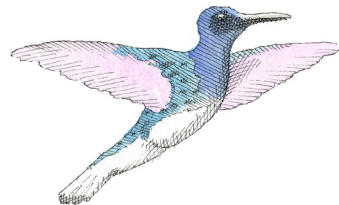
Aromatic Massage

Warm honey, oil and flowers or rosemary are mixed in this sensual ritual to cover your whole body with slow movements, placing you into a state of deep relaxation.

TIRED LEGS MASSAGE

Revitalizing Massage

The walking warrior deserves a rest from his 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.



MASSAGES

HOT STONE

Relaxing and Balancing Massage

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

ESSENCE OF LOVE

Massage and bubbles for two

Foot ritual, massage and a private jacuzzi filled with salts and aromatic scents are the three parts of this treatment. A ritual to celebrate the joy of being together.

As part of a thoroughly relaxing experience, we offer these additional treatments during our massages:

EXFOLIATION

TATA HARPER EXPRESS FACIAL

TATA HARPER EYE TREATMENT

DAVINES HAIR TREATMENT

FACIAL TREATMENTS

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



REJUVENATING FACIAL

This complete treatment, firms and lifts the skin using natural muscle-relaxing neuropeptides to instantly reduce wrinkles, reinforce collagen and restore skin's youthful cushion. An infusion of botanical vitamins, minerals, omegas and antioxidants naturally provide environmental protection and nutrition to help the skin achieve a luminous, healthy glow.

PURIFYING DETOX FACIAL

Created to address the concerns of acneic or blemish prone skin. This treatment is a comprehensive detoxification for your skin, featuring our Purifying cleanser, powered by fruit enzymes, purple clay and essential oils. Focused deep cleansing of congested pores.

FACIAL TREATMENTS

RED CARPET FACIAL

Enjoy an instantly camera-ready glow with the Tata Harper Red Carpet Facial, designed to immediately reduce multiple visible signs of aging. Our Quadruple-Mask System acts on each level of the skin, instantly delivering lifting, hydrating and correcting effects. Revive your tired eyes with our proprietary thermal-eye therapy, which completely reduces signs of aging and immediately gives a rested look. This facial lifts and firms, revealing a flawless glow.

INTENSIVE RESULTS FACIAL

Intensify the results of our original Rejuvenating Facial with a customized mask treatment to focus on hydration, firming or clarifying concerns. Enjoy a nourishing and therapeutic raw honey face massage, leaving your skin with a healthy inner radiance.

GENTLEMAN'S FACIAL

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 TREATMENTS

REFLEXOLOGY

—

Relief of tension and illness through foot reflex points

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

MEDITATION

—

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

—

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 TREATMENTS

YOGA

—

Union of body and mind

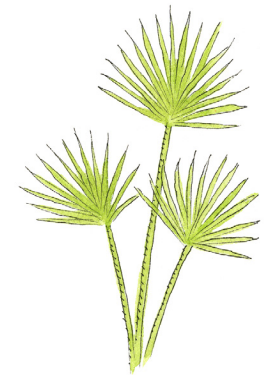
Yoga is a group of physical, mental, and spiritual practices which originated in ancient India. It is a discipline that combines breath control, stretching, and positional exercises that can help promote good health, fitness, and control of the mind.

YOGA NIDRA

—

Yogic sleep

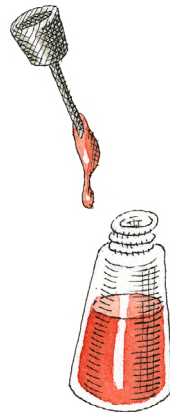
Yoga Nidra is a state of deep conscious sleep. This powerful practice is an ancestral meditation technique in which a state of physical, emotional and mental relaxation is reached, while self-awareness is increased. Tension and anxiety relief are among the benefits of this practice.



BEAUTY SALON

*Esencia Spa beauty therapies
are consistent with our hollistic 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
Pedicure
French tip
Paraffin
Nail Polish Change

HAIR AND MAKEUP

Ladies Haircut
Blow-Dry
Blow-Dry + Hair Treatment
Hairstyling
Straightening
Make up
Bride Hair & Make up
Gentleman's Haircut

Davines Hair Treatments:

Detox 60 Min
Reconstructive 45 Min

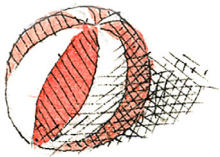
WAXING

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

KIDS MENU

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

All the ingredients in our recipes are edible and parental company is mandatory.



KIDS MENU

RITUALITO DEL CHOCOLATE

Let your children fulfill the dream of getting a chocolate bath. Playing with one of their favourite desserts, in combination with a massage.

RITUALITO TROPICAL

A delicious strawberry and vanilla body wrap full of aromas, taste and color.

RITUALITO DEL SOL

A potion that calms the sting of sunburned skin.

FACIALITO

Natural cleansing treatment formulated for children skin.

MINI MANICURE

MINI PEDICURE

SIGNATURE TREATMENTS

STRESS RELIEF

50 MIN · 150 USD 80 MIN · 200 USD

DEEP RELAXATION

50 MIN · 150 USD 80 MIN · 200 USD

HARMONY & RESTORATION

50 MIN · 150 USD 80 MIN · 200 USD

BAÑO DE REYES

80 MIN · 250 USD

LIME RITUAL

50 MIN · 150 USD 80 MIN · 200 USD

ENERGETIC MASSAGE

50 MIN · 150 USD 80 MIN · 200 USD

BODY TREATMENTS

RITUAL DEL CACAO

80 MIN · 200 USD

RITUAL DEL COPAL

80 MIN · 200 USD

AFTER-SUN

50 MIN · 135 USD 80 MIN · 170 USD

RITUAL DEL CAFÉ

80 MIN · 200 USD

TROPICAL RITUAL

80 MIN · 200 USD

RITUAL DEL SOL

50 MIN · 150 USD 80 MIN · 200 USD

MASSAGES

PRENATAL MASSAGE

50 MIN · 135 USD 80 MIN · 170 USD

INDULGENT MASSAGE

50 MIN · 135 USD 80 MIN · 170 USD

TIRED LEGS MASSAGE

50 MIN · 135 USD 80 MIN · 170 USD

HOT STONE

80 MIN · 190 USD

ESSENCE OF LOVE

90 MIN · 350 USD

Additional treatments:

EXFOLIATION 50 USD

TATA HARPER 85 USD

EXPRESS FACIAL

TATA HARPER EYE 40 USD

TREATMENT

DAVINES HAIR 40 USD

TREATMENT

FACIAL TREATMENTS

REJUVENATING FACIAL

50 MIN · 175 USD

PURIFYING DETOX FACIAL

50 MIN · 195 USD 80 MIN · 250 USD

RED CARPET FACIAL

80 MIN · 250 USD

INTENSIVE RESULTS FACIAL

50 MIN · 195 USD

GENTLEMAN'S FACIAL

50 MIN · 175 USD

HEALING TREATMENTS

REFLEXOLOGY

30 MIN · 90 USD 50 MIN · 150 USD

MEDITATION

30 MIN · 45 USD

PRANAYAMA

30 MIN · 45 USD

YOGA

60 MIN · 90 USD

YOGA NIDRA

60 MIN · 90 USD

KIDS MENU

RITUALITO DEL CHOCOLATE

30 MIN · 70 USD 50 MIN · 110 USD

RITUALITO TROPICAL

50 MIN · 110 USD

RITUALITO DEL SOL

30 MIN · 70 USD 50 MIN · 110 USD

FACIALITO

30 MIN · 80 USD

MINI MANICURE

45 USD

MINI PEDICURE

45 USD

BEAUTY SALON

NAIL TREATMENTS

MANICURE 75 USD

PEDICURE 85 USD

FRENCH TIP 13 USD

PARAFFIN 13 USD

NAIL POLISH CHANGE 28 USD

HAIR AND MAKEUP

LADIES HAIRCUT 60 USD

BLOW-DRY 50 USD

+HAIR TREATMENT 40 USD

HAIRSTYLING 90 USD / 140 USD

STRAIGHTENING 90 USD

MAKE UP 95 USD

BRIDE HAIR & MAKE UP 280 USD

GENTLEMAN'S HAIRCUT 35 USD

DAVINES HAIR

TREATMENTS:

DETOX 60 MIN 90 USD

RECONSTRUCTIVE 45 MIN 90 USD

WAXING

EYEBROW 24 USD

UPPER LIP 24 USD

ARM 27 USD

UNDERARM 35 USD

BACK 70 USD

BIKINI 40 USD

BRAZILIAN 60 USD

HALF LEG 35 USD

FULL LEG 65 USD

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

Esencia Spa is open from 9am to 9pm

—

Please book your treatment
by calling extension 5028

—

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 fully charged

—

16% Tax and gratuity are not included

—

Our jacuzzis, steam room and showers
are available before or after your treatment

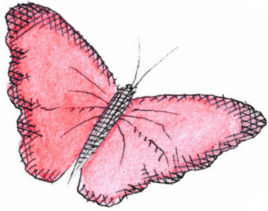
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Please advise your therapist in advance
of any special skin conditions or allergies

—

Your therapist is available to answer
any questions you may have, and to
recommend a custom treatment according
to any individual needs





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