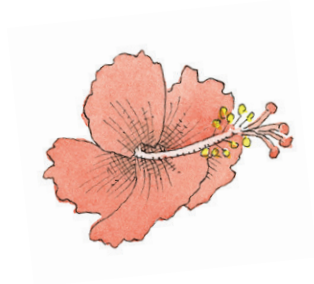


*Esencia*  
—  
*Spa*



**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*

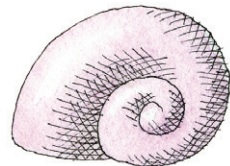
---

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***

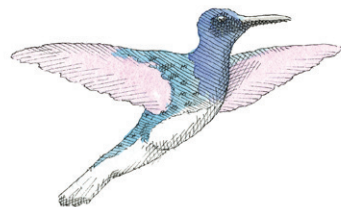
*Aromatic Massage*

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.

### ***REIKI***

---

*Energy flow balancing*

This is a natural healing system, an energy transmission therapy to help you to find the well-being and harmony between body, mind and soul.

### ***EMOTIONAL FREEDOM TECHNIQUE***

---

*Release tension through emotions*

Healing regimen that combines ancient Chinese acupressure and modern psychology. Relieves stress, chronic pain or anxiety, and helps through the journey of weight loss.

## HEALING TREATMENTS

### ***NEUROLINGUISTIC PROGRAMMING***

---

*Reset and reprogram your mind*

Powerful psychotherapy based on a system of thinking that can accelerate the achievement of your personal and professional goals. Feel energized, clear and centered.

### ***YOGA***

---

*Union of body and mind*

Yoga is a physical, mental, and spiritual discipline which originated in India. It is a system of breathing control, stretching, and positional exercises derived from this discipline to promote good health, fitness, and control of the mind.



## 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*

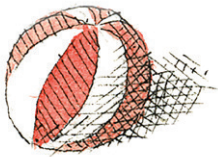
Eyebrow  
Upper Lip  
Arm  
Underarm  
Back  
Bikini  
Brazilian  
Half Leg  
Full Leg



## 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***

## PRICES

### 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

## PRICES

### HEALING TREATMENTS

#### **REFLEXOLOGY**

30 MIN · 90 USD    50 MIN · 150 USD

#### **REIKI**

50 MIN · 135 USD

#### **EMOTIONAL FREEDOM**

**TECHNIQUE**

60 MIN · 180 USD

#### **NEUROLINGUISTIC**

**PROGRAMMING**

60 MIN · 180 USD

#### **YOGA**

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

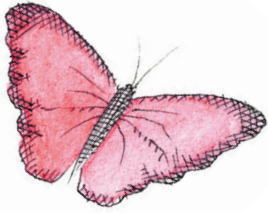
—

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





Carretera Cancún-Tulum km 265  
Xpu-Ha, Q. Roo 77750 México

+52 984.873.4830  
[spa@hotelesencia.com](mailto:spa@hotelesencia.com)