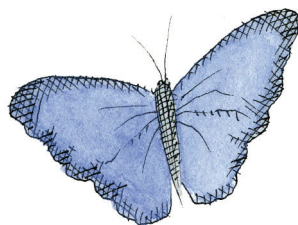


*Aroma*  
—  
*Spa*



**HOTEL  
ESENCIA**  
*XPU-HA MEXICO*

## 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.

50 MIN - 150 USD / 80 MIN - 200 USD

### *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.

50 MIN - 150 USD / 80 MIN - 200 USD

### *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.

50 MIN - 150 USD / 80 MIN - 200 USD

*16% TAX AND GRATUITY ARE NOT INCLUDED*

## 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 cleansing followed by a balsam application made with fresh ingredients from our spa garden. A feast for your senses.

80 MIN - 240 USD

### *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.

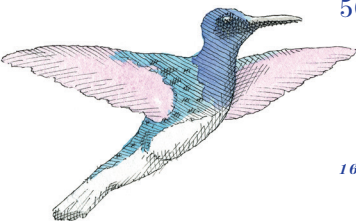
50 MIN - 150 USD / 80 MIN - 200 USD

### *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.

50 MIN - 150 USD / 80 MIN - 200 USD



*16% TAX AND GRATUITY ARE NOT INCLUDED*

## 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.

80 MIN - 180 USD

### *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.

80 MIN - 180 USD

### *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.

50 MIN - 135 USD

## 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.

120 MIN - 250 USD

### *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.

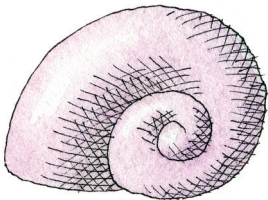
120 MIN - 250 USD

### *RITUAL DEL SOL*

#### *Sun and Aging Protection*

—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.

120 MIN - 250 USD



16% TAX AND GRATUITY ARE NOT INCLUDED

## 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.

50 MIN - 135 USD / 80 MIN 170 USD

**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.

50 MIN - 135 USD / 80 MIN - 170 USD

**LOWER LIMB  
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.

50 MIN - 135 USD / 80 MIN - 170 USD

## 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.

80 MIN - 190 USD

### *COUPLES RITUAL*

*Massage and Bubbles*  
— 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. Includes two glasses of champagne, fruit and chocolate.

90 MIN - 350 USD

*AS PART OF A THOROUGHLY RELAXING EXPERIENCE, WE OFFER THESE ADDITIONAL TREATMENTS DURING OUR MESSAGES:*

— Exfoliation

50 USD

— Express facial

85 USD

*16% TAX AND GRATUITY ARE NOT INCLUDED*

## FACIAL TREATMENTS

### *PURIFYING FACIAL*

#### *Bespoke treatment*

— Abandon yourself to this ritual and embellish more the precious skin of your face. Using all natural ingredients, we create a custom facial treatment based on your unique skin needs using soft exfoliation with ground seeds, facial massage with essential ingredients, fruit and herb masks, toners made of herbal infusion, and a special moisturizing treatment foster a luminous complexion.

50 MIN - 165 USD

*AS PART OF A THOROUGHLY RELAXING EXPERIENCE, WE OFFER THESE ADDITIONAL TREATMENTS TO ACCOMPANY YOUR PURIFYING FACIAL:*

— Anti-Aging Facial Massage

80 MIN - 190 USD

— Neck & Shoulder Massage

80 MIN - 190 USD

— Reflexology

80 MIN - 190 USD

*16% TAX AND GRATUITY ARE NOT INCLUDED*



## 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.

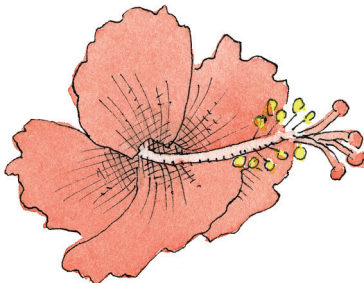
30 MIN - 90 USD

### REIKI

*Energy flow balancing*

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

50 MIN - 135 USD



16% TAX AND GRATUITY ARE NOT INCLUDED

## KIDS MENU

*Children deserve to experiment 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.*

**RITUALITO  
DEL CHOCOLATE**

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

30 MIN - 70 USD / 50 MIN 110 USD

**RITUALITO  
TROPICAL**

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

30 MIN - 55 USD / 50 MIN - 100 USD

**RITUALITO DEL SOL**

— A potion that calms the sting of sunburned skin.

30 MIN - 70 USD / 50 MIN 110 USD

**FACIALITO**

— Natural cleansing treatment formulated for children skin.

45 MIN - 80 USD

**MINI PEDICURE**

— 45 USD

**MINI MANICURE**

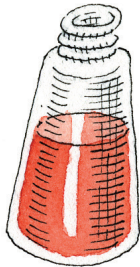
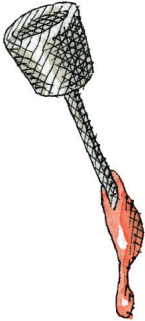
— 45 USD

## BEAUTY SALON

<i>NAIL TREATMENTS</i>	<i>Manicure</i>	75 USD
	<i>Pedicure</i>	85 USD
	<i>French tip</i>	13 USD
	<i>Paraffin</i>	13 USD
	<i>Polish Change</i>	28 USD

<i>HAIR AND MAKEUP</i> <i>Book In Advance</i>	<i>Hair Cut and Blow-Dry</i>	
	<i>Blow-Dry or Straightening</i>	
	<i>Wedding Hair Style</i>	
	<i>Make Up</i>	

<i>WAXING</i>	<i>Eyebrow</i>	24 USD
	<i>Upper Lip</i>	24 USD
	<i>Underarm</i>	35 USD
	<i>Bikini 40</i>	40 USD
	<i>Half Leg</i>	35 USD
	<i>Full Leg</i>	65 USD
	<i>Arm</i>	27 USD
<i>Back</i>	70 USD	



*Aroma Spa is open from 9am to 9pm*

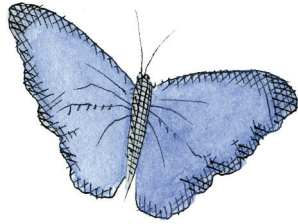
—  
*Please book your treatment by calling extension 5028*

—  
*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*

—  
*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 Mexico

Phone + 52.984.873.4830  
*[spa@hotelesencia.com](mailto:spa@hotelesencia.com)*