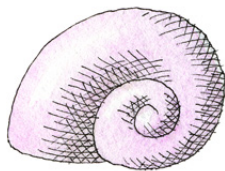
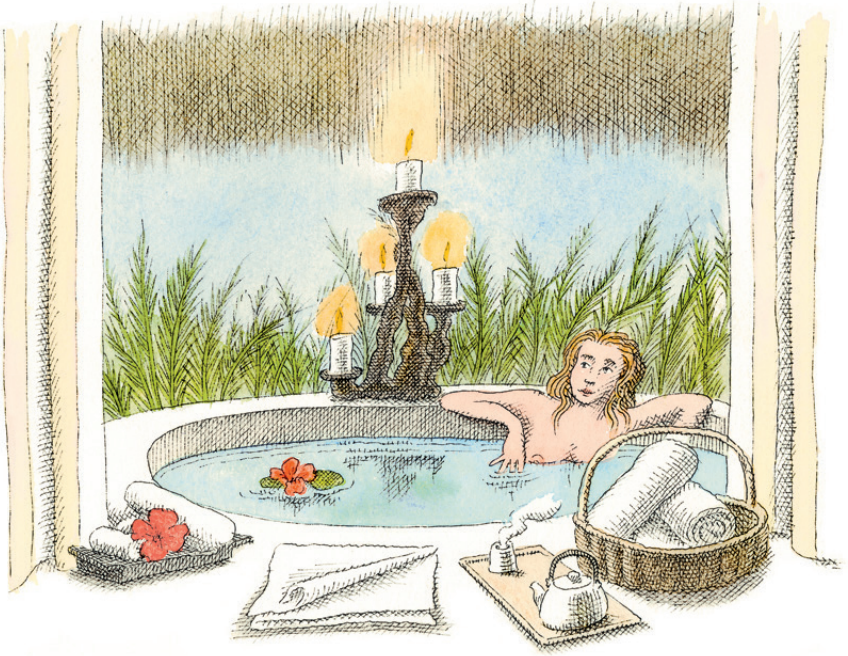


*Esencia*  
—  
*Spa*



**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...*

## ESENCIA SPA ANCESTRAL EXPERIENCES

### *THE ROYAL TREATMENT*

—  
*A feast for your senses*

Feel like a king or queen in a bath that purifies your body and your spirit with Esencia Spa's most indulgent treatment. In the steam room you will receive a deep skin exfoliation followed by a balsam application made with fresh ingredients from our garden, and a full-body massage.

### *MAYAN HEALING*

—  
*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.

### *TEMAZCAL*

—  
*A Rebirth*

The *Náhuatl* dialect word 'Temazcal' means 'house of heat'. This ancestral healing practice can provide benefits for the body, mind and spirit, through a hot steam bath created by pouring a healing herbal infusion over red-hot stones. It's known that the Temazcal represents Mother Earth's 'womb', and this ritual is a symbolic rebirth - a deep detoxification happens through profuse sweating and breathing exercises, releasing what you no longer need and providing a new state of consciousness and gratitude.

## ESENCIA SPA SIGNATURE MESSAGES

### ***STRESS RELIEF***

—

#### *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.

### ***TOTAL RELAXATION***

—

#### *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.

### ***THE ESSENCE OF IXCHEL***

—

#### *The Goddess Ixchel's Scent*

Soothe your body, mind and spirit through aromatherapy. To begin this massage treatment, your therapist will present you a selection of essential oils, through the sense of smell your brain will choose which one has the properties that you need in that specific moment. The massage techniques and applied heat help boost the aromatherapy effect.

## ESENCIA SPA SIGNATURE MESSAGES

### *HARMONY & RESTORATION*

#### *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.

### *ENERGETIC MASSAGE*

#### *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.



## ESENCIA SPA SIGNATURE MESSAGES

### *ESSENCE OF LOVE*

#### *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.

### *COLD STONE MASSAGE*

#### *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.

*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**

## ESENCIA SPA BODY RITUALS

### *COFFEE RITUAL*

—

#### *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.

### *CACAO RITUAL*

—

#### *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.

## ESENCIA SPA BODY RITUALS

### *LUMINOUS RITUAL*

---

#### *The Brightening Benefits of Rice*

This total body treatment begins with a light exfoliation using a homemade scrub of ground rice and organic honey, a body wrap follows, applying a mask made of rice, almond milk, and enriched with vitamins E and B1, helping seal skin's moisture and reveal a brighter tone.

### *THREE CLAYS PURIFYING RITUAL*

---

#### *Skin Detox*

Using three kinds of clay with different qualities and potencies, our therapists perform this customized body wrap, according to the needs of each body part - the clay helps activate microcirculation by drawing out the skin's impurities as well as absorbing excess oils on the skin's surface.





## ESSENTIAL MESSAGES

### ***TIRED LEGS MASSAGE***

—  
*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***

—  
*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.

### ***REFLEXOLOGY***

—  
*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.



## 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***

---

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.

### ***INTENSIVE MULTI MASK FACIAL***

---

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.

## FACIAL TREATMENTS

### *MOISTURE INFUSION FACIAL*

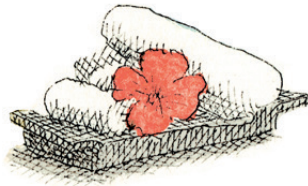
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This facial is intended for the most dehydrated and sensitive skin. With this calming and therapeutic treatment we aim to replenish your skin of nutrients combining deeply moisturizing formulas with our raw organic honey mask, this treatment will give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

### *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 PRACTICES

### ***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 PRACTICES

### **YOGA**

—

*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**

—

*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 · Nail Polish Change

## *HAIR*

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

## *WAXING*

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

## ESENCIA SPA PRICE LIST

### ANCESTRAL EXPERIENCES

#### **THE ROYAL TREATMENT**

120 MIN · 400 USD

#### **MAYAN HEALING**

80 MIN · 285 USD

#### **TEMAZCAL**

90 MIN · 500 USD · FOR TWO GUESTS

### SIGNATURE MESSAGES

#### **STRESS RELIEF**

50 MIN · 200 USD    80 MIN · 250 USD

#### **TOTAL RELAXATION**

50 MIN · 200 USD    80 MIN · 250 USD

#### **THE ESSENCE OF IXCHEL**

50 MIN · 200 USD    80 MIN · 250 USD

#### **HARMONY & RESTORATION**

50 MIN · 200 USD    80 MIN · 250 USD

#### **ENERGETIC MASSAGE**

50 MIN · 200 USD    80 MIN · 250 USD

#### **ESSENCE OF LOVE**

50 MIN MASSAGE + 30 MIN JACUZZI  
480 USD

#### **COLD STONE MASSAGE**

80 MIN · 265 USD

### ADDITIONAL TREATMENTS 115 USD

#### **TATA HARPER EXPRESS FACIAL**

#### **BODY EXFOLIATION:**

COFFEE, CACAO, COPAL

#### **ALOE VERA SUN BODY MASK**

### ESSENTIAL MESSAGES

#### **TIRED LEGS MASSAGE**

50 MIN · 200 USD    80 MIN · 250 USD

#### **HOT STONE**

80 MIN · 285 USD

#### **REFLEXOLOGY**

30 MIN · 150 USD    50 MIN · 200 USD

80 MIN · 250 USD

### BODY RITUALS

#### **COFFEE RITUAL**

80 MIN · 250 USD

#### **CACAO RITUAL**

80 MIN · 250 USD

#### **LUMINOUS BATH RITUAL**

80 MIN · 250 USD

#### **THREE CLAYS PURIFYING RITUAL**

120 MIN · 400 USD

### FACIAL TREATMENTS

#### **TRAVELLERS RECOVERY**

80 MIN · 250 USD

#### **INTENSIVE MULTI-MASK**

80 MIN · 285 USD

#### **MOISTURE INFUSION**

80 MIN · 230 USD

#### **GENTLEMAN'S FACIAL**

50 MIN · 250 USD

#### **CLEANSING FACIAL**

50 MIN · 230 USD

### HEALING PRACTICES

#### **MEDITATION**

30 MIN · 50 USD    60 MIN · 100 USD

#### **PRANAYAMA**

30 MIN · 50 USD    60 MIN · 100 USD

#### **YOGA OR YOGA NIDRA**

60 MIN · 100 USD UP TO 4 GUESTS

60 MIN · 300 USD 5 GUESTS AND ABOVE



# ESENCIA SPA PRICE LIST

## BEAUTY SALON

### NAIL TREATMENTS

<i>MANICURE</i>	75 USD
<i>GEL MANICURE</i>	105 USD
<i>PEDICURE</i>	85 USD
<i>GEL PEDICURE</i>	125 USD
<i>NAIL POLISH CHANGE</i>	30 USD

### WAXING

<i>EYEBROW</i>	25USD
<i>UPPER LIP</i>	25 USD
<i>ARM</i>	40 USD
<i>UNDERARM</i>	40 USD
<i>BACK</i>	100 USD
<i>BIKINI</i>	80 USD
<i>BRAZILIAN</i>	120 USD
<i>HALF LEG BOTH</i>	80 USD
<i>FULL LEG BOTH</i>	120 USD

### HAIR

<i>LADIES HAIRCUT</i>	80 USD
<i>BLOW-DRY</i>	60 USD
<i>BLOW-DRY WITH STRAIGHTENING/CURLS</i>	120 USD
<i>HAIR TREATMENTS</i>	40 USD
<i>GENTLEMAN'S HAIRCUT</i>	40 USD
<i>BRIDE</i>	150USD
<i>HAIR STYLING</i>	

**PRICES ARE IN US DOLLARS.  
GRATUITIES AND 16% TAX NOT INCLUDED.**

Esencia Spa is open from 9am to 9pm

—

Please dial 5056 to book your treatment.

—

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.

—

16% Tax and gratuity are not included.

—

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.

—

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



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[spa@hotelesencia.com](mailto:spa@hotelesencia.com)