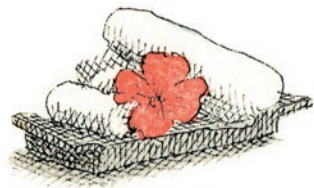
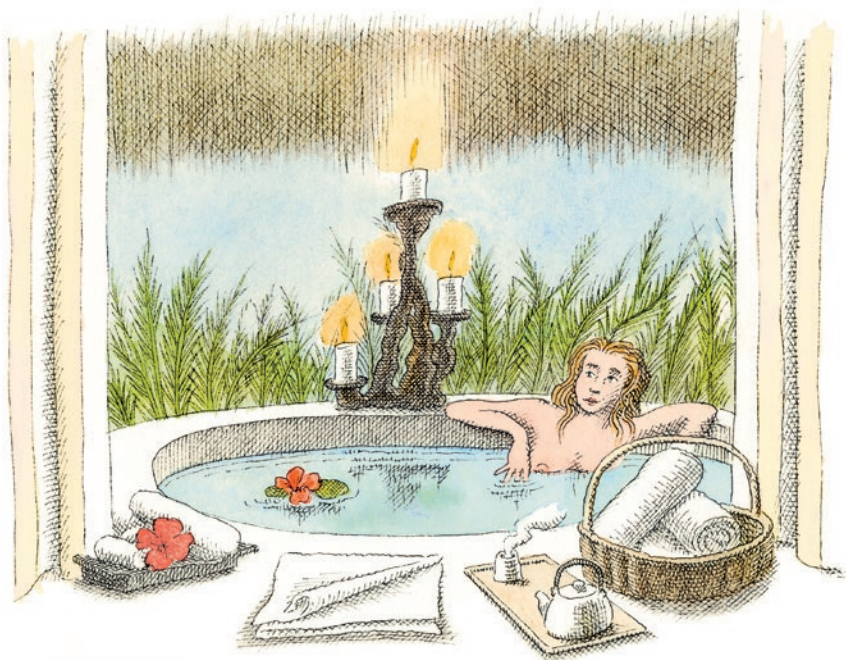


Esencia
—
Spa



**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 SIGNATURE TREATMENTS

LUMENIS NUERA TIGHT

Powerful, Precise Body and Face Sculpting

Hotel Esencia welcomes you to a new era in non-invasive, skin sculpting and tightening therapy. The *Lumenis NuEra Tight* offers non-invasive, radiofrequency body treatments with an unparalleled level of personalization and no downtime.

NuEra Tight's groundbreaking *FocalRF* technology offers unprecedented treatment depth control: delivering natural looking results that last longer. The treatment feels like a comfortable hot stone massage and targets tissues at an exact depth which yields the best results - providing improved skin laxity, body contouring and collagen regeneration with consistent results all in one device.

Normal sun exposure is safe following this procedure.

Experience the world's most requested aesthetic therapy administered safely in the comfort of *Esencia Spa*, and let the power and precision of *NuEra Tight* redefine you.



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.

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.

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.



HOLISTIC & HEALING EXPERIENCES

BY KERRI MOTYLINSKI

*Light Practitioner · Body Whisperer ·
Transformational Guide*

ENERGETIC THERAPY

Sessions are mixed modality facilitations that combine energetic work, light touch and verbal facilitations to transmute energies of limitation into possibilities. We start to dynamically access what is true and possible for you and your body beyond the limits of what you've decided is real and true.

ENERGETIC BODYWORK SESSIONS

A massage like you've never experienced before. This is the deep dive. Your body becomes a gateway to access the energies that create your reality. No two sessions are alike, and each one is a co-creation with your body and soul. We start by facilitating whatever energies present themselves to be cleared. Then as we move through your body, your own awareness expands as we channel the energy of creation through your body and your field. It's a shamanic journey - working with high frequency light and cosmic energies to create change at a cellular level. Old energies, judgements and memories that are locked into your body begin to dissolve. You'll experience clarity, a deeper connection to your power, and a newfound freedom in your body.

Beyond dissolving blocks, we're recalibrating you to a new energetic space where you'll have access to more possibility and a greater level of expansion, joy and freedom.

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.



FACIAL TREATMENTS

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



TATA HARPERTM
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.

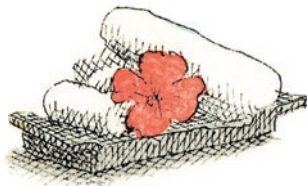
FACIAL TREATMENTS

MOISTURE INFUSION FACIAL

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.



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.*



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 MASSAGES

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 MASSAGES

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

SIGNATURE TREATMENTS

LUMENIS NuERA TIGHT

EYES · 750 USD

FULL FACE & NECK · 1,200 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

HOLISTIC & HEALING EXPERIENCES

ENERGETIC THERAPY

60 MIN · 300 USD

ENERGETIC BODYWORK SESSIONS

3HR · 600 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

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

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.**

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 is open from 9am to 9pm

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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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