

*Esencia*

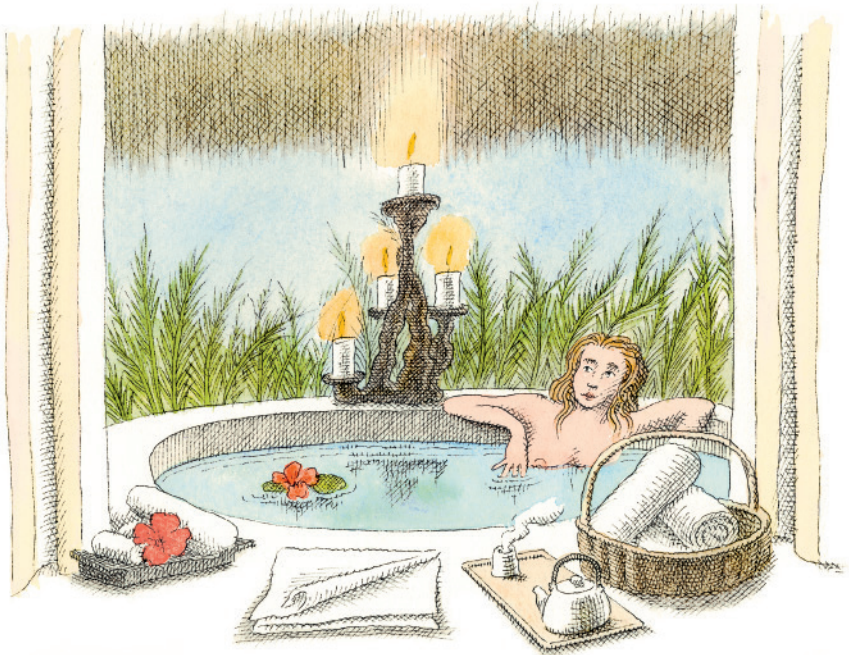
—

*Spa*



**HOTEL  
ESENCIA**

*XPU-HA MEXICO*



*Esencia Spa treatments integrate hallmarks of modern wellbeing with ancestral customs of cultivating balance, beauty, and inner peace.*

*Surrender to total relaxation and leave everything else behind...*

*Esencia Spa*  
**OUR SANCTUARY**

Housed under a towering thatched roof 'palapa', and totally immersed in the lush jungle, Esencia Spa echoes principles of sacred Mayan geometry and circular patterns, creating a sanctuary of magnified energy flow and total peace and serenity.

The heart of Esencia Spa is the Mayan organic kitchen, where our therapists artfully brew, muddle, macerate, and mix local herbs, plants, oils, spices, and honey to create bespoke balms, tinctures and scrubs aimed to prime the body and the senses for a holistic experience.

Discovering our wellness sanctuary is a journey through body sensations ; explore and enjoy our steam rooms, infrared sauna, ice chamber, Swiss showers, cold plunge pool, and hydromassage hot tub; as well as our special treatments developed around our Temazcal sweat lodge, our sensory deprivation tank, and the *NuEra Tight* radiofrequency sculpting technology; opening a path to heal the body, mind and soul.



*Esencia Spa*  
**ANCESTRAL EXPERIENCES**

***ANCIENT PURIFYING BATH***

—  
*Intensive Detox*

This journey combines the essence of the *temazcal* sweat session and the detoxifying powers of a skin exfoliation, followed by a red clay body mask, a cooling rosemary and eucalyptus infusion rinse, and a refreshing detox drink. A full body massage will help activate the detoxifying effects of this purifying treatment.

***MAYAN HEALING***

—  
*Ancestral Ritual*

A 'limpia' or energetic cleanse performed by brushing an herbal bouquet all over the body is followed by a series of passive body stretches using a traditional 'rebozo' scarf. A home-made herbal poultice is then applied to the navel area with a light abdominal massage - the Mayans considered the navel to be the energy epicenter of the human body. The subsequent full body massage will help with unblocking energy flow.

***GOLDEN HONEY DELIGHT***

—  
*Nectar of the Gods*

For the Mayans, honey symbolized joy, sweetness, truth, and knowledge, it was also revered for its medicinal properties. The therapist boosts the nourishing benefits of this golden nectar by gently massaging a warm honey concoction on to the body, providing total calm and relaxation; the journey continues with a honey-eucalyptus soaking tub session, providing hydrating, regenerating, cleansing, anti-inflammatory, and respiratory clearing benefits.

*Esencia Spa*  
**SIGNATURE MESSAGES**

***HEAD TO TOE RENEWAL***

—

*Bespoke Treatment*

Following a brief consultation to determine your specific needs, the therapist will perform a total body massage applying different techniques such as deep tissue, shiatsu points, stretching, reflexology, scalp massage, hot stones, and cupping. Experience the ultimate state of wellbeing with this holistic massage.

***TOTAL RELAXATION***

—

*'Pinda' Massage*

Tension, insomnia, cardiovascular and nervous system problems are washed away through a massage technique that combines handmade hot herbal compresses - *pindas* - and manual manipulations, which take the mind to a state of deep relaxation and rest.

***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.

*Esencia Spa*  
**SIGNATURE MESSAGES**

***THE ROYAL TREATMENT***

—  
*A Feast for your Senses*

Prepare to be pampered like a king or queen with Esencia Spa's most indulgent treatment. Purify your body and your spirit in the steam room with a deep skin exfoliation followed by a body mask application and refreshing herbal rinse, continue with a guided hydrotherapy circuit to prepare your body to receive the restoring benefits of a full-body massage.

***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 body exfoliation, a full-body massage, and a nourishing face mask; concluding with a soothing soaking tub session while enjoying a glass of champagne and chocolate covered strawberries.

***SHIRO-MAYA***

—  
*Balanced Mind*

Honoring and following the wisdom of two ancient cultures - Hindu and Mayan - this therapy helps release anxiety, negative emotions, and mental stress. By gently pouring a rosemary infusion on the forehead, the 'third eye' is stimulated, creating balance and positive thoughts. This healing technique is combined with a body and scalp massage.

*Esencia Spa*  
**BODY RITUALS**

**VITAMIN C BLAST**

*Antioxidant & Age Defying*

The citrus ingredients in this treatment help promote collagen production, and reduce loss of skin firmness. The ritual begins with a citrus zest body exfoliation and soaking tub session, followed by a full body massage with citrus essential oils, restoring skin elasticity and providing a beautiful skin glow.

**COFFEE RITUAL**

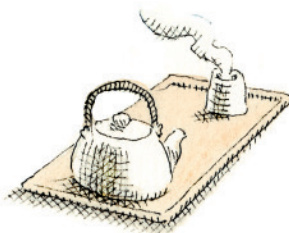
*Anti-inflammatory Massage*

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 body massage with pindas full of organic coffee beans and citrus fruits, reminiscent of a journey through the high grounds of Chiapas.

**CACAO RITUAL**

*Nourishing and Smoothing*

We begin with a full-body exfoliation with organic ground cacao beans, followed by a full-body massage with an exquisite homemade cacao paste. An invitation to discover the powers of this sacred tropical seed, such as fighting free radicals and dehydration, as well as soothing and restoring.



*Esencia Spa*  
**BODY, MIND & SOUL HEALING**

***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.

***SOUND HEALING***

—  
*Healing Through Sounds & Vibrations*

This sound therapy is a great tool to heal your emotions, relax and live in harmony. Sound healing, also known as sound therapy, is a therapeutic practice that uses sounds and vibrations to promote relaxation, healing and well-being.

***ESENCIA HYDROTHERAPY CIRCUIT***

—  
*Customized Experience*

During this journey, you'll be guided and pampered by our spa valet, where we detoxify, clean and relax your body by alternating hot and cold temperatures, boosting the immune and circulatory systems. The journey may include, according to your specific needs: a steam room session, Swiss shower, hot tub immersion, an ice rub, infra-red sauna, a cold plunge pool immersion, and conclude with a face and scalp massage.



*Esencia Spa*  
**BODY, MIND & SOUL HEALING**

***FLOATING JOURNEY***

—  
*Restoration & Release*

Free your mind from all sensations of gravity, weight, balance, movement and thermo-regulation in our sensory deprivation tank. During this therapy the body floats effortlessly on body-temperature salt water, helping combat stress, hypertension, chronic headaches, anxiety, and muscle pain in back and neck. The journey continues with a relaxing session lying on an infrared mat, followed by a full body massage and aromatherapy, thus prolonging the relaxing effects of the flotation therapy.

***ICE BATH THERAPY***

—  
*Health Promoting and Invigorating*

After a hard workout, ice-cold water helps lower your body temperature, this, in turn, triggers several physiological responses that can help reduce inflammation, decrease muscle soreness, increase mental strength and improve muscle recovery time. A breath work session is the initial part of this process, helping to ready your mind and body for the cold therapy.

***ADDITIONAL BODY, MIND & SOUL  
PRIVATE SESSIONS***

—  
*Meditation*

*Yoga*

*Pranayama Breath Work*

*Personal Training*

*Esencia Spa*  
**HOLISTIC & HEALING EXPERIENCES**  
BY KERRI MOTYLINSKI

***LIGHT PRACTITIONER · BODY WHISPERER ·  
TRANSFORMATIONAL GUIDE***

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With over 20 years of experience in the energetic and somatic arts, Kerri has developed a mastery of engagement with frequency and the subtle realms. She has a unique ability to tap into and change your reality through your body and your energetic field. A master bodyworker, Kundalini teacher, and quantum energetic healer, she is often called a magician of the body and an alchemist of the spirit.

Whether you're looking to break through blocks, heal past traumas, or expand into your next level of creation and living, Kerri will meet you where you're at and take you beyond where you thought was possible.

***ENERGETIC THERAPY***

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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.



*Esencia Spa*  
**HOLISTIC & HEALING EXPERIENCES**  
BY KERRI MOTYLINSKI

***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.

***WATER THERAPY***

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The decades-old treatment, which consists of being gently stretched by a trained therapist while semi-submerged in a water, is floating into the mind-body mainstream. Warm water is an element with which therapists can further enhance their bodywork.

HOLISTIC & HEALING EXPERIENCES BY KERRI MOTYLINSKI  
REQUIRE ADVANCE BOOKING OF MINIMUM 6 HOURS.

*Esencia Spa*  
**AESTHETIC TREATMENTS**

***LUMENIS NUERA TIGHT***

Esencia Spa welcomes you to a new era in non-invasive, skin sculpting and tightening therapy. The *Lumenis NuEra Tight* offers non-invasive, radio-frequency 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 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.

*About the Treatment*

- Personalized to your body
- No down time
- Immediate and long-lasting results

*What should I expect?*

This non-invasive treatment delivers natural looking results that last longer and feels like a comfortable hot stone massage. After treatment it is normal to experience temporary slight swelling or redness. Normal sun exposure is safe following this procedure. Some patients notice improvement after just one treatment.

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*  
**AESTHETIC TREATMENTS**

***NUERA- FACE SCULPTING***

—  
*Powerful & Precise*

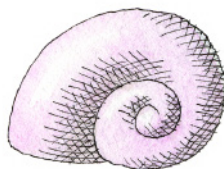
Targeting crow's feet, expression lines, loose skin below the jawline, neck and décolleté, the face treatment works on tissues at an exact depth which yields the best results - providing contouring, tightening, and collagen regeneration.

***NUERA - PAIN RELIEF***

—  
*Muscle Recovery*

A focalized session offers immediate relief to muscle tissues, such as contractures, soreness, muscle spasms, and old injuries, by increasing local blood circulation.

We suggest to pair this therapy with a body massage to help enhance the results.



*Esencia Spa*  
**FACIAL TREATMENTS**

***TRAVELER'S RECOVERY FACIAL***

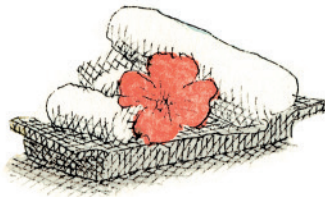
*Defy Jet Lag*

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.

***MOISTURE INFUSION FACIAL***

*Deep Hydration*

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.



*Esencia Spa*  
**FACIAL TREATMENTS**

***INTENSIVE MULTI MASK FACIAL***

—  
*Anti-aging for All Skin Types*

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.

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

*Pair and boost your Facial Treatment  
with the ground-breaking  
radio frequency technology of*

***LUMENIS NUERA TIGHT***  
Face sculpting and tightening therapy

*Esencia Spa*  
**BEAUTY SALON**

Esencia Spa beauty services 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.

***NAIL TREATMENTS***

Manicure · Gel Manicure  
Pedicure · Gel Pedicure  
Nail Polish Change

***WAXING***

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

***HAIR***

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





*Esencia Spa*  
**PRICE LIST**

**ANCESTRAL EXPERIENCES**

***ANCIENT PURIFYING BATH***

*120 MIN · 520 USD*

***MAYAN HEALING***

*90 MIN · 380 USD*

***GOLDEN HONEY DELIGHT***

*90 MIN TREATMENT + 30 MIN TUB SESSION  
450 USD*

**SIGNATURE MASSAGES**

***HEAD TO TOE RENEWAL***

*90 MIN · 380 USD    120 MIN · 450 USD*

***TOTAL RELAXATION***

*90 MIN · 330 USD    120 MIN · 410 USD*

***STRESS RELIEF***

*90 MIN · 330 USD    120 MIN · 410 USD*

***THE ROYAL TREATMENT***

*120 MIN · 520 USD*

***ESSENCE OF LOVE***

*90 MIN TREATMENT + 30 MIN TUB SESSION  
750 USD FOR TWO GUESTS*

***SHIRO-MAYA***

*90 MIN · 380 USD    120 MIN · 450 USD*

***BACK MASSAGE***

*60 MIN · 280 USD*

**BODY RITUALS**

***VITAMIN C BLAST***

*90 MIN · 330 USD*

***COFFEE RITUAL***

*90 MIN · 330 USD*

***CACAO RITUAL***

*90 MIN · 330 USD*

**BODY, MIND & SOUL HEALING**

***TEMAZCAL***

*90 MIN · 610 USD FOR TWO GUESTS*

***SOUND HEALING***

*60 MIN · 200 USD    90 MIN · 250 USD*

***ESENCIA HYDROTHERAPY  
CIRCUIT***

*60 MIN · 60 USD*

***FLOATING JOURNEY***

*90 MIN · 380 USD*

***ICE BATH THERAPY***

*30 MIN · 180 USD*

***ADDITIONAL BODY, MIND  
& SOUL PRIVATE SESSIONS***

*60 MIN · 200 USD*

**HOLISTIC & HEALING EXPERIENCES  
BY KERRI MOTYLINSKI**

***ENERGETIC THERAPY***

*60 MIN · 350 USD*

***ENERGETIC BODYWORK  
SESSIONS***

*180 MIN · 750 USD*

***WATER THERAPY***

*90 MIN · 450 USD*

*Esencia Spa*

**PRICE LIST**

**AESTHETIC TREATMENTS**

***NUERA- FACE SCULPTING***

*30 MIN · 250 USD    60 MIN · 330 USD*

***NUERA - PAIN RELIEF***

*30 MIN · 250 USD    60 MIN · 330 USD*

**FACIAL TREATMENTS**

***TRAVELLERS RECOVERY***

*90 MIN · 330 USD*

***INTENSIVE MULTI-MASK***

*90 MIN · 380 USD*

***MOISTURE INFUSION***

*90 MIN · 330 USD*

***NUERA TIGHT ADD-ON***

*30 MIN · 180 USD*

**BEAUTY SALON**

**NAIL TREATMENTS**

***MANICURE*** *85 USD*

***GEL MANICURE*** *120 USD*

***PEDICURE*** *100 USD*

***GEL PEDICURE*** *145 USD*

***NAIL POLISH CHANGE*** *35 USD*

**HAIR**

***LADIES HAIRCUT*** *95 USD*

***BLOW-DRY*** *85 USD*

***BLOW-DRY WITH*** *140 USD*

***STRAIGHTENING/CURLS***

***HAIR TREATMENTS*** *50 USD*

***GENTLEMAN'S HAIRCUT*** *50 USD*

***BRIDE*** *180 USD*

***HAIR STYLING***

**WAXING**

***EYEBROW*** *30 USD*

***UPPER LIP*** *30 USD*

***ARM*** *50 USD*

***UNDERARM*** *50 USD*

***BACK*** *115 USD*

***BIKINI*** *90 USD*

***BRAZILIAN*** *140 USD*

***HALF LEG BOTH*** *90 USD*

***FULL LEG BOTH*** *120 USD*

***PRICES ARE IN U.S. DOLLARS AND DO NOT INCLUDE  
15% SERVICE CHARGE OR ADDITIONAL GRATUITIES.***

*Esencia Spa*  
**ETIQUETTE & POLICIES**

Esencia Spa is open from 9am to 9pm.

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Please dial 5056 to book your treatment.

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For the best enjoyment of your Esencia Spa treatment, we kindly requests that guests arrive on time. Treatments will be performed within the scheduled time slot and fully charged.

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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.

-

We invite our guests to arrive at least one hour prior to their appointments in order to enjoy the exclusive facilities and to have consultation time with their therapists.

-

Esencia Spa is a noise-free zone. In consideration to other guests, we kindly ask you to speak in a low voice tone, and to refrain from using mobile devices, or switch them to airplane mode.

-

On arrival, guests are supplied with a luxurious bathrobe and sandals as well as a locker for clothing and personal belongings. Upon request, additional spa amenities and discreet disposable underwear are available.

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We suggest guests to leave jewelry and wristwatches in their rooms. Management accepts no responsibility for the loss of valuables.

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Please inform your therapist of any allergies or injuries that could make the treatment unsuitable for you, they can recommend a safer alternative.

Thank you.