

*Esencia*

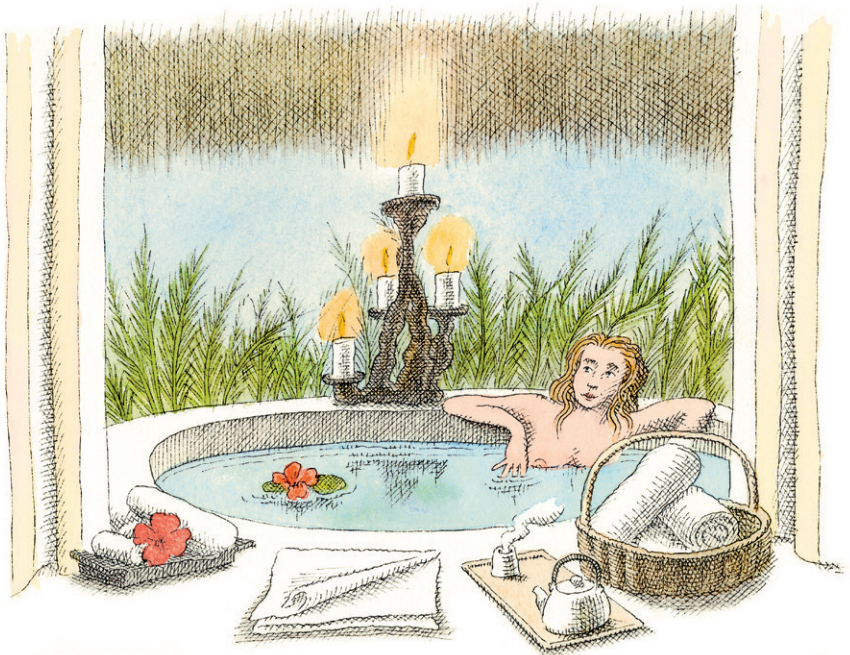
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*Spa*



**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 begins with a full body honey exfoliation in order to boost the nourishing benefits of this golden nectar, proceeding to gently massage 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 followed by a full body massage with citrus essential oils, restoring skin elasticity and providing a beautiful skin glow, and culminates with a revitalizing soaking tub session.

***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 wrap 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. The journey begins with a relaxing session lying on an infrared mat, the therapy continues in the flotation tank, where the body floats effortlessly on body-temperature salt water, helping combat stress, hypertension, chronic headaches, anxiety, and muscle pain in back and neck. The session culminates with 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*  
**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*

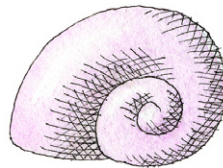
Targeting crow's feet, expression lines, loose skin below the jawline, neck and décolleté, the face treatment works on tissues at an exact depth which yields the best results - providing contouring, tightening, and collagen regeneration.

***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**

***NUERA x TATA HARPER DELUXE FACIAL***

—  
*Tightening and Stimulating*

A high-performance treatment that merges advanced radiofrequency technology with nature's most potent age-defying botanicals. This luxe experience begins with Tata Harper's regenerating essentials to deeply cleanse and prep the skin. The *NuEra Tight* face sculpting session then targets key areas—crow's feet, expression lines, jawline, neck, and décolleté—using thermal energy to contour, tighten, and stimulate collagen at precise tissue depths.

Once skin is activated, a firming facial massage enhances tone and boosts microcirculation. A cooling mask rich in hyaluronic acid, calendula, and arnica calms and rehydrates the skin posttreatment. The ritual closes with nourishing layers of targeted serums and moisturizers, sealing in lifted luminosity.

***BOTANICAL HYDRA REPAIR***

—  
*Glowing Hydration*

Created as a soothing sanctuary for sun-kissed and sensitive skin, this restorative facial calms inflammation, deeply hydrates, and strengthens the skin's protective barrier. Tata Harper's Superkind collection delivers a surge of botanical nutrients and barrier-fortifying actives, while hyaluronic acid replenishes moisture from within.

A soothing Gua Sha massage encourages lymphatic flow and reduces visible redness, followed by a warm honey infusion mask that melts into the skin to nourish, soften, and restore a dewy glow.

*Esencia Spa*  
**FACIAL TREATMENTS**

***SACRED BALANCE FACIAL***

—  
*Release Facial Tension*

Rooted in the soul of Esencia Spa and elevated by Tata Harper's plant-powered precision, this deeply restorative facial is designed as a full-body recalibration. The journey begins with mindful breathwork and a singing bowl ritual, anchoring the senses in the present moment. Guided by face mapping, your therapist selects a custom blend of Tata Harper's most nurturing formulas, awakening the skin through a tension-releasing Kinetic massage designed to lift, drain, and energize. A sacred pause in time - where skin finds balance, the nervous system softens, and inner clarity begins to bloom.

***THE LIFTING YOUTH FACIAL***

—  
*Cellular Renewal and Radiance*

A transformative facial crafted to visibly lift, firm, and renew the skin. This high-performance ritual begins with Tata Harper's most advanced age-defying formulas, delivering plumpness and cellular regeneration. Using potent plant-powered antioxidants and natural retinol alternatives, the treatment targets fine lines, loss of tone, and dullness. A sculpting remodelage massage stimulates deep circulation and muscle tone, recontouring facial features and enhancing definition. Skin emerges visibly smoother, firmer, and radiant—restored with vitality and lit from within.

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

*Esencia Spa*  
**PRICE LIST**

**ANCESTRAL EXPERIENCES**

**ANCIENT PURIFYING BATH**  
120 MIN · 580 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 · 410 USD    120 MIN · 490 USD

**ICE BATH THERAPY**  
30 MIN · 180 USD

**ADDITIONAL BODY, MIND  
& SOUL PRIVATE SESSIONS**  
60 MIN · 200 USD



*Esencia Spa*  
**ETIQUETTE & POLICIES**

Esencia Spa is open from 11am to 6pm.

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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.

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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.

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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.

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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.