

PARADISE AT THE EDGE OF THE SEA



mayatulum
MEXICO

Spa Menu | r&r resorts

P.O. Box 1496 Conyers, GA 30012 | 888-515-4580 | Fax: 770-785-9260
reservations@mayatulum.com | www.mayatulum.com

Spa Menu | 2009

MAYA SPECIALTIES

Prior to receiving any of our Mayan Specialties, you will experience a purifying ritual with Copal, a Mayan sacred tree resin which is burned and used to harmonize body, mind and spirit.

MAYA KAATEN KUXTAL

The name means a “Mayan Rebirthing” this is an effective anti-stress and revitalizing treatment that uses Agave plant extracts partnered with lime and lemon, aloe vera, cacao and honey. This treatment begins with a full body cleansing with gentle exfoliation that is followed by a mud mask to draw out impurities. After a warm shower rinse, a lymphatic drainage massage with natural oils completes this treatment.

80 min\$120

MAYAN CLAY MASSAGE

Uses therapeutic Mayan clay applied to the face, body, and hair in the form of a Swedish massage. This draws out impurities from the skin tissue and permits the body’s absorption of minerals such as calcium, magnesium, and phosphorus that repair and sustain healthy skin. After a shower rinse, a ten-minute back massage with oil compliments this treatment.

80 min\$120

CHOCOLATE NOBILITY

The cacao seed originated in this part of the world and was revered in ancient Mayan and Aztec cultures. It was said to have been reserved for royalty and Moctezuma allegedly drank 50 goblets of chocolate daily. Today it is contested that chocolate increases endorphin levels and enhances serotonin functions in addition to being a delightful treat. This treatment indulges all of the senses and is a must for any chocolate lover. We begin with an exfoliation to eliminate dead skin cells, after which, your therapist will smooth on a delicious cocoa balm wrap, finally you will receive a vigorizing 20 min massage. Too good for words!

80 min\$120

TRADITIONAL MAYAN YOOT KENE MASSAGE

Known as the Sobada Maya, an incredible healing form developed by the ancient Maya. It acknowledges the importance of the navel region as the body’s “power center”. This is a full body massage, however, specific attention will be given to the readjustment of the internal abdominal organs. This deep belly massage will have an amazingly profound and lasting effect on your digestive system creating a deep sense of well-being.

80 min\$120

MAYAN HONEY XUUNAN KAB

Begins with a gentle sea salt exfoliation leaving your skin feeling silky and soft. Using locally produced honey famed for its medicinal attributes, a warm honey massage on the back follows. This deeply detoxifies the body through the blood, at the same time, revitalizes and balances the hormonal system. A relaxing full body oil massage completes this treatment.

80 min\$120

MAYAN “CALABASUCHITL”

This is a “winter” treatment to eliminate dead cells that produces dry skin. It features a combination of plants and flowers native to México such as winter pumpkin, zempasucitl flower, tepezcohuite tree, orange, aloe vera, and corn. It begins with a micro-crystal exfoliation made with sea salt, essential oils, which is applied to your whole body, after this we will apply a body mask during this, you will receive a facial massage. This treatment is complete with a twenty minutes Swedish massage on your back using a moisturizing cream that will intensely hydrate your beautifully polished skin.

80 min\$120

BODYWORK

A massage or body treatment at our spa is truly a highlight of the Maya Tulum experience.



AROMATHERAPY MASSAGE

Immerses you in the luxurious aromas of essential oils while receiving a Swedish Massage. Your therapist works with you to design a personalized treatment that uses the healing properties of essential oils for relaxation or invigoration. Add this to any treatment for an additional \$10 USD.

50/80 min \$80/\$100

DEEP TISSUE MASSAGE

Targets your muscles, tendons and ligaments while striving to release tension in overstressed areas. The many benefits of this massage include the alleviation of minor aches and pain, reduced body stiffness, decreased anxiety, and restful sleep.

50/80 min \$80/\$100

UPPER BODY DEEP TISSUE MASSAGE

More attention is given to the specific muscles of the upper body to decrease pain and tension and increase range of motion. Working down to the deeper layers of tissue this treatment is helpful for chronic neck, shoulder and back conditions.

50/80 min \$80/\$100

JOYFUL FEET

Begins with an exfoliation for feet and calves followed by an application of refreshing gel, reflexology points are then addressed to release tension. This treatment ends with a mint hydrating cream that thoroughly refreshes your feet. Hot towels are used during this treatment to achieve deep relaxation.

50 min \$70

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HOLISTIC MASSAGE

Is a form of health therapy using traditional massage techniques aimed at treating the whole person-physical, energetic and emotional-not just part or parts of the body in which symptoms occur. This massage strives to create harmony and wholeness by restoring the balance between the inner self and the environment and re-establishing the flow of energy to the body. Each person is unique and therefore each treatment is suited to the needs of the “whole person”.

50/80 min \$70/\$90

HOT STONES THERAPY

Is a unique massage where you will feel the pleasure of both the warm hands of the therapist and the stones as they align and harmonize your chakras by channeling the stone’s energy. The warmed, oiled stones are placed on the chakras, energy centers, and areas of pain in the body allowing the heat and essential oils that correspond to each chakra to penetrate deeply to soothe and relieve tension.

80 min\$120

NEUROSEDATIVE

Is a slow and rhythmic full body massage. It is ideal for those who are overwhelmed, stressed and tired. Your therapist will decongest the lymphatic system and nervous system by soothing and releasing all tension from your body.

80 min\$90

REFLEXOLOGY

Is based on the theory that points on the bottom of the feet are energetically connected to specific areas of the body. By stimulating these points the corresponding body parts are benefited. Reflexology neutralizes the effects of stress by inducing a deep state of relaxation that calms the nervous system and allows the body to achieve a state of equilibrium.

50 min\$70

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REIKI MASSAGE

Combo will help release blockages and imbalances in the energetic body (mental, physical, emotional and spiritual). Paired with a healing Swedish or deep tissue massage of your choice , this combo will instantly uplift the body and soul.

80 min\$90

THAI MASSAGE (NON-OIL)

Is based on a system of energy lines known as “sen”. The objective of a full session is to restore balance in your body-mind through many different techniques that include pressure points and general pressure, as well as stretching exercises using hands, feet and elbows. This technique releases muscular tension, increases blood flow, stimulates endorphins, and boosts the immune system. Please wear loose fitting clothing. This massage is performed on a cushioned mat on the floor.

80 min\$120

SHIATSU (NON-OIL)

Is a pressure point massage that balances the body. Your therapist will gently rock and stretch the body while at the same time applying finger and thumb pressure to points. Shiatsu invigorates as well as relaxes and is excellent for stress and pain management. Please wear loose fitting clothing. This massage is performed on a cushioned mat on the floor.

50/80 min \$70/\$90

SWEDISH MASSAGE

Consists mainly of long strokes over oiled skin, working on the outer layers of muscle tissue to reduce stress and soothe sore joints and muscles. This type of massage relaxes the nervous system, aids circulation and helps with detoxification.

50/80 min \$70/\$90



BODY TREATMENTS

NOPAL & ALOE VERA WRAP

Recommended for those with sunburned skin. Aloe Vera has a calming effect--refreshing, hydrating, and regenerating the skin quickly. Your therapist will apply a cool aloe vera gel all over the body and then wrap you for 20 minutes in a chilled sheet, while you receive a gentle facial massage. A scented moisturizer, made from the exotic tuna, the fruit of the nopal, tops of this experience.

50 min\$80

SEAWEED WRAP

This treatment stimulates and regenerates the skin resulting in increased elasticity, firmness and improved circulation. Your therapist applies seaweed to the entire body and then wraps you in a plastic, thermal sheet that will allow the body to absorb the essential minerals while you rest for 20 minutes and receive a gentle facial massage.

50 min\$80

FANGO HERBAL MUD WRAP

An anti-fatigue and anti-Stress Wrap. Your therapist will smooth Fango volcanic mud over the body and then wrap you with a plastic, thermal sheet that will detoxify the body and revitalize the skin. You will rest for 20 min. while you are receiving a gentle facial massage.

50 min\$80

EXFOLIATIONS

The following exfoliations will shed away those unwanted dead skin cells with gentle exfoliating movements and a full body scrub leaving your skin silky and soft. A special moisturizing milk for deep hydration and regeneration is applied to the skin afterwards. Choose from:

MARINE CRYSTALS AND PAPAYA

Excellent exfoliant with firming abilities!

MILK & COCONUT

An exotic blend of spices and coconut from Bali!

WINE ANTI-AGING

An antioxidant treat which will give skin a luminous glow!

50 min\$80

FACIALS

DOUBLE DELUXE

Includes a deep tissue body massage, and a personalized facial treatment that incorporates a Mayan Clay Facial Mask. (80 mins.) \$140

PURE NATURE FACIAL

50 min\$70

BALANCING FACIAL

50 min\$70

HYDRATING FACIAL

50 min\$70

ACNE/OIL

50 min\$70

FOUNTAIN OF YOUTH

80 min\$100

TEMAZCAL

TRADITIONAL CEREMONY OF TEMAZCAL

Our Temazcal ceremony is about two and a half hours of total release of toxins, physical, emotional and spiritually. You will be within the actual temazcal (clay steam dome) for approximately an hour and 12 minutes. During this time an herbal tea made by soaking fresh herbs is splashed over heated volcanic rocks to produce a powerful fragrant steam.

As your body begins to relax and detoxify, you will begin to experience a connection with Mother Earth through a series of four guided meditations. Each focuses towards a different cardinal point. These meditations will be accompanied by chanting and ancient music.

At the end of each guided meditation the door of the temazcal is opened to allow in the energy of the next cardinal point.

2.5 hr\$50

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General Spa Policies

CANCELLATION POLICY

Maya Tulum requires 24 hours notice for any spa cancellation. If, for any reason, you forget your appointment or give less than 24 hours notice, you will be charged the full amount of the spa service.

CHANGE POLICY

If for any reason you need to change your appointment date, therapist or service, you are responsible for 50% of the service charge.

CREDIT CARD POLICY

Maya Tulum requires 24 hours notice for all credit card transactions. Credit cards are processed Monday-Friday 9am-3pm and we accept Visa and Mastercard only.



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