



*Naj Naáy Spa gives you the most pleasant welcome and invites you to pamper, relax and rejuvenate yourself.*

*In order to prepare you to receive the healing benefits, if you wish all therapies start with our healing circuit, which includes 60 minutes of: sauna, steam, cold water pool, hot water pool.*

**All our hotel guests are offered a 15% discount on treatments.**

## Regular Massages

### **Swedish**

**60 minutes \$ 180 usd**

**90 minutes \$ 233 usd**

Massage to release tension, relax muscles and joints, has a toning effect, helps improve circulation. It is recommended for people who have never had a massage.

### **Thai (\* pending availability)**

**90 minutes \$ 245 usd**

This massage is done on a mat on the floor and is based on stretching - hands and fingers, elbows, forearms, feet and knees are used to exercise therapy. The whole body is worked with the

aim of releasing tension. It is characterized by being a deep and intense but not painful massage and improves posture and flexibility.

### **Deep Tissue**

**60 minutes \$ 180 usd**

**90 minutes \$ 245 usd**

Intense pressure technique to release muscle tension, ranging from medium to high pressure with movements that release contractures of the muscle fasciae.

### **Back & Neck**

**30 minutes \$ 100 usd**

Decontracting therapy that helps to relax the back and neck muscles accurately and quickly.

### **Holistic**

**60 minutes \$ 180 usd**

**90 minutes \$ 245 usd**

Pressure massage and various techniques such as stretching, shiatsu, reflexology, deep tissue and lymphatic drainage. The body indicates where, what and how much pressure is necessary. Helps restore and balance the body's energy.

### **Reflexology**

**60 minutes \$ 150 usd**

**90 minutes \$ 190 usd**

It consists of the application of pressure to the head, hands and

feet that releases stress, working the whole body through reflex points that connect to organs and systems, providing a sensation of real well-being.

### **Lymphatic drainage**

**90 minutes \$ 245 usd**

Soft and repetitive massage with a slower rhythm than in a traditional massage. The aim of this therapy is to move the body's liquids and eliminate the toxic substances. Indicated to treat fluid retention, post-operative edema and to reduce orange peel skin (Cellulite).

### **Prenatal (\* pending availability)**

**60 minutes \$ 180 usd**

Therapy designed to treat accumulated aches and pains that is applied from the 2nd trimester of pregnancy. Medium pressure and focus on tired areas like legs, hips, and back.

## **Body treatments**

**All treatments come with a 50 minutes relaxing massage**

### **Kakaw**

**80 minutes \$ 230 usd**

Chocolate-based treatment with moisturizing and energizing

properties. It harmonizes the senses with its intense and sweet aphrodisiac aroma. Duration time 30 minutes to continue with a 50 minutes holistic massage. Chocolate releases substances such as endorphins and serotonin that provide a sense of well-being in general so it is recommended to people with stress, depression, weakness, apathy and tiredness. It prevents and relieves dry skin.

### **Kaape**

**80 minutes \$ 230 usd**

Detoxifying Coffee - based treatment with antioxidant, draining and anti-cellulite properties. Duration time 30 minutes followed by a 50 minutes holistic massage. It helps eliminate fatigue and awakens the senses with its aroma of exquisite Arabica coffee beans.

### **Maya Kin**

**80 minutes \$ 230 usd**

Aloe-based treatment with a fresh cactus aroma. Ideal for relieving sun irritated skin, with a soothing, regenerating, antioxidant, refreshing, and moisturizing effect. Duration time 30 minutes followed by a 50 minutes holistic massage. It gives the body a feeling of freshness and relief.

## Botanic facials

**Rejuvenating treatments with hot towels technique that cleanse the surface of the skin and eliminate the dead skin cells. All facials are accompanied by a delicate head and foot massage.**

### **Sun kissed**

**\$ 175 usd**

Treatment for sun-exposed or dehydrated skin. A refreshing Aloe Vera mask deeply hydrates the face and neck, followed by a Serum based on green tea and calendula that helps regenerate the skin. Sealing the treatment with a nopal and agave cream that nourishes and moisturizes, leaving the skin looking smooth and luminous.

### **New moon Detox (oily skin)**

**\$ 175 usd**

Facial treatment designed to give space to new skin, gently removing impurities. With the use of papaya extract peeling that helps eliminate dead cells and a mask with ficus arnica and marigold extract that activates circulation and helps regenerate the skin.

## **Mayan Moon Hydrating**

**\$ 175 usd**

Rejuvenating treatment with chamomile, arnica and marigold with a lemon and passion flower extract. A Skinarch mask is applied which is a new peptide promoter and generator of four types of collagen that improve the firmness and elasticity of the skin. Sealing the treatment with aloe, vitamin E and collagen facial cream.

## **Gentleman's Facial**

**\$ 175 usd**

Facial treatment adapted for thick skin based on chamomile, marigold, arnica and passion flower. With a mask based on algae and bamboo that moisturizes and helps to repair and unify the skin tone. Sealing the treatment with a cream of aloe, vitamin E and collagen.

## **[Our Maya Therapies Collection](#)**

## **Naj Naay Massage**

**90 minutes \$ 250 usd**

Personalized massage to awaken the senses, using the raindrop technique that consists of the application of 7 essential oils (lavender, eucalyptus, peppermint, grapefruit, ilang ilang and rosemary), massaging the back and neck. It also includes the

implementation of hot stones. Ideal massage to relax, balance energy and unblock emotions.

### **Hot stone massage**

**80 minutes \$ 245 usd**

Relaxation and deconstructing therapy with soft pressure circular movements with volcanic Stones. It allows the body to relax and frees your spirit with this unparalleled ancestral relaxation technique.

### **Limpia Santiguada**

**60 minutes \$ 180 usd**

It begins with a cleansing of the auric field, with copal and sacred fire. We begin the massage with an infusion of medicinal herbs selected by our Mayan ancestors. The body is massaged, opening energy channels to seek the vibration of unity and attract what is necessary while connecting us to the earth, sky and your inner wisdom. The final goal is to be receptive to our true essence and to lead us to live the eternal present here and now.

### **Sobada Maya**

**80 minutes \$ 245 usd**

#### **(abdominal massage)**

Therapeutic massage performed by midwives and healers in order to reposition an organ considered momentarily out of place. It's a specific manipulation and repositioning in the umbilical region, ideal for people with intestinal problems. The massage lasts about 30 minutes and is followed by a full body massage to achieve relaxation. Rest is recommended after this therapy.

## Mayan Reawakening

**80 minutes \$ 245 usd**

Medium to deep pressure massage accompanied by a cleansing of the auric field with copal and sacred smoke. The body is massaged with an infusion of rose petals, medicinal herbs and mezcal, accompanied by acupressure in acupuncture channels that seeks to restore the circulation of energy. An abdominal massage ends the treatment, the pressure on the body stimulates self-love and the source of life.

## Energy Healings add ons

**\$ 60 usd**

Traditional Mayan healing technique with copal, mayan herbs, eggs and the power of a medicinal woman to improve the energetic field. **Add 30 minutes to any service.**

## [Ayurvedic Therapies](#)

Ayurveda is considered the oldest healing science. In Sanskrit, Ayurveda means "The science of life". Ayurvedic Knowledge originated in India more than 3000 years ago.

The basic principle of Ayurvedic medicine is to prevent and treat illnesses, other than respond to indicators of disease by maintaining balance in and harmony between your body, mind and environment.

For the Ayurveda every person is made of five basic elements found in the universe: space, air, fire, water and earth. The

combination of these elements form three life forces or energies called DOSHAS, which control how our body works.

When booking our Ayurvedic treatments, you will be requested to arrive a few minutes before to complete a simple questionnaire to determine your doshas combination and therefore personalize the treatment with a specific essential oils blend to balance your energy.

## **Shirodhara- Abhyanga**

**90 minutes \$ 294 usd**

This treatment is the result of a fusion of Ayurvedic therapies: Shirodhara and Abhyanga. It is concentrated from the head to the rest of the body.

**Shirodhara** is an Ayurvedic procedure that involves the continuous application of warm oil to the head, focusing on the third eye. The continuous flow induces a deep state of relaxation. It is complemented with a cranial and facial massage. The word “Dhara” means “drip and “shiro” means head. This treatment improves memory, sharpens the senses, nourishes the scalp and rejuvenates the face.

**Abhyanga** is a Hindu ayurvedic massage that consists of anointing warm oil on all the joints of the body and 15 main marmas seeking a balance of energy in the body with the dosha (kapha-earth, vata-air and pitta-fire).

The dosha is a biological energy found throughout the body, it governs physical and mental processes. It nourishes all the tissues of the body, benefits circulation and combats depression (kapha).

It helps reduce stress, anxiety and fear (vata). It dispels emotions such as anger and aggressiveness (pitta).

Although the combined treatment is more complete, you can also choose to take either treatment singularly.

**The price for Shirodhara alone is \$ 200 usd, 60 minutes.**

**The price for Abhyanga alone is \$ 294 usd, 90 minutes.**

**\*\* These treatments depend on request and availability**

All reservations for treatments and the hydrothermal circuit can be cancelled up to 48 hours before the scheduled appointment free of charge. All cancellations made within 48 hours of the appointment will have a 50% cancellation fee. Reservations canceled the day of the service will have a 100% charge

