

# NAJ NAÁY *spa*



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

To prepare you to receive the healing benefits, if you wish all our therapies start with a healing circuit, which includes 60 minutes of sauna, steam room, and hot and cold water plunge pools.

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

# PACKAGES

## DEEP RELAXATION JOURNEY

A renewing 45-minutes experience designed to release accumulated tension and restore inner balance. This treatment combines a targeted massage for the back, neck, and shoulders with a refreshing foot wrap that revitalizes both body and mind. A mindful pause to let go of stress and return to a state of harmony and lightness. ⌚ 45 minutes

## ROMANCE & RENEWAL

A unique experience designed to be shared as a couple, celebrating connection and presence. Enjoy a wellness ritual in our private couples' cabin, created to disconnect from the outside world and immerse yourselves in relaxation and harmony. Includes two 75-minutes holistic massages, a 15-minutes facial per person, romantic décor with candles and petals, chocolate-covered strawberries, and sparkling wine. ⌚ 90 minutes

## SACRED CLAY RITUAL

A 90-minutes ancestral ritual inspired by Mayan wisdom and the healing power of the earth. This full-body 80 minutes treatment features Mayan clay, a natural cosmetic known for its purifying and regenerative properties, applied through a deeply nurturing massage. The experience includes a relaxing massage that brings body and spirit into harmony, leaving the skin nourished, radiant, and renewed. ⌚ 90 minutes



## FLOW OF AWARENESS

A profound 90-minutes ritual designed for those seeking reconnection and inner awareness. Shirodhara involves a continuous flow of warm oil, gently poured onto the center of the forehead (third eye) selected according to your Dosha (ayurvedic energy that influences body and mind), which you will discover through a personalized consultation. This experience includes guided breathing, meditation, activation of facial energy points, a firming facial massage, and gentle movements on the neck and scalp. ⌚ 90 minutes

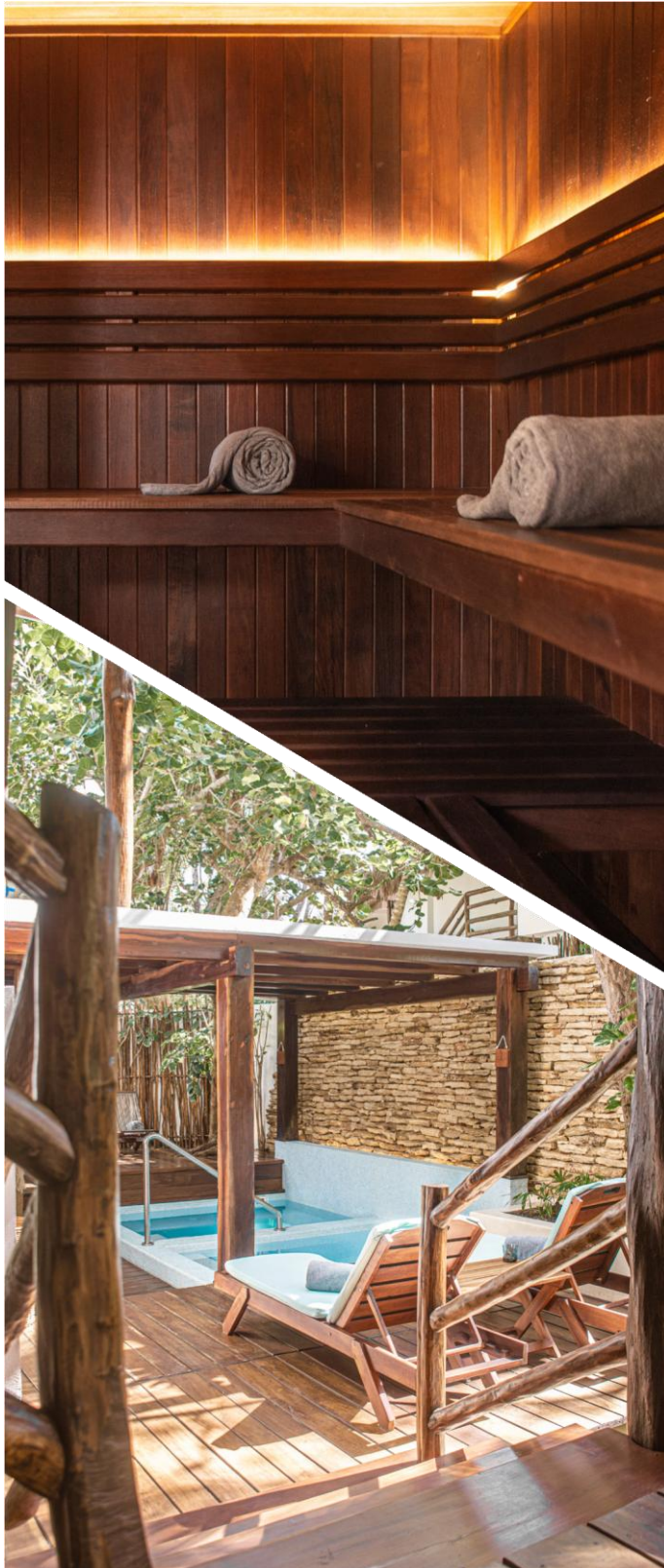


## ANCESTRAL RESONANCE

An 80-minutes healing ritual that honors ancestral traditions and the power of the natural elements. The experience combines a 15-minutes herbal energy cleansing, a 50-minutes relaxing massage to release physical tension, and a 15-minutes sound harmonization using pre-Hispanic instruments such as flute, rain sounds, and drums. Copal, aromatic herbs, and sound work together to purify the aura and invite mental clarity, physical well-being, and inner peace. ⌚ 90 minutes



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## CANCELLATION POLICIES

All reservations for treatments and the hydro- thermal circuit can be canceled 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.

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