

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.

REGULAR MASSAGES

SWEDISH

Massage to release tension. Relaxes muscles and joints, has a toning effect, and helps improve circulation. It is recommended for people who have never had a massage. ⌚ 60 or 90 minutes

THAI

*Pending availability

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 perform the therapy. The whole body is worked to release tension. It is characterized by being a deep and intense but not painful massage and improves posture and flexibility. ⌚ 90 minutes

HOT STONE MASSAGE

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. ⌚ 30 minutes

DEEP TISSUE

Intense pressure technique to release muscle tension, ranging from medium to high pressure with movements that release contractures of the muscle fasciae. ⌚ 60 or 90 minutes

BACK AND NECK

Decontracting therapy helps to relax the back and neck muscles accurately and quickly. ⌚ 30 minutes

HOLISTIC

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. ⌚ 60 or 90 minutes

LYMPHATIC DRAINAGE

Soft and repetitive massage with a slower rhythm than in a traditional massage. This therapy aims to move the body's liquids and eliminate toxic substances. Indicated to treat fluid retention, and post-operative edema, and to reduce reduce the appearance of cellulite. ⌚ 90 minutes

REFLEXOLOGY

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. ⌚ 60 or 90 minutes

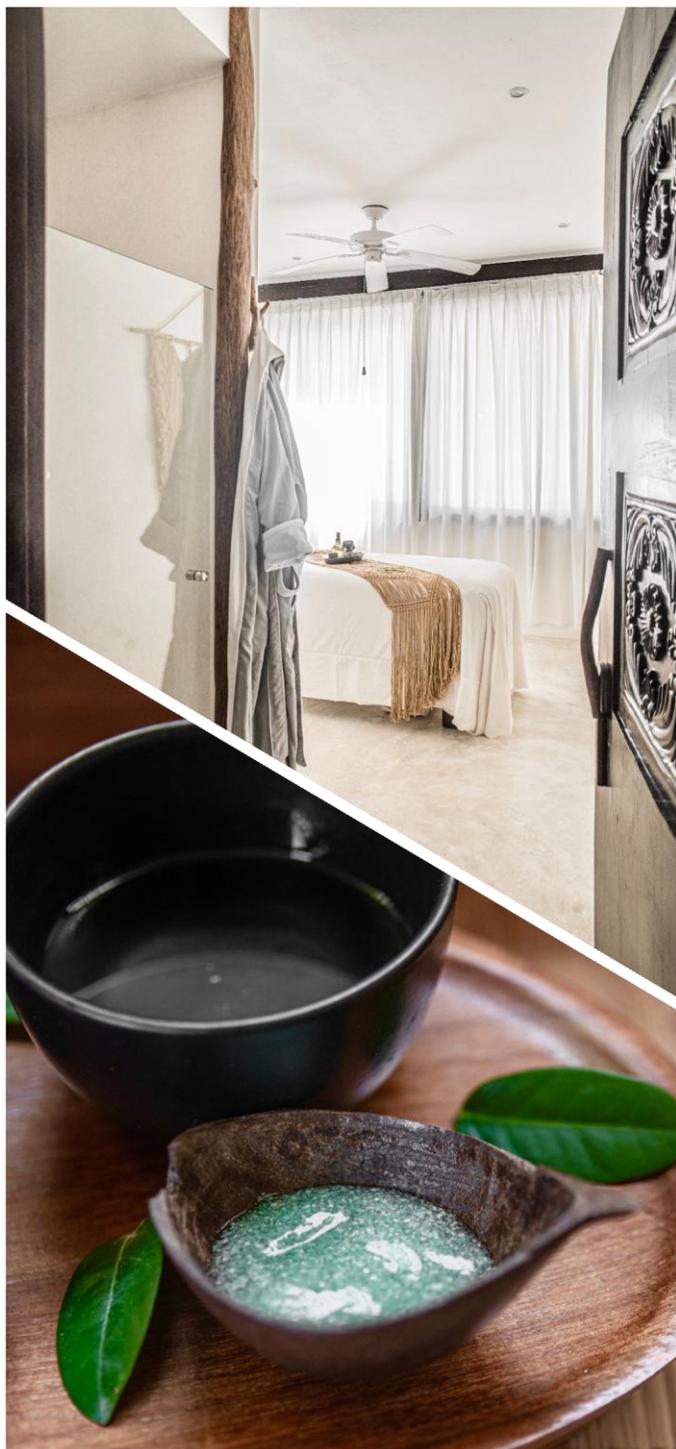
PRENATAL

*Pending availability

Therapy is designed to treat accumulated aches and pains. Applied from the third to the seventh month of pregnancy. With light to medium pressure manipulations. It focuses on tired areas like the legs, hips, and back. ⌚ 90 minutes

BODY TREATMENTS

All treatments include a 50-minute relaxing massage.



KAKAW

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 serotonins that provide a sense of well-being in general so it is recommended for people with stress, depression, weakness, apathy, and tiredness. It prevents and relieves dry skin. ⌚ 80 minutes

KAAPE

Detoxifying Coffee - based treatment with anti-oxidant, 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. ⌚ 80 minutes

MAYA KIN

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. ⌚ 80 minutes

BOTANIC FACIALS

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



SUN-KISSED

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.

⌚ 60 minutes

MAYAN MOON HYDRATING

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. ⌚ 60 minutes

NEW MOON DETOX (OILY SKIN)

A facial treatment is designed to give space to the 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. ⌚ 60 minutes

RESILIENT SKIN RITUAL

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 aloe cream, vitamin E, and collagen.

⌚ 60 minutes

MAYAN THERAPIES

NAJ NAÁY MASSAGE

Personalized massage to awaken the senses, using the raindrop technique that consists of the application of 7 essential oils (lavender, tea tree, eucalyptus, peppermint, bergamot, jasmine, and rosemary), massaging the back and neck. It also includes the implementation of hot stones. Ideal massage to relax, balance energy, and unblock emotions. ⌚ 90 minutes

LIMPIA SANTIGUADA

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 in the eternal present here and now. ⌚ 60 minutes

SOBADA MAYA (ABDOMINAL MASSAGE)

Ancestral abdominal massage with the use of macerated herbs and sacred copal fire. The Mayans believed that feelings, emotions, and thoughts are housed in the stomach, once released, the digestive system will go through a sense of well-being. The massage ends with the rebozo technique used to align the body with a hip closure that helps to reduce muscular and emotional tension. ⌚ 80 minutes

MAYAN REAWAKENING

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 pressure in energy channels that seeks to restore energy circulation. An abdominal massage ends the treatment. The pressure on the body stimulates self-love and the source of life. ⌚ 80 minutes

ENERGY HEALINGS ADD ONS

Traditional Mayan healing technique with copal, Mayan herbs, eggs, and the power of a woman healer to improve the energetic field. ⌚ 30 minutes



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 forms three life forces or energies called DOSHAS, which represent 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

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. ⌚ 90 minutes

SHIRODHARA

*Pending availability

An Ayurvedic procedure 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 by a cranial and facial massage. The word “Shiro” means head and “Dhara” means drip. This treatment improves memory, sharpens the senses, nourishes the scalp, and rejuvenates the face. ⌚ 60 minutes

ABHYANGA

*Pending availability

A Hindu ayurvedic massage 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. ⌚ 90 minutes

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

PRICES

Regular massages

SWEDISH

60 minutes \$3,330 MXN (\$180 usd)

90 minutes \$4,310 MXN (\$233 usd)

THAI

*Pending availability

90 minutes \$4,535 mxn (\$245 usd)

DEEP TISSUE

60 minutes \$3,330 mxn (\$180 usd)

90 minutes \$4,535 mxn (\$245 usd)

BACK AND NECK

30 minutes \$1,850 mxn (\$100 usd)

HOT STONE MASSAGE

80 minutes \$4,535 mxn (\$245 usd)

HOLISTIC

60 minutes \$ 3,330 MXN (\$180 usd)

90 minutes \$4,535 mxn (\$245 usd)

REFLEXOLOGY

60 minutes\$2,775 mxn (\$150 usd)

90 minutes\$3,520 mxn (\$190 usd)

LYMPHATIC DRAINAGE

90 minutes \$4,535 mxn (\$245 usd)

PRENATAL

*Pending availability

60 minutes..... \$3,330 mxn (\$180 usd)

Packages

DEEP RELAXATION JOURNEY

45 minutes \$2,130 mxn (\$115 usd)

ROMANCE & RENEWAL

90 minutes \$7,700 mxn per couple (\$416 usd)

SACRED CLAY RITUAL

90 minutes \$4,900 mxn (\$265 usd)

FLOW OF AWARENESS

90 minutes \$7,960 mxn per couple (\$430 usd)

ANCESTRAL RESONANCE

80 minutes \$3,890 mxn (\$210 usd)

Prices include VAT. Tips are not included

Body treatments

KAKAW

80 minutes \$4,260 mxn (\$230 usd)

KAAPE

80 minutes \$4,260 mxn (\$230 usd)

MAYA KIN

80 minutes \$4,260 mxn (\$230 usd)

Botanic facials

SUN-KISSED

60 minutes \$3,240 mxn (\$175 usd)

MAYAN MOON HYDRATING

60 minutes \$3,240 mxn (\$175 usd)

NEW MOON DETOX (OILY SKIN)

60 minutes \$3,240 mxn (\$175 usd)

RESILIENT SKIN RITUAL

60 minutes \$3,240 mxn (\$175 usd)

Mayan therapies

NAJ NAÁY MASSAGE

90 minutes \$4,630 mxn (\$250 usd)

LIMPIA SANTIGUADA

60 minutes \$3,330 mxn (\$180 usd)

SOBADA MAYA (ABDOMINAL MASSAGE)

80 minutes \$4,540 mxn (\$245 usd)

MAYAN REAWAKENING

80 minutes \$4,540 mxn (\$245 usd)

ENERGY HEALINGS ADD ONS

30 minutes \$1,110 mxn (\$60 usd)

Ayurvedic therapies

SHIRODHARA-ABHYANGA

90 minutes \$5,440 mxn (\$294 usd)

SHIRODHARA

*Pending availability

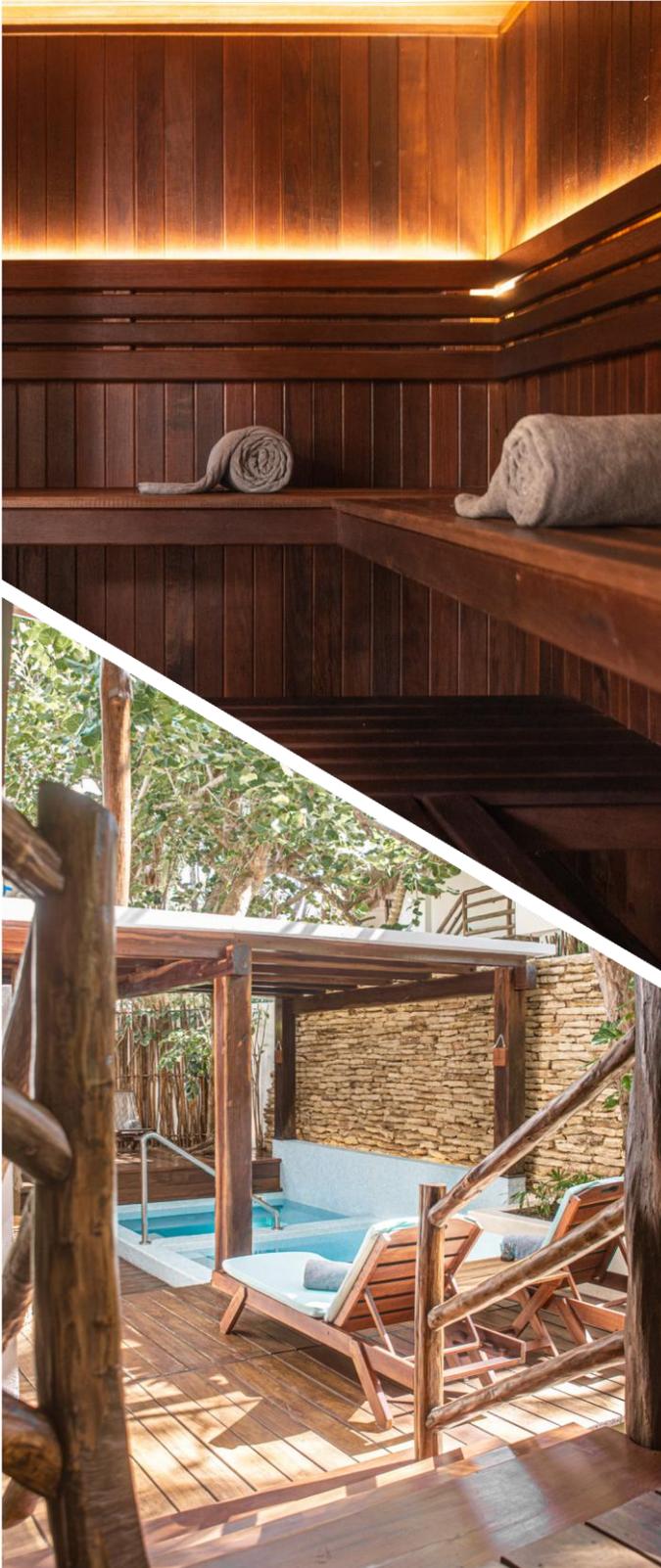
60 minutes \$3,700 mxn (\$200 usd)

ABHYANGA

*Pending availability

90 minutes \$5,440 mxn (\$294 usd)

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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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