NAJ NAÁY spa

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

Our healing hydrotherapy, featuring sauna, steam room, hot and cold pools, and a Scottish shower, is the perfect way to prepare you for a treatment. It is also available as a standalone experience.

We offer a 15% discount on all treatments, with complimentary hydrotherapy access included for hotel guests.

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

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**

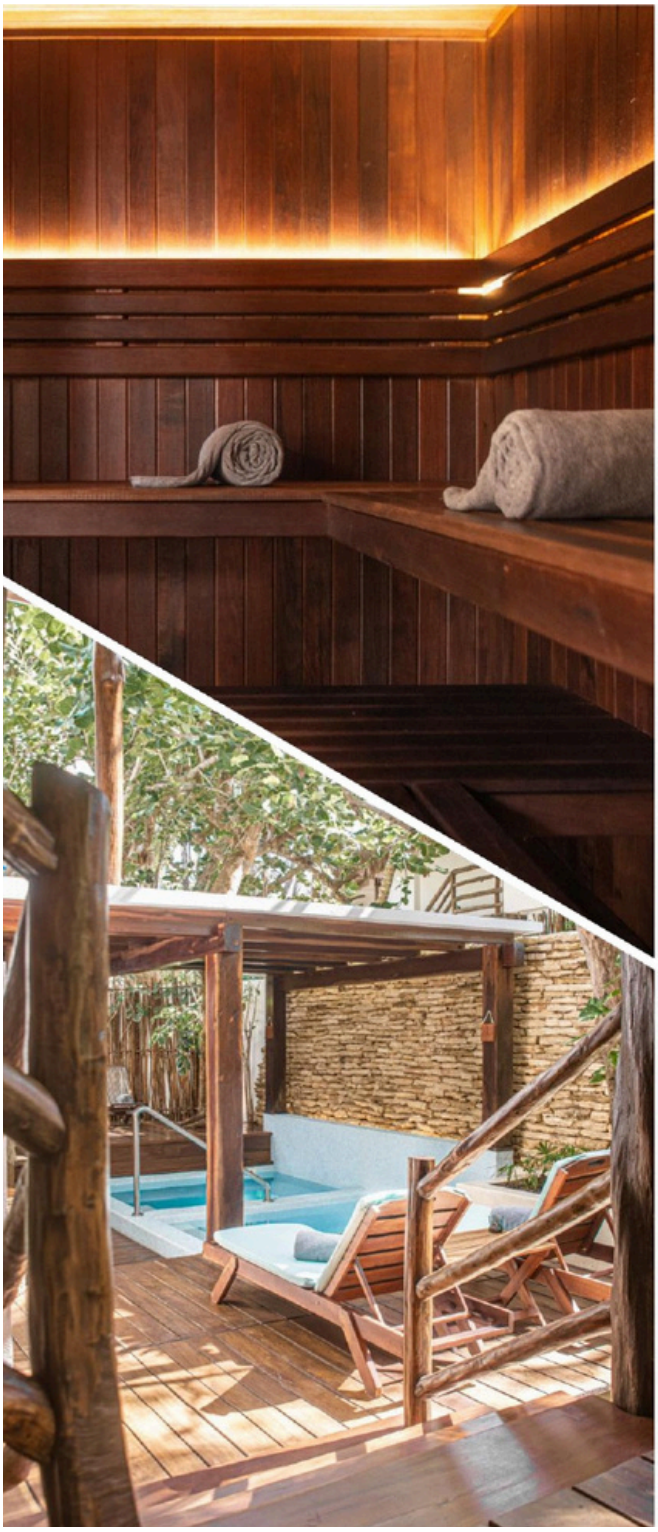
MAYAN REAWAKENING

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**

NAJ NAÁY
spa



CANCELLATION POLICIES

All reservations 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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