



# FAIRMONT SPA

EXPERIENCES MENU

# WELCOME TO A PLACE INSPIRED BY THE ELEMENTS *of* NATURE

Surrounded by a Ceiba, a sacred tree for the Mayan culture for its greatness, vitality and strength, and that according to its worldview, allows the opening of the 13 heavens, is the Fairmont Spa. A mystical environment ideal for unforgettable spa experiences that evokes textures, colors and aromas of an ancient culture, and under its shade, you will find sanctuaries to be inspired by the elemental power of nature, and therefore our guests can connect with themselves - mind, body and spirit - under the healing touch of our therapists.

Rediscover opportunities to connect with your natural rhythm. Experience a higher level of connection through unique treatments, as well as experiences based on traditions and local flora, ranging from exclusive experiences to authentic Mayan traditions that include regional herbs, essential oils and extracts.

Enjoy a holistic massage on our quartz sand bed. Spend time with your loved one as you indulge each other in our romantic spa suite.

Experience our locally inspired treatments based on Mayan cosmogony and its connection to nature. Between treatments, delight your senses by enjoying our temazcal, the smells of the aromatic herb garden, visiting our melipona beehives and Swiss outdoor showers, and our whirlpool tubs in the locker area for both ladies and gentlemen.

On the terrace, relax your muscles in the healing waters of our exclusive jacuzzi, or take a refreshing dip in the vitality pool. Nourish your body at our juice bar with a healthy menu. Regardless of your choice, discover a new perspective on well-being.

Welcome to a place inspired by nature.





# SIGNATURE EXPERIENCES

At Fairmont Spa, we have created experiences that help us connect with our internal energy, inspired by a combination of elements, natural ingredients and traditional medicine techniques.

The Mayans, as great astronomers, based their life on the movement of the sun, stars and moon. They believed and relied on their cycle, which held a very special meaning, correlating in the same way as Fairmont Spa with the elements of nature.

That is why we have developed these experiences based on the lunar cycle and hand in hand with Mayan cosmogony.



# SIGNATURE EXPERIENCES

## NEW MOON

EARTH ELEMENT - *UH TUUMBEN KUXTAL*

60 MINUTES \*\*

Renewal and union with the earth. This service begins with a foot and leg massage, followed by a full body relaxation massage with Mayan massage touches while a foot mask of amaranth, prickly pear, chia and aloe vera nourishes and hydrates the skin. Release tension by becoming one with the earth through the sounds.

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## CRESCENT MOON

AIR ELEMENT - *UH NOHOCHTAL*

60 MINUTES \*\*

Seed a moment of relaxation and embrace your body with a herbal facial steam, followed by a vigorous application of herbal alcohol and a relaxing full body massage with a refreshing balm to aid in relaxation and release tension.

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## FULL MOON

WATER ELEMENT - *KIICHPAM*

90 MINUTES \*\*

Reflect your inner glow with a relaxation massage with floral essences and hot salt stones to relax the muscles. Moisturize your face with a mini honey and tepezcohuite facial plus a full moon hydrating mist that helps to balance and purify by connecting emotions through a chakra harmonisation with aromatherapy and quartz.

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## WAXING MOON

FIRE ELEMENT - *XUNAN UH*

90 MINUTES \*\*

Pamper yourself and let your spirit flow with a full body relaxation massage combining ancient customs such as the use of the Mayan shawl and connect with the element of this moon by enjoying the warmth of the wax with the scented candle massage. Activate the strength of your inner fire in the face of adversities and challenges of everyday life.

\*\*Connect with the elements of nature by enjoying these services in our treatment room.





# CLASSIC FACIALS

by [Comfort Zone]

## DEEP DETOX & STRESS RELIEF

*CLEANSING | 75 MINUTES*

The perfect antidote to modern fatigue and stress, it cleanses the skin by specifically countering damage caused by pollution, free radicals, and accelerated aging, while also providing deep skin hydration. The effectiveness of AHA and the personalized selection of concentrated boosters counteract signs of aging and skin damage, accompanied by a facial massage with Gua Sha. Feel renewed and ready to face busy days.

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## LUMINOUS FACIAL

*NOURISHES, HYDRATES | 60 MINUTES*

A dynamic and fresh treatment created for anyone seeking immediate glow, hydration, and vitality. Thanks to the combination of compounds and bioactive natural extracts derived from regenerative agriculture, it leaves the skin looking instantly hydrated and healthy.

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## SENSITIVE SKIN FACIAL

*SOOTHING | 60 MINUTES*

A calming, fortifying facial that aids in skin protection, it's the professional solution for relieving and strengthening sensitive skin, fighting the effects caused by excessive inflammation. Accompanied by a digit-pressure massage and jade stones to renew and strengthen the skin. This facial is recommended for sensitive, fragile and prone skin redness.



# SPECIALTY FACIALS

by Osea

## **VITAMIN SEA RADIANCE FACIAL**

*ILLUMINATING | 90 MINUTES*

When sun damage has taken its toll, or you simply want to brighten your complexion naturally, this restorative facial delivers a radiant all-over glow. Gentle resurfacing whisks away dry, damaged skin and a customized mask targets dark spots and speeds up healthy skin regeneration.

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## **DEEP SEA AGE DEFYING FACIAL**

*ANTI-AGING | 90 MINUTES*

Restore your skin's glow with the ultimate age-defying facial. The cleanest, purest ocean ingredients blend with Hyaluronic Acid, Vitamin C, Probiotics, and an intense marine-based oxygen serum to give the skin a superior boost. A curated dual layer treatment mask and relaxing Vagus Nerve wellness massage, visibly smoothes fine lines, while deeply hydrates, releases facial tension, and stimulates collagen production. A brightening hand and arm exfoliation and mask complements this luxurious treatment.



**LOCALLY  
INSPIRED**  
EXPERIENCES





## LOCALLY INSPIRED EXPERIENCES

### **KA'KAW, FOOD OF THE GODS**

*60 MINUTES*

Chocolate (ka'kaw) was sacred in pre-Hispanic Mexico, considered edible gold and offered as a tribute to their gods. Today, we recognize chocolate for its high levels of antioxidants and appreciate its ability to nourish the body inside and out.

This experience includes a pure cocoa body wrap and will finish with an application of coffee oil and rose essence. At the end of the experience, you will receive a sample of this age-old treasure.

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### **XIU, HERBAL MAYAN RELIEF**

*90 MINUTES*

This ritual is an ancient tradition that symbolizes the cleansing of the body and soul.

The treatment begins with a copal incense purification, followed by a corn body mask. Subsequently, immerse yourself in a bath of regional herbs and aromatic salts that will alleviate accumulated tension. Finally, indulge in a nourishing oil massage to promote hydration and relaxation.



## **POM, COPAL PURIFICATION**

**90 MINUTES**

The Mayans believed that copal incense was the mean to communicate with the underworld and it is through their smoke that they purified to empower themselves. A traditional herbal and copal energetic cleanse is the beginning of the journey of discovery and balance. First the body is cleansed with Mayan clay used to enhance detoxification, followed by a deeply relaxing massage with hot stones activating body circulation.

This experience ends setting a life intention through the affirmation of the day.

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## **KINICH AHAU, ALOE WRAP**

**60 MINUTES\*\***

In Mayan mythology Kinich Ahau is God of the Sun, creator of light and the four directions of the universe.

This treatment helps relieve the skin from stress caused by sun exposure. The nourishing properties of the pure aloe gel and cucumber extract are the key to balancing and calming the skin leaving it hydrated.

*\*\*Connect with the elements of nature by enjoying these services in our outdoor treatment room.*



# VICHY SHOWER TREATMENTS

## **CHA' CHÁAK, RAIN RITUAL**

**90 MINUTES**

In the Mayan language, Cha means “let go” and Cháak, God of Rain, is one of the most important gods in Mayan history. We invite you to experience our rain suite and connect with this powerful purifying element. This experience begins with a traditional Mayan blessing and burning of copal incense. Relax on the rain table while a healing body mask of chaya, yucca and citrus fruits is applied, and a vigorous exfoliation followed by a shower of warm rainwater, and lastly, a delicious massage that will relax your senses, releasing tension.

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## **KAAB, HONEY IN THE HEART**

**60 MINUTES**

In the traditional Mayan temazcal ceremony, honey reminds us of the sweetness of life. The name of this treatment is derived from the traditional Mayan blessing: “All good things. No evil. Honey in the Heart”. This journey begins with a body wrap of honey, which is highly nutritious and moisturizing for the skin. It is then removed with a rinse under our Vichy shower. During the dance of water on the body, a honey and flower oil will be applied, providing luminosity and silkiness to the skin.

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## **KI, AGAVE RESTORING TREATMENT**

**75 MINUTES**

A revitalizing full-body cleanse using tequila as the main ingredient combined with salts to help remove dead cells during exfoliation and finish with an application of an oil rich in Blue agave phyto complex. An aromatic and nourishing ritual that evokes a connection to mindful breathing while natural minerals brighten the skin.

## EARTH SUITE

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# QUARTZ SAND EXPERIENCES

Enjoy this uplifting sensorial journey, and let yourself be embraced by warm quartz sand that promotes complete inner relaxation.

The energy that the earth element transmits to us is one of belonging, of security, while our therapists help you to restore your inner balance and increasing the benefits of your therapy.





## **LU'UM, CONNECTION MESSAGE**

*60/90 MINUTES*

An experience that relieves mental and muscle tension, where the heat of the quartz bed contrasts with cold stones. Enjoy the healing properties of quartz, cacao and corn hot pindas made by our own therapists that, in addition to detoxifying your body, will provide a complete connection with the Earth element.

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## **ITZAMNÁ, INTUITIVE MESSAGE**

*60 MINUTES*

Inspired by the Mayan God of Healing. Based on the Mayan wisdom that diseases are cured if we achieve a physical and emotional balance, we invite you to experience this massage focused on individual needs. Let your body speak through a new experience of holistic healing, in which an experienced therapist will perform according to your physical, spiritual, and emotional needs, seeking comprehensive balance and liberation of the mind.

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## **PAAJTAL, ENERGY JOURNEY**

*90 MINUTES*

Align with your purpose, the most powerful inner force and allow yourself to connect with body, mind, soul and heart. The aromatherapy, sound healing bowls, and the warm bed of quartz sand send vibrations that resonate through your body, leaving you mentally and physically refreshed. Finishing with a facial cleansing and the application of a luxurious mask infused with quartz and energized with Reiki helps eradicate stress on the skin. Feel a complete renewal from the feet to the soul, balancing the body and spirit.



## BODY EXPERIENCES

### **RESET & CORRECT TREATMENT BARKER WELLNESS CO. x HYPERICE**

*75/90 MINUTES*

Experience the next step towards a customized massage experience that starts with a postural assessment to identify the imbalance and discomfort of the muscles. Using the Hyperice tool to increase blood flow and re-incorporate weakened muscles, restore balance and increase a range of motion, posture and alignment.

Barker Wellness Muscle Therapy cream is used to soothe discomfort and allow for a blissful experience. Recommended for pre and post workout or injury recoveries, this treatment is adapted to every guest needs.

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### **CUSTOM SCRUB**

*60 MINUTES*

Illuminate your body from head to toe with a results-oriented treatment. This multi-active experience allows you to choose from 3 exfoliants to refine texture and brighten the skin.

Select from our options to nourish your skin during a body relaxation session with long, calming movements on the neck, back, and shoulders. A facial cleanse and natural mask finalize this experience.



## **UNDARIA BODY CONTOUR**

*90 MINUTES*

A blissful organic blend of Algae, Pumice, Açai and Guarana polishes skin and purifies pores. A body mask loaded with healing skincare ingredients, vitamins, minerals and essential fatty acids supports your skin's natural regeneration process and stimulates cell renewal.

Melt away tension and cellulite with a deep tissue toning massage to break up stored toxins.

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## **SCRUB, SOAK & SURRENDER**

*90 MINUTES*

Unwind in a purifying sea bath with wild seaweed and soothing lavender. An organic blend of fruits and marine elements polishes your skin, purifies pores and provides a protective barrier of moisture.

This body treatment is a blissful application of minerals and vitamins that will leave you relaxed, refreshed and renewed to achieve a glowing skin from head to toe.





## BODY MESSAGES

### **MUSCLE RECOVERY**

*INTENSE - 60/90 MINUTES\*\**

A customized medium to intensive pressure massage that works deeply on stiff and sore muscles to instantly release pain and tension.

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### **SERENITY**

*RELAXATION - 60/90 MINUTES\*\**

This full-body Swedish-style massage uses techniques inspired by the art of movement combined with aromatherapy to restore harmony and relax body and mind.

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### **MATERNITY GLOW**

*PRENATAL - 60 MINUTES\*\**

Relieve stress and tensions. This experience alleviates leg heaviness and back pain with a full-body treatment. It includes a relaxing and rejuvenating massage for face and scalp.



## **MAYAKOBA HOT STONE MASSAGE**

*REPAIR - 75/90 MINUTES\*\**

Relieve tension Mayakoba style. Balancing oils are combined with our Mexican stones warmed in water to create a deep heat massage that aids connection and relaxation, balancing mind and emotions. Stone massage is combined with traditional massage and herbal essences from the region.

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## **VAGUS NERVE MEDITATIVE MASSAGE BY OSEA**

*90 MINUTES\*\**

Inspired by craniosacral therapy, this treatment uses our exclusive Vagus Nerve Oil to create an uplifting, zen-like state of consciousness. Enhanced by the smell of juniper and chamomile, this treatment will calm the mind, relax the muscles and activate the soothing effects of the vagus nerve response to achieve a complete and profound relaxation.

*\*\*Connect with the elements of nature by enjoying these services in our outdoor treatment room.*



## COUPLES EXPERIENCES

### **YAAKUNAH - TOGETHER**

**60/90 MINUTES\*\***

Yaakunah symbolises love in Mayan culture and is the perfect gift to spend with your loved one. Enjoy side by side relaxing massages and escape from the pressures of everyday life. Choose between aromatherapy or muscle recovery techniques.

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### **YUCATAN HEALING RETREAT**

**120 MINUTES**

Our exclusive couples retreat is offered in a spa suite with balcony, private bathroom and shower. Create your experience by choosing from a variety of local healing and beauty remedies that best suits your needs and mood. This experience includes a foot bath and a selection of scrubs and masks made with local products.

Share a moment with your partner and soak in a bath with herbs, flowers and a delicious combination of coconut milk and honey that will provide nutrition and renewal to your skin. Finish with a side-by-side massage with locally sourced and unique oils that complement this unforgettable experience to balance your senses.

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### **MAYAN PATH JOURNEY**

**90 MINUTES**

This relaxing experience is the perfect way to spend time with your loved one while being immersed side by side in a ceremonial treatment designed to bring balance and energetic harmony between our life and our surroundings. The experience begins with a Copal purification followed by a massage with our signature clay, followed by spending time in an aromatisch bath, perfect to feel pampered and renewed next to your partner; remembering the importance to love ourselves and our environment.

*\*\*Connect with the elements of nature by enjoying these services in our outdoor treatment room.*

# WELLNESS BAR

Enhance any of our existing treatments with a selection of 30 minute services that include:

Barker Wellness Co. x Hyperice Percussion Massage

Mini facial

Mini massage

Reflexology

Body Scrub

Facial Extractions

Deluxe Leg Stone Massage





## **MELIPONA DELUXE HONEY MANICURE**

**60 MINUTES**

This experience is designed to naturally pamper your hands. It includes an exfoliation and a delightful mask with a blend of honey, flowers, and herbs that will renew and hydrate your skin. Along with a hand and arm massage, this manicure is a relaxing treatment, leaving your hands ready to be shown in the Riviera Maya. Nail shaping, cleaning, and regular polish application are included in this treatment.

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## **MELIPONA DELUXE HONEY PEDICURE**

**60 MINUTES**

Our luxury treatment includes a footbath of marine mineral salts, an exfoliation, a natural mask of honey and flowers, and a foot massage with cream that enhances skin hydration and provides an energizing lift. Nail cleaning and shaping, along with the application of regular polish are included in this treatment.

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## **GEL POLISH APPLICATION**

**30 MINUTES**

Nail shaping and preparation for gel polish followed by an application of nail oil to hydrate and nourish your nails.



## **MAYAKOBA MANICURE**

*45 MINUTES*

This hand experience consists of a soak, exfoliation, and a hand and arm massage performed with a body butter to deeply hydrate. Preserve the beauty of your hands by counteracting external aggressions. Includes shaping and regular polish application.

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## **MAYAKOBA PEDICURE**

*45 MINUTES*

An effective and indulgent treatment for the care and protection of the feet. Cleansing, smoothing and moisturising the skin of the feet for exceptional silkiness and softness. Includes shaping and regular polish application.

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## **FEET CALLUS POLISH**

*15 MINUTES*

Add this treatment to smooth and soften the skin, preparing it to receive any of our professional foot care treatments.



# LOOKING *for* A CHANGE OF STYLE?

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Our beauty salon has talented stylists for every look.

- Shampoo & Blow Dry
- Shampoo & Hairstyle / Updo
- Haircut & Style
- Bridal Hairstyle
- Full Hair Service
- Make up
- Waxing services
- Partial of full highlights



# HOLISTIC WELLNESS

Connect your mind and spirit with the elements of nature through our various Ceremonies and Spiritual Wellness Experiences, led by our experts who will take you on this ancient journey of wisdom and connection.

Discover ancient ceremonies in the garden and spa or hotel areas, and be welcomed at Fairmont Spa; a place inspired by the elements of nature.

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Holistic Wellness experiences include:

- Temazcal
- Cacao Ritual
- Birthday Ceremony
- Mother and Child Blessing Ceremony
- Handfasting - Union / Wedding Ceremony
- Cycle Closing Rituals





## PHYSICAL WELLNESS

Maintaining good physical health is the most important gift we can give ourselves. Our unique spa experiences are enhanced with an optimal fitness program to initiate healing from within.

Whether trying yoga for the first time or enhancing your routine, Fairmont Spa offers a variety of fitness services to experience a healthy and revitalizing life. Ask more about our fitness services and classes to create a program tailored to your lifestyle and needs.

- Personalized fitness training sessions
- Regular outdoor classes and activities
- Group sessions

Contact our coordinators to guide you through the available fitness options and classes.



## Enhancing Your Spa Experience

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Start your spa experience the moment you leave your room - whether you choose to arrive at the spa by boat, bike or on foot we recommend that you leave for your appointment at least 1 hour early so you aren't rushed, and you have time to enjoy all the spa has to offer.

## Spa Experience

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Spa experiences at Fairmont Spa last at least an hour because, as with everything, it's worth it! There are no shortcuts to an exceptional spa experience. We are passionate about taking as much time as necessary to reconnect with yourself.

## Spa Environment

Fairmont Spa is a sanctuary for adults. Guests must be over 16 years old to experience treatments and enjoy the facilities. Minors under 16 years of age can enjoy spa treatments accompanied by a tutor or guardian, and do not have access to the facilities of the spa. Cell phones, phones, tablets or other electronic devices are requested to remain silent in the spa to maintain the relaxation of our guests and protect their privacy.

If you need to receive messages from your time with us, please let our staff know and we will be happy to help you.

## Cancellation policy

If you must reschedule or cancel any spa appointment, please notify the spa 24 hours in advance to avoid being charged for the service. Cancellation of a package requires 24 hours notice. Missed appointments without proper notice are subject to a 100% charge for reserved services.

## Hours of Operation

**Spa facilities:** 8:00 a.m. a 8:00 p.m.

**Gym:** 24 hours

**Appointments available:** 8:00 a.m. a 8:00 p.m.



## Spa Arrival and Etiquette

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We recommend that you arrive 60 minutes before the time of your appointment to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your experience. Please come and spend the day with us!

## Health matters

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Please inform us of any health conditions at the time of booking (e.g., high blood pressure, heart condition, allergies, pregnancy). Consumption of alcohol before, during or directly after spa treatments is not recommended. You will also be asked to complete a medical history form upon arrival, so we can better customize your experience to your needs.

## Loss or Damage

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The spa will not be responsible for any loss or damage to items of personal value, we kindly ask our guests to leave their valuables and jewelry in the safety boxes in their rooms.

## Spa Attire

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You will receive a robe and sandals to wear between treatments and a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments may be worn during treatments. Swim suits are required in some areas of the spa.

## Group Corporate and conference packages

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The spa offers a wide variety of services, packages and group rates. Please contact the spa for information, terms and Conditions.

## Taxes and Service Charges

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For your convenience, taxes and fees will be added to all spa services and packages. Fees are subject to change. All prices are in US dollars. Final billing will be in local currency (mexican pesos) based on the daily exchange rate provided by the hotel.

## Gratuities

Gratuities for exceptional service can be added to your request when closing your account.

### Reservation telephone numbers:

Please call (52) 984-206-3038 or from the US and Canada at 800-540-6088; Mexico 01800-702-4848. At the hotel, dial ext. 560

Advance reservations are recommended to offer you a great experience, based on your preferences. Coordinators will be happy to guide you through experiences that suit your needs.





**FAIRMONT SPA MAYAKOBA**

For spa packages call 800.441.1414.  
In Mexico dial 01800-702-4848.