



FAIRMONT SPA

FAIRMONT SPA &
WELLNESS CENTER

EXPERIENCES MENU

WELCOME TO A PLACE INSPIRED BY NATURE

Guarded by a majestic Ceiba tree, a sacred tree in Mayan culture symbolizing greatness, vitality, and strength, and considered by their worldview as the axis that connects the 13 heavens, lies the **Fairmont Spa & Wellness Center**. A sanctuary of well-being, ideal for pampering yourself, where you can enjoy experiences that pay homage to the ancient Maya culture.

Immerse yourself in a deep connection with yourself and the surrounding nature through exclusive treatments that blend modern techniques with Mayan traditions. These include the use of essential oils and medicinal plants gathered from our ethnobotanical garden, creating a unique sensory experience.

Experience holistic well-being with an exclusive treatment on our quartz sand bed, complemented by therapies such as pendulum and soundhealing, which will promote relaxation. Enjoy an innovative experience with our “Touchless Services,” using our revolutionary vibroacoustic bed to deeply release tension.

Dare to try our Signature Experiences inspired by Mayan cosmogony and the moon cycle, which will connect you with the essence of ancient traditions. Between treatments, you can try the temazcal, explore our Melipona bee sanctuary, and relax in the hot tubs located in the men’s and women’s locker areas, the perfect touch to delight your senses.

On the second floor of the spa, you will find the terrace, where the healing waters of our exclusive jacuzzi and pool will be the ideal spot to enjoy the sun while relaxing your muscles. Complete your experience by nourishing your body at our Juice Bar, where you can choose from a variety of healthy drinks and even some snacks.

Regardless of your choice, every moment at the **Fairmont Spa & Wellness Center** will provide you with a fresh perspective on well-being, offering the ultimate indulgence for your mind, body, and soul.





SIGNATURE EXPERIENCES

At Fairmont Spa & Wellness Center, we've designed experiences that help us reconnect with our inner energy, inspired by nature and Mayan wisdom.

The Maya are an ancient civilization that still inhabits the Riviera Maya today. They are known for their expertise in mathematics and astronomy, as their culture was deeply rooted in the observation of the sky and nature, which is reflected in their lunar philosophy. They believed each lunar phase had distinct properties and effects on health and well-being, and that its energy could be harnessed to maintain balance and harmony in daily life.

For this reason, the moon was revered and worshipped by them. It is in this spirit that we've created these lunar-inspired experiences, as a way to honor and respect our ancestors.



SIGNATURE EXPERIENCES

NEW MOON

EARTH - *UH TUUMBEN KUXTAL*

60 MINUTES **

Renewal and connection with the earth. This service begins with a foot and leg massage, followed by a full-body massage with touches of Mayan techniques, while a nourishing mask made from amaranth, prickly pear, chia, and aloe vera is applied to your feet to hydrate and replenish them.

CRESCENT MOON

WIND - *UH NOHOCHTAL*

60 MINUTES **

Relax and embrace your body with a facial steam of medicinal herbs, followed by a vigorous application of herbal alcohol and a full-body massage where we will apply a refreshing balm that will help you release tension and promote relaxation.

FULL MOON

WATER - *KIICHPAM*

90 MINUTES **

Unveil your inner glow with a relaxing massage featuring floral essences and hot salt stones to soothe your muscles. Indulge in a hydrating mini facial made with honey and tepezcohuite, and experience the calming effects of a full moon mist that balances and purifies. This treatment connects your emotions through chakra harmonization, enhanced by aromatherapy and crystals.

WANING MOON

FIRE - *XUNAN UH*

90 MINUTES **

Relax and let your spirit unwind with a full-body massage that blends a traditional Mayan technique—the use of a Mayan shawl. Connect with the energy of the moon as you feel the soothing warmth of aromatic candle wax during the massage. Awaken your inner fire empowers you to face life's challenges with renewed strength and resilience.

**Connect with nature by enjoying these services in our outdoor treatment room.





FACIALS

by [Comfort Zone[®]]

DEEP DETOX & STRESS RELIEF FACIAL

CLEANSING | 75 MINUTES

The perfect remedy for fatigue and stress. This treatment cleanses the skin while specifically targeting damage caused by pollution, free radicals, and premature aging, all while providing deep hydration. The powerful combination of AHAs and a personalized selection of concentrated Boosters helps combat the signs of aging and skin damage, enhanced by a soothing Gua Sha facial massage. Feel revitalized and ready to take on even the busiest of days.

LUMINOUS FACIAL

NOURISHES, HYDRATES | 60 MINUTES

A refreshing treatment designed for anyone looking to instantly boost their skin's radiance, hydration, and vitality. This is achieved through a combination of powerful compounds and bioactive natural extracts sourced from regenerative farming, providing your face with an immediate healthy, hydrated glow.

SENSITIVE SKIN FACIAL

SOOTHING | 60 MINUTES

A calming and fortifying facial treatment that supports the skin's natural barrier. It's the perfect solution for soothing and strengthening sensitive or compromised skin, effectively combating the effects of excessive inflammation. Paired with a digit-pressure massage and jade stones, it helps renew and strengthen the skin, detoxifying and enhancing elasticity.



SIGNATURE FACIALS

by Osea[®]

VITAMIN SEA RADIANCE FACIAL

ILLUMINATING | 90 MINUTES

This restorative facial promotes a radiant glow. Ideal after sun exposure or simply to brighten the complexion, it begins with a gentle exfoliation to remove damaged skin, followed by a customized mask targeting dark spots and accelerating cell regeneration, leaving the skin revitalized and refreshed.

DEEP SEA AGE DEFYING FACIAL

ANTI-AGING | 90 MINUTES

Reclaim your skin's natural radiance with this anti-aging facial, which combines the purest ocean ingredients with hyaluronic acid, vitamin C, probiotics, and an intense marine oxygen serum to deliver a luminous glow. A double-layer treatment mask and a relaxing vagus nerve massage visibly smooth fine lines and deeply hydrate, releasing facial tension and stimulating collagen production. An exfoliating and brightening mask is also applied to the hands and arms to complete this exclusive facial treatment.

**LOCALLY
INSPIRED**
EXPERIENCES





LOCALLY INSPIRED EXPERIENCES

KA'KAW, FOOD OF THE GODS

90 MINUTES

Chocolate (ka'kaw) was considered sacred in pre-Hispanic Mexico, known as edible gold and offered as a tribute to the gods. Today, we celebrate its rich antioxidant properties and its ability to nourish the body inside and out. This experience starts with a soothing rose essence bath, followed by a luxurious pure cacao body wrap, and finishes with the application of aromatic coffee oil. To complete your treatment, you'll have the opportunity to sample this ancient treasure.

POM, COPAL PURIFICATION

90 MINUTES

The Mayans believed that copal was the link to the underworld, and through its smoke, they purified themselves to empower their spirits. A traditional energy cleansing with herbs and copal marks the beginning of a journey toward discovery and balance. The experience begins with a body cleanse using our Mayan clay, known for enhancing detoxification, followed by a relaxing massage with hot stones to stimulate circulation and promote relaxation.

KINICH AHAU, HYDRATING ALOE GEL

*60 MINUTES***

In Mayan mythology, Kinich Ahau is the Sun God, the creator of light and the four directions of the universe. This treatment helps relieve skin stress caused by sun exposure. The nourishing properties of aloe gel and cucumber extract are key to balancing and soothing the skin, leaving it deeply hydrated.

***Connect with nature by enjoying these services in our outdoor treatment room.*



VICHY SHOWER TREATMENTS

CHA' CHÁAK, RAIN RITUAL

90 MINUTES

In Mayan, “Cha” means “to release,” and “Cháak,” the god of rain, is one of the most revered deities in Mayan culture. We invite you to experience our Vichy shower room and connect with the purifying power of water. The journey begins with a traditional Mayan blessing and the burning of copal incense. Relax on the rain table as a healing body mask made from chaya, yuca, and citrus is applied, followed by a revitalizing exfoliation and a warm water shower. To complete the experience, enjoy a soothing massage that will release tension and calm your senses.

KAAB, HONEY IN THE HEART

60 MINUTES

The name of this treatment is derived from the traditional Mayan blessing that translates as: “All good things. No evil. Honey in the heart.” The journey begins with a deeply nourishing and hydrating honey body wrap. It is then rinsed off under a Vichy shower. During the water dance, a honey and flower-based oil is applied to the body, leaving the skin luminous and silky smooth.

EARTH SUITE

EXPERIENCE *our* QUARTZ SAND BED

Embark on a unique sensory journey as you relax in our innovative warm quartz -sand bed, designed to promote deep relaxation.

The energy of the earth element evokes a sense of grounding and security, while our skilled therapists work to restore your inner balance, enhancing the therapeutic benefits of your experience.





LU'UM, CONNECTION MESSAGE

60 MINUTES / 90 MINUTES

A soothing experience that relieves both mental and muscular tension, where the warmth of the quartz-sand bed contrasts with the coolness of the stones. Enjoy the healing properties of our homemade pindas, crafted with quartz, chocolate, and corn. These pindas not only detoxify your body but also foster a deep connection with the earth element.

ITZAMNÁ, INTUITIVE MESSAGE

60 MINUTES

Inspired by the Maya god of healing, this treatment is based on the belief that diseases are cured when there is harmony between the physical and emotional aspects of the body. We invite you to experience a personalized massage tailored to your individual needs.

Allow your body to communicate through a transformative healing experience, carried out by an experienced therapist who will address your physical, spiritual, and emotional needs, seeking holistic balance and mental release.

PAAJTAL, CONNECTION JOURNEY

90 MINUTES

Connect with your intention and allow yourself to reconnect your body, mind, and soul. Aromatherapy, sound healing, and the warm quartz-sand bed send vibrations that resonate throughout your body, leaving you mentally and physically rejuvenated.

The experience concludes with a cleansing facial and the application of a luxurious mask infused with crystals and energized with Reiki. Feel a complete renewal of body, mind and soul.



BODY EXPERIENCES

GOLD ALCHEMY BODY RITUAL BY KNESKO®

90 MINUTES

Immerse yourself in a total rejuvenation of body and mind with a high-vibration sound bath, complemented by the healing alchemy of a luxurious body serum and cream enriched with gold peptides. Experience soft, radiant skin as you embark on this unparalleled sensory journey.

RESET & CORRECT TREATMENT BARKER WELLNESS CO.® x HYPERICE®

75 MINUTES / 90 MINUTES

Experience the next level of personalized massage, beginning with a postural assessment to identify muscle imbalances and discomfort. Using the Hyperice tool to enhance blood flow and revive weakened muscles, this treatment helps restore balance, improve range of motion, and align your posture.

The Barker Wellness Muscle Therapy Cream® is then applied to soothe aches, ensuring a deeply relaxing experience. Ideal before or after workouts and injury recovery, this treatment is tailored to meet the individual needs of each guest.

CUSTOM SCRUB

60 MINUTES

Illuminate your body from head to toe with this treatment designed to improve texture and brighten your skin.

Choose from our range of exfoliants to nourish your skin and enhance circulation, with long, relaxing strokes on the neck, back, and shoulders. A facial cleanse followed by a natural mask perfectly completes this rejuvenating experience.



UNDARIA BODY CONTOUR

90 MINUTES

An amazing organic blend of algae, pumice stone, acai, and guarana that softens the skin and purifies the pores. This body mask, rich in healing ingredients, vitamins, and minerals, helps regenerate the skin and stimulates cell renewal.

Release tension and reduce cellulite with a deep toning massage that eliminates accumulated toxins.

VIBROACOUSTIC SOUND THERAPY SESSION

60 MINUTES

Our most innovative treatment. Imagine lying down on a soft, vibrating bed that gently sways in harmony with the music. As the vibrations move through your body, you'll feel the tension melt away, guiding you into a deep state of relaxation that offers a unique sense of well-being and tranquility, helping to reduce stress and improve sleep quality, while you enjoy a soothing scalp, hands, arms, and foot massage.

*If you would like a touchless experience, please inquire about the available options.

VAGUS NERVE MEDITATIVE MASSAGE BY OSEA[®]

*90 MINUTES***

Inspired by craniosacral therapy, this treatment uses our exclusive Vagus Nerve Oil to create a zen-like state of heightened awareness. Enhanced with the soothing aromas of juniper and chamomile, this treatment calms the mind, relaxes the muscles, and activates the calming effects of the vagus nerve response for deep relaxation.



MASSAGES

MUSCLE RECOVERY

*INTENSE - 60 MINUTES / 90 MINUTES***

A customized massage with medium to deep pressure that targets stiff, sore muscles, providing immediate relief from pain and tension.

SERENITY

*RELAXATION - 60 MINUTES / 90 MINUTES***

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

MATERNITY GLOW

*PRENATAL - 60 MINUTES***

Relieve stress and tension. This experience eases heaviness in the legs and back pain with a full-body treatment. It includes a relaxing and rejuvenating face and scalp massage.

MAYAKOBA HOT STONE MASSAGE

*REPAIR - 75 MINUTES / 90 MINUTES***

Essential oils blend with water-heated stones to create a soothing heat massage that creates balance and harmony for the mind and emotions. This stone therapy is paired with a traditional hand massage infused with the herbal essences of the Yucatán Peninsula.

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



COUPLES EXPERIENCES

YAAKUNAH - BONDING TIME

*RELAXING 60 MINUTES / 90 MINUTES***

*MUSCLE RECOVERY 60 MINUTES / 90 MINUTES***

Yaakunah means “love” in Mayan. This treatment is the perfect gift to share quality time as a couple. Enjoy relaxing massages with your loved one and escape the pressures of daily life. Choose between relaxation or muscle recovery techniques.

YUCATAN HEALING RETREAT

120 MINUTES

Experience the ultimate couples retreat in our exclusive spa suite, featuring a private balcony, bathroom, and shower. Personalize your journey by selecting from a range of local healing and beauty treatments tailored to your needs and mood. This indulgent experience begins with a soothing foot bath and includes scrubs and masks made from locally sourced ingredients.

Share a special moment with your partner as you soak in a luxurious bath infused with herbs, flowers, coconut milk, and honey, designed to nourish and renew your skin. Conclude your retreat with a side-by-side massage using regionally inspired oils, followed by a hydrating facial enhanced with exclusive quartz-infused serums and Reiki, creating an unforgettable experience to balance your senses.

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WELLNESS BAR

Enhance any of our treatments with additional time and choose from our exclusive selection of complementary experiences, including:

Barker Wellness Co. x Hyperice percussion massage

Mini facial

Mini massage

Reflexology

Body scrub

Facial extractions

Deluxe leg stone massage





CONSCIOUS BEAUTY

GOLD PEPTIDE MANICURE BY KNESKO®

75 MINUTES

This ultra-luxurious manicure, enriched with gold and peptides, is specially formulated to combat the signs of aging. Enjoy an indulgent gold-infused hand mask that hydrates, softens, and smooths the skin, followed by the application of a peptide-rich illuminating serum on your arms and hands, and a gold-infused cream, leaving your skin with a silky, smooth finish.

GOLD PEPTIDE PEDICURE BY KNESKO®

75 MINUTES

Indulge in a luxurious anti-aging pedicure that begins with a gold-infused mask, followed by a peptide-rich illuminating serum applied to your feet and legs for deep hydration. The treatment finishes with a gold-infused cream, leaving your skin soft and radiant. It also includes a full nail care service, cuticle treatment, and your choice of nail color, leaving your feet looking perfectly rejuvenated and pampered.

MELIPONA DELUXE HONEY MANICURE

60 MINUTES

This experience is designed to naturally pamper your hands. It includes an exfoliation followed by a delightful mask made with a blend of honey, flowers, and herbs to renew and hydrate your skin. With a soothing hand and arm massage, this manicure offers relaxation while leaving your hands ready to be shown off in the Riviera Maya. Nail shaping, cleaning, and regular polish application are included.



MELIPONA DELUXE HONEY PEDICURE

60 MINUTES

Our luxury treatment begins with a footbath of marine mineral salts, followed by an exfoliation and a natural honey and flowers mask. Enjoy a rejuvenating foot massage with cream that deeply hydrates and energizes the skin. Nail cleaning and shaping, along with the application of regular polish, are also included in this indulgent treatment.

GEL POLISH APPLICATION

30 MINUTES

Nail shaping and gel polish, followed by a nourishing oil treatment to hydrate and nourish your nails.

SMOOTHING FOOT TREATMENT

15 MINUTES

Add this treatment to soften and smooth the skin, leaving it perfectly prepared to receive the professional foot care treatment.



INTERESTED IN *getting a* **NEW LOOK?**

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 or full highlights



HOLISTIC WELLNESS

Connect your mind and spirit with the elements of nature through our ceremonies and spiritual wellness experiences, guided by our experts on a journey of ancient wisdom and deep connection.

Discover sacred ceremonies at Fairmont Spa; a sanctuary inspired by the elements of nature.

The Holistic Wellness experiences and ceremonies include:

- Temazcal
- Cacao ritual
- Birthday ceremony
- Blessing ceremony for mother and child
- Handfasting ceremony – union/wedding
- Rituals for closing a cycle



PHYSICAL WELLNESS

Maintaining good physical health is the greatest gift we can give ourselves. Our unique spa experiences are enhanced with a fitness program designed to promote wellness from within.

Take a yoga class, whether it's your first time or you're looking to enhance your routine; Fairmont Spa & Wellness Center offers a variety of fitness services to help you enjoy an active vacation. Learn about our fitness services and classes to create a program tailored to your lifestyle and needs.

- Personalized fitness training sessions 60 min
- Regular outdoor classes and activities 60 min
- Group sessions (minimum 10 people) 60 min

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



Enhancing your spa experience

Begin your spa journey the moment you leave your room. Whether you choose to arrive by boat, bike, or on foot, we recommend arriving at least one hour before your appointment to fully enjoy everything that Fairmont Spa & Wellness Center has to offer.

Spa experience

Experiences at Fairmont Spa & Wellness Center have a minimum duration of one hour because, as with all things worthwhile, there are no shortcuts to an exceptional spa experience. We are passionate about giving you the necessary time to achieve a deep connection with yourself.

Spa environment

Fairmont Spa & Wellness Center is a sanctuary for adults. Guests must be 16 years or older to enjoy treatments and access the facilities. Children under 16 may receive treatments when accompanied by a parent or guardian but will not have access to the spa facilities.

Cell phones, tablets, or other electronic devices must be kept on silent to maintain the tranquility of our guests and protect their privacy. If you need to receive messages during your time with us, please inform our spa staff, and we will be happy to assist you.

Cancellation policy

To avoid a full charge for your spa appointment or package, kindly notify the spa at least 24 hours in advance if you need to reschedule or cancel. Cancellations made less than 24 hours before the scheduled time or missed appointments will incur a 100% charge for the 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.



Health matters

Please inform us of any health conditions at the time of booking (e.g., high blood pressure, heart conditions, allergies, pregnancy). Consumption of alcohol before, during, or immediately after spa treatments is not recommended. Upon arrival, you will be asked to complete a medical history form, allowing us to better tailor your experience to your specific needs.

Loss or damage

The spa is not responsible for any loss or damage to personal belongings. We kindly ask our guests to leave valuables and jewelry in the safe boxes provided in their rooms.

Dress code

You will be provided with a robe and sandals to wear between treatments, along with a locker for your personal belongings. Our therapists are highly trained in draping techniques to ensure your full privacy. For your comfort, you may choose to wear undergarments during treatments. Swimwear is required in certain areas of the spa.

Groups and convention packages

The spa offers a wide range of services, packages, and group rates. For more information, including terms and conditions, please contact the spa directly.

Taxes and service charges

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

Gratuities

Gratuities for exceptional service may be added to your bill 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 ensure a personalized experience tailored to your preferences. Our coordinators will be happy to assist you in selecting experiences that best suit your needs.





**FAIRMONT SPA
& WELLNESS CENTER AT MAYAKOBA**

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