

# HEALING & CEREMONIES

#### Reiki with Tibetan Bowls & Aromatherapy

Experience a magical combination of the ancient Japanese healing technique of Reiki, which uses energy to balance the body and mind, with sound healing and aromatherapy

\$180 - 1hr

#### Mayan Cacao Heart Opening Ceremony

Indulge in the unique and ceremonial consumption of organic cacao, a natural aphrodisiac and mood enhancer. Great opening ceremony for your group.

\$750 - 10px / \$1,150- 20px 90-120min

#### Mayan Cacao Heart Opening Ceremony + Fire Show

\$1,500 - 20px

#### Sound Healing Tibetan Style

Ancient Tibetan sound therapy is the practice using Tibetan singing bowls, gongs, and chimes to create soothing vibrations and resonant sounds that are believed to promote relaxation, healing, and inner harmony.

\$135 - 1px
Price available upon request for groups

#### Sound Healing Crystal Bowls

Crystal bowl sound healing is a therapeutic practice that uses the vibrational tones of quartz crystal singing bowls to promote relaxation, balance, and healing. Each bowl is tuned to specific frequencies that correspond to the body's chakras, or energy centers. When played, the bowls produce rich, resonant sounds that are thought to help clear energy blockages, reduce stress, and support emotional and physical healing. The vibrations can be deeply calming, often leading to a meditative state, making crystal bowl sound healing popular for personal rejuvenation and spiritual connection.

\$225 - 2px <u>\$550</u> - up to 20px

#### Temazcal

Sweat out toxins and rejuvenate your body in a traditional Mayan sweat lodge ceremony. This is sold by group and can be enjoyed with or without a shaman guide.

Price upon request

#### Ancestral Plant Medicine (upon request)

Connect with nature and heal your body and soul with the use of ancestral plant medicines.

Price given upon request

#### Mayan Cleanse

A Mayan cleanse, also known as a limpia, is a traditional spiritual and physical cleansing ritual rooted in Mayan culture. It uses a combination of herbs, incense (like copal), flowers, and sometimes eggs to "cleanse" a person of negative energies, stress, and emotional blockages. The healer, or curandero, may sweep these elements over and around the body while offering prayers or chants. This ritual aims to restore balance, clear the mind, and renew one's energy, promoting well-being and harmony within oneself and with the surrounding environment.

#### Womb Ceremony "Atlachinolli" - Water & Fire

Ceremony that works through the transmuting energy of the Fire first, where we are going to release the energy that we no longer want, what we want to leave behind. A Prayer is made with Grandfather Fire to help us in healing, using breathework and meditation. It requires a long skirt, to smog the vaginal area. Then we work with the element "Water", where we pray with medicinal plants, asking for blessings for what we do want, making intentions with the plants. In this element a vaginal steam is performed

\$170 - 2px \$30 for extra px

#### Tantric Dreamstate Experience

Embark on a journey where hypnosis intertwines with ancient tantric meditations, unveiling a realm of boundless potential. Dive deep into the labyrinth of the mind, where painful past memories dissolve, & future dreams blossom. With a unique fusion of ancient wisdom & mystical manifestation practices, you'll sculpt your future of empowerment. With new perspectives of grace and vigor, its easy to embrace the process of surrender into self-creation, where desires materialize with a mere whisper. Become the architect of your destiny, learning to seduce the universe with your pure intentions.

\$600 - 20px

#### Sacred Seductions (Workshop/Ritual)

A 2 hour ritual of white tantra, the tantra of energy, perception and the expansion of the senses. In this interactive session, couples will rediscover the magic of their senses and how through each one we communicate desire, and embody the pleasure of each. This embodiment is the manifestation of

seductive energy, spiritual desire, and the co-creative properties of manifestation for cultivating

profound connections.

\$850 - 20px

#### Sound Healing in Cenote

Tibetan-style sound healing in a cenote combines ancient Tibetan sound therapy with the natural beauty and acoustics of a cenote. The practice uses Tibetan singing bowls, gongs, and chimes to create soothing vibrations and resonant sounds that are believed to promote relaxation, healing, and inner harmony. The cenote's natural echo enhances the sound frequencies, enveloping participants in immersive, tranquil tones. This unique setting allows for a deep meditative experience, connecting one with nature and fostering a profound sense of peace and balance.

\$200 x1 px, \$105 x2px (larger group discount available)

#### **Guided Group Meditation**

Shared mindfulness practice where participants come together to meditate, guided by an instructor or through shared silence. Practicing in a group can enhance focus, provide a sense of community, and amplify collective energy, creating a supportive environment for each individual's meditation journey

\$250 up to 20px

### MASSAGE THERAPY

#### Holistic Massage

A combination of massage and energy healing techniques that will leave you feeling balanced and restored.

\$215 / \$260 - 60/90 min

#### Deep Tissue Massage

Release muscle tension and knots with deep and slow pressure.

\$165 / \$215 - 60/90 min

#### Relaxing Massage

A smooth, gentle treatment that relieves muscular tension, increases circulation, and promotes a general sense of relaxation.

\$150 / \$165 - 60/90 min

#### Shiatsu Massage

A therapy that involves pressing specific points in the body to reduce tension and fatigue by improving blood and lymphatic circulation.

\$215 - 90 min

#### Mayan Sobada

A Mayan sobada, or Mayan abdominal massage, is a traditional therapeutic massage technique rooted in ancient Mayan practices. It primarily focuses on the abdominal area but often extends to other parts of the body, like the hips, back, and legs. This technique is commonly used to help improve digestion, relieve menstrual discomfort, promote reproductive health, and even aid with fertility issues.

\$215 - 60 min

#### Relaxing Massage + Reiki + Sound Healing + Aromatherapy

A combination of 4 powerful therapies for an amazing reset

\$285 - 60-75min

#### Reiki Session + Tibetan Bowls + Aromatherapy

A combination of 3 powerful therapies to achieve a relaxed state.

\$180 - 60min

If there's any service you don't see in our offerings, please reach out to our team to coordinate what you're looking for.

#### Reflexology

A massage that stimulates pressure points on the feet to improve overall health and wellbeing.

\$155 / \$205 - 60/90 min

#### Massage + Acupuncture

A classic massage combined with the ancient practice of Traditional Chinese medicine to enhance pain relief and relaxation

\$165 / \$215 - 60/90 min

#### Super Deep Massage

Ideal for athletes, this massage uses firm pressure to massage deep layers of muscle and fascia

\$215 / \$250 - 60/90 min

#### Lymphatic Drainage

A gentle massage that promotes lymphatic flow and reduces swelling and inflammation.

\$150 / \$175 - 60/90 min

#### Prenatal Massage

A prenatal massage is a therapeutic massage designed specifically for pregnant individuals to help alleviate some of the discomforts associated with pregnancy. It focuses on areas such as the back, legs, and hips, where additional strain and tension commonly develop as the body changes.

\$165 / \$215 - 60/90 min

#### Reiki Session

In Reiki treatment, practitioners will place their hands over various parts of a person's body and transfer healing energy.

\$120 - 60min



# FACIALS & BODY WRAPS

#### Holistic Facial

A combination of cleanse, exfoliation, suction caps massage and deep hydration for a healthy and glowing skin.

\$215 - 60 min

#### Japanese Facial Massage

The holistic facial + an incredible facial massage that uses acupuncture points and movements to stimulate collagen generation.

\$215 - 120 min

#### Detox Wrap

Deep exfoliation on the first layers of the skin to open the pores, followed by a body wrap of your choice: aloe vera, seaweed wrap, mayan mud, cacao or red wine with red fruits.

\$215 / \$285 - 90/150 min

#### Anti Age Facial

Skincare treatment focused on reducing signs of aging like fine lines, wrinkles, and age spots. It typically includes cleansing, exfoliation, and hydrating or boosting masks

\$150 - 60min

#### Nourishing Hydration Facial

Skincare treatment designed to deeply moisturize and rejuvenate dry or dehydrated skin. It typically includes gentle cleansing, exfoliation, and the application of hydrating masks, serums, and moisturizers rich in ingredients like hyaluronic acid and antioxidants.

\$150 - 60min

If there's any service you don't see in our offerings, please reach out to our team to coordinate what you're looking for.

### IV THERAPY

IV Drips boost your energy and overall well being with our in room IV therapy drips administered by a licensed medical professional. This therapy is personalized to meet individual needs and goals, and it is a safe and effective way to quickly and efficiently deliver nutrients to the body.

#### NAD+ Infusion

Introducing the NAD+ Infusion, a premium therapy designed to revitalize your body at the cellular level. Featuring the purest NAD+ imported from the U.S. this infusion enhances energy, focus, cellular regeneration, and DNA repair. To maximize the absorption and effectiveness of NAD+, we've included Glutathione, Vitamin C, B Complex, and Magnesium. These ingredients work synergistically to optimize and amplify. The benefits of the NAD+, while also offering intense detoxification, immune support, stress reduction, and overall wellness. Experience total renewal and rejuvenation in every drop with this cutting-edge infusion.

Purpose: Libido Booster, Energy Booster, General Wellness, Detoxification, DNA Repairing, Cellular Regeneration, Reduces Oxidative Stress, Immune Support, Dehydration, Antioxidants, Anti-Aging, Beauty Benefits

Ingredients: NAD+, Glutathione, B-Complex, Magnesium, Vitamin C, Niacinamide, D-Panthenol, 1,000 mL Bag of Electrolytes and Fluids

#### \$300 USD

#### **Custom Infusion**

Experience ultimate personalization with our Custom IV Infusion, designed for those who want a tailored approach to their wellness. With this service, you have the freedom to select three premium add-ons from our extensive range of ingredients, including Multivitamins, Minerals, High-Dose Vitamin C, Glutathione, Zofran, Toradol, Omeprazole, and more (Excluding NAD+). Each ingredient is infused into a 1,000 ml bottle of Fluids and Electrolytes, ensuring optimal hydration and nutrient delivery. Create your own IV infusion and elevate your wellness journey to the next level.

Purpose: Hangover Relief, Food Poisoning, Dengue, Jet Lag, Cold/Flu, Custom Needs

Ingredients: Your Choice of any 4 Ingredients Available (Excluding NAD+) 1,000mL Bag of Electrolytes and Fluids

#### \$160 USD

#### Diamond Infusion

The Diamond Infusion, our most elite offering. This luxurious IV combines all elements from our Aqua, Silver, Platinum, and Gold Infusions, enriched with premium Vitamin A, D3, E Biotin, and Floc Acid. Experience a pinnacle of wellness, designed for rejuvenation and vitality. The Diamond Infusion isn't just a treatment, it's an indulgence in holistic luxury, promising unparalleled quality for the discerning individual. Elevate your well-being to its peak with this epitome of health and opulence.

Purpose: Food Poisoning, Hangovers, Dehydration, Beauty Benefits, Immune Support, Long-Term Benefits, Migraines, Just Lag, Malnutrition, Autoimmune Disorders, General Wellness

Ingredients: Glutathione, Multivitamin Blend, B-Complex, Vitamin C, Biotin, Vitamin A, Vitamin D3, Vitamin E, Folic Acid, Magnesium, Niacinamide, D-Pathenol, 1,000 nL Bag of Electrolytes

#### \$150 USD

#### Gold Infusion

The gold infusion represents the epitome of excellence, surpassing the benefits of the Aque, Silver, and Platinum infusions. Elevate your mind, body, and soul to unparalleled levels with this elite infusion that caters to every individual in every aspect. Choose the Gold infusion for the ultimate transformation.

Purpose: Food Poisoning, Hangovers, Dehydration, Beauty Benefits, Immune Support, Long-Term Benefits

Ingredients: Glutathione, Multivitamin Blend, B-Complex, High-Dose Vitamin C, D-Panthenol, Niacinamide, Magnesium, 1000 mL Bag of Electrolytes and Fluids

#### \$140 USD

#### Platinum Infusion

Our Platinum Infusion, also known as the Myer's Cocktail, is an essential choice for the recovering from a long night, a lengthy flight, or seeking an overall boost in their well-being. If you desire a top-tier IV experience without opting for the Gold Infusion, our Platinum Infusion will surpass your expectations.

Purpose: Food Poisoning, Hangovers, Dehydration, Beauty Benefits, Immune Support

Ingredients: Multivitamin Blend, B-Complex, High- Dose Vitamin C, D-Panthenol, Niacinamide, Magnesium, 1,000 nL Bag of Electrolytes and Fluids

#### \$130 USD

#### Silver Infusion

While our Silver Infusion serves as an entry-level option, it certainly doesn't compromise on its abundant benefits. Ideal for individuals managing high-stress environments, traveling, working, or party enthusiasts, the Silver Infusion provides a boost in hydration, relaxation, and energy. Begin your revitalization with this remarkable foundation and experience the gateway to optimal well-being.

Purpose: Dehydration, Loss of Electrolytes, Hangover Symptoms, Food Poisoning, Symptoms, Fatigue

Ingredients: Multivitamin Blend, B-Complex, High- Dose Vitamin C, 1,000 nL Bag of Electrolytes and Fluids

#### \$120 USD

#### Aqua Infusion

Our Aqua Infusion effectively addresses dehydration, a common side effect associated with various conditions, by providing powerful rehydration. This is achieved through the infusion of 1,000 mL of IV fluids and electrolytes. If you prefer a quick fix without our additional beneficial ingredients, the Aqua Infusion is the perfect choice to support your journey.

Purpose: Dehydration, Jet Lag, Mental Fog, Fatigue

Ingredients: 1,000 nL Bag of Electrolytes and Fluids

#### \$100 USD

### YOGA

#### Hatha Yoga

Unwind and improve your flexibility and strength through the gentle practice of Hatha yoga.

#### Ashtanga Yoga

Build stamina and flexibility through the dynamic, flowing practice of Ashtanga yoga.

#### Vinyasa Yoga

Connect breath and movement through a dynamic and energizing flow in this private Vinyasa yoga session.

#### Restorative (Yin) Yoga

Relax deeply and restore your mind and body in this gentle, nurturing Yin yoga session.

All services are \$140 - 3 px Groups of 10 - 20px \$300

#### 26 & 2

Is a sequence of 26 postures and 2 breathing exercises. Developed from Hatha yoga, it's a highly structured series that emphasizes strength, flexibility, and balance. Each posture is held for a set period, followed by a brief rest, and the sequence is designed to work every part of the body, improving alignment, stamina, and mental focus. It's known for promoting detoxification through sweating and is popular for its therapeutic effects.

### BREATHWORK

#### Breathwork

Explore the power of your breath to reduce stress, increase mental clarity and deepen your self-awareness.

Request Quote

#### 9D Breathwork Session

9D Breathwork is an advanced breathing technique that uses visual, auditory, and vibrational stimuli to guide participants into heightened states of consciousness and emotional healing. The "9D" refers to stimulating nine sensory dimensions through guided breathing, music, binaural beats, visualizations, and body vibrations.

\$181 1px \$58 5-8px (12max)

### FITNESS

#### Fitness Training

Improve your fitness and reach your goals with a customized program, either privately or in a small group setting. Includes dumbells, kettlebells, ropes, etc.

\$130 Individual \$45 Group of 4px

#### HIIT Pilates

A fusion workout combining High-Intensity Interval Training (HIIT) with Pilates exercises. It mixes the controlled, core-focused movements of Pilates with bursts of high-intensity cardio, typically involving short, intense intervals followed by brief rest periods. This combination aims to build strength, improve endurance, boost cardiovascular fitness, and increase flexibility. It's effective for toning muscles, especially in the core, while also burning calories and enhancing balance. HIIT Pilates is popular for offering a full-body workout in a relatively short time.

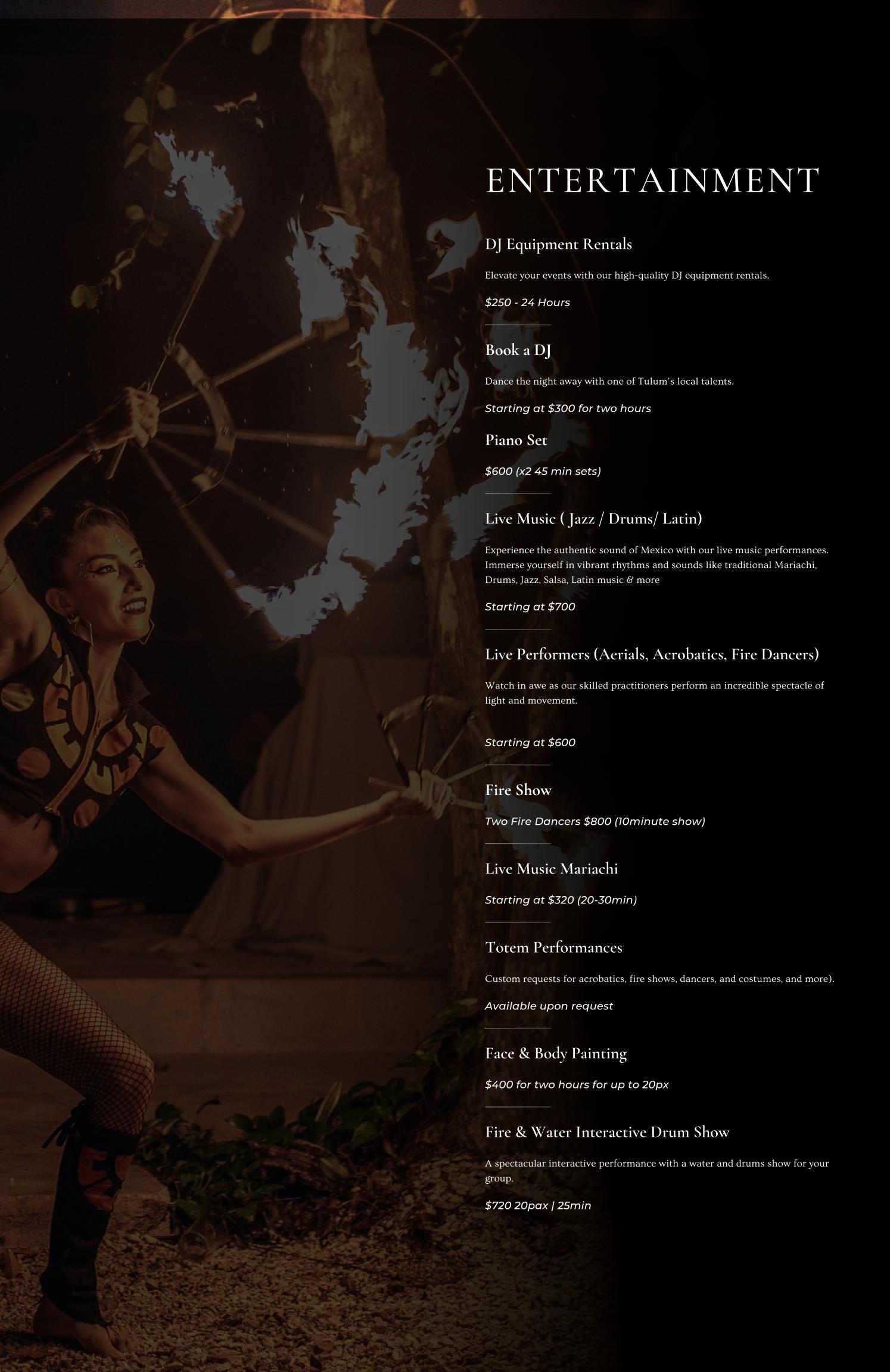
Pricing available upon request

### ICE BATH

#### Ice Bath

Stimulate circulation and reduce inflammation by submerging in our refreshing ice bath. Enjoy with a group or by yourself in our single trough experience.

\$300 in Plunge Pool 10px-20px \$150 in Individual Tub 1px-4px \$20 extra per person for Ice Bath Guide



### TULUM TOURS & EXCURSIONS



#### CHICHEN ITZA

Discover the ancient Mayan civilization with a visit to Chichen Itza, one of the most important archaeological sites in Mexico, and one of the New 7 Wonders of the Modern World.

#### <u>Trip Includes</u>

- Roundtrip transportation
- Entrance tickets
- Personal guide (English/Spanish)
- Visit a inside Cenote
- Lunch, typical of the area
- Duration: 8-10hs

<u>Pricing</u>

\$167 Per Person (for groups of 10+)



#### TULUM RUINS + TANKAH PARK

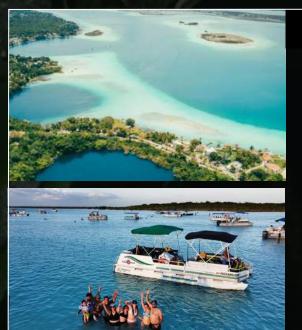
Discover the ancient Mayan archaeological zone that sit on seaside cliffs, high above turquoise waters that extend as far as your eye can see.



Trip Includes
Roundtrip transportation
Entrance tickets
Personal guide (English/Spanish)
Lunch at La Taqueria Honorios
Duration: est 3hs

Pricing

\$160 Per Person



#### BACALAR DAY TRIP

A day trip to the Bacalar Lagoon, known as the "Lagoon of Seven Colors" due to its colorful waters.

Trip Includes
Private tour guide
Pontoon boat & Captain
Lunch + Snacks + Water
Free time to swim
Roundtrip transportation in sprinter van
Duration: est 8hs

Pricing \$360 Per Person



#### ATV & CENOTE TOUR

This experience is for the adventurers! Ride through the jungle on a private trail on a single or double ATV. You'll get a bit dusty and then take a dip in 3 private cenote caverns centuries old and so well preserved.



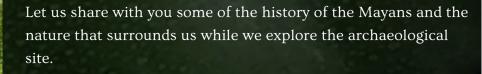
Trip Includes
Double or single ATV
Personal guide
Water + snack
Visit 3 private cave cenotes
Roundtrip transportation in sprinter van

Duration: 2-3hs



#### SIAN KA'AN + MUYIL EXPEDITION

Hidden in the jungle of Sian Ka'an biosphere we are able to find Muyil, one of the most enigmatic archaeological sites on this area, its privileged location on the jungle close to the lagoon makes this archaeological site very unique and magical.



After our walking tour through the archeological site and some jungle paths, we will arrive to the lagoons, where we will be taking a boat managed by a Mayan community that will take us to the Lazy River. On the Lazy River we will do a relaxing floating with the natural currents of the canals surrounded by mangroves and birds that will allow us to submerge in nature and connect with it.

After floating we will continue to taste some of the most delicious tacos in Tulum.



Trip Itinerary 8:00am - 9:00am Pick up time 9:30am Muyil Walking Tour 11:00am Lazy River Floating 12:30pm -1:00pm Lunch 1:30pm -2:30pm Drop off

Trip Includes
Certified Tour Guide
Entrance fee to Ruins
Floating
Lunch + Snacks + Water
Roundtrip Transportation
Duration: est 7hs

Pricing x1 Person \$420 x2 - x3 People \$200 Per Person x4 - x10 People \$190 Per Person



## AKUMAL MONKEY SANCTUARY

This is an ideal experience for families; a fun and safe way to contribute to the welfare and conservation of exotic and endemic fauna in danger of extinction.

Trip Includes

Expert guides will teach you all about animals

Meet & learn from more than 50 rescued species.

Participate in our bonding program with macaws, snakes, primates.

With your visit you are supporting our efforts to keep

With your visit you are supporting our efforts to keep rescued animals in a safe home.

Duratioon 2hrs

Pricing Available Upon Request



# MONKEY SANCTUARY + ATV JUNGLE TOUR

Feel the adrenaline of riding your own 4×4 ATV and get ready to live an amazing adventure. Our ATV have a capacity of up to 2 passengers, ideal to take a day off with your family on the most fun way possible. We will make sure to bring you comfort and safety during your trip.



Full Monkey Sanctuary Tour (Bonding with primates included).

Participate in our bonding program with macous, and

Participate in our bonding program with macaws, snakes, primates.

Safety briefing and procedures on riding the ATV. Off-road drive through the jungle of Akumal. Discover & swim in one of the most beautiful cave cenotes!

Pricing Available Upon Request

### TULUM TOURS & EXCURSIONS



#### RIVIERA MAYA CHARTER

Optional Tours:

3-hour Private Charter along the Riviera Maya Coast

Cruise along the Riviera Maya coastline and stop in the Bocana Inlet to relax, and party.

<u>4-hour Private Charter to the Paamul Bay</u>

Cruise to the tranquil Paamul Bay for snorkeling and visit the beach.

4-hour Private Charter to the Inha Reef
Cruise to the InHa reef and snorkel with turtles, stingrays, and tropical sea

<u>5-hour Private charter to the Inca reef and Bocana</u> Snorkel at InHa reef with sea turtles, stingrays, and tropical sea life, and then we head to la Bocana inlet.

8 Hour Private Charter to Conzumel & Tulum Available



40' Sea Ray Yacht

40.8 ft / 12.43 mt long
Max capacity: 12 guests
1 master bedroom with queen-size bed
Air-conditioned interior
Large sundeck
High-end Sound System with Bluetooth



42' Azimut 42 Yacht

42 ft / 12.8 mt long
Max capacity: 15 guests
Air-conditioned interior
Spacious flybridge with sofas
Large sundeck
High-end Sound System with Bluetooth



#### 50' Azimut Yacht

50 ft / 15.24 mt long
Max capacity: 20 guests
Air-conditioned interior
Large sundeck
Large shaded flybridge
High-end Sound System with Bluetooth



#### 38' Luxury Lagoon Catamaran

38 ft / 11.58 mt long
Max capacity: 15 guests
3 master bedrooms with queen size beds
Large Trampolin sundeck for Sunbathing
Large shaded aft deck with spacious sofa area
High-end Sound System with Bluetooth



#### 40' Luxury Leopard Catamaran

40 ft / 12.2 mt long
Max capacity: 20 guests
Large Outside Shaded Dinner Table
Large semi-shaded lounge area
Large Trampolin Sundeck for Sunbathing
High-end Sound System with Bluetooth



#### 44' Luxury Leopard Catamaran

44 ft / 13.6 mt long
Max capacity: 30 guests
Large Outside Shaded Dinner Table
Shaded Forward Cockpit
Large Trampolin Sundeck for Sunbathing
Air-conditioned interior
High-end Sound System with Bluetooth



#### 45' Luxury Lagoon Catamaran

45 ft / 13.7 mt long
Max capacity: 35 guests
Large Outside Shaded Dinner Table
Shaded Forward Cockpit
Large Trampolin Sundeck for Sunbathing
Air-conditioned interior
High-end Sound System with Bluetooth



#### 65' Custom-Built Catamaran

65 ft / 19.8 mt long
Max capacity: 100 guests
Catamaran sunbathing nets
Huge outdoor double grill
Built-in water slide
4 bathrooms
high-end sound system



## AKUMAL BAY RESORT DIVE CENTER

Diving for us is not just a job but a passion, a love for the sea, and love for the nature that surrounds us. For this land is made up of many contradictions, where beauty explodes, but other times it is hidden, as in the Cenotes, whose transparency of water makes use feel as if we were suspended. Our pleasure is to discover these beauties with you and share a passion that is full of unforgettable



Dive Options
Ocean Dives (multiple locations)
Cenote Dives (multiple locations)
Padi Course



<u>Pricing</u> Available Upon Request



#### CENOTE XUNAAN-HA

"Goddess of Water" in English is an incredible crystal clear cenote located at Chemuyil village. Cenote Xunaan-Ha is the fourth longest cave system in the Riviera Maya, highly recommended for advanced divers.

Snorkelers are welcome too, the crystaline water is awesome and shallow, however we recommend you renting a life jacket.





#### CENOTE TAK BI HA

enote Taak-bi-ha is one of the most beautiful cenotes of the Riviera Maya, on the Mexican Caribbean coast. With crystal clear waters and spectacular rock formations, it is especially suitable for a great snorkeling and diving experience.

It is one of the few cave cenotes that you can find on the Riviera Maya, in the Mexican state of Quintana Roo, in the south of the Yucatan Peninsula.