
1:1 SESSIONS AT IKAL



A collection of spiritual, inspiring, profoundly relaxing and pleasant well-being experiences.

ANCESTRAL THERAPIES



TEMAZCAL:

An ancient steam bath ritual that offers a profound journey into the depths of Mother Earth's womb. This ritual employs heated stones and therapeutic herbs to purify one's physical, mental & spiritual dimensions deeply. Through controlled breathing and ceremonial songs, this experience is a transformative process to renew your energy and undergo a profound personal rebirth.

90 min. | \$7,000 per group from 1 to 5 guests

Extra person \$1,500 | Maximum capacity 20 people

MAYAN SOBADA:

A traditional Mayan massage using sacred copal is a deep massage that heals and cleanses the body while expanding energy channels.

90 min. | \$3,400

60 min. | \$3,000

CACAO RITUAL:

A sacred encounter with your being via the four elements. We will co-create an intimate and safe space to welcome our hearts, cultivate love and compassion for ourselves and connect with our self-healing power. It is a therapy that combines the power of cacao, the medicine of the heart, with music and specific tasks following the region's traditions.

2 hours | Couple's Experience: \$4,000

Extra guest \$700

CLEANSING ENERGY THERAPY:

Come and enjoy a cleansing with medicinal plants to release stagnant energy.
Optional: typical mexican cleansing with egg.

60 min. | \$3,000 mxn.

REBIRTH CLAY RITUAL:

Using the medicine of Mayan clay combined with ancestral native sound healing, you will be guided through a deeply restorative and grounding journey.

90 min. | \$3,400 per person

Couple Experience: \$5,000

More than three guests: \$1,600 per person

Perfect for celebrating birthdays or as a couple's experience, beautiful for anniversaries and engagements.

MASSAGES AND SIGNATURE THERAPIES



RELAXING:

Superficial massage with gentle pressure to relax the muscle, improving circulation.

60 min. | \$2,400

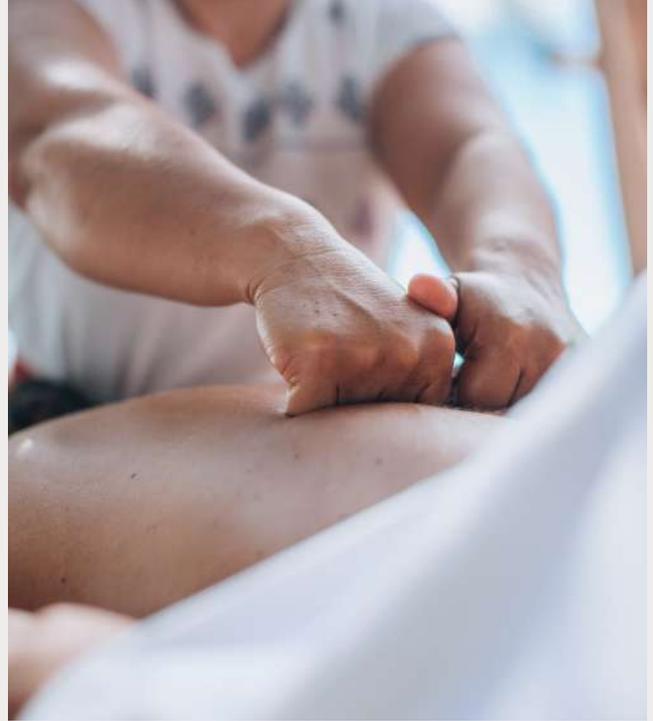
90 min. | \$3,000

DEEP TISSUE:

A firm massage that reaches below the superficial muscle layers and releases contractures.

60 min. | \$3,000

90 min. | \$3,400



HOLISTIC LIFT FACIAL YOGA:

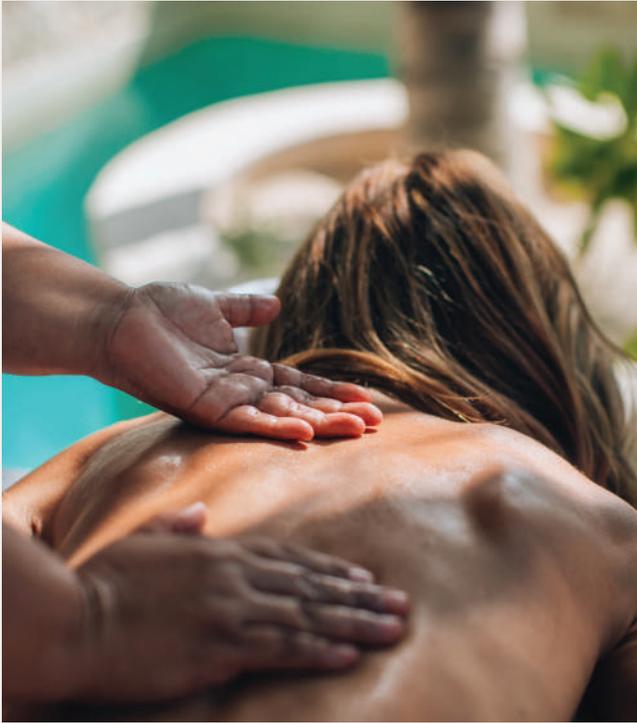
Holistic yoga facelift facial therapy. The treatment relaxes, tone and lifts the facial muscles to eliminate toxins that age the face. During the treatment, a face mask and body reflexology are used to clean impurities.

90 min. | \$3,400

HOLISTIC MASSAGE:

Focused on spiritual and physical aspects. A combination of stretching, pressure on energy points, energy channels and muscle trigger points creates muscle relaxation and fluidity of internal energy. Then, 30 minutes of energy work with Reiki therapy to cleanse the chakras and emotions.

90 min. | \$3,400



SIGNATURE MESSAGES:

Discover our therapist's unique creations in these therapies made from the heart.

KYTA:

A relaxing, deconstructing, energetic and deep massage that allows us to clear physical and emotional blockages through stimulating strategic points in our spine. This therapy combines gentle chiropractic stretches with conscious breathing and Reiki.

90 min. | \$4,000

CRYSTAL HEALING:

A combination of organic oils, massages, aromatherapy, crystals and Reiki. A therapeutic experience, tailor made for each person, that can reconnect body and mind and bring balance and wellness to the organism.

90 min. | \$4,000

OSTEOPATHY:

Osteopathic massage focused on body balance, integrating each joint and muscle with mobilizations, stretches and techniques to relax and restore visceral and fascial movement, ending with Reiki therapy.

90 min. | \$4,000

**As they are special therapies, they can only be given by their creator and are subject to availability. We suggest you book in advance.*

THE BODY AS THE HEALING SOURCE



ICE BATH SESSION:

The power of the breath and cold guides you every step of the way on a natural path to strength, health and happiness. With this breathwork and ice immersion, you will reset the autonomous nervous system, activating the body's immune response and producing noradrenaline, reducing inflammation and boosting well-being.

1 hour \$3,000

Extra guest: \$1,000

REFLEXOLOGY:

Target your stress, anxiety, pain and fatigue with this short but effective therapeutic technique.

45 min. | \$2,000

PRIVATE YOGA CLASS:

A one-on-one yoga session entirely tailored to the practitioner's specific requirements, providing an excellent chance to enhance their comprehension of yoga and make notable progress in their practice.

90 min. | \$1,500

Extra guest: \$500

AERIAL SESSION:

Live the experience of flying on fabric or elastic ropes in the Caribbean sea. Combining elements of acrobatics, dance and yoga, don't miss the opportunity to defy gravity in a unique place. One-on-one, two-by-one or group sessions. Intended for all audiences. You don't need previous experience.

*The discipline requires appropriate sports clothing.
Elements: fabrics, fixed ropes with harness or Bungee.*

60 min. | \$1,400

Extra guest: \$1,000

BREATHWORK:

Embark on a journey of self-discovery and healing with our guided breathwork session. Immerse yourself in the power of conscious breathing techniques to release tension, promote relaxation and enhance your overall well-being.

60 min. | \$3,400

DEEPER UNDERSTANDING



ASTROLOGICAL HEALING SESSIONS:

Choose a private session with our experts, choosing the one that best serves you.

Astral Chart Reading: Chart reading as a tool of self-knowledge for spiritual evolution.

Solar Return Session: Reading the current year's Solar Return and other techniques (progressed chart, transits and projections) identify the present moment in your life.

Synastry session: Comparative reading of a couple's Astral Charts.

90 min. | \$4,000

Contact:

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TONALPOHUALLI- MEXICAN PREHISPANIC ASTROLOGY

Tonalpohualli is a sacred count of time that guides us through our journey on this earth, showing a diverse set of natural forces and their interrelationships. From the Mesoamerican perspective, it is a logical order of time that forms an ascendant spiral. It helps us to consult, diagnose and forecast numerous activities. Nowadays, this ancient tool helps us understand who we are and find peace within our mind, body and spirit.

90 min. | \$3,400

TAROT READING:

A reading using tarot and oracle decks to receive insight and guidance about the current energies playing in your life, clear out blockages and learn hacks to transform your reality and tap into your most authentic, fulfilled self. This is for you if you've been feeling confused, stuck, uncertain and/or need direction and transformation in any particular situation or area of your life.

60 min. | \$3,400

**Prices are in Mexican pesos. Tax is included. Service is not included.*

**If you are delighted with your therapist's work, may we suggest a 10% service tip?*

**Please consider that if you do not cancel or reschedule up to 24 hours before your appointment for massages and 48 hours before your ceremony or do not show up, you will be charged in full.*

**Images in this brochure are illustrative and may differ from actual therapy settings.*

**Front desk Glamp Ikal:
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• MAYAN SANCTUARY •