

# Centro Holístico

Basados en antiguos y tradicionales métodos mexicanos, nuestros tratamientos se centran en la simplicidad. Buscamos cuidar tanto el cuerpo como la mente a través de una cuidadosa selección de terapias holísticas.

## Tejido Profundo

60 min - 160 USD / 90 min - 210 USD

Masaje enfocado en los músculos de la parte superior del cuerpo para ayudar a disminuir el dolor y la tensión. Trabajando en las capas más profundas del tejido blando, este tratamiento es útil para condiciones crónicas del cuello, los hombros y la espalda.

## Masaje Relajante

60 min - 140 USD / 90 min - 170 USD

El masaje relajante es un tratamiento aplicado de manera firme y progresiva para liberar la tensión del cuerpo, ayudando a calmarlo y relajarlo..

## Masaje Holístico

60 min - 150 USD / 90 min - 195 USD

Este masaje crea armonía e integridad, utilizando diferentes técnicas que desbloquean el cuerpo espiritual y físico.

# Wellness Center

Based in ancient and traditional Mexican methods, our treatments maintain simplicity;  
We seek to care about body and mind through a curated selection of holistic therapies

## Deep Tissue

60 min - 160 USD / 90 min - 210 USD

Massage focused on the muscles of the upper body to help decrease pain and tension. Working deeper layer soft tissue this treatment is helpful for chronic neck, shoulder and back conditions.

## Relaxing Massage

60 min - 140 USD / 90 min - 170 USD

Relaxing massage is a treatment applied firmly and progressively to release the tension of the body helping it to calm and relax it.

## Holistic Massage

60 min - 150 USD / 90 min - 195 USD

This massage creates harmony and wholeness, using different techniques unlocking the spiritual and physical body

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## Masaje de Barro Maya

90 min - 220 USD

Masaje tradicional con barro aplicado en todo el cuerpo, utilizando manipulaciones relajantes, ayuda a eliminar toxinas del cuerpo y rehidrata la piel, entre otros beneficios.

## Masaje Tradicional Maya

90 min - 220 USD

This is a full body massage with specific attention to the readjustment of internal abdominal organs. This belly massage has a deep effect on your digestive system creating a sense of well-being.

## Masaje Maya con Miel

90 min - 220 USD

Back massage with honey and hot water fomentation to relax muscle tension, followed by a full body oil massage. It has a decontracting and relaxing effect due to the active ingredients of honey.

## Masaje de Piedras Calientes

90 min - 220 USD

Relaxing massage with hot stones placed on acupressure and energy points that serve to help relax muscle tension and achieve a perfect energy balance.

# Wellness Center

## Mayan Clay Massage

90 min - 220 USD

Traditional massage with mud throughout the body, using relaxation manipulations, helps eliminate toxins from the body and rehydrates the skin among other benefits

## Traditional Maya

90 min - 220 USD

This is a full body massage with specific attention to the readjustment of internal abdominal organs. This belly massage has a deep effect on your digestive system creating a sense of well-being.

## Mayan Honey Massage

90 min - 220 USD

Back massage with honey and hot water fomentation to relax muscle tension, followed by a full body oil massage. It has a decontracting and relaxing effect due to the active ingredients of honey.

## Hot Stone Massage

90 min - 220 USD

Relaxing massage with hot stones placed on acupressure and energy points that serve to help relax muscle tension and achieve a perfect energy balance.