



ATLANTIS

Services Menu

I

Raiz

(Root Energy Center / Grounding)

Mezcal Body Treatment

A highly detoxifying and rich body exfoliation is mixed with traditional remedies to cleanse and restore your skin. The ritual includes a refreshing facial incorporating all five senses with the sweet earthy aroma of agave, pitahaya, soothing chamomile, and mezcal flavors to protect and renew your skin.

MXN 3,850 (75 min)

II

Harmony

(Sacred Energy Center / Creativity)

Relax the Circumference of Your Being

This relaxing massage helps reduce physical tension and opens the sensory paths of the body. The repetitive motions relieve tension and tiredness.

MXN 3,580 (60 min) / MXN 3,950 (75 min)

III

Joy

(Solar Plexus Energy Center / Power)

New and Brightening Skin Facial

This treatment uses deep cleansing and skin brightening techniques to reverse the effects of sun damage and premature aging. Vitamin C illuminates the skin, oxygenation improves cellular respiration, and stimulating microcirculation nourishes the deep layers.

MXN 4,350 (60 min)

Bio Ritual

Using the best vegan and botanical products, this facial ritual is focused on moisturizing the skin and unifying its tone. It creates a calming effect that lifts the skin and leaves every one of all ages and skin types feeling beautiful.

MXN 5,550 (75 MIN)

IV
Heart
(Heart Energy Center / Love)

Phyto Sensations

PhytoRelax is a hemolytic technique whose foundation comes from Ayurvedic therapies as acupressure and reflexology. The fusion of multiple massage techniques stimulates lymphatic points and activates blood circulation to eliminate toxins that cause cellulitis while improving mood and correcting any energy imbalance.

MXN 3,750 (75 min)

Special pressure point

During this shiatsu-massage, the masseuse uses finger and thumb pressure to target specific pain points to relieve pressure and enhance healing. Through Shiatsu, stiff muscles become supple, blood circulation and digestion are stimulated, and the nervous system calms.

MXN 5,950 (90 min)

V
Gratitude
(Throat Energy Center / Articulate)

Healing Your Body's Tissue

Created to release deep-tissue tension, this ritual is designed to relax painful muscles and stiff joints. This massage integrates percussion, stretching, and fascial release with traditional manual techniques to relax every tissue connected to a muscle.

MXN 4,550 (75 min)

Temazcalli Ceremony

The temazcal is an ancient ceremony that has been inherited from pre-Hispanic cultures, which allows us to understand that we are all connected with the elements of earth, water, fire and wind. The temazcal is also the representation of Mother Earth, so when entering this temple you have the opportunity to be reborn, detoxify the body, improve the immune system and open the respiratory system. Accompanying the therapy in a beautiful circle of songs and intention honoring and caring for this beautiful tradition.

MXN 3,700 - 1 guest
MXN 14,800 - up to 4 guests (120 min)

VI
Union
(Third Eye Energy Center / Intuition)

AiA Healing

Created for those who are active and experience daily stress to their bodies. Incorporating hot river stones on specific areas of your body while using varying rhythms and pressures to stimulate circulation, ease tension in deep muscles, and reduce inflammation. Recover the balance with this Reiki therapy and the powerful properties of crystals and quartzes.

MXN 4,150 (75 min)

Ixchel New Life

Specially designed for expecting mothers who have just past their first trimester and up to four-weeks before the due date. Inspired by Ixchel, the Mayan goddess of fertility and abundance, this full-body massage is designed to treat the unique needs of mothers during pregnancy and support their physical and emotional changes.

MXN 3,650 (60 min)

VII
Love Yourself
(The Crown Energy Center / Universe)

Soulmate Ritual

This ritual is an ancestral experience of self-discovery and open communication between couples, guided by two therapists that use ancient medical techniques to create a sacred safe space where couples can open their hearts, connect, and build great intimacy. A lomi lomi full body massage technique will be ideal to relax and calm the body and mind.

MXN 8,500 per couple (75 min)

VIII
Friendship
(Soul Star Energy Center / Higher Self)

Hot Stones for Body and Soul

A timeless ritual using hot river stones to balance the centers of spiritual power. In Mexico, minerals and crystals have been used for generations to balance the physical and mental energy planes. They can absorb emotions, eliminate blocked energy, and connect to the earth's healing powers, aligning the energy centers. This hot stone massage will improve your blood circulation and reduce muscle tension.

MXN 5,250 (75 min)

Heaven and Earth Harmonizing Facial

Our most luxurious answer for moisture-deprived skin and an exhausted nervous system. This hydrating facial treatment applies the benefits of rich botanical blends to completely relax, release and harmonize the skin.

MXN 4,550 (75 min)

IX
Kidness
(Spiritual Energy Center / Cosmic Star)

Youthful journey

An anti-aging facial treatment that increases the synthesis of hyaluronic acid to plump and improve skin tone and firmness. It smooths and reduces facial lines and wrinkles and leaves an overall softer and smoother skin texture.

MXN 5,950 (75 min)

Pre-Hispanic Ritual

A skin Ritual used by the Mayan ancestors to balance the mind, body, and soul. The journey begins with a rosemary and copal body scrub to revitalize and nourish the skin. The skin is then deeply moisturized by a body wrap with a hypnotically relaxing massage. A detoxifying and refreshing facial will provide the rest that your body needs, followed by river stone massage that uses its warm touch to recover the natural vibration of your body and soul.

MXN 5,950 (90 min)