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THE TRAVEL ISSUE

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Palmaia – The House of AiA (pg. 22)
Shot by Joel Alatorre




Plant-Based Paradise



Mexico's *Palmaia – The House of AïA* Resort Offers Guests an All-Inclusive Wellness Experience

By Allie Mitchell

Photographed by Joel Alatorre



*T*he lobby of *Palmaia – The House of AïA* provides stunning interior design, lovely fragrances, and smiling staff members—the perfect welcome for a tropical vacation. Leave the stress of your life behind and get ready to immerse yourself in the awe-inspiring classes, nourishing plant-based food, and top-notch amenities this vegan-friendly resort has to offer.



The Digs: Cruelty-Free Mattresses, Bedding, Linens, and Toiletries

Upon checking in, one of the resort's knowledgeable staff members guides you to your room and gives you a rundown of its features. There are several room options available at Palmaiã, including rooms for large families and suites with swim-up patios. The mattresses, bedding, and linens are entirely plant-based and cruelty-free, as well as the shampoo, conditioner, soap, and other toiletries. The cold kombuchas and sparkling waters in the mini fridge, nutritious vegan snacks, and glorious rain shower are sure to elevate your stay even further.

The Amenities: Spa, Gym, and Pools Galore

The Palmaiã is home to luxurious amenities that are available to guests each day. For starters, there are several picturesque pools, including two with swim-up bars and one designed for children. Additionally, there are two smaller plunge pools (decked out with jacuzzi jets and in a more secluded setting) and a natural cenote. For all you beach lovers, Palmaiã offers private access to the warm Atlantic ocean, with cabanas and lounge chairs from which you can order food and drinks while you relax and soak up some rays.

In addition to its epic water amenities, this plant-based resort has a gym with weights, treadmills, and ellipticals that face beautiful jungle scenery. Speaking of jungle, Palmaiã's full-service jungle spa is a wonderful place to practice self-care in-between classes. The massages, facials, and energy-healing therapies (like reiki) will leave you feeling relaxed, rejuvenated, and grounded.

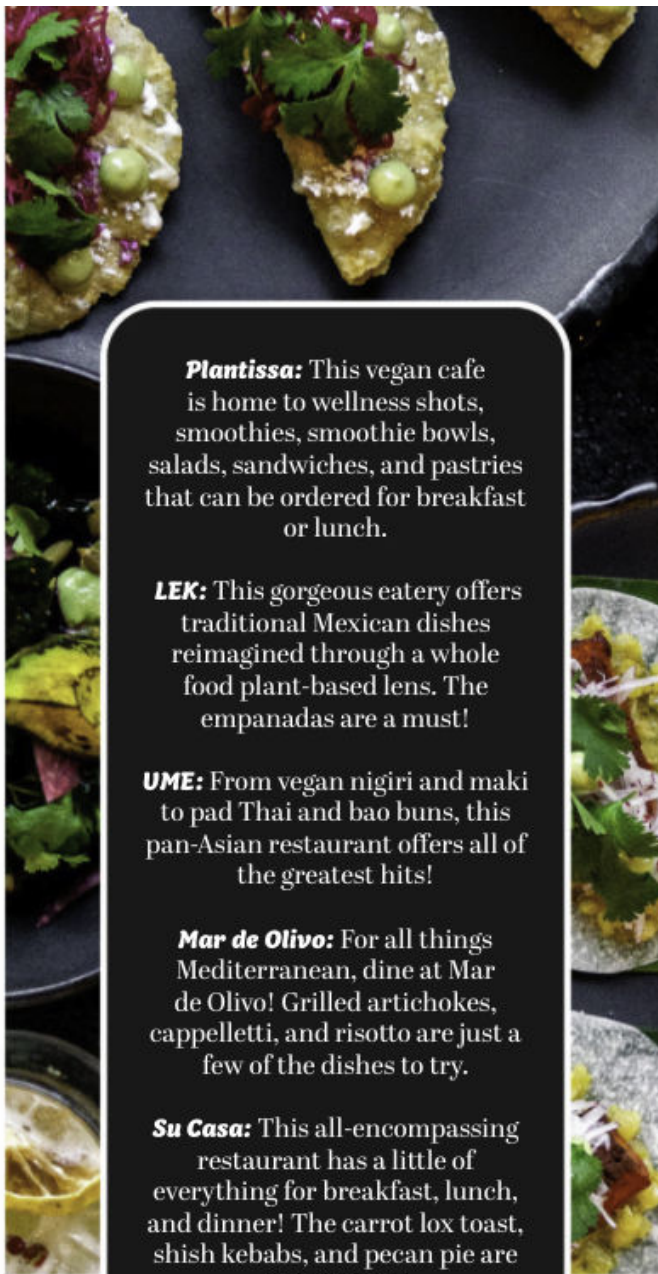
The Classes: Sharpen Your Mind, Body, and Soul

Getting bored isn't an option at Palmaiã! Participate in as many (or as few) classes as you'd like in the realm of mindfulness, movement, ceremonies, and rituals. There are seven activities a day—some that take place daily and others that rotate. Classes range from yoga, tai chi, and art to sound healing, breathwork, and gravity control.

Each course is designed by inspiring professionals who give you the tools to embrace yourself fully while discovering ways to live a more balanced, connected life. It isn't rare for guests to leave this paradise with a stronger mind-body connection, greater sense of self, and increased feeling of groundedness.

The Food: Innovative Plant-Based Cuisine

Since Palmaiã is an all-inclusive resort, the culinary staff hooks it up for breakfast, lunch, dinner, and everything in-between! With four restaurants, one cafe, and one food truck on-site (in addition to 24-hour room service), all curating is done by Executive Chef Charly Garcia, who has trained at Michelin-starred restaurants and worked alongside renowned vegan chef Matthew Kenney. The menus boast health-forward twists on culinary classics, as well as innovative bites inspired by a variety of cuisines. Here's the full rundown on each spot:



Plantissa: This vegan cafe is home to wellness shots, smoothies, smoothie bowls, salads, sandwiches, and pastries that can be ordered for breakfast or lunch.

LEK: This gorgeous eatery offers traditional Mexican dishes reimaged through a whole food plant-based lens. The empanadas are a must!

UME: From vegan nigiri and maki to pad Thai and bao buns, this pan-Asian restaurant offers all of the greatest hits!

Mar de Olivo: For all things Mediterranean, dine at Mar de Olivo! Grilled artichokes, cappelletti, and risotto are just a few of the dishes to try.

Su Casa: This all-encompassing restaurant has a little of everything for breakfast, lunch, and dinner! The carrot lox toast, shish kebabs, and pecan pie are our favorites.

Charly's Vegan Tacos: Veganized Mexican street food is this food truck's middle name! Plantain chips and guac, elote, and tacos loaded with house-made meats are just some of the dishes you can indulge in.

The Philosophy: Planet-First Practices

Last but certainly not least, let's talk about sustainability! Palmaiia puts the planet first in every aspect. For starters, its architecture was built around the natural landscape. So instead of leveling the ground and chopping down all of the trees, Palmaiia was built to accommodate the native land and plants. The facilities are powered by solar panels and other renewable resources—not to mention the fact that Palmaiia uses 50% less energy than the traditional resort. As mentioned before, the food is plant-based, the rooms and materials are eco-friendly, and there are no plastic bottles used on-site! Instead, guests are encouraged to use the refillable tumbler that is gifted to them upon arrival.

Now that you know all there is to know about Palmaiia – The House of AiiA, there's just one thing left to do ... book your stay!

To learn more about Palmaiia or to book your stay now, visit thehouseofaia.com.

Staff Writer Allie, Founder Maggie, and Creative Director Joel had the pleasure of staying at Palmaiia.



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