

ATLANTIS

Services Menu



## ATLANTIS SPA

Cenotes are a sanctuary here at the heart of Palomaia. In Mayan culture, life and death emerge from the waters deep inside cenotes as pure symbols of manifestation, transmutation, love, life, and resilience. Places to be reborn in the expert hands of our master healers, temples where bodies become vessels renewed by the healing properties of mother nature.

For the ancient Toltecs—who were the first Mexico—there were various energy centers known as Kuekueyos (luminous spirals) and Tsitsimitl (assemblage points). In these centers, there are a multitude of nerve endings that form a kind of crown. When they harmonize a circular "ollin" movement is produced at an energetic level—like the form of the great "coatl" snake.

To embody a state of well-being, these centers must remain in constant motion so that their fluidity and vitality is in harmony with the universe—to achieve coherence between heaven and earth, between our thoughts and our actions—and thus remind our being to vibrate as the universe does

In lak'ech - I am your other you...

At Atlantis, we work with the activation and harmonization of these energy centers, awakening the consciousness of our being and activating the self-healing of our physical, mental, emotional, and spiritual bodies.

Our mission is to help visitors through modern interpretations of this wisdom that has been passed down through the ages—to be a channel for their metaphysical health and help manifest their energetic self-awareness. Some of this knowledge originates from various codices of the Anahuac culture, the best known being the Borgia codex.

|                                       |  |
|---------------------------------------|--|
| <b>Tonatiuh</b><br>Sun                | Located outside the field of light energy. Leads to the yearning for total freedom.                            |
| <b>Meztlī</b><br>Moon                 | Located above the head. It manifests itself in the transcendence of being.                                     |
| <b>Tekpatl</b><br>Obsidian knife      | At the Crown, is the assemblage point of perception, and governs the ability to change state of consciousness. |
| <b>Chalchihuitl</b><br>Precious stone | Between the eyebrows. It represents intuition.   |
| <b>Topilli</b><br>Baton of command    | In the throat. Decision making.  |
| <b>Xochitl</b><br>Flower              | In the heart. It is the consciousness of the nahual.   |
| <b>Pantli</b><br>Flag                 | At the navel. Capacity for self-awareness.   |
| <b>Ihuitl</b><br>Feather              | In the womb. Capacity for socialization.   |
| <b>Kolotl</b><br>Scorpion             | At the base of the spine. Endows us with reproductive capacity.  |

TOTAL FREEDOM



TONATIUH

TRANSCENDENCE



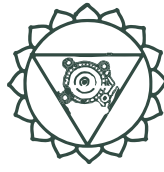
MEZTLI

CONNECTION WITH THE DIVINE



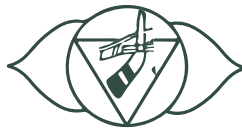
TEKPATL

INTUITION



CHALCHIHUITL

EXPRESSION



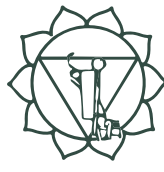
TOPILLI

LOVE



XOCHITL

MIGHT



PANTLI

CREATIVITY



IHUITL

EARTH CONNECTION



KOLOTL

## Traditional Massage Experiences

### Embrace of the ancient mother

90 mins

A ritual of ancient origin that uses hot river stones, called "grannies" to balance the centers of spiritual power. Since time immemorial, thermotherapy has been practiced as a natural healing remedy to absorb muscle tension, eliminate blocked energy and remind us to reconnect with the earth. A deep and comforting therapy that together with the warm hands of our healers will support your being's natural balance.

### Uitsmetl Therapy

75/90 mins

This traditional Swedish massage is perhaps one of the oldest techniques to relax the mind and promote circulation. The sweet aroma of aloe vera will delicately envelop your body as our healer uses gentle, firm movements to direct energy to the center of the heart. This establishes a balance between mind and emotions in order to attain a sense of heaven on earth.

### Atlachinolli Ritual

90 mins

In this ritual designed for couples—inspired by the Pacific Islands and their renowned Lomi lomi massage tradition—the fire and the water invites us to remember our intentions as we meet on this plane. Space is given for the renewal of your love by the presence of the water, the earth and the wind to thank for our loved one's presence.

### Aroma Naab Massage

90 mins

Ancient healers regularly used medicinal plant essences in holistic healing to reconnect with the highest vibrations of our being. An emotive aromatherapy treatment with delicate and very soft lymphatic massage that uses essential oils to release stagnant emotions, toxins, and reminds us to harmonize as nature does.

### Goddess Ixchel

75 mins

Ixchel, the Mayan goddess of fertility and abundance, teaches us to honor and thank the beginning of life in a celebration of motherhood. Dedicated to pregnant women, this full body, prenatal therapy addresses the unique needs mothers have during their second trimester of pregnancy. It supports their physical and emotional changes in an environment of total comfort and relief.

### Ollin Massage

90 mins

This therapeutic massage sequence uses pressure points, meridians, circulatory compressions, joint mobilizations, stretching, and reflex stimulations. It opens the field of physical healing on a spiritual plane thanks to a surrendering of mental control, in order to let oneself be carried away on a journey guided by the body's fluidity, opening up to movement: ollin.

## Signature Massage Experiences

### Mezcal Ritual 120 mins

This ritual salvages the oldest traditions of Mexican culture, incorporating mezcal as an element of purification and renewal. Delight your skin with a delicate exfoliation—using the regenerative properties of nopal, agave, and prickly pear—to detoxify the body in an environment full of aromas, sounds and textures that transport you on a journey through the expert hands of Mexican healers.

### Wiinik Naal Ritual 120 mins

Mayan sages have gifted us the best healing techniques. According to them, men come from corn: a sacred food that forms the soul, willpower, and feelings. During this ritual, we enjoy the best and oldest deep massage techniques, a nourishing organic corn exfoliation, and a corn-based wrap—leaving your skin and body completely renewed, as if reformed by the gods.

### AiA Essence 75 /90 mins

AiA and her universal energy invite us to reconnect with our essence by channeling gratitude for our body. In this therapeutic ritual, we release emotions and detoxify the soul with the best decontracting, relaxing, and reflective techniques, combined with the warm embrace of grannie stones, rosemary, quartz, and minerals to harmonize with reiki therapy our energy centers.

### Mexican massage 120 mins

Ancient Mexico has a long legacy of treatments that give relief to the body—tools that our grandmothers have used for years. During this treatment, various therapeutic techniques are combined with gourds, shawls, and deep movements, in combination with a mud poultice, that will lead to profound, muscular relief.

### Prehispanic Ritual 120 mins

Skin ritual used by the Mexica ancestors to balance the mind, body and soul. The trip begins with a ceremony in our beautiful natural space: the cenote; where sacred space is opened to ask and thank the guardians and essences of this jungle for everything that the Being requires, integrating copal smoke and herbs to cleanse the energy. Then in your treatment temple, you will enjoy a body exfoliation with a delicate organic luffa that cleanses, revitalizes and nourishes the skin with its multi-active ingredients, leaving a delicate herbal aroma, followed by a warm and comfortable handmade massage with artisanal herbal compresses that will take your body through a journey of sounds and botanical aromas, in order to achieve the harmony and natural balance of the Being.

### Ixtli Ritual 90 mins

Nature is not something external to the human being, but a part of him and his devotion. In this vegan treatment full of effective components created by nature itself, you will enjoy a sublime massage with the best-personalized techniques, followed by a moisturizing facial that soothes and nourishes the skin, reminding your being that peace and beauty come from within.

## Pampering for the skin

### Ancestral Garden Facial

90 mins

This pure, organic, and loving facial opens the door to a rich wellness experience. A vegan treatment based on meditative principles, it uses techniques that stimulate the limbic system by targeting three senses: smell, sound, and touch. Skin looks brighter, firmer and visibly younger. A harmonious way to pass the time for all skin types, even the most sensitive and demanding.

### Luminous Jade Facial

75 mins

During this restorative, Vitamin C facial, the oxidation process is delayed and provides what the skin needs to look young and renewed, in all its splendor—thanks to jade rollers that promote lymphatic drainage and promote luminosity, elasticity, and hydration.

### Xochiquetzal Facial

90 mins

This facial treatment is inspired by the beauty, luxuriousness, and health of storied Mexican goddesses. It contains amethyst, passionflower, and a pistacia lentiscus powder to favor cell regeneration, leaving the skin plump, firm, and totally rejuvenated.

### Detox Cleansing Facial

90 mins

During this therapy, deep cleansing and detoxification of the face is carried out using non-invasive methods, which activate the skin's own wisdom by having the ability to heal itself after applying the healing properties of activated charcoal, cleaning dull, congested and withered skin prone to acne; a double mask with a purifying and calming effect is applied that achieves the optimum Ph level in the skin.

### Papalotl Body Ritual

90 mins

This body and facial experience is inspired by the shared knowledge of Mexican healers to promote the cellular regeneration process that your skin needs after sun exposure. A comforting aloe vera cocoon, followed by a repairing facial, takes you to a place of sublime restoration and renovation.

## Energy Healing Therapies

### Temazcal Ceremony

150 mins

The Temazcal is an ancient ceremony that has been inherited from pre-Hispanic cultures and is in some ways similar to a sweat lodge. The temple is a representation of mother earth with hot lava rocks in the middle. It allows us to connect at an elemental level with earth, water, wind, and fire.

During the ceremony, we have the opportunity to be reborn, detoxify our bodies, boost our immune system, and open our respiratory tracts. Accompanying the therapy is a guided circle of songs, intention honoring, and caring through the traditions of this powerful experience.

Ask your spa guide for group and private sessions.

### Biomagnetism Therapy

This innovative, Mexican, therapeutic system applies magnets of opposing polarities, in specific points of the body, to restore optimal health conditions in the target organism. The Biomagnetic Pair detects and corrects the pH of the internal organs and tissues of the body. By impacting a negative magnet at the point of alkalinity and a positive magnet at the point of acidity, it is possible to restore optimal conditions.

### Fire Ceremony

60 mins

Since the beginning of humanity, fire has been considered a sacred element that has the ability to purify and transform anything. A fire ceremony is a powerful ancient practice to release any attachment or energy from your mind and soul and to make space to create new intentions. From Atlantis Spa, this space emerges in the middle of the jungle so that, accompanied by our healing guide and pre-Hispanic songs, the transformation of your being is manifested.

### Biocharger Session

This device BioCharger NG utilizes four different energy types – Light, Voltage, Frequencies & Harmonics, and Pulsed Electro-Magnetic Fields (PEMFs). Each has its fair share of supported research; however, the BioCharger NG is the first platform to incorporate all four beneficial energies into one platform. Ask your spa healer for these 6-people group sessions.

### Universal Energy Therapy (Reiki)

60 mins

Surrounded by aromas and sounds charged with harmonious frequencies, this treatment connects one with their higher self through a connection with universal energies and thus harmonizes and balances the energy centers of the body. Our healer uses techniques that channel and transmit vital energy through the application of their hands, to encourage peace and balance on various levels: physical, mental, emotional and spiritual.



## Caresses for the Little Ones

Our ancient healers treated children and teens with massage techniques inherited from a knowledge that is aimed at healing the body and spirit so they feel at home. Using delicate, natural elements, we have designed these experiences to strengthen the emotional bond between parents and children. Recommended for ages 12 to 16.

### Sweet Dreams 60 mins

The smallest members of the house will visit dreamland. A nourishing aloe vera cream is applied, enveloping and relaxing with slow movements that provide deep relaxation, release muscle tension, and strengthen self-esteem.

### Organic Youth Facial 60 mins

Young people need delicate skin care, so we use natural, organic, vegan ingredients to provide hydration, freshness and luminosity to the face, balancing the skin's natural ph.

### Soul to Heart Ritual 90 mins

A moment of connection between parents and children to strengthen their bonds of love through a small ritual of joined hands. Enjoy a sublime massage with a nourishing aloe vera balm, followed by an organic facial massage to celebrate life and family to the fullest.

To best indulge in Atlantis Spa,  
please take a moment to read this

**Etiquette:**

To ensure all guest can enjoy the peaceful sanctuary at Atlantis Spa, we respectfully request all visitors keep noise to a minimum. Cellular phones and electronic devices are discouraged.

**Reservations:**

To secure your preferred date and time of treatment we recommend to schedule your treatment session during the first 48 hours upon arrival.

**Check in for spa treatment:**

Please check in at the spa at least 15 minutes before your appointment, to avoid reduced treatment times.

**Natural areas:**

We are delighted to have a peaceful open cenote (water cave) and we encourage visitors to enjoy this space before their treatment starts.

Please note we are committed to respecting and protecting natural areas, therefore sun lotion or any body products are not allowed in the cenote waters. Guests can shower before and after their treatment at our spa's facilities. Minors are not allowed to access to the spa facilities, unless they are fully accompanied by an adult at all times. Please note that the cenote is exclusive for guests with spa treatment.

**Dress code:**

To enjoy the natural cenote bathing suit is mandatory. For body treatments, facials and massages bathrobes are provided. The use of underwear is optional.

**Spa treatment hours:**

Spa reservation hours are from 8:00 AM to 7:00 PM

Spa treatments are from 9:00 AM to 7:00 PM

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**Cancellation policy:**

A 24 – hour cancellation notice is required to help us to reschedule your appointment, subject to space availability. Any cancellation with less than 24 hours notice or “now-show” will incur a 100% cancellation fee from the regular price list, not refundable. Reservations done for the same day cannot be reschedule or cancel, since are charge automatically at the moment of booking.

**Special consideration:**

Guest who have high blood pressure, heart conditions, are pregnant or have another medical complications are advised to consult their doctor before signing up for any spa services. Kindly inform your spa therapist of any existing medical conditions. We recommend eating and drinking in moderation and avoid alcoholic beverages prior to your spa service.

**Valuables:**

Please leave all valuables in your room’s safety deposit box. The Management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

**Smoking and alcohol:**

Smoking and consummation of alcohol within the spa are prohibited.

**Payment:**

All prices are quotes in mexican pesos and are subject to change without prior notice. Charge to the room is suggested; otherwise we accept all major credit cards.

**Gift Certificates:**

Gift Certificates for our spa treatments are available. For more details, please contact our wellness concierge.

**Disclaimer:**

The spa treatments, services and/or facilities received or utilized at Atlantis Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guest may have. Guest will fully indemnify and hold harmless Palmaia, the house of Aia, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.

\*Rights of admission reserved\*

## Frequently Asked Questions

### Who will help me decide how to choose my treatments?

One of our wellness concierge will help you plan the perfect spa experience, including the best sequence for your treatments.

### What if I have special health conditions?

Please notify a spa professional before scheduling your appointments. If necessary you can request a mini check-up with the doctor.

### May I request a male or female therapist?

Yes, of course, although we cannot guarantee the availability of a particular therapist or gender. All of our therapists are trained to drape towels discreetly to respect and protect your privacy at all times.

### What do I wear during my treatment?

If you want to swim by the natural cenote area do not forget to bring your bathing suit. For facials wear what is comfortable for you. Our staff provide you with undergarments for the body treatments.

### What if I'm late for my appointment?

Arriving late may limit the time for your treatment. Depending on the length of your service a late arrival may be classified as a 'no-show.

### How early do I need to check in for my scheduled appointment?

Early is always better. For Spa treatments, you need to check in at the reception 15 minutes earlier. This will allow you enough time to check in, get your locker assignment, change comfortably into your robe, and relax for 5 minutes before your spa treatment begins. Arrive 45 minutes prior to your first treatment if you want to enjoy the natural cenote.

### What precautions do I need to know?

We recommend eating and drinking in moderation and avoid alcoholic beverages prior to your spa service, exercise classes, whirlpools, and heat treatments. Do not shave your legs prior to a body scrub treatment. A severe sunburn may prevent you from enjoying a spa treatment. Be conscious and use good sun protection.

### What about tips?

Gratuities are not included with spa treatments, they can be charged to the room or delivered in cash, if you wish.

In lak'ech  
I am your other you

Open every day from 9:00 a.m. to 7:00 p.m.  
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