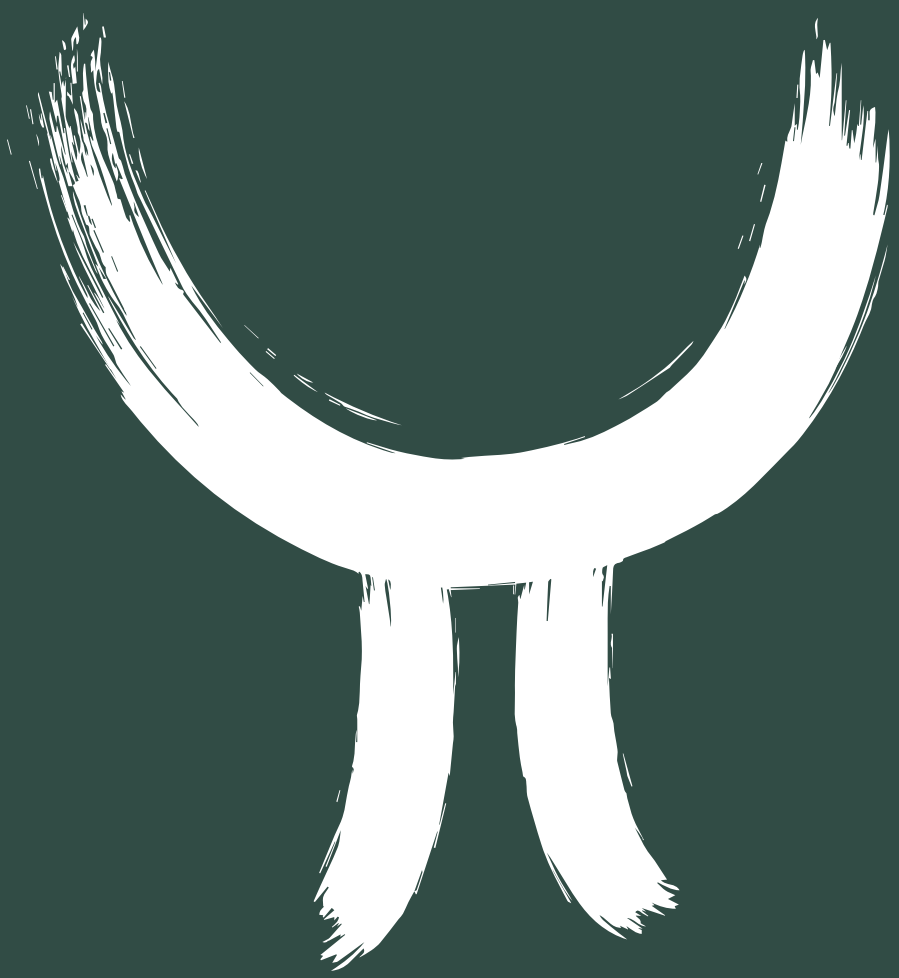


2023



ATLANTIS SPA

With cost





From time immemorial, humans have gazed upon nature, establishing a bond of love, harmony, and balance with everything that dwells within it.

This ancestral teaching, transmitted and safeguarded through words, chants, writings, and codices, finds Atlantis Spa a sanctuary amid the jungle. Its mission is to share, with respect and honor for the indigenous cultures, this precious knowledge with those who venture into the House of AïA.

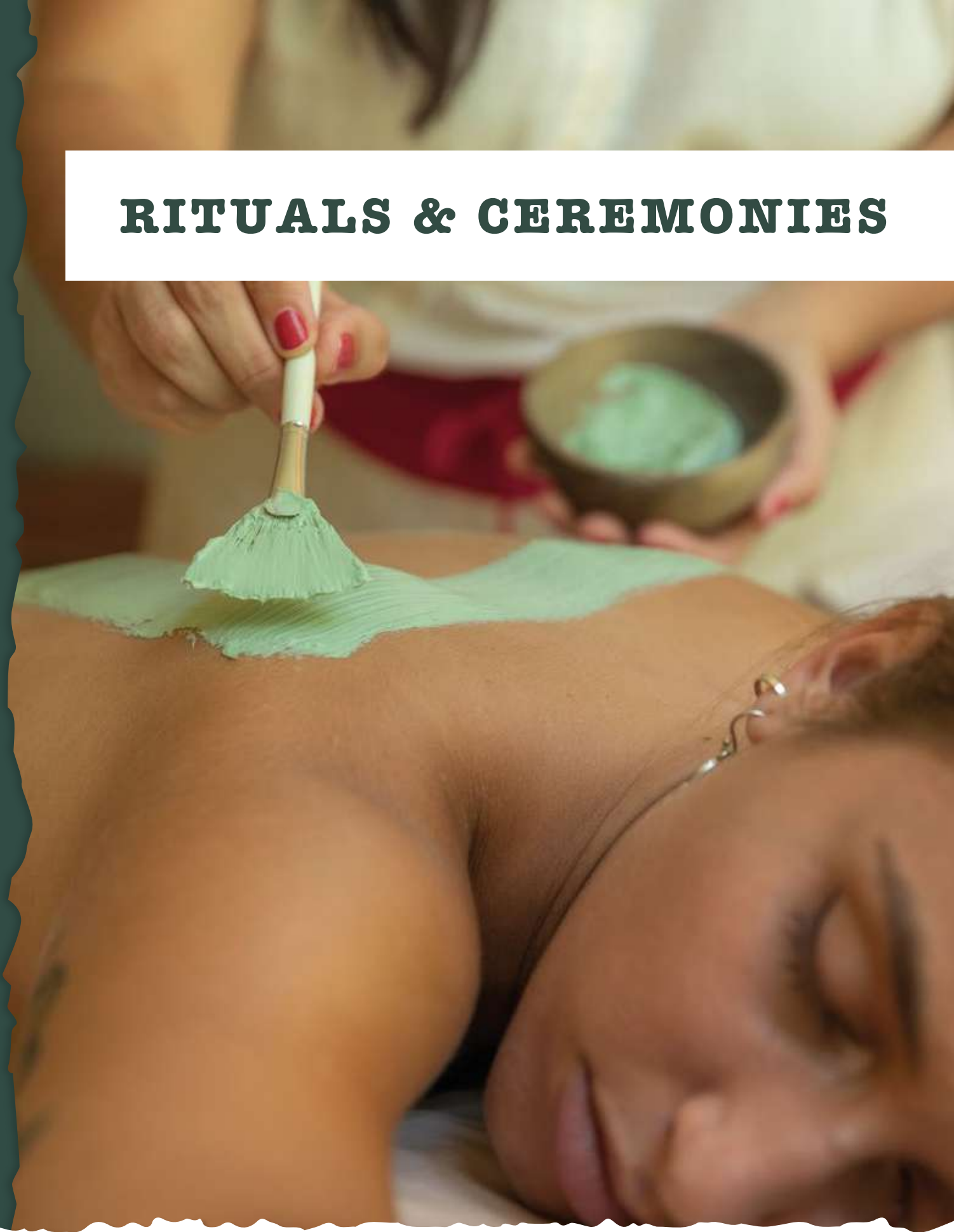
Our ancestors bequeathed the belief that each individual is born with a purpose, a unique gift destined to be shared with the world. As the cycles of life progress, this purpose shapes the soul and character of the individual. Thus, according to traditions of ancient Mexican cultures, we encounter medicine men and women, keepers of healing wisdom. Dedicated to healing and serving, they possess the inherited magic of transmitting and channeling messages and energy, strengthening their knowledge and intuition daily through continuous learning and introspection.

This insightful legacy awakens in Atlantis Spa, in our temples and paths of well-being, surrounded by the majesty of jungles, cenotes, and mangroves. Here lies our ancestral apothecary, where our holistic guardians craft elixirs and alchemical blends that come to life as natural essences that nourish the body and spirit, providing a sanctuary of deep healing for the soul.

Mezcal Ritual

120 minutes

This ritual preserves one of the oldest traditions of ancient culture, incorporating mezcal and the energy of the Mexica goddess, Mayahuel, as elements of joy, celebration and purification. Pamper your skin with this body exfoliation using regenerative and moisturizing properties of cactus, agave and prickly pear. Delight your senses as you're surrounded by the aromas, herbs, sounds and textures that will take you on a journey through the hands of Mexican healers, who utilize the most healing deep massage techniques.



RITUALS & CEREMONIES

AiA Essence

75/90 minutes

AiA and her universal energy invites us to reconnect with our essence by channeling gratitude for our body. During this therapeutic endeavor, you release emotions and tension with the best personalized techniques combined with the warm embrace of grannie stones. In a harmonious blend of lavender, basil, or hemp, the choice is yours to synchronize with Reiki and quartz energy centers and enhance the effectiveness of our Reiki therapy.

Aroma Naab Ritual

90 minutes

Ancient healers used distillates from medicinal plants as a method of holistic healing. During this emotional aromatherapy, and with the presence of essential oils, you will reconnect with the highest vibration of your being in a delicate and soft neurosedative massage that releases stagnant emotions and toxins, reminding your being to vibrate as nature does.



Wíinik Naal Ritual

120 minutes

Mayan sages have bestowed upon us the finest healing techniques. According to their wisdom, both men and women are believed to originate from corn: a sacred food that shapes the essence of the soul, willpower, and emotions. During this ritual, you will have the opportunity to connect with this sacred seed of the Mexica people, and you will experience the ancient ceremonial Mayan massage technique known as "friega," a nourishing organic corn exfoliation, and a corn-based wrap. These treatments will leave your skin and body entirely rejuvenated.



Fire Ceremony

60 minutes

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 allowing for space to create new intentions. At Atlantis Spa, this space emerges in the middle of the jungle while accompanied by our healing guide and pre-hispanic songs so the transformation of your being is manifested.

Temazcal Ceremony

180 minutes

Inherited from pre-Hispanic cultures, the ancient Temazcal ceremony is similar to a sweat lodge and takes place at the heart of Atlantis inside a dome-shaped temple, which represents Mother Earth and the maternal womb within. The guardian of the fire places volcanic stones and then adds water full of medicinal herbs. The temazcalli allows us to connect on a emotional level with the 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. Following the traditions of this powerful ceremony, the man or women who leads this medicinal ceremony will share ancient chants, drums, and pre-hispanic elements. At Atlantis Spa, we hold this ceremony with profound respect for ancient traditions, paying careful attention to the intent and honoring all who answer the invitation. Ask your spa guide about group or private sessions.



Mexican Massage

120 minutes

Mexican massage is a cherished heritage of the curanderos healers, who believe that pain and tension occur when blockages stagnate in the various energy centers. For this type of bodywork we incorporate indigenous healing elements such as shawls, herbs, tinctures, mud and gourds to administer an abdominal massage as a part of the body massage - a technique to stimulate and increase performance of the organs. This treatment is perfect for postpartum recovery, anyone who is mentally or physically fatigued, or at the beginning or end of an important cycle of their life, since a lot of vital energy is regularly lost when engaging in multiple occupations. This therapy will return your entire being to the center of where it belongs and will enhance the connection within yourself, improving health and good rest.

Prehispanic Ritual

120 minutes

A skin ritual used by the Mexica ancestors to balance the mind, body and soul. The experience begins with a ceremony where a 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, 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. This will be 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.



Samunprai Herbal Ritual

120 minutes

This timeless Thai therapy alleviates muscle pain and soothes the spirit with the fragrance of medicinal herbs. Legend has it that, soldiers in the service of the royal army were treated with hot poultice massages to help relax their minds and bodies after returning from battle. The Thai name Samunprai means "warrior's peace" and the therapy certainly works wonders on tense and aching muscles. Cloth bags filled with medicinal herbs including , chamomile, lemongrass, eucalyptus, rosemary and camphor salts are heated with steam and applied to the body as a poultice. The heat opens the skin's pores and transmits warmth deep into the muscles, giving relief and a comforting sensation. As you inhale and begin to breathe deeply, the fragrance of the herbs clears the head, restoring balance and a feeling of wellbeing. The poultice is combined with gentle stretching and a massage with lavender oil to eradicate tension and muscle pain.

Womb Blessing Ceremony

120 minutes

The Womb Blessing Ritual is a powerful active meditation that women can enjoy, especially if they are pregnant. Our uterus receives information passed down from mothers to daughters thus, connecting us to our entire female lineage. This is because, while in our mother's womb we absorb her emotions, desires, and everything she experiences during pregnancy.

During the ritual, awareness is awakened in regards to the power of the uterus on a physical and energetic level. It is considered to be the center of power for women, where there is great creative potential in which can be used to give life to our children or any project. This powerful ritual has been transmitted and received from woman to woman from generation to generation, in various ancient cultures around the world. It is usually conducted in a group setting, as the communal ritual is enhances the experience in many ways, yet it can also be undertaken individually. Ask your healing guide for details.

Atlachinolli Couples Ritual

90 minutes

A ritual designed exclusively for couples, inspired by the prehispanic cultures of Mexico. This sacred experience creates a space where souls can come together to connect in romance, joy, and the expansive power of love, following the beautiful tradition of tying tilmas. Ignite the flame of your inner fire as the hearts and eyes find themselves. Allow the soothing lomi lomi massage technique to transport you into a state of pure relaxation and blissful reverie. A warm infused cacao oil will be applied over the skin while the ambiance is harmonized with the exquisite scents of honey, roses, cinnamon, jasmine, and patchouli, along with other essential oils and elements. These carefully chosen ingredients create the perfect atmosphere to celebrate life and fully cherish the presence of your beloved partner.

Ancient Massage with Shawls

75 minutes

This ancient massage technique of Mayan origin is also known as "manteada", a relaxing and therapeutic practice that focuses on the joints, improving their alignment and promoting general flexibility of the body. For Mexican women, the shawl has always been an emblematic piece that, since past generations, has helped women carry their babies, stay warm and cover themselves to protect feminine energy. That is why by being hugged and massaged with a shawl, enables us to connect with the energy of our mothers and grandmothers to feel deeply loved and cared for. The rebozo acts as an extension of the hands of the healing guide, working in harmony with the medicinal herbs to achieve a deep sense of healing and well-being.

Release Healing

120 minutes

Set the tone to start your healing journey at Palmaia and take advantage on an exclusive welcome treatment. Unwind and release tension in body and mind with this lavish experience with herbal and essential oils. A restorative treatment that will prepare you for what's to come during your stay.



CLASSIC EXPERIENCES

Uitsmetl Massage

75/90 minutes

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 yet 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.

Ancient Mother Massage

90 minutes

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.

Ixtli Therapy

90 minutes

Nature is not something external to the human being, but part of him and his devotion. In this vegan ritual full of effective components created by nature itself, you will enjoy a relaxing or deep tissue massage according to your choice accompanied by a refreshing facial that will provide hydration and eliminate signs of tiredness on the skin. This will also be accompanied by a facial massage with obsidian. Allow your essence to be immersed in the inner peace and beauty that radiate from within.



Ixchel Goddess Ritual

90 minutes

During the moment of pregnancy, a woman goes through various stages of change, transformation and emotional movement. This is why ancient healers and midwives have accompanied other women during this process, remembering the importance of connecting the heart with the small being who has chosen us. Ixchel, the Mayan goddess of fertility and abundance, teaches us to honor and be grateful for the beginning of life in this celebration of motherhood. This ritual opens up the realms of words, dreams, and emotions, allowing us to connect and feel the support and deep bond that unites us with the great mother earth. A personalized massage to treat the unique needs of the expecting mother during the second trimester of pregnancy to provide relief and comfort within an environment especially dedicated to them.



Ollin Massage

90 minutes

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. This will allow oneself to be carried away on a journey guided by the body's fluidity while opening up to movement: ollin.

Papalotl Body Treatment

90 minutes

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 rejuvenation.





Tlahtoani Facial

90 minutes

The ultimate healing remedy tailored to meet the unique needs of men's skin. A therapeutic back massage that targets and releases deep-seated tension, followed by a rejuvenating facial treatment that combines the finest vegan ingredients, including volcanic balm and activated charcoal infused with a blend of sandalwood, cedar, juniper, lavender, and myrrh essential oils. This powerful combination revitalizes your skin, leaving it refreshed and invigorated, because grooming is the secret of real elegance.

Ancestral Facial

75 minutes

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. The 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

90 minutes

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

Detox Cleansing Facial

90 minutes

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. This allows for cleaning dull, congested and withered skin prone to acne. A double mask with a purifying and calming effect is applied which achieves the optimum Ph level in the skin.



Reiki Session

60 minutes

Surrounded by aromas and sounds charged with harmonious frequencies, this treatment connects one with their higher self through 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.

ENERGETIC THERAPIES



Biomagnetism Therapy

90 minutes

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 placing a negative magnet at the point of acidity and a positive magnet at the point of alkalinity, to restore optimal health conditions.

Biocharger Session

15 minutes

The device BioCharger NG utilizes four different energy types - Light, Voltage, Frequencies & Harmonics, and Pulsed Electro-Magnetic Fields (PEMFs). Each of these have a substantial amount 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 personalized sessions.

Soundbath during your Therapy

Extra

Singing, music and melody have been used since ancient times by our ancestors to transmit and awaken messages in our consciousness. Sound therapy or sound baths pleasantly and subtly release stagnant emotions within our body through its vibrating frequencies, allowing us to vibrate at the rhythm of unison while entering an altered state of consciousness. This provides space for the body and mind to have a restful sleep. Subtle sounds of the world such as quartz and metal tibetan bowls, shamanic instruments and medicine chants are performed live during these therapies conducted by one of our healing guides. Inquire and reserve in advance the ideal complement for your therapy.

FOR THE YOUNG ONES

Our ancient healers treated children and teens with massage techniques inherited from knowledge to heal 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.

Chilpayatl Massage

60 minutes

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

Soul to Heart Ritual

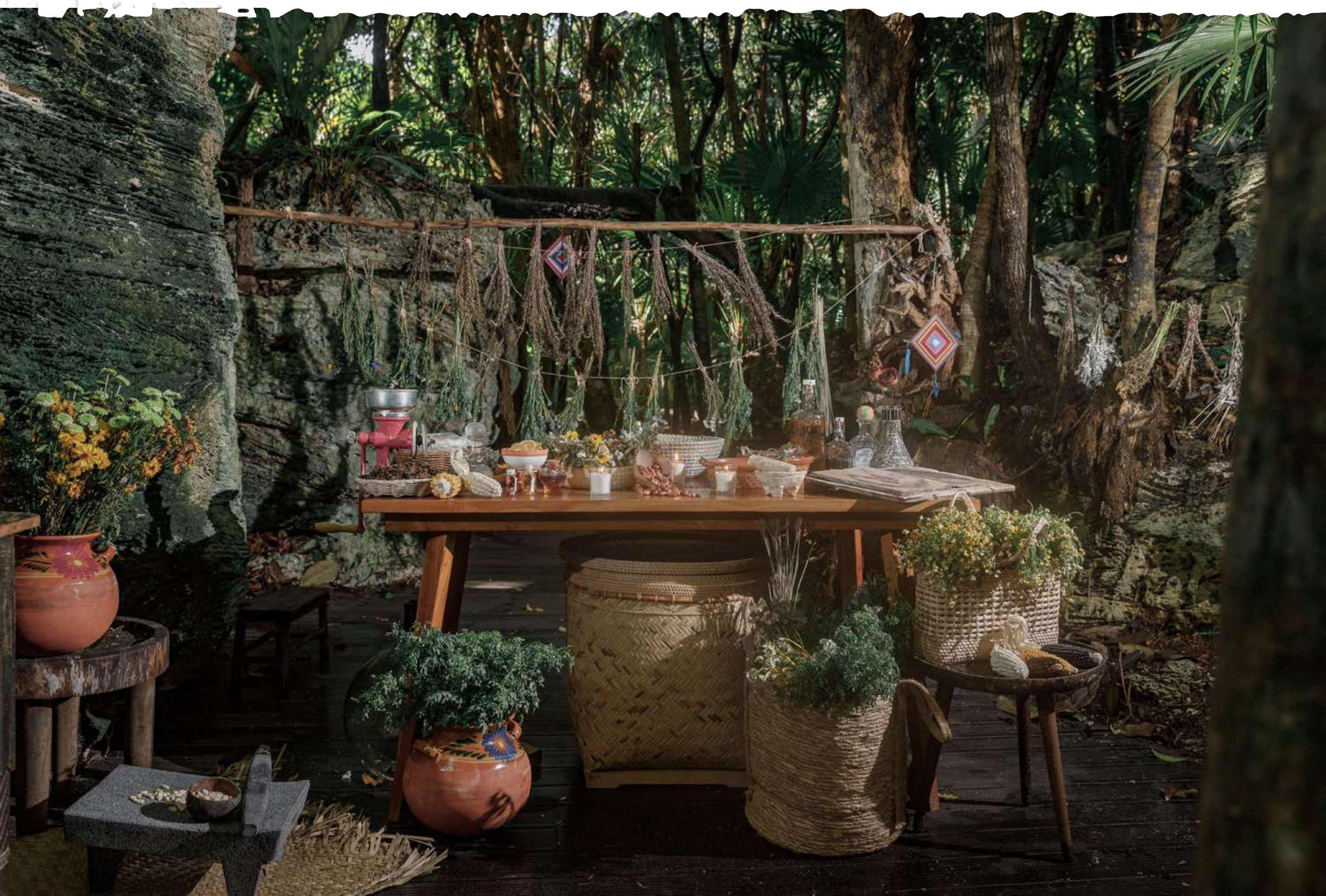
90 minutes

A moment of connection between parents and children to strengthen their bonds of love through a small ritual of joined hands. Enjoy a relaxing herbal infused massage, followed by an organic facial massage to celebrate life and family to the fullest.

Organic Youth Facial

60 minutes

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.



RECOMMENDATIONS

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.

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 consumption 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.

RECOMMENDATIONS

Please take a moment to read this

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.

ATLANTIS SPA

PRICE LIST

RITUALS & CEREMONIES

Mezcal Ritual 120 mins	\$7,300 MXN
AiA Essence 75 mins	\$5,400 MXN
AiA Essence 90 mins	\$6,800 MXN
Aroma Naab Ritual 90 mins	\$6,800 MXN
Wiinik Naal Ritual 120 mins	\$7,300 MXN
Fire Ceremony 60 mins	\$4,500 MXN
Temazcal Ceremony 150 mins	\$4,500 MXN**
Mexican Massage 120 mins	\$7,300 MXN
Prehispanic Ritual 120 mins	\$7,300 MXN
Samunprai Herbal Ritual 120 mins	\$7,300 MXN
Womb Blessing Ceremony 120 mins	\$4,500 MXN**
Atlachinolli Couples Ritual 90 mins	\$6,800 MXN*
Ancient Massage with Shawls 75 mins	\$5,400 MXN
Release Healing 120 mins	\$7,300 MXN

CLASSIC EXPERIENCES

Uitsmetl Therapy 75 mins	\$5,100 MXN
Uitsmetl Therapy 90 mins	\$6,200 MXN
Ixtli Therapy 90 mins	\$6,200 MXN
Ancient Mother Massage 90 mins	\$6,200 MXN
Ixchel Goddess Ritual 90 mins	\$6,200 MXN
Ollin Massage 90 mins	\$6,200 MXN
Papalotl Body Treatment 90 mins	\$6,800 MXN
Tlahtoani Facial 90 mins	\$6,800 MXN
Ancestral Facial 75 mins	\$5,400 MXN
Luminous Jade Facial 90 mins	\$6,800 MXN
Detox Cleansing Facial 90 mins	\$6,800 MXN

Prices per person. All prices are quoted in Mexican pesos, tax included, and are subject to change without prior notice.

*Therapy designed for two people, the listed price is per person.

** Group activity with a minimum of four guests.

Service charge is not included.

ATLANTIS SPA

PRICE LIST

ENERGETIC THERAPIES

Reiki Session 60 mins	\$4,500 MXN
Biomagnetism Therapy 90 mins	\$6,800 MXN
Biocharger Session 15 mins	\$1,800 MXN
Sound Therapy during your Treatment (Extra)	\$2,250 MXN

FOR THE YOUNG ONES

Chilpayatl Massage 60 mins	\$4,500 MXN
Soul to Heart Ritual 90 mins	\$6,800 MXN*
Organic Youth Facial 60 mins	\$4,500 MXN

RESERVATIONS

Atlantis Spa - opens every day from 8:00 a.m. to 7:00 p.m.

Reservations at Ext. 8531 • +52 (984) 877 3830
repcion.spa@thehouseofaia.com
www.thehouseofaia.com

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** Group activity with a minimum of four guests.

Service charge is not included.