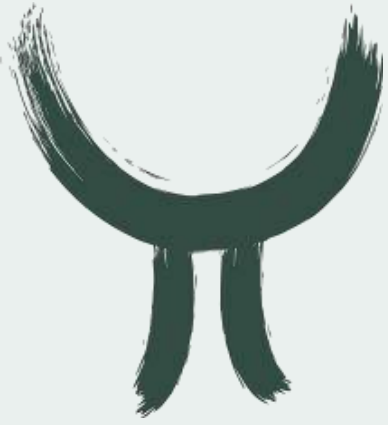


2025 - 2026



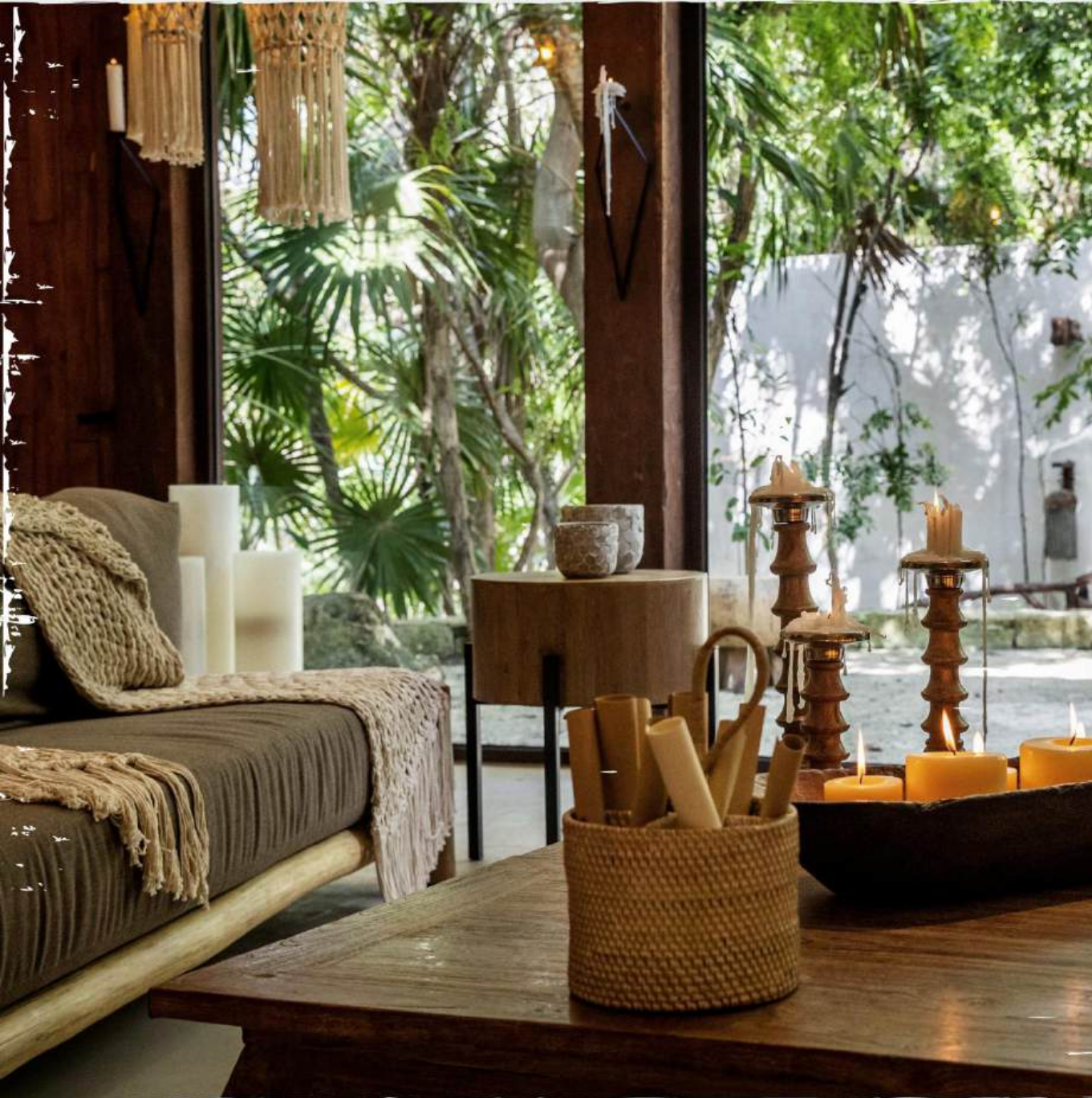
# ATLANTIS SPA

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At an additional 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.



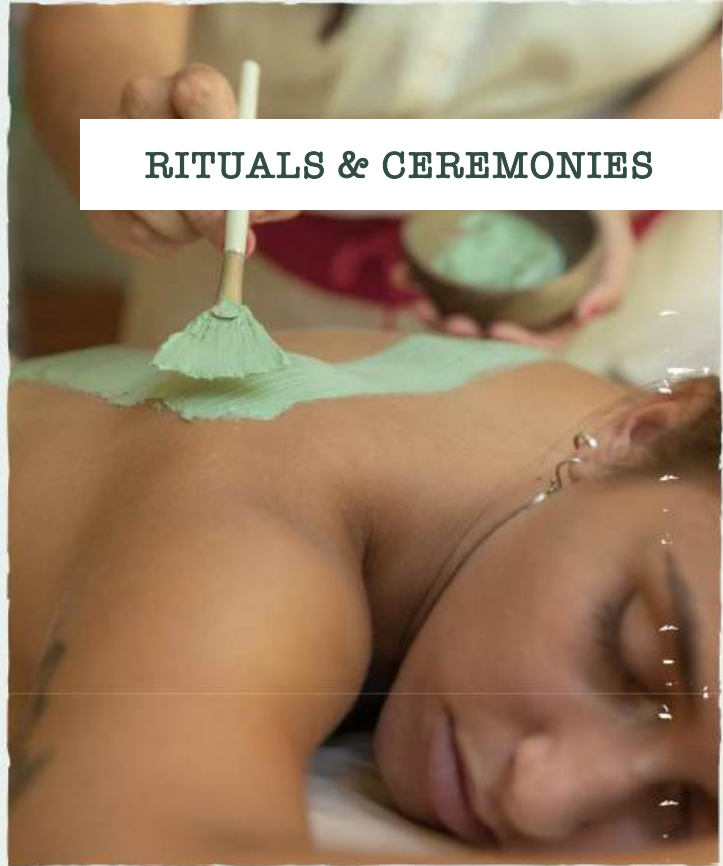
# Mezcal Ritual

120 minutes

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This ritual honors mezcal as a sacred medicine: a symbol of joy, celebration, and purification. The experience begins with a nourishing body exfoliation, using the regenerative and hydrating properties of nopal cactus, agave, and prickly pear, plants deeply rooted in the earth and traditional healing.

It continues with a therapeutic massage performed by our Mexican healers, who apply ancestral deep-tissue techniques to release tension and restore inner balance.



## RITUALS & CEREMONIES

# Aroma Naab Ritual

90 minutes

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Let yourself be guided through this sensory experience designed to reconnect with the highest vibration of your being. Through a gentle and relaxing massage, combined with the loving presence of essential oils, this ritual facilitates the release of held emotions and toxins, reminding your body of its natural rhythm—the harmony of earth, wind, and a balanced heart.

# AiA Essence

75/90 minutes

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AiA and its universal energy invite us to return to our origin, to reconnect with our essence, and to cultivate gratitude for the body as a sacred temple. This therapeutic treatment combines personalized massage techniques with the warm embrace of the “abuelitas” (hot stones). The experience is completed with an energetic harmonization through Reiki, activating the energy centers to elevate awareness and release blocked emotions.







## Fire Ceremony

Approx. 60-90 minutes

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Since the dawn of humanity, fire has been revered as a sacred element—a symbol of purification and transformation. This ancestral ceremony is a powerful practice to release attachments, limiting beliefs, and energetic burdens, creating space to plant new intentions within your heart. At Atlantis Spa, this sacred ritual comes to life in the heart of the jungle, guided by our healer, accompanied by pre-Hispanic chants and the living presence of fire, allowing the transformation of your being to unfold in harmony with the earth and the elements.

## Temazcal Ceremony

Approx. 180 minutes

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Inherited from pre-Hispanic cultures, the Temazcal is an ancient healing ritual, similar to a steam bath, held inside a dome-shaped temple that symbolizes Mother Earth and the womb. Guided by the fire keeper, red-hot volcanic stones are placed at the center, and herbal-infused water is poured over them, releasing sacred steam that purifies the body, mind, and spirit. The Temazcal offers a profound connection with the four elements—earth, water, air, and fire—and provides the opportunity to detoxify the body, strengthen the immune system, expand the breath, and experience a symbolic rebirth. Throughout the ceremony, the guide shares pre-Hispanic chants and mantras, accompanying you on an inner journey of introspection, release, and reconnection with your true self. At Atlantis Spa, we carry out this sacred ceremony with the utmost respect for ancestral traditions, honoring every intention and every soul that answers the call.

*\*Group sessions require a minimum of four participants.*

*\*\*Please consult your Spa Guide to learn more about private or group session options.*



## Mexican Massage

120 minutes

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This massage is a treasured legacy of traditional curanderos (healers), who understand that pain and tension arise when vital energy becomes blocked and no longer flows freely. This bodywork incorporates indigenous healing elements such as rebozos (woven shawls), herbs, tinctures, and healing clay, along with a therapeutic abdominal massage designed to stimulate and restore the healthy function of the internal organs. This ritual is especially beneficial for postpartum recovery, for those feeling mentally or physically depleted, or for anyone navigating significant life transitions, when vital energy is often diminished. Return to your center, strengthen your inner connection, and restore your energy.

## Prehispanic Ritual

120 minutes

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This ritual honors the body as a sacred temple where mind, spirit, and earth converge. The experience begins with an opening ceremony, creating a sacred space to honor and give thanks to the guardians of the jungle, incorporating copal and sacred herbs to cleanse the energy and set a deep intention. Next, a body exfoliation using organic loofah and natural active ingredients purifies, revitalizes, and nourishes the skin, leaving a subtle herbal fragrance. The ritual concludes with a warm, restorative artisanal massage designed to bring the body into a state of deep harmony and balance.



## Samunprai Herbal Ritual

120 minutes

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Inspired by the wisdom of traditional Thai medicine, this therapy combines the healing power of heat with the energy of sacred herbs to relieve muscle pain, calm the mind, and restore inner balance. Fabric pouches filled with a blend of chamomile, lemongrass, eucalyptus, rosemary, and camphor salts are steamed and gently applied to the body as therapeutic compresses during the massage. The deep heat opens the pores and penetrates the muscles, releasing tension and promoting a soothing sense of well-being. As you inhale the ancestral aroma of the herbs, the mind clears and the spirit quiets, creating a space for holistic healing.





## Atlachinolli Couples Ritual

90 minutes

Inspired by the pre-Hispanic traditions of Mexico, this exclusive couples ritual honors the sacred bond of love through the symbolic “amarre de tilmas”, a ceremonial act that unites souls in affection, harmony, and joy. In a space designed for deep connection, this ritual ignites the flame of the inner fire as eyes and hearts intertwine. Through the flowing movements of the lomi lomi massage, an enveloping and healing technique, both bodies are guided into a state of deep relaxation and shared dreaming. More than a treatment, this is a celebration of conscious love, an invitation to fully inhabit the present moment and honor the beauty of walking this life path together.

*\*\*Therapy designed for two people; the price shown is per person.*

## Release Healing

120 minutes

Designed to mark the beginning of your healing journey at Palmaia, this personalized massage is accompanied by a gentle exfoliation using natural loofah, helping to purify the body and prepare the spirit to receive all that this path has to offer. Through mindful movements and restorative touch, this treatment releases accumulated tension from the body, mind, and spirit, guiding your energy back to its natural state of balance and well-being. It is an invitation to let go, open your heart, and connect deeply with your healing intention from the very first moment.



## CLASSIC EXPERIENCES

### Uitsmetl Massage

75/90 minutes

This traditional Swedish massage, known for its relaxing techniques, is performed with gentle yet firm movements that calm the mind, stimulate circulation, and restore the body's vitality. Our healer guides the energy toward the heart center, facilitating a reconnection with inner harmony. By balancing the mind and emotions, this treatment invites you to experience a deep sense of peace, where the body relaxes, the heart opens, and the soul finds stillness.

### Ancient Mother Massage

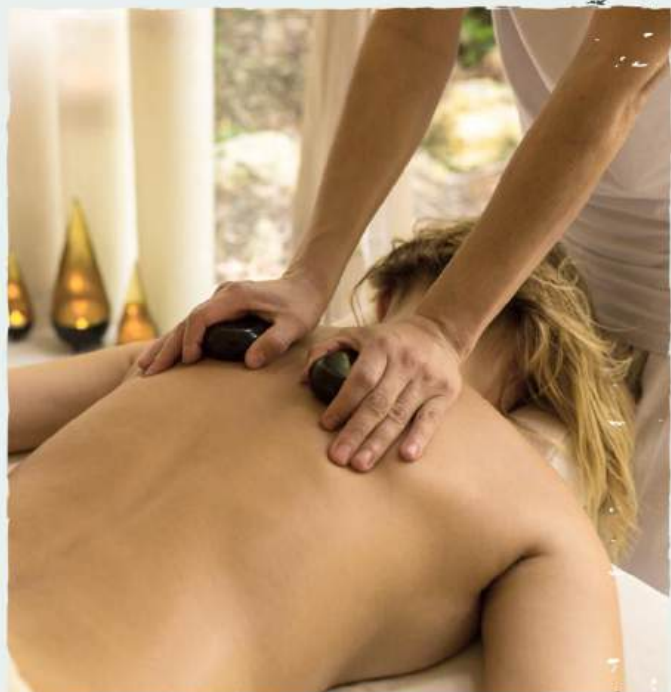
90 minutes

This ancient ritual uses heated river stones, known as "abuelitas," to reconnect with the vital energy flowing within us. Since time immemorial, thermotherapy has been a natural healing remedy that releases muscle tension, dissolves energy blockages, and invites us to reconnect with the wisdom of the Earth. By combining the deep warmth of the stones with the expert hands of our healers, this profound and comforting therapy restores your natural balance, awakening harmony and well-being from within.

### Ixtli Therapy

90 minutes

This vegan treatment combines a full-body massage designed to induce deep relaxation and restore the natural flow of energy, with a refreshing facial that purifies, exfoliates, and hydrates the skin, restoring its natural freshness and radiance. An harmonizing experience that nourishes body, mind, and spirit through the pure wisdom of nature.



### Ixchel Goddess Ritual

90 minutes

Pregnancy is a journey of profound transformation, where body, mind, and emotions move in harmony with the life growing within. Since ancient times, healers and midwives have supported women through this sacred process, reminding us of the importance of connecting the heart with the little being who has chosen us. Guided by the wisdom of Ixchel, the Mayan goddess of fertility and abundance, this ritual celebrates the miracle of life and honors the beginning of a new cycle. By opening the realms of words, dreams, and emotions, it allows us to feel the unconditional support and deep bond that unites us with the Great Mother Earth. The personalized massage is specially designed to support the expectant mother during the second and third trimesters, providing relief, comfort, and well-being in a space dedicated to nurturing and caring for her unique essence.





## Ollin Massage

90 minutes

This therapeutic experience combines deep tissue massage techniques, pressure point stimulation, and mindful stretching to release accumulated muscle tension and relieve physical stress. Beyond the physical body, this massage encourages energetic release, allowing you to let go of internal burdens and create space for mental clarity, calm, and balance. Ideal for those seeking to reconnect with their inner peace and return to a state of integral well-being and deep harmony.

## Papalotl Body Treatment

90 minutes

This experience has been created to restore, soothe, and deeply nourish the skin after sun exposure. Using natural ingredients and comforting techniques, this body treatment with facial provides intense hydration, relieves redness, and brings back your skin's natural freshness, enveloping you in a profound sense of care and well-being. A sacred moment of rest for body, mind, and spirit, guided by the gentle medicine of nature.







## Tlahtoani Facial

90 minutes

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Designed to meet the unique needs of men's skin, this ritual begins with a therapeutic back massage that releases deep tension and restores physical balance. It is followed by a facial treatment that blends powerful vegan ingredients such as volcanic balm and activated charcoal, known for their purifying and revitalizing properties. The result is skin that feels fresh, toned, and full of vitality. A moment of conscious self-care that honors inner well-being and reveals the true elegance that comes from balance and presence.

## Ancestral Facial

75 minutes

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This vegan, organic, and deeply nurturing facial opens the door to a holistic wellness experience. Designed to nourish not only the skin but also the soul, it stimulates the limbic system while using gentle yet effective botanical formulas. This treatment visibly transforms the skin, leaving it more radiant, firm, and deeply hydrated. Ideal for sensitive skin, it is a conscious touch of care that invites calm, regeneration, and a deep connection with oneself.

## Detox Cleansing Facial

90 minutes

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This treatment provides a deep facial cleansing and detoxification using gentle, non-invasive methods that activate the skin's natural intelligence to heal itself. It harnesses the purifying properties of activated charcoal, ideal for oxygenating dull, congested, and acne-prone skin. A double mask with purifying and soothing effects is then applied to balance and restore your skin's optimal well-being.

## Luminous Jade Facial

90 minutes

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This restorative facial combines the revitalizing power of vitamin D with a lifting mask to tone, hydrate, and restore the skin's natural elasticity and radiance. Enhanced by the gentle use of jade rollers that stimulate lymphatic drainage and energetic circulation, this treatment not only beautifies but also deeply balances from within. An experience that awakens the vitality of your face while inviting your soul to relax and renew.



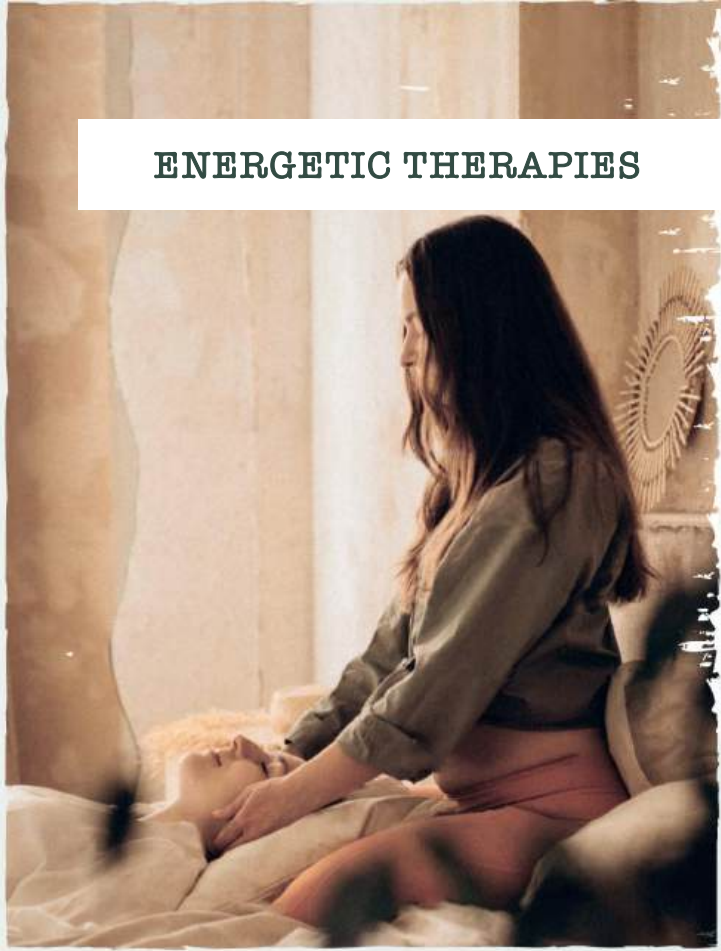


## Reiki Session

Approx. 60 minutes

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This treatment connects you with your higher self through universal energies, harmonizing and balancing the body's energy centers. Our healer uses techniques that channel and transmit vital energy through the hands, promoting peace and balance on multiple levels: physical, mental, emotional, and spiritual.



## ENERGETIC THERAPIES

## Biocharger Session

Approx. 10-25 minutes

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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.



## Biomagnetism Therapy

Approx. 90 minutes

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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.



# Ancestral Water Circuit

Approx. 60 minutes

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In the cenotes of Atlantis, today we honor the universal memory contained in the waters of the world by coming into contact with their vibration to receive the messages they hold for us. During this guided circuit, you will recharge your healing and energy cells by taking a session of light and sound frequencies in this innovative Biocharger system, and then release toxins within our natural steam surrounded by the finest herbal medicine with eucalyptus, lemongrass, and citrus. Choose and prepare your own body scrub with earth elements such as chamomile, sage, honey, and aloe vera. Comfort your body with a warm body bath with rosemary and roses, and finally, immerse yourself in the waters of our private cenote surrounded by nature in its full splendor





## FOR THE YOUNG ONES

Our ancient healers treated children and adolescents with massage techniques passed down through generations to heal both body and spirit, creating a sense of comfort and belonging. Using natural and gentle elements, we have designed these experiences to strengthen the emotional bond between parents and children.

*\*Recommended for ages 7 to 13 years.*

*\*\*Parental accompaniment is required during these treatments.*

### 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.

### 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.

*\*Therapy designed for two people; the price shown is per person.*





## 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 to 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 permitted to access 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 ancestral water circuit, it is mandatory to wear swimwear. Robes are provided for body treatments, facials, and massages. The use of underwear is optional.

**Spa treatment hours:** Spa reservation hours are from 9:00 AM to 6:00 PM Spa treatments are from 10:00 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 "no-show" will incur a 100% cancellation fee from the regular price list, non-refundable.

**Reservations made for the same day cannot be rescheduled or canceled, as they are automatically charged at the time of booking.**

**Special consideration:** Guests 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 quoted in Mexican pesos and are subject to change without prior notice. Kindly note that all expenses may only be charged to your room account.

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

**Electronic devices:** The use of cell phones is strictly prohibited during our ceremonies and rituals at Atlantis Spa. This rule is in accordance with the hotel's copyright policy.

We kindly ask for your cooperation in refraining from using your cell phones during these special moments. We believe that disconnecting from technology will allow you to fully immerse yourself in the spiritual experience and receive the maximum benefits from our services.



## 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 guests may have. Guests will fully indemnify and hold harmless Palmaïa, the house of Aïa, 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 concierges 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 should I wear during my treatment?***

If you are going to enjoy your ancestral water circuit session, don't forget to bring your bathing suit. For facials, wear what is comfortable for you. Our staff will provide you with undergarments for body treatments.

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

Arriving late may limit the time of your treatment. Depending on the length of your service, a late arrival may be considered a no-show.

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

Earlier is always better. For spa treatments, you need to check in 15 minutes beforehand at the reception desk. This will give 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.

### ***What precautions do I need to know?***

We recommend eating and drinking in moderation and to 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	\$8,030 MXN
AïA Essence 75 mins	\$5,940 MXN
AïA Essence 90 mins	\$7,480 MXN
Aroma Naab Ritual 90 mins	\$7,480 MXN
Fire Ceremony 60 mins	\$4,950 MXN
Group Temazcal Ceremony (Fridays) 180 mins	\$4,950 MXN **
Private Temazcal Ceremony 180 mins	\$19,800 MXN***
Mexican Massage 120 mins	\$8,030 MXN
Prehispanic Ritual 120 mins	\$8,030 MXN
Samunprai Herbal Ritual 120 mins	\$8,030 MXN
Atlachinolli Couples Ritual 90 mins	\$7,480 MXN *
Release Healing 120 mins	\$8,030 MXN

### CLASSIC EXPERIENCES

Uitsmetl Therapy 75 mins	\$5,610 MXN
Uitsmetl Therapy 90 mins	\$6,820 MXN
Ixtli Therapy 90 mins	\$ 6,820 MXN
Ancient Mother Massage 90 mins	\$ 6,820 MXN
Ixchel Goddess Ritual 90 mins	\$6,820MXN
Ollin Massage 90 mins	\$7,150 MXN
Papalotl Body Treatment 90 mins	\$7,480 MXN
Tlahtoani Facial 90 mins	\$ 7,480 MXN
Ancestral Facial 75 mins	\$ 5,940 MXN
Luminous Jade Facial 90 mins	\$ 7,480 MXN
Detox Cleansing Facial 90 mins	\$ 7,480 MXN

Prices per person. All prices are quoted in Mexican pesos, tax included,  
and are subject to change without prior notice.  
Service charge is not included.

\*Therapy designed for two people, the listed price is per person.  
\*\* Group activity with a minimum of four guests.  
\*\*\* Private Temazcal is priced at \$19,000 (for 1 to 4 people). Additional person: \$4,725 each.  
\*\*\*\* This experience is an added service to any therapy, therefore, the price is added to the therapy's value.



# ATLANTIS SPA

## PRICE LIST

### ENERGETIC THERAPIES

Reiki Session 60 mins	\$4,950 MXN
Biocharger Session 15 min	\$1,980 MXN
Biomagnetism Therapy 90 mins	\$7,480 MXN
Ancestral Water Circuit	\$2,970 MXN

### FOR THE YOUNG ONES

Organic Youth Facial 60 mins	\$4,950 MXN
Chilpayatl Massage 60 mins	\$4,950 MXN
Soul to Heart Ritual 90 mins	\$7,480 MXN*

### ADD-ON SERVICES

Face Mask	\$450 MXN ****
Eye Patch	\$450 MXN ****
Candle Massage	\$450 MXN ****
Stress Relief Gel	\$450 MXN ****

## RESERVATIONS

Atlantis Spa - opens every day from 9:00 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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