



Naj Naáy Spa gives you the most pleasant welcome and invites you to pamper, relax and rejuvenate yourself.

In order to prepare you to receive the healing benefits, if you wish all therapies start with our healing circuit, which includes 60 minutes of: sauna, steam, cold water pool, hot water pool.

All our hotel guests are offered a 15% discount on treatments.

[Our Maya Therapies Collection](#)

Naj Naay Massage 90 minutes

\$ 250 usd

Personalized massage to awaken the senses, using the raindrop technique that consists of the application of 7 essential oils (lavender, eucalyptus, peppermint, grapefruit, ilang ilang and rosemary), massaging the back and neck. It also includes the implementation of hot stones. Ideal massage to relax, balance energy and unblock emotions.

Hot stone massage 80 minutes

\$ 245 usd

Relaxation and deconstructing therapy with soft pressure circular movements with volcanic Stones. It allows the body to relax and frees your spirit with this unparalleled ancestral relaxation technique.

Limpia Santiguada 60 minutes (deep pressure)

\$ 180 usd

It begins with a cleansing of the auric field, with copal and sacred fire. We begin the massage with an infusion of medicinal herbs selected by our Mayan ancestors. The body is massaged, opening energy channels to seek the vibration of unity and attract what is necessary while connecting us to the earth, sky and your inner wisdom. The final goal is to be receptive to our true essence and to lead us to live the eternal present here and now.

Sobada Maya 80 minutes (abdominal massage)

\$ 245 usd

Particular therapeutic massage performed by midwives and healers in order to reposition an organ considered momentarily out of place. It's a specific manipulation and repositioning in the umbilical region, ideal for people with intestinal problems. The massage lasts about 30 minutes and is followed by a full body massage to achieve relaxation. Rest is recommended after this therapy.

Mayan Reawakening 80 minutes

\$ 245 usd

Medium to deep pressure massage accompanied by a cleansing of the auric field with copal and sacred smoke. The body is massaged with an infusion of rose petals, medicinal herbs and mezcal, accompanied by acupressure in acupuncture channels that seeks to restore the circulation of energy. An abdominal massage ends the treatment, the pressure on the body stimulates self-love and the source of life.

Energy Healings add ons (add 30 minutes to service) \$ 60 usd

Traditional Mayan healing technique with copal, mayan herbs, eggs and the power of a medicinal woman to improve the energetic field

All reservations for treatments and the hydrothermal circuit can be cancelled up to 48 hours before the scheduled appointment free of charge. All cancellations made within 48 hours of the appointment will have a 50% cancellation fee. Reservations canceled the day of the service will have a 100% charge

