

NAJ NAÁY *spa*



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

To prepare you to receive the healing benefits, if you wish all our therapies start with a healing circuit, which includes 60 minutes of sauna, steam room, and hot and cold water plunge pools.

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

REGULAR MASSAGES

02 — Naj Naáy Spa

SWEDISH

Massage to release tension. Relaxes muscles and joints, has a toning effect, and helps improve circulation. It is recommended for people who have never had a massage.

60 minutes → \$ 180 usd

90 minutes → \$ 233 usd

THAI

*Pending availability

This massage is done on a mat on the floor and is based on stretching - hands and fingers, elbows, forearms, feet, and knees are used to exercise therapy. The whole body is worked to release tension. It is characterized by being a deep and intense but not painful massage and improves posture and flexibility.

90 minutes → \$ 245 usd

DEEP TISSUE

Intense pressure technique to release muscle tension, ranging from medium to high pressure with movements that release contractures of the muscle fasciae.

60 minutes → \$ 180 usd

90 minutes → \$ 245 usd

BACK AND NECK

Decontracting therapy helps to relax the back and neck muscles accurately and quickly.

30 minutes → \$ 100 usd

HOT STONE MASSAGE

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.

80 minutes → \$ 245 usd

HOLISTIC

Pressure massage and various techniques such as stretching, shiatsu, reflexology, deep tissue, and lymphatic drainage. The body indicates where, what, and how much pressure is necessary. Helps restore and balance the body's energy.

60 minutes → \$ 180 usd

90 minutes → \$ 245 usd

REFLEXOLOGY

It consists of the application of pressure to the head, hands, and feet that releases stress, working the whole body through reflex points that connect to organs and systems, providing a sensation of real well-being.

60 minutes → \$ 150 usd

90 minutes → \$ 190 usd

LYMPHATIC DRAINAGE

Soft and repetitive massage with a slower rhythm than in a traditional massage. This therapy aims to move the body's liquids and eliminate toxic substances. Indicated to treat fluid retention, and post-operative edema, and to reduce orange peel skin (cellulite).

90 minutes → \$ 245 usd

PRENATAL

*Pending availability

Therapy is designed to treat accumulated aches and pains. Applied from the third to the seventh month of pregnancy. With light to medium pressure manipulations. It focuses on tired areas like the legs, hips, and back.

60 minutes → \$ 180 usd

BODY TREATMENTS

03 — Naj Naáy Spa

All treatments include a 50-minute relaxing massage.



KAKAW

Chocolate-based treatment with moisturizing and energizing properties. It harmonizes the senses with its intense and sweet aphrodisiac aroma. Duration time 30 minutes to continue with a 50 minutes holistic massage. Chocolate releases substances such as endorphins and serotonins that provide a sense of well-being in general so it is recommended for people with stress, depression, weakness, apathy, and tiredness. It prevents and relieves dry skin.

80 minutes → \$ 230 usd

KAAPE

Detoxifying Coffee - based treatment with anti-oxidant, draining, and anti-cellulite properties. Duration time 30 minutes followed by a 50 minutes holistic massage. It helps eliminate fatigue and awakens the senses with its aroma of exquisite Arabica coffee beans.

80 minutes → \$ 230 usd

MAYA KIN

Aloe-based treatment with a fresh cactus aroma. Ideal for relieving sun-irritated skin, with a soothing, regenerating, antioxidant, refreshing, and moisturizing effect. Duration time 30 minutes followed by a 50 minutes holistic massage. It gives the body a feeling of freshness and relief.

80 minutes → \$ 230 usd

BOTANIC FACIALS

04 — Naj Naáy Spa

Rejuvenating treatments with hot towels technique that cleanses the surface of the skin and eliminates the dead skin cells.

All facials are accompanied by a delicate head and foot massage.



SUN-KISSED

Treatment for sun-exposed or dehydrated skin. A refreshing Aloe Vera mask deeply hydrates the face and neck, followed by a Serum based on green tea and calendula that helps regenerate the skin—sealing the treatment with a nopal and agave cream that nourishes and moisturizes, leaving the skin looking smooth and luminous.

60 minutes → \$ 175 usd

MAYAN MOON HYDRATING

Rejuvenating treatment with chamomile, arnica, and marigold with a lemon and passion flower extract. A Skinarch mask is applied which is a new peptide promoter and generator of four types of collagen that improve the firmness and elasticity of the skin. Sealing the treatment with aloe, vitamin E, and collagen facial cream.

60 minutes → \$ 175 usd

NEW MOON DETOX (OILY SKIN)

A facial treatment is designed to give space to the new skin, gently removing impurities. With the use of papaya extract peeling that helps eliminate dead cells and a mask with ficus arnica and marigold extract that activates circulation and helps regenerate the skin.

60 minutes → \$ 175 usd

GENTLEMAN'S FACIAL

Facial treatment adapted for thick skin based on chamomile, marigold, arnica, and passion flower. With a mask based on algae and bamboo that moisturizes and helps to repair and unify the skin tone. Sealing the treatment with aloe cream, vitamin E, and collagen.

60 minutes → \$ 175 usd

OUR COLLECTION OF MAYAN THERAPIES

05 — Naj Naáy Spa

NAJ NAÁY MASSAGE

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

90 minutes → \$ 250 usd

LIMPIA SANTIGUADA

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 in the eternal present here and now.

60 minutes → \$ 180 usd

SOBADA MAYA (ABDOMINAL MASSAGE)

Ancestral abdominal massage with the use of macerated herbs and sacred copal fire. The Mayans believed that feelings, emotions, and thoughts are housed in the stomach, once released, the digestive system will go through a sense of well-being. The massage ends with the *rebozo technique* used to align the body with a hip closure that helps to reduce muscular and emotional tension.

80 minutes → \$ 245 usd

MAYAN REAWAKENING

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 pressure in energy channels that seeks to restore energy circulation. An abdominal massage ends the treatment. The pressure on the body stimulates self-love and the source of life.

80 minutes → \$ 245 usd

ENERGY HEALINGS ADD ONS

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

30 minutes → \$ 60 usd



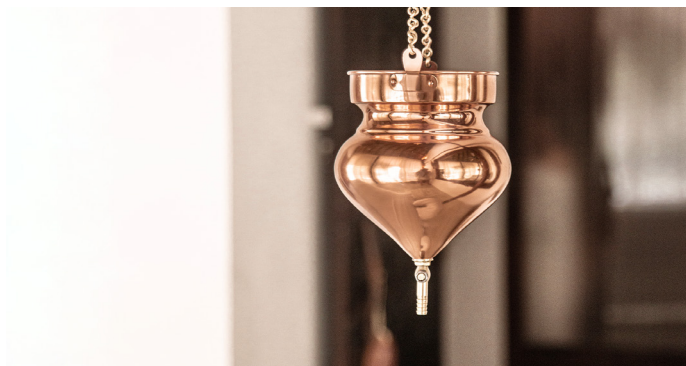
AYURVEDIC THERAPIES

06 — Naj Naáy Spa

Ayurveda is considered the oldest healing science. In Sanskrit, Ayurveda means “The science of life”. Ayurvedic Knowledge originated in India more than 3000 years ago.

The basic principle of Ayurvedic medicine is to prevent and treat illnesses, other than respond to indicators of disease by maintaining balance in and harmony between your body, mind, and environment.

For the Ayurveda, every person is made of five basic elements found in the universe: space, air, fire, water, and earth. The combination of these elements forms three life forces or energies called DOSHAS, which represent how our body works.



When booking our Ayurvedic treatments, you will be requested to arrive a few minutes before to complete a simple questionnaire to determine your Doshas combination and therefore personalize the treatment with a specific essential oils blend to balance your energy.

SHIRODHARA-ABHYANGA

This treatment is the result of a fusion of Ayurvedic therapies: Shirodhara and Abhyanga. It is concentrated from the head to the rest of the body.

90 minutes → \$ 294 usd

SHIRODHARA

*Pending availability

An Ayurvedic procedure involves the continuous application of warm oil to the head, focusing on the third eye. The continuous flow induces a deep state of relaxation. It is complemented by a cranial and facial massage. The word “Shiro” means head and “Dhara” means drip. This treatment improves memory, sharpens the senses, nourishes the scalp, and rejuvenates the face.

60 minutes → \$ 200 usd

ABHYANGA

*Pending availability

A Hindu ayurvedic massage consists of anointing warm oil on all the joints of the body and 15 main marmas seeking a balance of energy in the body with the Dosha (*kapha*-earth, *vata*-air and *pitta*-fire). The Dosha is a biological energy found throughout the body, it governs physical and mental processes. It nourishes all the tissues of the body, benefits circulation, and combats depression (*kapha*). It helps reduce stress, anxiety, and fear (*vata*). It dispels emotions such as anger and aggressiveness (*pitta*).

Although the combined treatment is more complete, you can also choose to take either treatment singularly..

90 minutes → \$ 294 usd



CANCELLATION POLICIES

All reservations for treatments and the hydro- thermal circuit can be canceled 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.

IG @spanajnaay

FB @najnaayspa

—

www.thebeach-tulum.com/spa

www.hotelcabanastulum.com/spa