

Group *Wellness* MENU

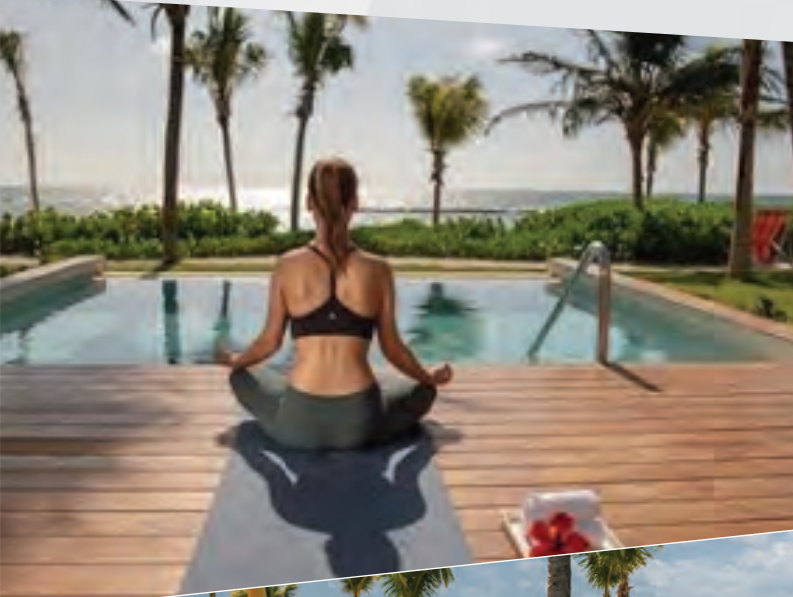
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MAYAKOBA RESORT
RIVIERA MAYA



Wellness ACTIVITIES

- Price per class: \$4,900 pesos
- Up to 10 people per class
- Reserve 24 hrs in advance



YOGA

Physical exercise, positive thinking and meditation help develop harmony in the body and breathing control. The practice entails low-impact physical activity, postures, breathing techniques, relaxation, and meditation.



AQUA GYM

Aquatic aerobic exercise that helps with strength training due to the water resistance. Moving your body through the water will activate muscle groups.



MAYAN MEDITATION

Start your inner path with acoustic instruments, pre-Columbian cut, and list to what exists within you. Guided by music and voice, we invite you to open your heart, listen to your rhythm and beat, and create a unique symphony.



CARDIO HIIT

A combination of brief, high-intensity bursts of cardio exercise. Workouts are made up of circuits of work and recovery phases.



PADDLE YOGA

Practice yoga on a stand up paddleboard in our pools.



GIFTS AND AMENITIES

Aromatherapy Class

- 29 USD*

This activity includes an aromatherapy roll on to take home

Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and wellbeing. It uses aromatic essential oils to enhance your physical and emotional health.

Massage Oil 50ml

- 45 USD*

Choose between copal oil and grape seed oil and add your preferred aromatherapy synergy.

*Price per person



WORKSHOPS

Apothecary Spa Experience

- *Workshop: 12 USD**
- *Activity for up to 6 people*

We invite you to customize your wellness experience creating your own body scrub or natural mask, according to your individual skincare needs.

How to Make a Scrub

Create your own scrub with natural ingredients to help you remove dead cells from the skin's surface, promote efficient circulation and add glow your skin.

How to Make a Natural Face Mask

Design your personal mask with natural ingredients. You can get benefits like increased hydration, clearer skin and better skin tone.

MASSAGES

Shiatsu Chair Massage (15 min)

- *40 USD**
- A chair massage focused on shoulders, back, arms, neck and hands to relieve tension. The massage is applied over the clothes without the use of any massage oils.

Reflexology Massage (15 min)

- *40 USD**
- Healing therapy that involves the stimulation of reflex points in the hands and feet that connect to the body organs. It detects, prevents, and improves physical and emotional health.

*Price per person