



CONRAD SPA
TREATMENT COLLECTION
MENU TEMPLATE

Beginning and ending every treatment within our menu, we take you through a five-breaths meditative process. Using pressured touch and synchronized breathing, we encourage your total focus on the space you inhabit in our spa, ensuring total treatment optimization.

Breathing is closely connected to the parasympathetic system in the body, which does the opposite job of the sympathetic system, which prompts the fight-or-flight response. The parasympathetic system is sometimes called the "rest-and-digest" system because it calms and slows your body into relaxation.

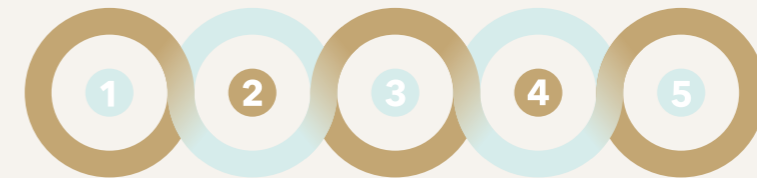
The number five is special; we have five fingers on each hand, five toes on each foot, five senses, and in turn five sensory organs. Across cultures, the number five also holds a special place, with many associating it with freedom and curiosity.

AND BREATHE...

Take five deep breaths.

Take a moment to mindfully inhale and exhale five times to encourage a gentle reset.

Welcome to the moment.



Conrad Spa offers limitless possibilities and the ultimate experience for the modern spa connoisseur.

We invite you to reconnect with yourself and your well-being, immerse yourself in the discovery of our location, and feel refreshed and revived by the Conrad Spa experience.

WELCOME TO
CONRAD SPA

THE DESTINATION

Nestled within a serene mangrove forest and surrounded by a vibrant tropical jungle, Conrad Spa Tulum offers an extraordinary fusion of tradition, science, and art; a sanctuary dedicated to the integral well-being of every guest.

Here, you will be immersed in the enriching essence of a spa experience that thoughtfully weaves the culture and artistry of Mayan and Mexican traditions into each of our powerful and nourishing rituals. With deep respect and care for our environment and community, every step of your spa journey is curated with intention and imbued with purpose.

At Conrad Spa Tulum, we celebrate the harmonious convergence of modern wellness and sacred traditions, crafting transformational experiences that inspire holistic well-being.

The Kinich Ahau Journey

In Mayan culture, the God of the Sun was the creator of light, time, and the four directions of the universe, symbolized by the jaguar, eagle, and deer, embodiments of power.

Our signature experience begins with a cleansing ritual using rue, rosemary, and basil, followed by a 4-hand massage with hot poultices of corn and cocoa seeds, symbols of abundance. Synchronized with pre-Hispanic music, this ritual evokes the jaguar's stride, the eagle's glide, and the deer's steps, helping you rediscover your inner strength.

80 minutes

The Kukulcán Journey

The god Kukulcan, the feathered serpent, symbolizes life's duality, his feathers represent divinity, while his serpent body connects to the earthly, uniting the celestial and terrestrial.

This transformative journey begins with a guided meditation and a copal limpia, helping release the past and embrace the present. The ritual unfolds like a poem, blending the Mexican Sobada technique, medicinal herbs, and pre-Hispanic music. Through synchronized movements, you will feel the glide of the feathered serpent and the flight of the golden eagle, reconnecting with sacred Mayan energy.

100 minutes

The Itzamná Journey

The god Itzamná symbolized wisdom and health for the ancient Mayans, who believed that illness stemmed from an imbalance between the body and soul. They used medicinal plants to restore harmony with the energy of the universe and Earth.

Your journey begins with an energy cleanse using traditional medicinal plants, followed by a nopal and agave body wrap and a signature massage of the 13 joints with hot herbal and seed poultices. The experience concludes with an energizing full-body massage, leaving you detoxified, relaxed, and renewed.

100 minutes



THE
DESTINATION

SPIRITUAL
WELLNESS

MASSAGE

FACE

BODY

COUPLES

SPIRITUAL WELLNESS

Discover a haven designed to reconnect your soul with your spirit, guiding you along a path of renewal where your well-being and tranquility are the priority. Immerse yourself in sacred Mayan ceremonies, steeped in ancient wisdom and knowledge, led by our in-house shaman.

These transformative rituals can take place in the privacy of our spa or, for a truly unique experience, we will customize your journey and perform the ceremony in a sacred cenote. Accompanied by the Pre-Hispanic sounds of our expert sound healer, this unforgettable experience invites you to connect deeply with the natural world and the ancient traditions that have endured for centuries.

An unforgettable experience in connection with nature.

Ceremony of Blessing & Abundance

In this ceremony, we offer you seeds that symbolize the wealth and abundance of Mother Earth, carefully placed with our intentions at the root of our hearts. Through this act, we invite and receive the blessings of the water, air, earth, and sacred fire, honoring the elements that sustain and nourish all life.

60 minutes

Purification Ceremony

A circle is formed, honoring the teachings of our ancestors in a celebration of gratitude, acceptance, balance, and new consciousness. We use copal, seeds, flowers, water, snails, and pre-Hispanic musical instruments to connect with the cardinal points and their sacred portals, creating a powerful bond with the energy of the earth and the universe.

60 minutes

Connection with the Four Elements

This session features movements inspired by pre-Columbian codices, designed to balance body, mind, and energy. These movements connect with the four elements and our ancestors, helping to regain vital consciousness and renew ourselves through cellular transformation. Accessible to all, it requires no prior experience and can be practiced individually, as a couple, or in groups.

60 minutes

Sound of Nature Meditation

Meditation is a practical approach to training the mind and fostering self-integration. Participants gain essential tools to understand meditation and awaken curiosity to incorporate it into daily life. This contemplative practice brings peace, tranquility, and answers to deep questions, offering the mind relaxation under the guidance of our experienced instructors.

60 minutes

Soul Reading

This session integrates physical, mental, and energetic awareness through a special auric field reading. Participants receive personalized practices for daily application, guided by shamanic teachings. It offers a general diagnosis to inspire self-analysis, healing, and transformation. Through acceptance and change, participants see themselves with loving awareness, unlocking their potential for personal growth. Private consultation available.

60 minutes

Tzolkin Reading

This experience offers personal insight into the Mayan zodiac using your birth date. Participants discover their Mayan glyph, revealing the energy of their birth and guiding self-knowledge. By exploring the light and shadow within, this personalized reading fosters daily growth and understanding, unveiling the celestial wisdom present on the day you entered the world.

60 minutes

Cacao Ceremony

An ancestral celebration preserved through oral tradition and ancient civilizations. The sacred cacao seed, valued for its commercial and medicinal properties, is presented in a circle honoring the cardinal points with a medicine wheel ceremony. Participants offer intentions, enjoy a smudging ritual, and share a cacao drink prepared with Mayan honey and cocoa butter. The ceremony concludes with personal intentions, dance, and soulful songs.

90 minutes

MASSAGE

A great massage makes everything better. Our selection of massages has been designed to offer a balance of physical and emotional benefits that only a great massage can absolutely deliver.

Personalized Conrad Massage

Unwind with this fully bespoke signature massage experience developed by each of our spa team. The embodiment of the Conrad philosophy, the treatment is inspired by the freedom to fully tailor each massage alongside highly specific massage techniques to create a treatment as unique as you.

Products By: Natural Benefits

50 / 80 minutes

The Ocean Wave Massage

Enjoy a moment of pure well-being with this sensorial massage experience. Warm water pillows on the treatment bed create a weightless sensation, while your therapist's hands glide over your skin, following the body's shape as if sailing over water. A wave of energy flows through you, as gentle ripples release tension and calm the mind.

80 minutes

The Quartz Sand Massage

Lying on warm quartz sand feels like relaxing on the beach. The quartz gently cradles the body, cocooning it in warmth for unparalleled comfort. Retaining an optimal temperature, it enhances the energy flow of each therapeutic movement, amplifying the massage's benefits. This warm embrace brings deep tranquility, offering a restorative escape from everyday life.

80 minutes

Deep Tissue Massage

This firm pressure massage is designed to relieve tension in the deep layers of the muscles and connectivity tissue and improve physical recovery, helping to relieve the tension and stress of daily life.

50 / 80 minutes



THE
DESTINATION

SPIRITUAL
WELLNESS

MASSAGE

FACE

BODY

COUPLES



MASSAGE

Swedish Massage

A combination of different styles of long, gliding, and flowing strokes and muscle manipulation, it has proven to be helpful in reducing muscular pain, joint stiffness and stimulating circulation.

50 / 80 minutes

Aromarelay Massage

The gentlest of massages, yet so effective, relaxing the whole body and the mind. A synergy of seamless massage techniques and a specially blended mix of relaxing essential oils to ensure you will feel renewed and refreshed afterwards.

50 / 80 minutes

Hot Stones Massage

This ancient therapy is a combination of traditional therapeutic massage techniques and the application of volcanic hot stones in the chakra points to release tension, eliminate toxins and improve circulation.

80 minutes

THE
DESTINATION

SPIRITUAL
WELLNESS

MASSAGE

FACE

BODY

COUPLES

FACE

High-end Mexican Cosmetics that combine the highest technology with active ingredients from natural origin to produce immediate, visible results.

Pro-Age Expert Treatment

Experience our Pro Age Expert Treatment, an anti-aging facial that stimulates cellular renewal and combats signs of aging. This regenerating treatment uses cooling obsidian Gua-Shas to address wrinkles, fine lines, age spots, dullness, and loss of firmness. Revitalize your skin and unlock a youthful radiance with this intensive therapy.

50 / 80 minutes

My CODAGE Tailor Made Treatment

Performed using a custom cocktail of highly concentrated active ingredients, this personalized facial is a combination of bespoke massage techniques that stimulate the facial muscles, lifting, toning and improving the circulation and lymphatic drainage for glowing skin and immediately visible results.

50 / 80 minutes



COUPLES

BODY

FACE

MASSAGE

SPIRITUAL
WELLNESS

THE
DESTINATION

BODY

Wellbeing is the focus, feeling better with treatments that enhance and revitalize from top to toe.

Copalli Purifying Ritual

Copal, used by the Mayans as a purifier and healer, was offered to deities during sacred ceremonies.

This transformative journey begins with a “limpia” ceremony using Copal white smoke to focus on the present, followed by a purifying body scrub and wrap infused with Copal extract. The ritual concludes with a relaxing massage using signature Copal oil, leaving you centered and renewed.

100 minutes

Chaya Detoxifying Ritual

The Mayans greatly valued the chaya plant, a nutritional and medicinal powerhouse rich in vitamins and trace elements, making it the “superfood” of their time.

In this ritual, chaya is combined with marjoram and coriander for a purifying body exfoliation, followed by an oxygenating herbal wrap to improve circulation. The experience ends with a full-body massage, leaving you rejuvenate.

100 minutes

Cocoa Mole Nurturing Ritual

Mole, a traditional dish for All Soul’s Day in Mexico, has its origins in the Aztecs, who made a sauce called “mulli” with chili, cocoa, and spices, offering it to the gods.

This cocoa-based ritual begins with a detoxifying exfoliation, followed by a mole-inspired body wrap of cocoa, cinnamon, and almond. Finish with a relaxing massage, nourishing the skin and mind.

100 minutes

Nopal Restorative Ritual

The nopal, a sacred plant in pre-Hispanic Mexico, was linked to the underworld through its roots and to the heavens through its fruits, the tunas.

His regenerative properties made it popular after long sun exposure to soothe sunburns and redness.

This ritual begins with a refreshing nopal mask to soothe the skin, followed by a nopal and agave mist and gel to hydrate and restore, leaving your skin rejuvenated.

100 minutes



THE
DESTINATION

SPIRITUAL
WELLNESS

MASSAGE

FACE

BODY

COUPLES



COUPLES

Ancient Wisdom

Share a pampering experience in our unique couple's spa suite with stunning jungle views. Begin with a cleanse of energy with "atadito", followed by a full detox massage with our secret mix of oil. Enjoy a herbal bath in your private terrace surrounded by nature.

120 minutes

Escape Together Journey

Relax side by side in our private couple's suite with a fully customized ritual. Begin with a body scrub from to prepare your skin. Enjoy a full-body massage and facial, both tailored with local, natural ingredients. Finish by stepping into your private hydro bath, letting your worries drift away as you gaze at the jungle's exotic beauty.

120 minutes

Rose Quartz Journey

Inspired by nature, this journey takes place in our state-of-the-art quartz sand beds in the privacy of the couple's suite. Hot pindas with quartz stones and herbs massage your body, followed by a rose quartz facial mask to calm inflammation and smooth fine lines. As singing quartz bowls play, your mind, body, and soul are lifted into a heightened state of consciousness.

120 minutes

THE WELLBEING EDIT

A curated selection of essential add ons to your treatment experience.

Collagen Face Mask

Enhance your treatment with the experience of a collagen mask, designed to provide deep hydration and regeneration.

Deluxe Oil

Enhance your experience with our premium oils, chosen for their unique properties. These oils nourish your skin, awaken your senses, and deepen relaxation for ultimate indulgence.

Scalp Massage

A soothing scalp massage promotes relaxation, improves circulation, and relieves tension, while nourishing the scalp and hair follicles for healthier, shinier hair and enhanced well-being.

25 minutes

Aromatherapy Candle Massage

Enhance your spa experience with our candle massage. Warm wax made from essential oils and butters melts into a hydrating elixir, deeply nourishing your skin.

Body Scrub

Enhance your massage with a body scrub that removes dead skin cells, revealing smoother skin while improving circulation and promoting a refreshed, glowing complexion.

25 minutes

Express Facial

A shortened version of our exclusive facials, designed to quickly cleanse, exfoliate, and hydrate, leaving your skin refreshed and radiant in no time.

25 minutes



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MESSAGE

FACE

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SPA TERMS AND CONDITIONS

Spa etiquette

Our spa offers a serene environment designed for relaxation and tranquility. Please respect the privacy and serenity of all guests. To maintain this peaceful atmosphere, mobile phones, and smoking are strictly prohibited.

Arrival

We recommend arriving at least 60 minutes before your appointment to enjoy our exclusive thermal spa facilities, including a sauna, steam room, cold plunge, and dynamic outdoor pool. Swimwear is required in these areas. Late arrivals may result in reduced treatment time to accommodate other guests.

Cancellation Policy

Cancellations or rescheduling requests must be made at least 12 hours in advance to avoid being charged the full-service fee.

Age policy

Our spa is designed for adults, with a minimum age requirement of 16 for treatments and facility use.

Health Considerations

Please inform us of any health conditions, including allergies, injuries, or pregnancy, before selecting a treatment to ensure the best possible experience.



CONRAD SPA

TULUM RIVIERA MAYA

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Conrad Tulum Riviera Maya



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