

CONRAD® SPA

TULUM



Nestled in a mangrove forest and surrounded by a lush tropical jungle, Conrad Spa Tulum embodies an exceptional confluence of tradition, science and art; a place where our spa supports the integral well-being of each of our guests. Here, you will be fully enveloped in the enriching impact of a spa experience that meaningfully infuses the culture and art of Mayan and Mexican traditions into each of our powerful and nourishing rituals. With reverence and care for our environment and community interwoven throughout each step of your spa journey, we ensure that each moment is curated with intention and rich with purpose.

At Conrad Spa Tulum, we celebrate the convergence of modern wellness and sacred traditions to create transformational wellbeing.





# The Edit

Rituals inspired in the culture, art, and traditions of the pre-Hispanic culture.

## The Kinich Ahau Journey **80 MIN**

The God of the Sun for the Mayan culture was the creator of light, time, heat and the four directions of the universe. He was often represented by a jaguar, an eagle or a deer, animals that represented the power. The signature experience begins with a cleanse of your 4 points with a bundle of rue, rosemary and basil, followed by a 4-hand massage with hot poultices with corn and cocoa seeds that represent abundance and creation. The synchronization of the therapists with the pre-Hispanic music and the use of medicinal herbs, will make you perceive the sacred animals for the Mayans in the body, such as the walking of the jaguar, the gliding of the feathers of the golden eagle or the steps of the deer. This journey is designed for those who need to regain their inner strength.

## The Itzamná Journey **100 MIN**

The god Itzamná was the symbol that represented wisdom and health for the ancient Mayans. For them, all the diseases had their origin in the imbalance between the body and the soul. They could be cured with the use of medicinal plants which helped align the body with the energy of the universe and the earth. Your journey begins with an energy cleanse using medicinal plants from the Mexican herbalist tradition followed by the application of a nopal and agave body wrap and the signature massage of the 13 joints with hot herbal and seeds poultices. To finalize with an energizing full body massage that will leave you detoxified, relaxed, and renewed.

## The Kukulcán Journey **100 MIN**

The god Kukulcan, known as the feathered serpent, reflects the duality of life, his feathers made him a divine being while his snake body made him an earthly being, combining the earthly with the divine. This unique journey begins with a guided meditation along with a "limpia" with copal that will help to let go of the past and appreciate the present moment. The ritual is like a poem, the synchronization of the therapist with the pre-Hispanic music and the use of medicinal herbs in combination with traditional pre-Hispanic techniques like the "Mexican Sobada", will make you perceive the sacred animals for the Mayans in the body, such as the sliding of the feather serpent and the dance and flight of the golden eagle.

## The Mayan Manteada **50 MIN**

The "Rebozo" was the shawl that a Mexican woman would traditionally wrap herself with, A garment close to her skin and to her emotions, that protected her most intimate thoughts and was the lap for her children. But for the Mayans it was also a valuable therapeutic instrument to achieve deep relaxation of the body and mind as well as the balance of the inner energy. Thanks to the "Mayan Manteada" we can adjust the hips and mobilized the spine allowing the realignment of the body, releasing muscular tension and pain, and increasing flexibility. This ancient ritual helps to balance your emotions, recovers the inner strength from the mother's lap, releases the repressed energy and cleans the aura.

# The Collection Massage



Therapeutic techniques designed to restore balance, revitalize the mind and body, and achieve an optimal state of wellbeing.

## Quartz Sand Massage **80 MIN**

Enjoy this unparalleled experience, lying on warm quartz sand is like lying on the beach, the quartz cradles and cocoons the body in a warm embrace providing exquisite comfort. The quartz retains the heat at an optimal temperature and helps the energy of the therapist's movements flow from the beginning of the massage increasing its benefits. A warm embrace to restore tranquility from everyday life.

## Ocean Wave Massage **80 MIN**

Enjoy a moment of true well-being thanks to this completely tailor-made sensorial experience. A journey where the warm water pillows of the treatment bed place the body in a weightless state of floatation while the hands of your therapist surf the skin like a boat, following the shape of your body like sailing over the waves. A wave of energy flows through your body, the heat helps to lose the muscle tension, endless ripples gently cradle the body and quieten the mind.

## Deep Tissue Massage **50 MIN | 80 MIN**

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.

## Swedish Massage **50 MIN | 80 MIN**

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

## Aromarelay Massage **50 MIN | 80 MIN**

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.

## Hot Stones Massage **80 MIN**

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

## *wellness bar*

Treatment boosts designed to be layered onto other services for a highly individualized experience.

Detoxifying Body Scrub

Aromatherapy Massage  
Candle

Arnica Oil

Aloe Vera Gel

Collagen Face Mask

Scalp Treatment & Massage

Rituals have always been part of our ancient culture, a culture connected with nature, with its cycles and with herbalism.

#### Copalli Purifying Ritual 100 MIN

Copal or “copalli” is a plant aromatic resin appreciated for its therapeutic properties since pre-Hispanic times, where it was used as an offering to deities and known as the “white god”. The main use for the Mayans was as purifier and healer of spiritual diseases. Embark on a unique journey where you can experience all the healing properties of copal, beginning with a “limpia” with the white smoke of the incense that will envelop you in a halo of mysticism and help you focus on the present moment, followed by a body exfoliation and a purifying wrap. To finalize, we will use copal oil to perform a relaxing massage that will leave you totally relaxed.

#### Cocoa Mole Nurturing Ritual 100 MIN

Mole is a typical dish served on “All Soul’s Day” in Mexico. Its takes on legends, since there are different versions regarding its origin. During the pre-Hispanic America, the Aztecs prepared a sauced with chili peppers, tomato, cocoa, and spices called “mulli” that was served as an offering to the gods. This unique cocoa-based ritual begins with a detoxifying exfoliation, followed by our own mole recipe in the form of a rich cocoa, cinnamon, coriander and almond-based body wrap that will envelop you in a delicious aroma. Finish with a relaxing massage to nourish the skin and unwind the mind.

#### Chaya Detoxifying Ritual 100 MIN

The Mayans, among their many natural treasures, had great appreciation for the “chay” or chaya plant, which was an essential food in their diet due to its great nutritional and medicinal value. It was very rich in vitamins and trace elements, which made it the “superfood” of the time. In this ritual, we use chaya along with other Mexican herbs such as marjoram or coriander to perform a body exfoliation to remove all impurities from the body before applying an oxygenating herbal wrap that helps improve circulation. Ending with a full body massage to leave you completely rejuvenated.

#### Nopal Restorative Ritual 100 MIN

The nopal was one of the sacred plants of the pre-Hispanic Mexico. Legend has it that the Aztecs found an eagle perched on a nopal and it was taken as the sign that they had found the promised land on which to build the city of the Mexica. The nopal was a cosmic plant, its roots connected it to the underworld and its fruits, the tunas (or sacred hearts) to heaven. Experience all the healing properties of nopal, most popularly used after long exposure to the sun to soothe sunburns and redness. To begin, we will apply a refreshing mask all over the body that will help to soothe the skin followed by the application of a mist and gel, based on nopal and agave that will fully hydrate and restore the skin.

## The Collection Body Rituals





# The Collection Facials

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

## Hydrating Facial by Remedios del Bosque **50 MIN**

Medicinal plants are living beings with a pure essence that help us to connect and heal our body and spirit. This holistic facial ritual uses herbal extracts from wild and sustainably grown plants by the wise hands of the women in Oaxaca highlands. A balancing and regenerating treatment using clean, high-quality ingredients from a protected and recovered ecosystem to revitalize and care for your skin thanks to the ancestral wisdom of our native people.

## Anti-aging Facial by Naked Lab **50 MIN | 80 MIN**

Discover high-end Mexican cosmetics thanks to this anti-aging treatment that combines the highest technology with active ingredients from natural origin to reduce and fade the signs of aging and expression lines, providing vitality to the skin. Thanks to our muscle massage methodology and the concentration of our active ingredients such as collagen or hyaluronic acid, the skin looks younger and more rested.

## Brightening Facial by Naked Lab **50 MIN | 80 MIN**

The face is exposed to many harmful factors daily, such as pollution, UV rays and stress that deteriorate the skin and accelerate the aging process. Thanks to this facial treatment rich in Vitamin C, we are able to reduce the spots caused by sun damage and premature aging, Leaving a smoother skin with a more uniform tone and beautifully illuminated.

## Detox Facial by Naked Lab **50 MIN | 80 MIN**

This detoxifying treatment is designed to remove the dirt and impurities from the face, caused by external agents such as pollution, solar radiation, and blemishes. This treatment reduces the blackheads and impurities and eliminates the dead cells, calming the irritation and balancing the PH. Leaving a sensation of deep cleansing and hydration on the skin.

## *wellness bar*

Treatment boosts designed to be layered onto other services for a highly individualized experience.

Revive Eye Mask

Collagen Face Mask

Facial Contour Massage

Scalp Treatment & Massage

Combination of a series of carefully selected treatments inspired by the splendor of the surroundings to experience a deeper sense of wellbeing and relaxation in the privacy of our couple suites.

#### Ancient Wisdom Journey 120 MIN

Share a pampering hideaway just for two in our one-of-a-kind spa couple's room with stunning jungle views. Cherish side by side intimacy as we cleanse your energy with a white sage "smudge" before we perform a full detox massage with our secret mix of moringa, anise and copal oil from Oaxaca mountains. A hot herbal bath with medicinal herbs plants such as calendula, chamomile and myrtle will follow before laying down cocooned in your private loungers enjoying the beauty of nature.

#### Escape Together Journey 120 MIN

Relax side by side in our private couple's suite with this ritual fully customized to your needs and likes. To get you started, choose one of our body scrubs from our herbal apothecary to prepare your skin before receiving a full body massage and facial, both customized using local and natural ingredients. Finally, step into your private hydro bath and let all your worries drift away while gazing to the exotic beauty of the jungle together.

#### Rose Quartz Journey 120 MIN

Inspired by nature to help soothe and recharge, this unique journey takes place in our state-of-the-art quartz sand beds in the privacy of our couple suite. We use the purest ingredients and most powerful crystals to create this effective and indulgent journey for the mind, body and soul. We use hot pindas with quartz stones and herbs to massage your entire body followed by the application of our rose quartz stone facial mask to calm inflammation, puffiness and soothe fine lines and wrinkles while our therapists play the singing quartz bowls lifting you easily into a heightened state of consciousness.

## Couple's Rituals



# Mexican Herbal Apothecary



Mexico is the 5th country in the world with the most diversity in medicinal herbalism, an ancestral knowledge that we are proud to foster pass on and adapt to the new times. Herbalism has been used as a remedy to cure different conditions, diseases and imbalances within the body and mind for thousands of years. Today, in a world where rush, impatience, and disconnection with nature reign, we must reconnect with our body and mind and take responsibility for our own health. Herbalism invites us to connect with our body through mother earth, its cycles, and processes.

In Conrad Spa Tulum's Garden, you will find our traditional Mexican apothecary where our staff will be happy to guide you on a fascinating journey through the herbal traditions of Mexico.

## Mud Therapy

Mud-Therapy or Geotherapy is nothing more than the application of mud in certain specific areas of the body or in problematic areas. Healing mud is rich in essential minerals and known for its purifying and anti-inflammatory qualities.

## Tincture

Tincture is an herbal remedy made from organic plants, harvested on a full moon, and processed in an artisanal way in the southern highlands of Oaxaca. These extracts contain active compounds, minerals, and antioxidants from medicinal plants.

## Smudge Stick

The smudge stick is an incense burner of aromatic and medicinal plants, used to purify spaces, clean the energy, and aromatize through the smoke that emerges from one of its ends when it burns.

## Herbal Poultice

The poultice is prepared by crushing the fresh parts of the herb into a thick paste that is applied to a specific part of the body. This remedy produces the influx of blood to the point of application, decongesting inflamed areas.

## Herbal Compress

The compress is a thin cloth folded several times into a strip that is moistened with an herbal infusion and is used to soothe pain or reduce swelling.

## Herbal Scrub

Bespoke body scrubs made with natural ingredients like salt, sugar, and medicinal plants and oils to purify the skin.



# Spiritual Wellness



Discover a haven to reconnect the soul with the spirit, while flowing through the path of renewal in which the priority is to achieve your well-being and tranquility through ancestral ceremonies based in the Mayan Traditions.

Experience sacred ceremonies which will transport you to an ancient time of wisdom and knowledge leading by our in-house "Chaman" in the privacy of our Spa or if you want to experience the boundaries outside Conrad Spa Tulum, we will customize your experience further and perform the ceremony in a sacred 'cenote' accompanied by the Pre-Hispanic sounds of our sound healer expert. An unforgettable experience in connection with Nature.

Spiritual Wellness Experiences include:

- Blessing and Abundance Ceremony
- Purification Ceremony
- Cocoa Ritual
- Connection with the 4 Elements
- Sound of Nature Meditation
- Full Moon Sacred Fire Ceremony
- Soul Reading

# Spa Etiquette

Our spa environment is one of relaxation and tranquility. Please respect all guests' right to privacy and serenity. To preserve the tranquil environment, mobile phones and smoking are not permitted at the spa.

## Arrival

Please arrive at least 30 minutes prior to your appointment time to fully enjoy exclusive thermal spa facilities, including sauna, steam, cold plunge, and our dynamic outdoor pool with accompanying amenities. The use of swimsuit is mandatory. Please understand that late arrivals may result in a reduction of treatment time.

## Cancellation

Should you need to cancel or reschedule your appointment, kindly provide a 12 hours' notice to avoid incurring the full-service fee.

## Age Requirement

The spa is an adult-oriented atmosphere therefore guests must be 16 years of age or older to experience spa treatments and enjoy the spa facilities. Guests under the age of 16 can enjoy our spa treatments accompanied by a parent or guardian, they do not have access to the spa facilities.

## Health Conditions

Prior to your treatment selection, please be sure to inform us of any health conditions you may have such as allergies, injuries, or pregnancy, as these may affect your treatment selection.



