



THE CHABLÉ WAY

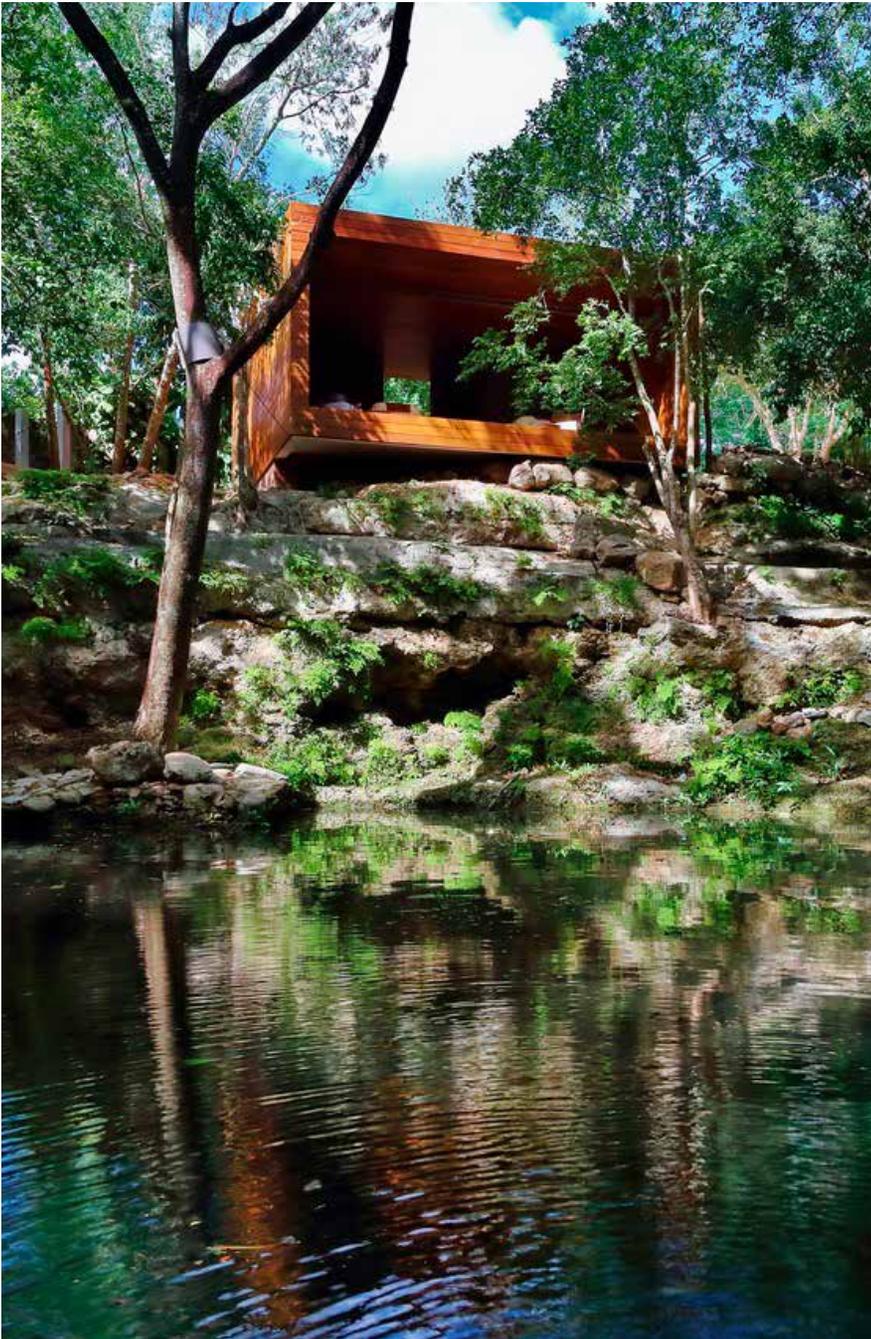
Part of what gives the Chablé Spa its unique essence is duality; that eternal dance between two opposing forces which strengthen each other. Shamanism combined with luxury, ancient healing techniques with modern science: these combinations come together to provide extraordinary and unique wellness results.

At Chablé Spa, the only time that exists is here and now. The circle of life is based on time cycles, and therefore, the message of wellbeing here at Chablé is timeless. Around the cenote—the energy center of the Spa considered a power source by the Mayans—you will discover

luxurious cabins, spaces specially adapted to restoration, which is achieved using proven techniques and ingredients.

Entering the Spa is part of a personal journey, a deep immersion into an experience which will allow you to return to your daily life feeling free, now transformed and as part of a continued evolution. Modern science, traditional Mayan wisdom, a subtle cosmic influence and the abundance of Mother Nature come together to create the healing experience which can be found in the Chablé Spa, and which brings our guests to a new level of inspired wellbeing.





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**THE JOURNEYS**  
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A personal consultation allows us to suggest the treatments of one of our three Chablé Spa Journeys, each of which has a different energy and aesthetic outcome depending on the feelings and life stage of each of our guests.

We begin with a beautiful Mayan inauguration ceremony which recognizes the four points of the compass and acts as a portal into experiencing the here and now, followed by our extensive circuit of hydrotherapy which includes steam, sauna, jacuzzi and a cold tub. At any moment during the circuit, you can take a break in the relaxation lounge to recuperate and prepare yourself for the treatments or activities.

In our treatments, we interweave elements of traditional rituals and advanced therapeutic methods, which immediately take our guests into a world of ancestral mysticism and sensory indulgence. Welcome to a serene and intimate place, with ceremonial and contemplative spaces to calm the mind and open the heart. Flow, balance and inspiration: the themes of these Journeys which were born from our rich heritage and focus on transformation.

At the end of each treatment, we celebrate another ceremony which sows a new seed and completes the cycle of life.



I.
FOUNTAIN OF YOUTH JOURNEY

Timeless



Natural



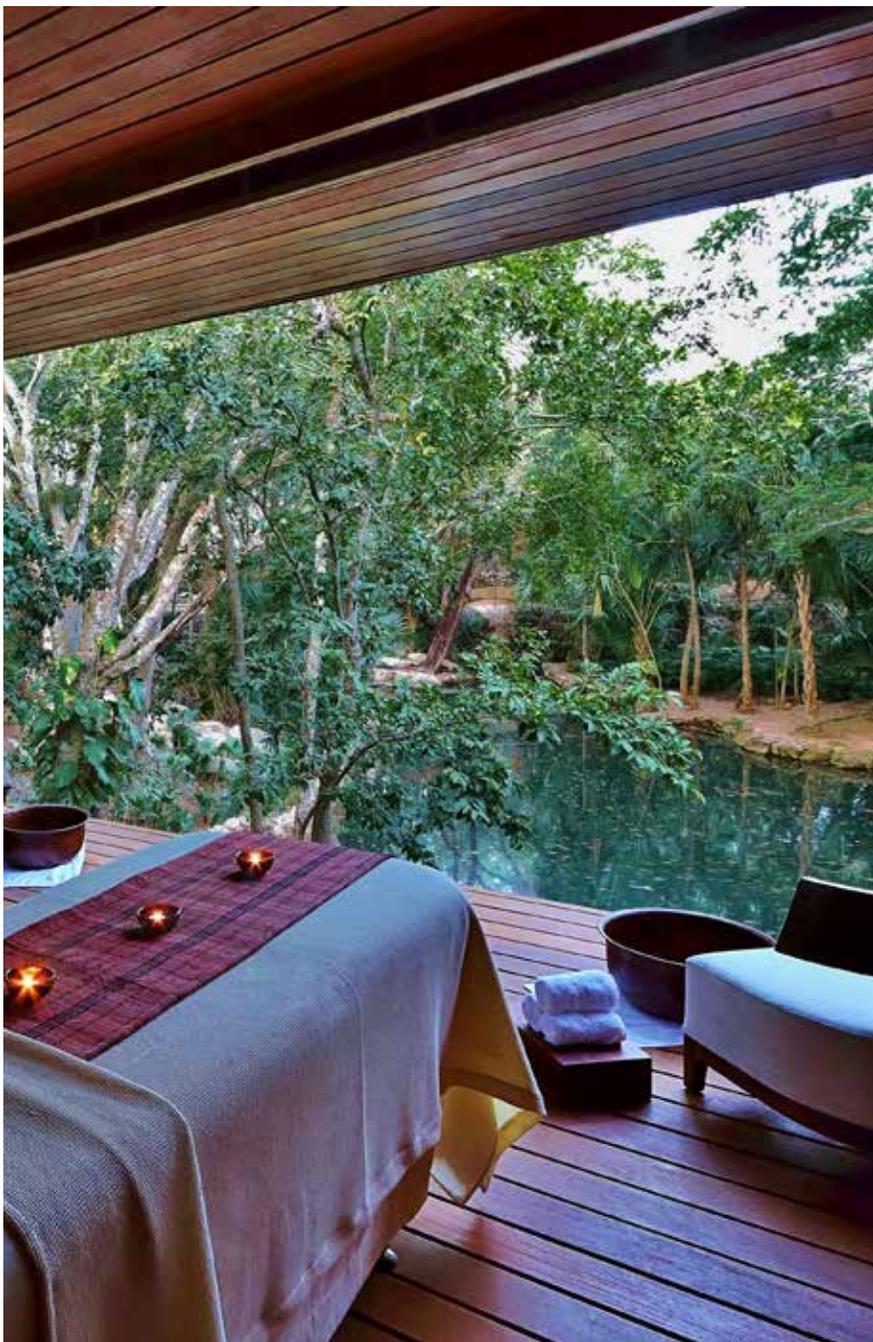
Seamless



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**FOUNTAIN OF YOUTH JOURNEY**  
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Essence: Flow

If our planet is a living being, cenotes are its chakras. Across the state of Yucatán, these pools are born from the depths of the earth where they are connected like a circulatory system, an organism which flows and has a magical beating pulse. Considered sacred by the Mayans, these pools were access points to the underworld, portals to the unconscious and the afterlife. Even today, they are magical, and they are considered a source of eternal youth. Chablé's cenote is a sacred site and source of restoration for the body and soul. This is the central point of a healing journey, granting a curative base and a tranquil setting to develop our spa experiences. Great care has been taken to honor the cenote and its guardians, to softly mark and respect nature, while never offending the sacred waters.

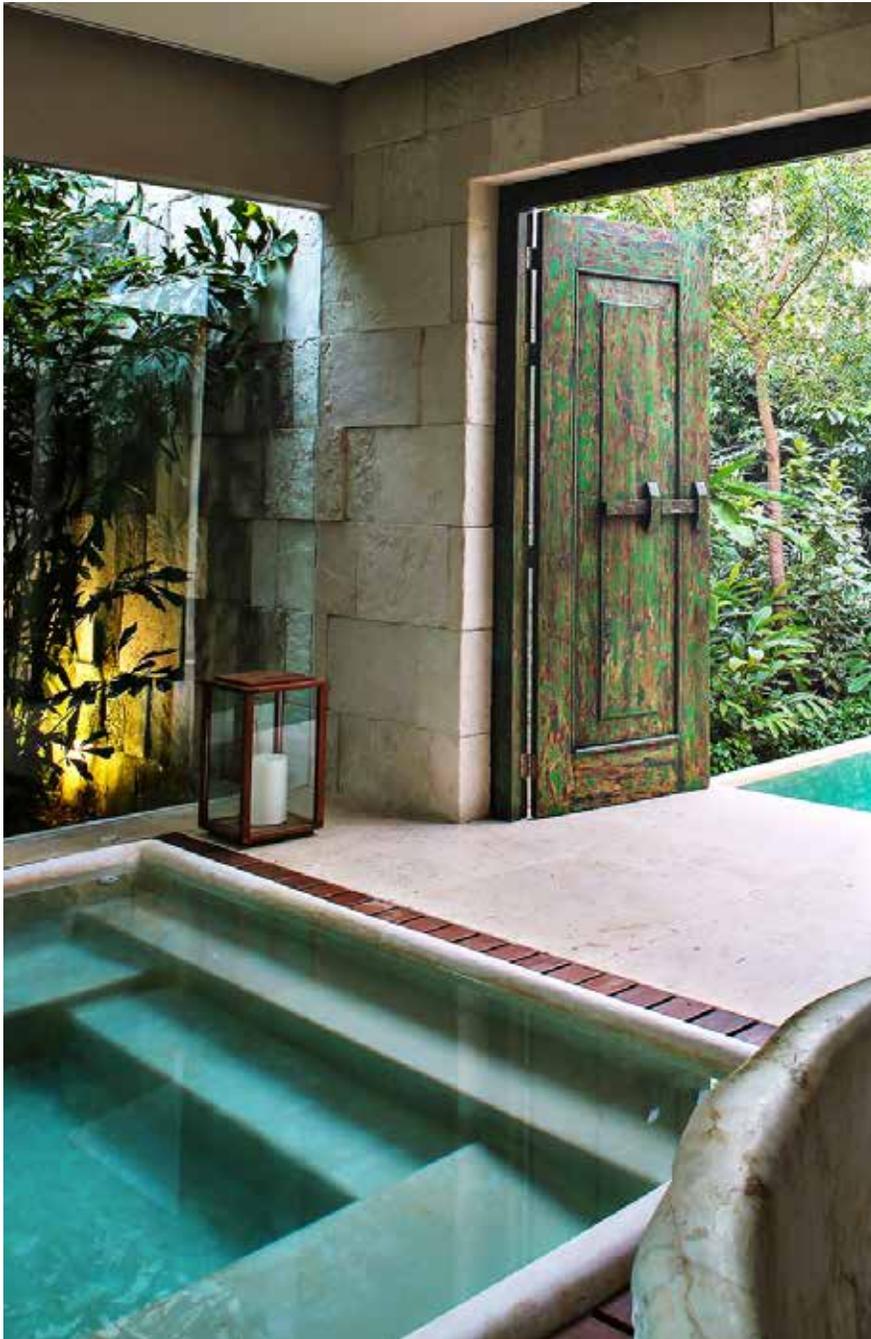


CHABLÉ SIGNATURE RITUAL

The Fountain's Flow

3 hours Legend states that the Fountain of Youth is a natural spring which returns vitality to anyone who drinks or bathes in its waters. In Chablé, this beautiful legend becomes reality in a magical ritual of restoration and renewal

The experience begins with a Welcome Ritual on the banks of the Cenote, using the power of the waters as a source of rebirth. This is followed by Flotation Therapy in our Flotarium tank, providing a profoundly tranquilizing effect. A scrub with herb-infused salts renews the skin and our exclusive lymphatic drainage massage helps to instigate the process of internal healing. To end the treatment, the therapist will offer an aromatic anointment, matching mind and inspiration



BODY RITUALS

Flotation Therapy

- 30 min. The sole flotation in the Flotarium offers a variety of immediate benefits. It is especially effective in releasing physical tension, even stress accumulated over months; it raises the level of endorphins and alleviates hormonal stress. The deep state of relaxation which the body can reach during Flotation Therapy is equivalent to six hours of the deepest sleep. The experience of calm, restoration and balance is unique, with lasting benefits.

Janzu

- 60 min. In your own pool, with a level of privacy akin to being your own home and nature as an enveloping blanket, the therapist will work with you in the water, using gentle pressure and movements designed to release blocked energy, removing knots and permitting a state of total relaxation. Containing the soul in the water allows energy to flow harmoniously.

Sea and Sky Conditioning Treatment

- 60 / 90 min. This is the most suited treatment to condition the skin: the biggest organ in our bodies and our point of contact with the outside world. The experience begins with a massage so relaxing, it will seem almost hypnotic. The therapist will softly place layers of a warm, mineral-rich gel made from seaweed and infused with aromatic extracts of Ume, a type of Japanese plum perfect for revitalizing and nourishing the skin. This is followed by a massage using our marine fennel wax, which fixes moisture deeply into the skin, leaving it silky-smooth.

Nirvana Stress-Relief Massage

90 min. This profoundly revitalizing massage will take you on a voyage through aromatherapy, including mixtures of local herbs and exotic essences which connect at each moment of the deep-tissue massage to relax your body, liberate your mind and transform stress into equilibrium.

Flow of the Tide Lymphatic Drainage Massage

60 / 90 min. An experience of essential relaxation that goes much further than a traditional lymphatic drainage massage. By balancing the tides of water in the body through rhythmic balance, calm movements and the soft tapping of loving, expert hands, the body is liberated, producing a feeling of purification, renewal and rejuvenation.

Body in Balance Stimulating Massage

60 / 90 min. We understand the needs of bodies with a dynamic lifestyle. Created for those who are active and care for their bodies, this treatment uses contrasting temperatures, varying rhythms and pressures to stimulate circulation, ease tension in deep muscle layers, tone and liberate potentially inflamed areas. Extracts of coffee and ginger are an invigorating addition to this highly effective treatment.

Rain Goddess: **Flow**

90 min. This body ritual is refreshing and healing. Rain Goddess is an experience which includes full-body exfoliation and a treatment to remedy and beautify the skin, with distinctive FLOW by Chablé body products to promote rejuvenation and renovation. This treatment is enriched with a wrap to deeply hydrate and revitalize the skin, followed by a rain shower.





BEAUTY RITUALS

In our facials, we use advanced products which aid in deeply cleansing the dermis, avoiding invasive action such as extractions.

Bio-Energy Lift™ Remineralizing Facial

90 min. Accelerating cell respiration creates an instantaneous rejuvenation of the skin, ideal for tired or stressed skins. The skin will be awakened with the Energize & Firm collection, a mixture of copper complex and amino acids, peptides, vitamins and minerals to renew, elevate and revitalize the skin.

Optimal Aging Facial

90 min. A reparative, regenerative and corrective treatment which combats the signs of aging. The mixture of active stem cell ingredients with Argan, Matrixyl®, Synthe® and TriRetinol work to reduce wrinkles and fine lines, as they improve the tone and firmness of the skin.

Pure Radiance Facial Anti-inflammatory

60 min. This ritual offers spectacular results, being specially designed to reduce inflammation, the main cause of premature aging. The session begins with an exfoliation treatment to remove dead cells and impurities in the surface of the skin, followed by a layer of our Plant Stem Cell Booster Serum, created with plants and clinically proven to improve the appearance of fine lines and wrinkles, while providing glow, softness and firmness to the face.

Brightening Facial

60 min. This treatment helps reverse the effects of sun damage and premature aging. The powerful antioxidants and corrective botanical extracts in our new Vitamin C15 Serum revitalize the skin, which will be firmer, more luminous and drastically reduce the appearance of wrinkles.



CEREMONIAL RITUAL

Sun and Moon Temazcal for Couples

90 min. *A ceremony for couples. Ritual of the Goddess Ixchel as Weaver and Adult Woman*

This is an experience of discovery, integrated with an ancestral therapy which encourages open communication between the couple. The therapist's participation in ancient medicine techniques in addition to the sacred space which the couple will share make this an intimate and connecting experience.

Guided by two therapists during half of the therapy and with a private couple's exercise in the second half, the sense of touch, the opening of channels of communication and the use of the spoken word are all key in this Temazcal, where the heady heat produced by volcanic stones in the private space is made more powerful by aloe vera and medicinal flower extracts.





II. TREE OF LIFE JOURNEY



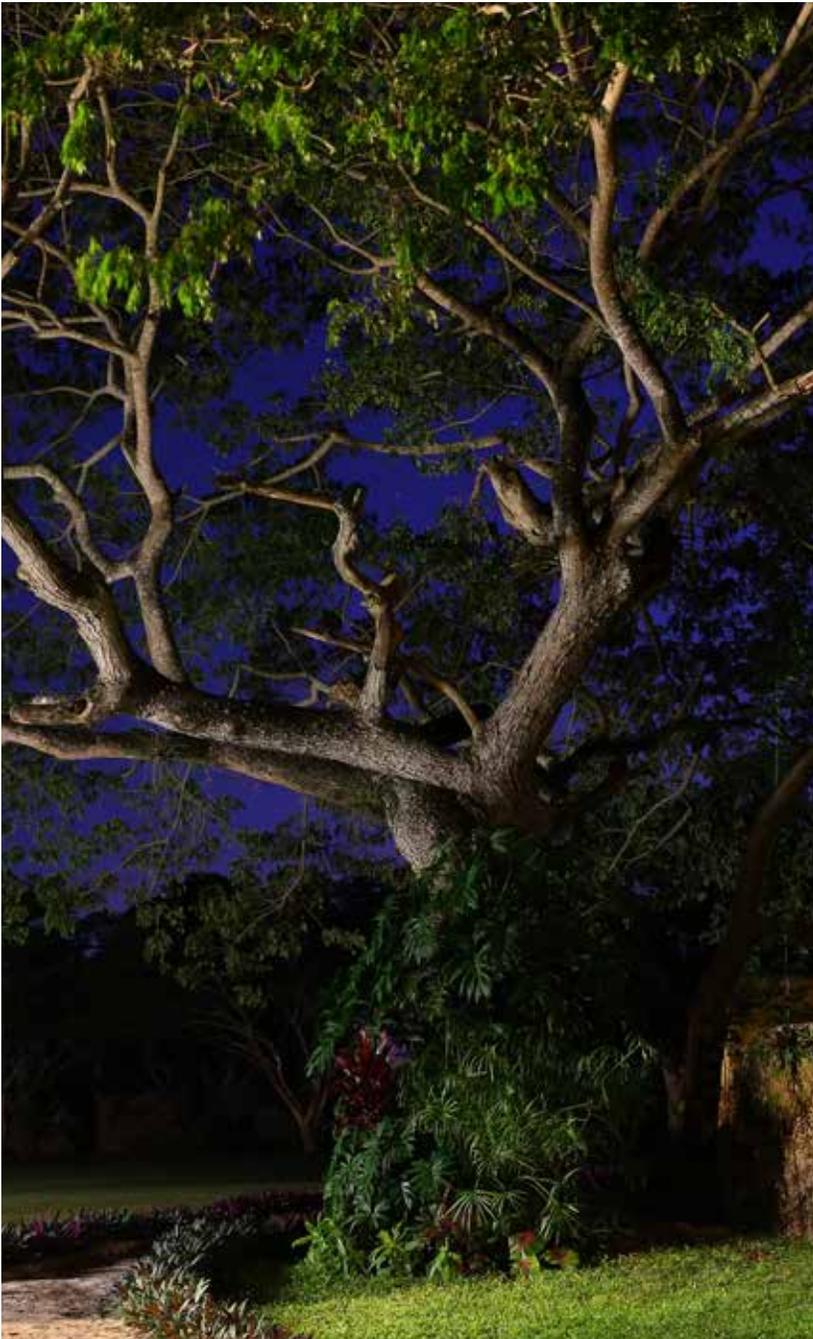
Purification



Transformation



Stability



TREE OF LIFE



Essence: Balance

The Tree of Life is central to Mayan cosmology; a sacred symbol which represents duality, being a link between the two remote worlds of the Earth and the Heavens, united by Human Beings. The Tree of Life honors nature and duality and treats the body as a bridge between the realms of the tangible and intangible worlds. The Ceiba, a mythical tree, exists in three different realms: the branches represent the heavens where the gods dwell and a higher conscious can be found, the roots represent the underworld the subconscious, while the tree trunk represents human life, the place of transformation and change. The trees, like other members of the plant world, share the possibility of transformation, stability and manifestation. In Chablé, the majestic Ceibas in our garden align themselves with this myth and remind us of their duality. Through our treatments, guests are invited to find this space of inner balance, where harmony, introspection and stability reign.



CHABLÉ SIGNATURE RITUAL

Life Balance

3 hours Our Signature Life Balance Ritual channels the Mayan understanding of the universe through therapies which integrate the entire being. The knowledge and practices are given to us by traditional cultures offering a vision to maintaining internal balance and harmony with the outside world. Modern day mental, emotional and physical stresses affect us every day in the field upon which we can either build or destroy our wellbeing.

This ritual, based on traditional Mayan knowledge, is focused on relaxing the nervous system and purifying the body to make room for the internal peace necessary to live a balanced life.

The experience begins with a Chablé Welcome Ceremony with elements of the Mayan Ritual which balances the energies of the four corners of the earth and orients our guests in time and space. Afterwards, an exfoliation with nutrient-rich Herbal Salts and a volcanic clay wrap aid deep cleansing and liberation. The Chablé Precious Stones massage helps release stagnant energy and promote stability connected to the earth, while anointing the crown of the head with aromatherapy oils gently awakens the mind. The ritual concludes with a special Chablé closing, intended to honor the continuity of the circle of life.



BODY RITUALS

Salt Chamber

45 min. The salt chamber is a therapeutic space where halotherapy is practiced. As you breathe 100% natural microparticles, the body is privy to numerous physiological benefits: the airways improve, skin cells regenerate and inflammation in the legs and arms is diminished. Sufferers of arthritis and bone problems have also been helped by this treatment.

In accordance with our founding principle of duality, the Chablé Spa's halotherapy fuses with Oriental healing techniques such as Thai massage, Reiki and sound-therapy with Tibetan Bowls, whose acoustic benefits are amplified inside the salt chamber. After receiving one of these treatments, the therapist will leave to allow you to rest and breathe deeply for around 15 minutes of introspection and to make the most of the minerals.

Chaya and Verbena Body Polish

90 min. This intensively nourishing Body Glow combines Chaya (a plant native to Yucatán with regenerative and revitalizing properties) with bright citrus notes and anti-inflammatory cedron or verbena properties to leave the skin radiant and the mood elevated. The soft grains are mixed with aloe vera and shea butter, powerful moisturizers which combat dryness.

Volcanic Mineral Mud Body Scrub / Wrap

90 min. This exfoliant made with highly detoxifying and rich mud integrates traditional remedies to cleanse and restore the skin. The ritual involves all five senses and is perfumed with the sweet yet earthy aromas of Indian tobacco and blackberry, combined with volcanic pumice stone and Arabica coffee to exfoliate the skin and cleanse impurities.

Deep Forest Detox Massage

90 min. A deeply decongesting massage, this treatment combines purifying essential oils, with the sought-after alleviation of tension through muscle relaxation movements to stretch, detoxify and promote deep, energized breathing.

Deep Tissue Massage

60 / 90 / 120 min. Created to remedy tension, this ritual is designed to relax painful muscles, tendons and stiff joints. The treatment is superior to any other massage, with the integration of therapies such as trigger point, myofascial release and Russian massage, aided by a selection of the best ingredients of nature's pharmacy for muscle recovery.

Chablé Precious Stones Massage

120 min. For centuries, precious stones have been used for healing. Here at Chablé, the timeless practice lives on using obsidian, quartz and basalt stones in a marvelous ritual designed to re-center you. In Mexico, obsidian is a very important part of our history and our healing traditions. It has the ability to absorb emotions, eliminate blocked energy and connect to the earth's healing powers. Quartz amplifies energies and thoughts, aligning the chakras. This is an element which balances planes of physical and mental energies. Basalt is a strong, valuable stone, contributing to a reduction of negative character aspects and maintaining stability in periods of change.

Our planet's energy is contained in each and every one of the stones, together with the history of the earth from which they were produced. The therapists use the stones as if they were an extension of their own hands, expertly interweaving the different textures and temperatures throughout a massage with sensory and relaxing effects.

Mayan Herbal Compress Massage

90 / 120 min. These traditional herbal compresses are used to undo the body's pains and tensions. They have the power to alleviate even chronic stiffness and tightness. The herbs are mixed with organic oils and applied to the body through a deep tissue massage. The traditional Mayan Na'Lum massage lovingly attends to the abdominal area.

Tree of Life Treatment (Four Hands)

120 min. At play in our bodies is a constant swing between polarities, between thinking and feeling, between waking and sleeping, and between acting and resisting. This swing of the pendulum keeps the dynamic rhythm of life flowing, allowing us to glide between the material and spirit world. This powerful treatment provides a means by which to balance these extremes, creating inner calm and rhythmic stability. Beginning with a relaxing foot bath, the massage incorporates a 4-handed massage where two therapists work in perfect synchrony to align and balance the body, mind and soul.

Rain Goddess: **Balance**

90 min. A body ritual that is distinctly detoxifying, this cleansing treatment includes a full body exfoliation and a purifying skin treatment with Chablé's Signature BALANCE aroma-blend to promote transformation on many levels. The treatment features a luxurious rain shower and envelopment to fortify and deeply nourish the skin.



BEAUTY RITUALS

In our facials, we use advanced products which aid in deeply cleansing the dermis, avoiding invasive action such as extractions.

Heaven and Earth Harmonizing Facial

90 min. Our most luxurious answer for moisture-deprived skin and an exhausted nervous system. This hydrating facial treatment blends the benefits of rich botanical blends with the experience of two therapists working together to completely relax, release and harmonize the body. The facial replenishes the skin while the extremities massage will completely calm and soothe both skin and body.

Jade Stone Contour Facial

90 min. This ritual improves skin elasticity and tones the skin. Jade has a toning, anti-inflammatory and calming effect. This sacred massage improves the skin's natural glow and relaxes face and neck muscles.

Eye Contour

15 min. This intensive treatment is designed to reduce puffiness, under eye discoloration and the appearance of fine lines and wrinkles.

Tree of Life Balancing Head, Heart and Root Treatment

90 min. A beautifying treatment that embodies in us the image of the Tree of Life by addressing the whole body and inner nature through the feet, head and hands. We begin with an herbal footbath to ground the body's energy and connect us into the physical world through reflexology points and a warm volcanic mud treatment. We address the emotional body and circulatory system by arm and shoulder massage and reflexology points on the hands. Finally, we aim to releases the mind by relieving stress and calming tension in the nervous system with a facial cleanse, nourishing mask and scalp and shoulder massage to complete this integrated experience.



CEREMONIAL RITUAL

Guided Meditation

- 60 min.** Meditation is a means by which to connect with yourself, inquire into your true nature and help manifest it. In guided meditation, you can have the confidence to go deeply inside and let go of the daily routine, concerns, and list of pending items to embrace silence, peace and inner light.

Mayan Therapeutic Temazcal

- 60 min.** *Individual Ceremony. Ritual of the Goddess Ixchel as Grandmother, bearer of wisdom and medicine.*

This is Mexican Traditional Medicine's holistic healing. Bodily purification is achieved through heat inside the Temazcal and the chosen ancestral technique, that will be a response to each individual's physical needs. The ceremony provokes a sensitive and revitalizing therapy using the language of the four elements to achieve an overall wellness and balanced state.

One of the following techniques may be used: herbal "rameada" or rub; chants, prehispanic musical instruments therapy, rebozo technique and body wraps with clay or medicinal herbs.





III. HEAVEN ON EARTH JOURNEY



Evolution



Refinement



Consciousness



HEAVEN ON EARTH JOURNEY

Essence: Inspire

Mayan cosmology considers that the universe is formed of interconnecting aspects which represent and reflect human development and the evolution process. Mystery and wonder inspired by the heavens are alive in Chablé, with ceremonial sites which can be found throughout the Spa. The celestial dance is reflected in the rituals such as the Temazcal and the Welcome Ceremony, a space for introspection to interpret life cycles and to honor patterns and influences. This is a nurturing environment perfect for guests to explore their relation to the cosmos through conscious and full attention. Practicing Mayan traditions and curative connections, the Chablé Spa team guide guests on a journey of sacred learning and physical improvement. These are experiences which provide simple yet powerful lessons about the interconnectivity of life, the simplicity which resides in all things and the pleasure in healthy living.



CHABLÉ SIGNATURE RITUAL

Song of Heaven

3 hours The powerful energy and vibrations which are involved in the creation of health and wellbeing in the body are the same frequencies which also work in nature; helping flowers to bloom, seeds to bud and rain to fall. In this ritual, we celebrate the connection between divine wisdom and honor our position in the cosmos according to Mayan cosmology. Nature possesses an inherent wisdom, allowing it to restore lost balance, and human beings are part of this same wisdom.

This unique treatment incorporates a variety of specialized vibratory therapies with tones, percussion and chants to provoke energy changes, and a therapeutic Mayan Rebirth massage to create subtle yet significant changes in the body. The treatment ends with an aromatherapy anointment and the Chablé Closing Ritual, which honors the circle of life to affirm and liberate. As the philosopher Nietzsche once said: “Without music, life would be a mistake” and this Ritual will certainly have a lasting elevating effect on you.



BODY RITUALS

Mayan Rebirth Massage

120 min. This Signature ritual takes you deep into the Mayan Healing philosophy connecting us with how time renews all. Ancestral techniques and elements are used in this unique treatment where the cosmic vibrations are calibrated with the inner self through the music of the conch and the connection with the four cardinal points. The body's energy, inner balance and skin go through a complete rebirth. Toxins are removed from the skin with traditional body brushing using native plants. The massage that ensues is a combination of kneading motions and ancestral techniques by pulling the skin to revitalize the internal organs. A banana leaves wrap with the heat of a clay poultice and pink salt from Celestun follows this. Special aromas, resin and healing stones are used to enhance this treatment. After an aromatic bath the skin is hydrated and wrapped with vanilla and amaranth followed by a light massage. The resin and the inspiring sounds of the conch take guest to a state of nirvana.

Ixchel New Life Massage (Prenatal)

90 min. This experience is inspired by Ixchel, the Mayan Goddess of Fertility and Abundance. Delightful for both mom and baby, the beautiful full body ritual is designed to treat the unique needs of mom and baby during the special pre-natal time when physical and emotional changes abound. Gentle exfoliation to condition the skin and blissful massage techniques by expert hands help alleviate areas of pain or discomfort and maintain the loving connection that this time of anticipation can offer.

Floral Blossom Massage

60 / 90 min. A relaxing treatment combining a selection of calming essential oils with flower blossoms such as lavender and calendula to create a sensually restorative and luxurious effect for body and soul.

Blue Eucalyptus Aromatic Massage

60 / 90 min. This holistic treatment combats adrenal fatigue caused by our modern 24/7 lifestyle. The session begins with a steaming Blue Eucalyptus inhalation to enhance immunity and is followed by a vigorous deep tissue massage with Ginger Root oil to rebalance the adrenal system.

Thai Massage

90 min. This ancient healing technique combines acupressure, yoga positions, compression and stretches which instigate a deep restorative process, as once muscles are relaxed, energy can flow freely through the organism. This treatment is performed at ground level with comfortable clothes.

Hierbabuena Hand & Arm Tension Relief

30 min. Enjoy a massage focused on your hands and arms with a therapeutic multi-use cream. Mint and chestnut extracts improve circulation, while vapor from hot towels drenched in aromatherapy oils relieve hands and reduce wrist tension to help treat carpal tunnel syndrome and fatigue caused by computer overuse.

Hierbabuena Foot Therapy

30 min. A revitalizing foot and lower leg treatment designed to invigorate the entire body. Calves and feet are massaged with energizing Peppermint and stimulating Horse Chestnut to enhance circulation. Feet are then cocooned in stimulating, aromatic steamed towels that awaken the senses from head to toe.

Energetic Sound and Stone Cleansing

30 min. *“Music unites all qualities, but its principal task is to lead our thoughts to higher things, to elevate, even to make us tremble. Music often speaks in sounds more penetrating than the words of poetry, and takes hold of the most hidden crevices of the heart... Song elevates our being and leads us to the good and the true”*

F. Nietzsche

The powerful vibrations and tones of singing bowls, chimes and healing crystals are at work in this transformative treatment, cleansing the energetic, physical and emotional bodies of blockages and negativity, restoring and elevating us to the good and true.

Rain Goddess: *Inspire*

90 min. This luxurious body ritual is a treat for the body and soul as a full body exfoliation and a vitalizing skin treatment helps release tension and toxins, while enhancing awareness and a sense of ease. This treatment includes Chablé's Signature INSPIRE aroma-blend and features a luxurious rain shower and envelopment to refine and nurture the skin.



BEAUTY RITUALS

In our facials, we use advanced products which aid in deeply cleansing the dermis, avoiding invasive action such as extractions.

Aromatic Anointment

- 15 min. The ability to imagine, intuit, and be inspired are characteristics of a body and life in balance. The Chablé Aromatic Anointment provides a beautiful and meaningful finish to any treatment, or as a stand-alone experience, utilizing the enriching essential oil of Frankincense to bring you closer to your highest-self.

Soothe and Restore Facial

- 60 min. This healing and restorative facial is ideal for sensitized or rosacea-prone skin. Designed to calm inflammation and redness, this facial features regenerating sweet lupine and calendula, as well as our hydrating and soothing Aloe Replenishing Gel Mask to provide immediate relief for irritated skin.

Wild Lime Scalp Treatment

- 30 min. This energizing scalp treatment is designed to promote relaxation, ease muscle aches and soothe stress. Aromatic Wild Lime Revitalizing Scalp & Hair Oil is warmed and applied vigorously to the scalp, neck and shoulders to stimulate circulation and relieve muscle tension.



CEREMONIAL RITUAL

Traditional Ceremonial Temazcal

150 min.

Group ceremony.

The Maiden Goddess

Ixchel Ritual

The Traditional Temazcal is an ancient purification ceremony. The word temazcal means “steam house” and this is a ritual based on one of the oldest forms of medicine where the physical, mental and spiritual levels come together. Intentions are channeled through contact with the four elements: earth, fire, water and air, inside the representation of Mother Earth herself. The medicine of the Temazcal benefits all the body’s systems and energies which promote a connection to oneself, generating a transformative effect, a mystical meeting and a feeling of rebirth.

The ceremony is directed by an X’Men, a person with the attributes and knowledge to follow the ancient ceremonial ways to open the four gates connecting to the four natural elements. The heat generated by the volcanic stones bathed in medicinal teas, the darkness which liberates the senses from external distractions, the group energy which empowers the ceremony and the chants and oral tributes make this ceremony a true rebirth for the participants.





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**SALON**  
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SALON SERVICES

Our Chablé salon is the perfect place for finishing touches and further improving your feeling of wellbeing by revealing your inner beauty. The salon is available for individual reservations, as part of a combined experience, for private groups or wedding parties. All reservations must be made through the Spa reception.

The salon is available for the following services;

Haircuts and hairstyling for women

Haircuts for men

Specialized colors and tints

Chablé hairstyles: braids, waves, straightening



Wedding hairstyling

Test styling and styling for photo sessions

Wedding day styling



Grooming for men

Deep hair conditioning

Yucatán Essence Manicure | 60 min.

Our own indulgent version of a manicure which combines precision with elegance, bestowing your hands with an experience inspired by the surrounding environment and ensuring luxurious hydration. Special attention is given to shaping the nails, exfoliating the hands and providing a revitalizing cuticle treatment. Your hands are bathed and revitalized with a massage, and finally the treatment is completed with the color polish of your choice.

Yucatán Essence Pedicure | 60 min.

This experience inspired by tradition, aims to pamper your feet. We begin with a deep cleanse up to the legs, which aims to smooth rough areas, followed by an expert massage, cuticle cleanse, exfoliation of calluses and heels, dry skin treatment and expert application of clear or colored polish.

Hand and Foot Treatment | 120 min.

This experience is inspired in luxurious salons and tends lovingly to your hands and feet, beginning with a deep cleanse of feet and legs, arms and hands, where rough areas are smoothed. This is followed by an expert massage and finally the application of nail polish.



SPA FACILITIES



Surrounded by lush Mayan vegetation, the Spa treatment cabins are world class, unique thanks to their location alongside a natural sacred Cenote. Our Spa has a Spa Suite, 12 individual cabins and one double cabin.

For an experience which combines nature and luxury, the hydrotherapy circuit offers a variety of aquatic experiences:

- **Sauna**
- **Steam Room**
- **Jacuzzi**
- **Sensory showers**
- **Contrast pools**
- **Flotarium**
- **Petrified forest pool-outdoors**

What's more, inside the Spa, we offer:

- **Salt Chamber**
- **Gym**
- **Movement Salon**
- **Apothecary**
- **Boutique**
- **Spa Restaurant**
- **Meditation & yoga esplanade by the Cenote**
- **Beauty salon**

To widen the benefits of the body and beauty treatments offered by the Spa, our Boutique sells the cleanest, most sustainable and organic products available in the industry. We are proud to work in conjunction with Naturopathica and Body Bliss.



SPA ETIQUETTE



OPENING HOURS

From 8am to 8pm daily.

RESERVATIONS

Please allow us to complete your Spa Tutorial and reserve in advance so that we can personally tailor your experience. Our Spa team are available to meet at any time to design your very own Journey and program. It is important to let us know if you are pregnant or have any condition making you susceptible to high blood pressure, allergies, previous injuries or any other medical condition.

AGE RESTRICTIONS

Our Spa services, fitness installations and hydrotherapy circuit are only for guests over 16 years old, in order to protect both them and other guests. We have a section of treatments for our youngest guests; please contact the Spa reception.

ARRIVAL

To enjoy the benefits of hydrotherapy or to simply relax in our lounge with one of our teas, please arrive 30 minutes before your treatment begins.

To ensure the continuity of our services, your treatment will end at the time originally stated.

DRESS CODE

We require you to use a bathing costume in our hydrotherapy area. In the Spa, we provide robes, sandals and personal grooming products.

CANCELLATION POLICY

If you have to cancel, please do so at least 24 hours before the service to avoid the full cost of treatment being charged. Cancellation of group reservations must be made with 7 days' notice. Our prices and services are subject to change.

MOBILE PHONES

To ensure a relaxing atmosphere, we ask that you avoid using your mobile phone in the Spa and that you keep it in silent mode.

PRICES AND TIPPING

The prices stated are in US Dollars and include taxes. A 10% service charge is automatically added to your account, but you can alter the percentage at moment of check out or settling bill. Please do not tip directly.

GIFT CERTIFICATES

Available for all our services.



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**THE CHABLÉ WAY**  
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WELLNESS & FITNESS



ACTIVITIES AVAILABLE IN CHABLÉ

Wellbeing is achieved through connection to the environment, the body's work and practice with the mind to redefine experiences, curiosity, energy and the expansion of our senses.

Every day, Chablé offers a series of activities based on the concept of duality and created to attend to different moods: introspection or socializing, gentleness or intensity, serenity or vibration. Guests are invited to participate in all of our wellbeing, balancing and cultural activities on offer during their stay. Any of these activities can be organized as a private session, for an additional cost.

Every day, we will deliver a program with at least four activities to your door. You can take part in as many as you choose. Our experts will be happy to consult with you to understand your goals and collaboratively design and plan to help you achieve them during your time in Chablé. For an additional charge, you can have a private trainer as your expert guide during this journey towards wellbeing and the best physical condition of your life.

Activities marked with an asterisk (*) are only available in private sessions.





CONSCIOUSNESS

Breathing Practice

There are as many different breathing exercises as there are fashion trends, so why not simply become conscious of our inhalation? Each second, each moment from when we are born until the day we die, we inhale and exhale.

Accompany us and receive a simple and refreshing reminder of the simple magic of each breath.

Gratitude Practice

With the pressures of modern life and all its demands, we often forget our real aims: to be alive, conscious and have food, shelter, family and friends. We are often separated from the beauty of living in the present moment and dreaming.

We dedicate a portion of our day to recognizing and honoring those things which we often take for granted. Accompany us in a friendly and non-dogmatic session in which we give thanks together.

Zen Meditation

60 min. When we achieve deep concentration in our posture and breathing, the mind enters a state of introspection and clarity in which ideas and thoughts come and go easily, achieving a lasting sense of peace.

Morning meditation walk

60 min. The teachings of Buddhism, yoga and the practice of conscious breathing come together in this delightful way to start the day in Chablé, where walking acquires a deeper meaning than getting from one place to another. The rhythm of your respiration will merge with your soft footsteps, and soon the whole organism will pulse to the steady rhythm in this paradise.

Qi Gong*

60 min. This ancient Chinese practice is based on a meditation through slow and fluid movements, deep, steady breathing to reach a connection with the energy of the universe and a relaxed, meditative mental state.

This practice can be static, meditative or dynamic, depending on the specific abilities or needs of each individual. Experience this health practice in a relaxed atmosphere.

Mind & Body Cycling

50 min. The repetitive movement of pedaling facilitates a connection between mind and body, developing self-perception to obtain better balance, control and coordination between the two sides of the body, maintaining a level of alertness in the nervous system and even influencing emotional and behavioral development. A guided meditation during the session will bring the union of body and mind to the forefront.



BALANCE

Hatha Yoga

60 min. Visualize Yoga as one of the beautiful Ceibas which can be found in the grounds of Chablé, like a magnificent eight-branched tree. The physical postures (poses) will be represented by one of these branches. Hatha Yoga is the physical aspect of this over 3000-year-old discipline. You don't need to be flexible, strong or have good balance, the aim of the session is to try the poses with our bodies: they are simple movements with important benefits. This is an unmissable class.

Restorative yoga*

60 min. This healing session is focused on reaching the full attention which is found in all styles of yoga. As you practice gentle, slow movements, you will concentrate on your breathing and body, unifying the physical and mental. The skeleton and muscles are aligned thanks to the use of cushions and reinforcements to ensure a compassionate and gentle restoration of stiff joints and injuries. Once you finish, you will be filled with a sensation of relaxation and rejuvenation.

Reiki healing*

60 min. This Japanese technique reduces stress and promotes relaxation. Physical contact between the therapist and the guest is minimal. In fact, the treatment is realized by bypassing the hands, following the belief that life energy flows in all of us, and through the therapist. If the energy is diminished, we suffer from illness or stress, but if energy levels are raised, there is more chance of feeling happy and healthy. It is a powerful sensation, raised even further by our auspicious location in the energy center of Chablé.

Hamak Yoga

60 min. It is in hammocks where Yucatán's babies strengthen their muscles, and also where the Mayans go to find rest and relaxation. We combine the use of hammocks as mediums for movements and stretches from the disciplines of Pilates and Yoga to create our own unique Chablé technique. Through Hamak Yoga, the body is supported in the soft crochet of the hammock to stretch, flex, promote the flow of energy through the body, activate different joints and strengthen muscles. Total relaxation, contemplation and the integration of nature in this practice are fundamental to combine the spirit and the body together in these precious moments spent below the trees and alongside the powerful cenote of Chablé.

Tai Chi*

60 min. This discipline demonstrates how to harmonize our movements with those of the world in which we live. It is a martial art, a physical art and a pathway to meditation and elevation. The essence of Tai Chi is to learn to react in the correct way to whatever life throws at us. Allow this system of movements and breathing exercises to act as a healing method chosen by the Chablé forest especially for you.

Vinyasa Yoga*

60 min. This stimulating and challenging class is for guests with experience in the practice of Hatha Yoga. Vinyasa could be described as the marriage of movement and respiration, where it is repeated inside a creative, fluid and enjoyable sequence of postures. Prepare yourself to stretch, breathe and sweat in this entertaining class.



FITNESS

In the shade, indoors

Hybrid Muscle Training

50 min. To get your whole body into shape, why not try a new and dynamic combination of training such as integration, core and circuits?

Depending on your abilities and personal objectives, and after a gentle warm-up, you will be guided through specific exercises to first strengthen your core muscles (abdominals and lumbar). The challenge will continue through a circuit of different apparatus. During each task, you will try to synchronize with your training partner through specific patterns of time and rhythm. Enjoy yourself, push your limits and go beyond them!

Salsa

50 min. Dancing is liberating and enjoyable. It releases endorphins which raise the feelings of wellbeing. The salsa steps help prevent osteoporosis and benefit the heart and lungs, something which makes dancers feel immediately younger!

Private Kinesis Training*

50 min. Kinesis, based on the movement of the joints and muscles, uses cords and handles to induce different points of contact which stimulate the body on three levels: flexibility, strength and elasticity. A private training session with this technology is one of our guests' favorites in Chablé. This is an option for those who enjoy strength training or for those looking for an alternative which is gentle, elegant and adaptable to work on different muscle groups.

Pilates

50 min. This challenging yet gratifying system of exercise takes the name of its creator: Joseph Pilates. It focuses in the center of the body- the abdomen, the obliques and the lower back, then the inner and outer thigh and the entire body. The work of Pilates develops posture and knowledge of our muscles to correctly improve strength, flexibility, muscular resistance coordination, balance and good posture. Its effectiveness is based on achieving the absolutely correct form through precise technique. Each class is different, enjoying all variations of this beautiful technique which was developed for ballerinas.

Cycling Boot Camp

50 min. Intense cardio, modern bikes and a highly-trained instructor are the perfect recipe for a great cycling class. The intensity and resistance can be raised progressively, through time or distance intervals. The challenge: to complete this tough yet entertaining class!

Combat Fitness

50 min. Carlos, our fitness specialist, has designed a very powerful physical training system which combines techniques from different martial arts. Balance, concentration and speed will make this intense session one of your favorites.

FITNESS

Outdoors

Chablé Resort and Spa offers acres of forest, stunning hiking trails and facilities which can be discovered either in an activity led by one of our experts, or alone at your own pace.

Cycling

50 min. John F. Kennedy once stated “nothing compares to the simple pleasure of a bike ride”, but the experience goes beyond pleasant when riding through the delightful trails in Chablé’s forest. You can take a bike and helmet whenever you choose. Don’t forget to keep hydrated!

Running club

50 min. Running has the power to create happiness, especially if you share the experience, or are in an inspiring location, such as the grounds of Chablé. Our running club meets at the same time every day, and after a warm-up and technique check, our trainer will help you to decide on a new goal or one to beat your previous records. This might be just what you need to introduce running into your life.

Aqua Fitness

50 min. Exercise in the water has practically no impact on the joints, yet is very effective in strengthening, healing and avoiding injuries or simply moving our bodies smoothly and with coordination in the pool.

Animal motion

50 min. In many ancient civilizations, each animal was considered to have a spirit which identified it, and each human being had a spirit animal. Bring your mind and body to the limit, and explore your essence of strength, intensity, clarity, resistance or flexibility in this session—created to simulate the movements of majestic animals in a secure and intense practice.

Tennis clinic*

60 min. Perfect your game while you enjoy Chablé. Our pro can help you improve your technique, posture and game, as well as proving themselves excellent game partners. Our tennis courts can be rented privately.

Paddle Tennis Courts*

Discover (or perhaps, rediscover) this sport which is beloved by thousands. Rent a court, bats and balls for a thrilling, elegant and very entertaining game.

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## FITNESS FACILITIES & AMENITIES

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Gym

In front of the cenote, filled with light and overlooking the Mayan forest, the Chablé gym is equipped with the latest Technogym technology. Two Personal Kinesis stations, cardio equipment, treadmills, ellipticals, fixed and strength exercise bikes, a multi-station with incline and decline benches, adjustable cables, chest, leg and abdominal presses and vertical traction, as well as dumbbells and medicine balls.

*For personalized training sessions, please reserve with the Resort Concierge or with the Spa Concierge.
Open from 6am to 8pm.*

Movements Salon

A luminous and spacious space where you will find yoga mats, Pilates equipment, full cardio workout bikes and an Arke Station. Here, group and private lessons are held.
Open from 6am to 8pm.

Cenote Platform

The platform can be found just alongside the Cenote and is the space dedicated to meditation, yoga and other disciplines. In this area, Hamak Yoga is practiced under the shade of the Cenote's palm trees.
Open from 8am to 5pm, accompanied by our personnel.

Yoga Mats

If you need a mat in your cabin for personal use, please call the Concierge by dialing "0".

Cycling and Walking Trail

A pleasant trail which stretches from the organic vegetable garden, past Los K'anche's, the gardens bordered with Ceiba trees and the area of local forest, passing by the temazcal.

The 1.4-mile-long trail is ideal for cycling, running or simply a brisk walk.
Recommended from 6am to 6pm.

Tennis Court

With a hard surface and night-time illumination. Please reserve with the Concierge. We have rackets and balls available.

The tennis pro is available with prior reservation.
Open from 7am to 7pm.

Paddle Tennis Court

Alongside the tennis courts, it also has night-time illumination. Please reserve with the Concierge and collect the paddles and balls there.
Open from 7am to 7pm.

Bikes

Cycling around Chablé's trails is both entertaining and relaxing. We have simple bikes, or mountain bikes for the most adventurous. You will usually find them located in the Hacienda's esplanade.


SPA PRICE LIST


I. FOUNTAIN OF YOUTH JOURNEY

Signature Ritual

The Fountain's Flow 3 hours \$550

Body Rituals

Flotation therapy 30 min \$100

Janzu 60 min \$180

Sea and Sky conditioning treatment 60 min \$180
90 min \$240

Nirvana stress-relief massage 90 min \$240

Flow of the Tide lymphatic drainage massage 60 min \$180
90 min \$240

Body in Balance stimulating massage 60 min \$180
90 min \$240

Rain Goddess: *Flow* 90 min \$240

Beauty Rituals

Bio-Energy Lift™ remineralizing facial 90 min \$240

Optimal aging facial 90 min \$240

Pure Radiance anti-inflammatory facial 60 min \$180

Brightening facial 60 min \$180

Ceremonial Ritual

Sun and Moon Temazcal for couples (price per couple) 90 min \$440

II. TREE OF LIFE JOURNEY

Signature Ritual

Life Balance 3 hours \$550

Body Rituals

Salt Chamber \$45 \$100

Chaya and Verbena body polish 90 min \$240

Volcanic mineral mud body scrub / wrap 90 min \$240

Deep Forest detox massage 90 min \$240

Deep Tissue massage 60 min \$180
90 min \$240
120 min \$280

Chablé Precious Stones massage 120 min \$280

Mayan Herbal Compress massage 90 min \$240
120 min \$280

Tree of Life treatment (four hands) 120 min \$460

Rain Goddess: *Balance* 90 min \$240

Beauty Rituals

Heaven and Earth harmonizing facial 90 min \$180

Jade stone contour facial 90 min \$240

Eye contour 15 min \$50

Tree of Life balancing head, heart and root treatment 90 min \$380

Ceremonial Ritual

Guided meditation 60 min \$120

Mayan therapeutic Temazcal 60 min \$220


SPA PRICE LIST


III. HEAVEN ON EARTH JOURNEY

Signature Ritual

Song of Heaven 3 hours \$550

Body Rituals

Mayan rebirth massage 120 min \$280
 Ixchel new life massage (prenatal) 90 min \$240
 Floral Blossom massage 60min \$180
 90 min \$240
 Blue Eucalyptus aromatic massage 60 min \$180
 90 min \$240
 Thai massage 90 min \$180
 Hierbabuena hand & arm tension relief 30 min \$100
 Hierbabuena foot therapy 30 min \$100
 Energetic sound and stone cleansing 30 min \$100
 Rain Goddess: *Inspire* 90 min \$240

Beauty Rituals

Aromatic Anointment 15 min \$50
 Soothe and Restore facial 60 min \$180
 Wild Lime Scalp Treatment 30 min \$100

Ceremonial Ritual

Traditional Ceremonial Temazcal 150 min \$250
 (price per person, minimum 3 persons)


SALON PRICE LIST


SALON SERVICES

Yucatán essence manicure 60 min \$80
 Yucatán essence pedicure 60 min \$90
 Hand and Foot treatment 120 min \$120

Haircuts for women - \$50
 Haircuts for men - \$50

Color Partial Foil \$100
 Full Foil \$130

Blow dry Short \$40
 Long \$60

Styling & up-do Straightening, \$100
 braids or waves

Make Up - \$100
 Wedding hairstyling - On request
 Wedding test styling - On request

Grooming for men - \$100
 Deep hair conditioning - \$50

Waxing Upper lip \$15
 Eyebrow \$15
 Face \$30
 Under arm \$15
 Half leg \$40
 Full leg \$50
 Bikini \$40
 Back wax \$50

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**CHABLÉ DAILY  
ACTIVITIES PROGRAM**  
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The Daily Activities Program is delivered every day to your Casita and includes all the options for the day. You are welcome to join as many activities as you wish, most are courtesy, except when there is a marked price.

Please get in touch with our Wellness Activities team to receive recommendations and design the program that best suits you.

We normally schedule at least 4 of the following activities in the Daily Activities Program

- Breathing Practice
- Gratitude Practice
- Zen Meditation
- Morning Meditation Walk
- Hatha yoga
- Hamak yoga
- Pilates
- Mixed Muscle Training
- Cycling Bootcamp
- Salsa lessons
- Combat Fitness
- Cycling
- Running club
- Aqua fitness
- Animal Motion

PRIVATE ACTIVITIES

A one-on-one space in which you will receive all the attention and intention of our instructor to improve technique and individual performance. This focused session has great benefits and you may see a huge breakthrough after a single session.

- Tai chi \$150
- Reiki \$100
- Kinesis 1:1 \$50
- Pro Tennis \$90
- Vinyasa Yoga \$150
- Restorative Yoga \$150

Tennis court rental, 1 hr \$25

Padle tennis court rental, 1 hr \$25

All individual sessions require a reservation at least 48 hours prior and are subject to instructor availability.

Prices are per session per person. If applicable, a second person can join at a cost of \$ 30 USD. The prices are in US Dollars, including taxes. A 10% service charges is added.

Most activities in our Activities Program are also available in private sessions or at a different time. The cost is \$ 120 USD per first person, plus \$ 30 USD per additional person.

