

MUUK

In harmony with the environment and inspired by ancestral practices and traditions, Muluk SPA is a natural sanctuary that is involved in the jungle and rivers.

Temazcal, relaxation lounge, hydrotherapy circuit, designer amenities, dermo-aesthetic techniques, flotarium, mud baths, and spa treatments such as facial and body massages.

The cabins are situated in natural caverns and are the only ones of their kind in the Riviera Maya region.

For most cultures, water is related to purification and fertility. In Mayan mythology, one of the calendar signs associated with water is called Muluk, the cosmic seed related with the renovation of the moon cycles, and it is represented by a rain drop.

In that way Muluk is merged with the etymological origin of the word spa, salus per aquam, or "health by water", incorporating different cultures and philosophies of wellness.

**According to a mystical tradition, Muluk said to the Mayan people, "Drink of my clear waters. Get clean with my rain, receive my divine water, divine seed of knowledge. Know yourself. Make your look clear and simple."**







## TREATMENTS

### **1. Mayan Treatments**

With products of the region, and inspired in old traditions, this treatments had been adapted for modern warriors, who wished to travel through time. Let us show you the benefits of the local ingredients, such as honey, cacao, cinnamon and the clay.

### **2. Sensorial Treatments**

Immerse yourself into a space destined to wake the senses. The mud bath and the flotarium will let you disconnect in a sensory and personal journey.

### **3. Ayurvedic Treatments**

This Indian millennial tradition addresses health issues from a holistic, integral and personalize point of view. The most recognized massage is the Abhyanga. It is a deep and energetic technique that stimulates your metabolism and prepares you for a total recuperation.

### **4. Contemporary Treatments**

Find treatments to which you usually have access in your place of origin, so you can continue enjoying them during your stay.







## MAYAN FACIAL TREATMENTS

### **Aak' Facial (Fresh)**

**25 min.**

The Mayans used chamomile as a natural element to refresh and treat skin diseases. For immediate relief they used aloe vera, tila and calendula, among others.

### **Yatzil Facial (Love thing)**

**50 min.**

The Mayans used pomegranate extract, bee honey, chamomile, rosemary and fennel for techniques of natural healing against dryness, and to delay aging.

### **Ikal Facial (In search of the spirit) 80 min.**

Honey is a very healthy element, known by the Mayans for thousands of years. They used it to moisturize, nourish and repair the skin. Its high content in amino acids, vitamins and proteins hydrates the skin in a prolonged way, combating flaccidity and premature aging of the skin, stimulating cellular regeneration.

### **Ksakhir Facial (Sunrise)**

**80 min.**

Since ancient times, clay has been a great ally of our Mayan ancestors. It not only eliminates the toxins but also revitalizes the skin, providing a feeling of a healing sensation and performing a deep cleansing of skin and soul.







## CORPORAL TREATMENTS

### **Corporal Teocalli**

**25 min.**

Ingredients of the environment, a traditional regeneration and hydration technique that uses chaya and aloe vera, giving healing and freshness to the skin.

### **Copal Corporal Purification**

**50 min.**

Copal is a resin that is extracted from the root and the bark. It was used as incense for purification and spiritual, mental and physical healing, which continues to be used from generation to generation.

### **Antioxidant Yuc Haba Wrap**

**80 min.**

Allow us to make magic with Mayan words to be written in hearts forever. Awaken the senses that call for luck, peace and rest, celebrating the union with its great amount of vitamins, leaving the skin nourished and sweetly moisturized.

### **Kakaw Wrap**

**80 min.**

Based on the healing wisdom of the ancient Mayans, this therapy combines the benefits of a relaxing massage, the awakening of the body, and clean energy, which gives the skin vitality, moisture and softness.



## **Temazcal**

**80 min.**

Temazcal is a steam bath that has been traditionally used by Mesoamerican cultures, inside of a special spherical structure. The space represents a mother's womb (dark, warm and humid). It is associated with the idea of purification. The body, mind and spirit are cleansed. Hot volcanic stones are introduced, at which they are thrown water with herbal medicine to generate steam. Four doors are made in which more stones are added. Through these doors, the chaman, a spiritual leader, guides us through the four areas of human life: childhood, youth, adulthood, and old age. It also works with the four elements, the four seasons, and the four cardinal points. The ceremony has a sense of reconnection with our emotions and our ancestors, through the stones that are called "grandmas". Anyone who experiences a temazcal is said to be born again, purified from the womb of Mother Earth.

## **SENSORIAL TREATMENTS**

### **Flotarium**

**30 min.**

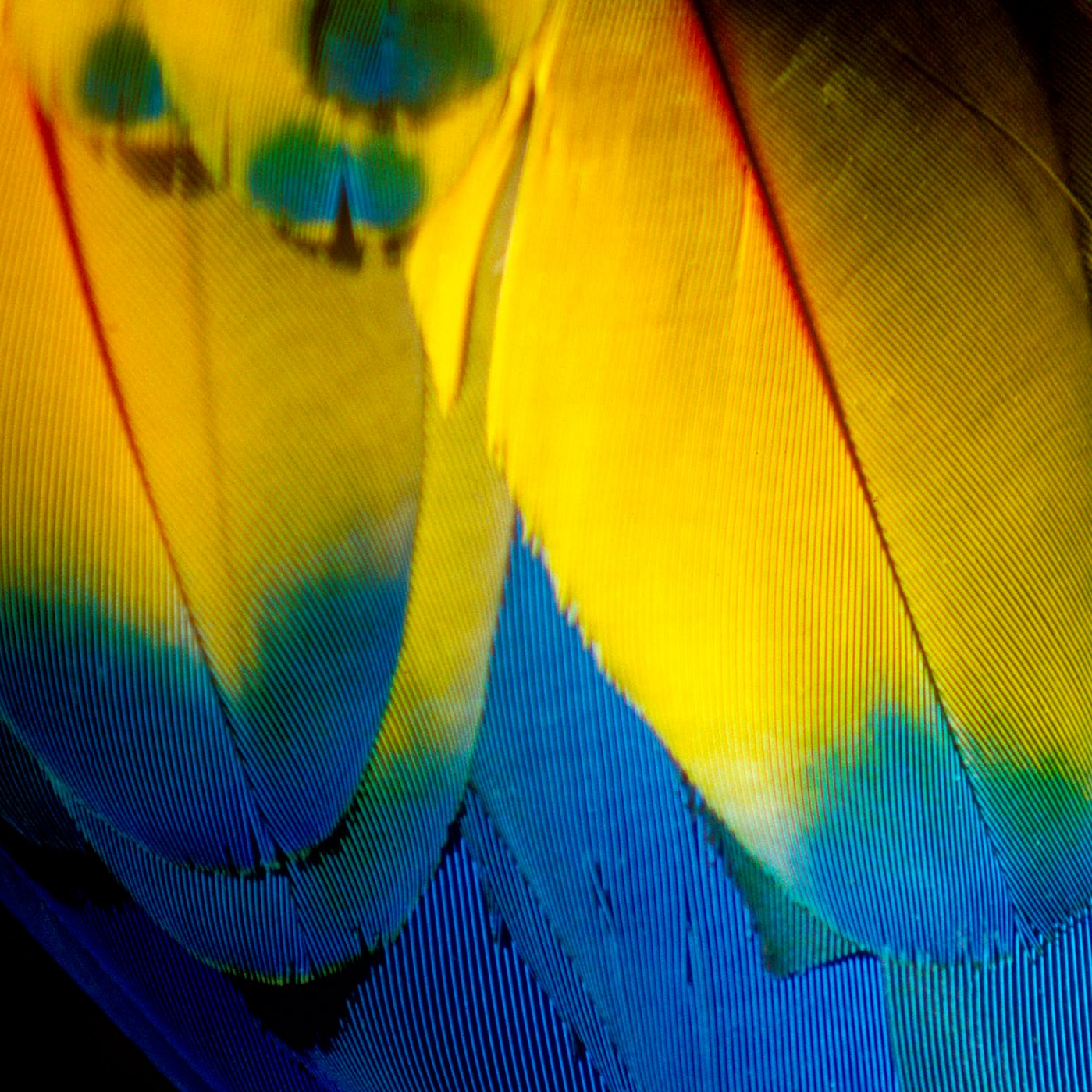
Flotarium or deprivation of the senses is a perfect therapy to combat stress and revitalize. Especially if you have had problems falling asleep lately. Return to mother's womb and experience zero gravity. The Flotarium offers healing and cosmetic properties of the waters of a salt lake, known from ancient times but in an exclusive space for total relaxation of the muscles and your mind.

### **Mud Bath**

**30 min.**

The combination of mud with massages is an excellent body relaxing therapy. Mud is rich in minerals and has been used for aesthetic and medicinal purposes throughout history. It also has numerous properties that reduce the flaccidity of the skin and keep it soft and smooth. It is a natural exfoliant and an ideal mask for the prevention of the first wrinkles.





## AYURVEDICA TREATMENTS

### **Champi Massage (Ultra Relaxing, Head, Facial and Back Massage)**

**50 min.**

It is craniocervical massage, which focuses on the upper back, arms, neck and head, especially in the scalp and some parts of the face. Increases blood and lymphatic flow, reducing the blood pressure, stress and anxiety.

### **Vishesh (Therapeutic Massage) or Marma's Massage (Deep Tissue Hindu Massage)**

**80 min.**

It is a therapeutic massage and it works with the intimate Ayurvedic medicine by stimulating the points called marmas. It achieves extremely important effects for health, removes muscle fatigue, and residues from oxidative stress.

### **Abhyanga (Ayurvedic Massage)**

**80 min.**

Abhyanga means "full body massage". It is performed with synchronized movements on each side of the body, in order to balance the left and right hemispheres of the brain while working marma's points, which are similar to acupuncture points, used to balance the body and remove toxins from the system.







## CONTEMPORARY TREATMENTS-FACIALS

### **Mini**

**25 min.**

Grape extract provides antioxidant properties with the benefit of being able to treat skin redness. It provides a feeling of freshness.

### **Moisturizing**

**50 min.**

Helps to recover the natural hydration of the skin. With its chamomile, blueberry and apricot extracts, it gives the skin vitality, oxygenating it to obtain smoothness.

### **Gentleman Facial**

**50 min.**

Designed exclusively to treat male skin, with properties that provide the nutrients they need. At the end you can feel a healthy, hydrated and fresh skin.

### **Anti-aging**

**80 min.**

Helps to reduce fine lines combating photo aging with extracts of yam and pea seeds, among others, creating collagen and elastin.

### **Deep cleaning**

**80 min.**

For its deep repair on cellular regeneration, oxygenates and provides vitality to obtain a luminous face.







## CORPORAL TREATMENTS

### **Exfoliation**

**25 min.**

Removes dead cells from the skin with their natural emollients. Contains antioxidant and remineralizing properties.

### **Body Moisturizer**

**25 min.**

Refreshing treatment, obtaining smoothness thanks to the oxygenation of the skin. This treatment of green tea and ginger contains antioxidant compounds that protect and improve the appearance of the skin.

### **Relaxing Body**

**50 min.**

Treatment that provides peace and well-being, combating dry skin at the same time, leaving a moisturizing feeling.

### **Regenerating Wrap**

**80 min.**

Directed for skins that need deep repair, revitalizing and tonifying, to recover the biorhythm.

### **Antioxidant Wrap**

**80 min.**

The extract of a chardonnay grape helps to protect the skin against aging, revitalizing and providing nutrition.







## **MASSAGES**

### **Back Massage**

**25 min.**

Focused on the back and neck, places where tensions and muscular stresses build up. A nice way to get out of the routine.

### **Reflexology**

**50 min.**

This is a therapy of Oriental origin, based on the stimulation of the reflex points in the soles of the feet that correspond to the different organs and systems of the body, provoking a relaxing and therapeutic equilibrium effect.

### **Swedish**

**50/80 min.**

Focused on muscular and nerve relaxation that helps release tension and simple ailments of the body also improves blood and lymphatic circulation. It consists of applying rhythmic, energetic, and deep manipulations on the muscles and skin.





## **Aromatherapy**

**50/80 min.**

A sublime experience for the senses and emotions. The use of natural essential oils restores well-being, relaxes the nervous system, regenerates the skin, stimulates circulation, clears the mind, calms pains, relieves depression, and strengthens the immune system.

## **Deep**

**50/80 min.**

Helps to relax the muscles, working the deeper tissues of the body. Performing deep tissue massage on the muscles to penetrate the deeper tension areas, leaving them with a high degree of relaxation, pain relief and durable benefits, leading to more flexibility and more fluid movements.

## **Sport Massage**

**50/80 min.**

A totally invigorating experience that helps to tone and prepare muscles for high performance sports. It helps rehabilitate muscles of minor injuries and fatigue. Stretches and flexes the extremities in order to lengthen and impact therapeutically the neuromuscular system.





## **Personalized Massage**

**50/80 min.**

A massage made especially for you. Tell your therapist if you prefer to focus on a particular area, like the scalp, the shoulders, the back or legs. Choose a deep soft pressure or simply combine the techniques you want from our treatment menu.

## **Hot Stones Massage**

**80 min.**

A magical experience of comfort and extreme relaxation, based on the placement of warm basalt stones on your body, which will facilitate muscle relaxation, concentrating heat transmitted in the most stressed areas of the body. The use of aromatherapy makes the therapy more complete and relaxing.





## HANDS AND FEET

### **Basic Manicure**

**25 min.**

Basic care for hands and nails. It is a good option to beautify your hands once in awhile. Finish with a nail polish in the color of your choice.

### **Basic Pedicure**

**25 min**

Basic care for feet and nails. It is a good choice to improve the appearance of your feet once in awhile. Finish with a nail polish in the color of your choice.

### **SPA Manicure**

**50 min.**

Recover the softness of your hands after an exfoliation, accompanied by a hydration rich in antioxidants. You will feel your hands rejuvenated and moisturized. Complete treatment to beautify hands and nails.

### **SPA Pedicure**

**50 min.**

This pedicure is an intensive therapy to get beautiful and healthy feet. It begins with a process of removing dead cells, followed by a moisturizing mask, besides complete nail care and polish.







## WEDDINGS

Not only do brides want to be radiant on their wedding day, grooms also seek to make the most of their image. At Muluk SPA brides and grooms can find personalized and exclusive treatments.

We have a suite for brides where you can organize your personal services together with your bridesmaids, in a private and exclusive way.

Ask for our special packages.





## COMPLEMENTARY TREATMENTS

### **Lumafirm Facial**

**50 min.**

The perfect instant restorer with tensioning effect that gives your skin firmer and more compact luminous and youthful appearance. It is ideal for special events, brides, sensitive skins and pregnant women.

### **Anti-Aging Revelation with Stem Cells**

**50 min.**

This anti-aging treatment delights your skin with vegetable stem cells (argan and comfrey), which stimulates the production of collagen, elastin and hyaluronic acid, significantly improving the elasticity and firmness of the skin. This mask increases the oxygenation of the skin, promoting a radiant complexion.

## BODY TREATMENTS

### **Lumafirm Body Tonicity**

**50 min.**

Body wrap with firming massage which allows you to enjoy a fusion of scents and textures that will lead to maximum relaxation with toning results.

### **Firming Wrap of Steam Cells**

**50 min**

A specialized treatment for a perfect silhouette. Dealing particularly with cellulite, lack of elasticity and body pigmentation; made from avocado, pea seed extract and karite butter, ingredients that work fatty deposits on the surface for an enviable figure.





## **SPA GUIDELINES**

### **What kind of precautions should I take?**

For your safety, treatments should not be taken with a full stomach and will not be performed on any guest who is under the influence of alcohol or drugs. Avoid shaving before exfoliation. In case of reddening of the skin or sunburn, you will not be able to receive treatments.

### **And if I have a health problem?**

Please notify the Spa staff when you make your reservation (if you suffer from hypertension, allergies, physical disabilities or if you are pregnant, etc.)

### **When should I arrive at the Spa?**

We recommend you arrive 60 minutes before your treatment to enjoy the ritual of hydrotherapy or at least 15 minutes prior to the start of your treatments to start your registration, be assigned a locker and shown the amenities. It is essential to wear a bathing suit.



## **Should I wear underwear for the treatments?**

You can take off or keep your underwear according to your comfort. Communicate any question or concern to your therapist. Ask for disposable underwear for body treatments.

## **Where will I leave my jewelry and valuables items?**

Each guest is given a locker for their exclusive use of the Spa in which they can leave all their personal belongings. However, Muluk Spa is not responsible for lost or forgotten valuables.

## **What are the basic rules of Muluk Spa?**

No smoking, food or alcoholic beverages are allowed. Phones and other electronic devices should be left in your locker. a is for people over 18 years old. Enjoy the silence.

## **What is the cancellation policy?**

The cancellation fee is 50% of the treatment cost. A change of appointment will be possible with at least 4 hours in advance, depending on availability.

## **What happens if I arrive late for my appointment?**

You should keep in mind that arriving late will simply reduce the time of your treatment.

## **What are the payment options?**

Spa treatments can be charged to your room account, credit card or cash. Advance reservations are advised. We encourage you to make reservations as early as possible through guest services, to ensure the availability of your favorite treatments.





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