



# YUCATÁN<sup>®</sup>

# WELLNESS



SEFOTUR  
SECRETARÍA DE FOMENTO  
TURÍSTICO



#TheColorsOfYucatan

# WELLNESS

Mayan worldview envisages all elements of the planet in balance, even with the human being, because there exists a respectful and harmonic relationship among Earth, flora, fauna, and the universe. Nowadays, to travel goes further than just going to a place to know it, eat, drink, and walk around; people travel to also transform themselves through experiences that destinations offer by means of their **people, food, and illusions to bind body, soul, and mind together.**

If you are looking for a vacation that provides you with a relaxing experience more focused in releasing stress, revitalizing you, or simply reconnecting body, soul, and mind, we invite you to discover what Yucatán has to offer for you. **This land of ancient origin, culture, and knowledge,** has a great tourist infrastructure that brings therapies, yoga lessons, a wide variety of massages, aromatherapy, beauty treatments and *temazcales*, **among many other options!**

All these services, adjusted to the Mayan culture, have achieved incredible results translated into **unique experiences** that go from Mayan rituals to scrub baths with products original from this region, with great ancient qualities.

Moreover, we can confirm that the sun provides the human body with excellent benefits, humidity revitalizes the skin, and contact with nature or sea breeze eases the mind. **The privileged geographic location of Yucatán and its balance with climate, biodiversity, and culture make a perfect combination for health care and wellness.**

## Unleash your senses

Yucatán is a land with an enigmatic charm, with a balanced combination of features that make all visitors fall in love. You can live **sensitive experiences with the unparalleled Mayan influence** in many hotels and haciendas in Yucatán. All of them offer the ideal service according to your needs, taking care of every detail to reach out each one of your senses and offer all the comfort you need: pamper yourself, revitalize yourself, release stress or simply live a moment with yourself.

The *cenotes* experience will energize you, enjoy their waters and connect with nature. *Cenotes* have a very special mysticism, meet these sacred places for ancient Mayan people.

**Disconnect yourself and live an absolute peaceful moment in Yucatán!**



Disconnect from routine and

# GO BACK TO THE ORIGIN





## Recommended unique experiences

### ① Mayan bath at Río Lagartos

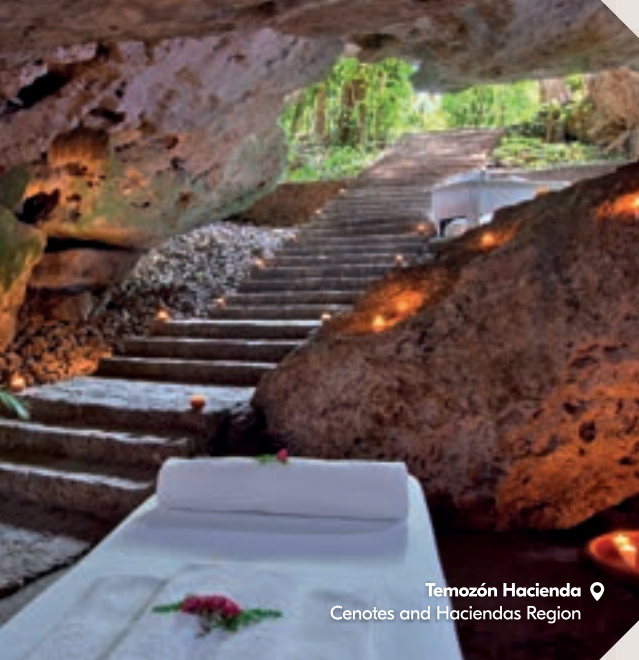
It is a very exhilarating **“beauty treatment”**, it consists of applying a mud mask all over the body; as it is a completely natural product, it has a lot of benefits, it moisturizes and soothes your skin.

### ② Temazcal

Enjoy a calm space for relaxation and wellness, temazcal is a ritual with therapists trained in the traditional Mayan techniques, **they guide you to purify your body and soul**. At the Mayan temazcal, every element has a meaning that you will discover and will pleasantly surprise you.

### ③ Horse ride in Haciendas

It is a tour through sisal plantations, where you will **enjoy the landscape, going from the green rainforest, passing by the grasslands, and finishing at the sea coast**. Tours can be from 30 minutes and up to 8 hours of horse riding, with different activities to relax, learn, and connect with nature.



Temozón Hacienda   
Cenotes and Haciendas Region

#### ④ Wellness experience at the beach

Spaces devoted to meditation and comprehensive wellness, a Mayan palapa to practice yoga, a bar of detox juices to clean the body, a gym, and an outdoors pool to exercise. All elements blend in a place for peace and relaxation.

#### ⑤ Wellness retreat in luxury haciendas and boutique hotels

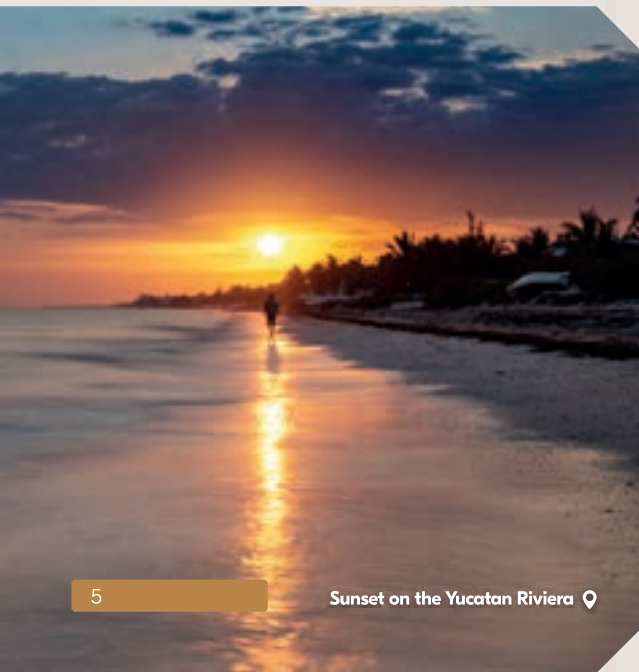
With spaces specially created to experience wellness through the senses, framed with the astonishing nature. They offer different activities like yoga lessons, hydrotherapy, wellness retreats, golf, and relaxation rituals.


#### ⑥ Visit a Spa in a perfumery

Imagine the smelling experience that you will experience when combining traditional and therapeutic massage techniques with different fragrances and exclusive scents. An upscale place in an old manor with all services.

#### ⑦ Around archeological sites

Mayan villages provide spaces like hotels or accommodations in the middle of the rainforest.



Sunset on the Yucatan Riviera 

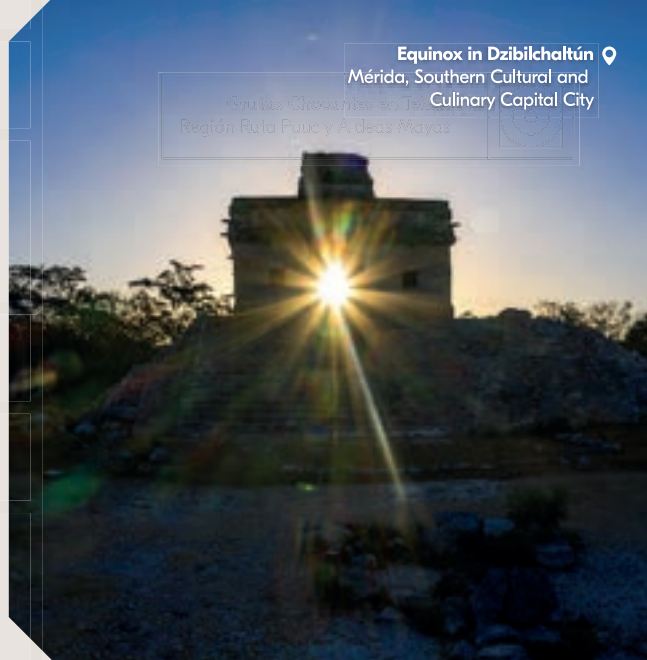
With the attention of the community, you will be able to be in **contact with nature**, listen to the birds singing, and get away from technology and everyday life.

### ⑧ Bird watching

An activity that cannot be missed, **discover a great number of birds in the rainforest and in mangroves**, learn about their behavior and enjoy the peace provided by this activity.

### ⑨ El Cuyo

A fishing port located in the last beach northeast of Yucatán. It is a tiny beach town where visitors can enjoy a serene and picturesque environment, with a port favorable for **relaxation and services to enjoy wild beauty**.



Equinox in Dzibilchaltún

Mérida, Southern Cultural and

Culinary Capital City

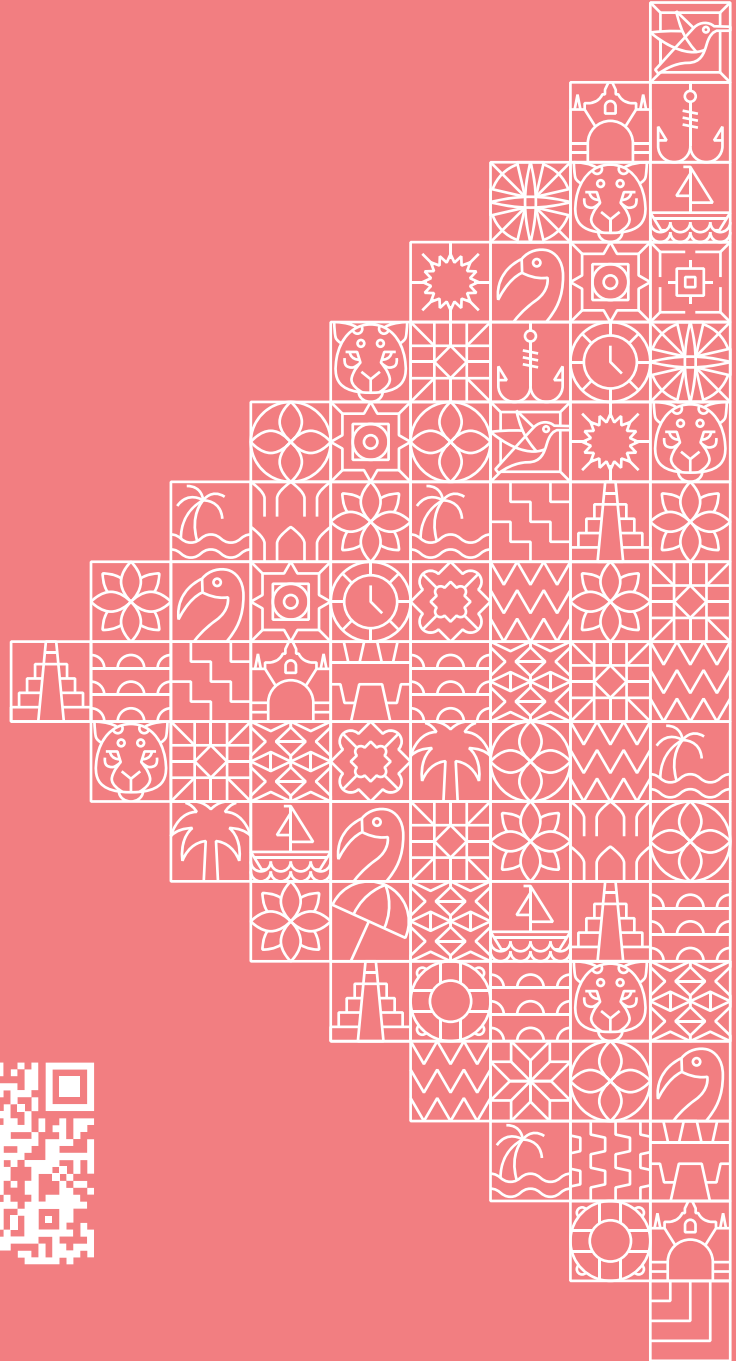
Crucias Chovantes en Tel.  
Región Ruta Puuc y A'ché Mayas



El Cuyo

Mayan Port Region

# YUCATAN



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