

SPA ALILA



S P A A L I L A

At Alila Mayakoba, wellness is not sought. It is a memory that awakens as we move in harmony with nature's rhythm. Guided by Mayan cosmology, we honor a vision where time breathes, and each day unfolds with its own sacred energy.

Spa treatments are inspired by the 20 days of the Tzolk'in, the sacred Mayan calendar. Each with a unique energy and intention, guiding and inspiring. Our spa invites guests to draw from these forces to create a personal journey; listening to intuition and letting their wisdom shape the path through rest, movement, and healing.

Our rituals honor living culture with ingredients and traditions passed down through generations. Each experience is crafted to be genuine and meaningful, offering a deep connection to the land, the culture, and oneself. Where nature is remembered as medicine.

MASSAGES

HAND • *Manik'*

Therapeutic Massage

Honoring the body's natural intelligence. The therapist becomes a guardian of balance, listening to musculature, breath, and inner cadence to craft a deeply personalized experience. A therapeutic touch that restores harmony, ease, and grounded vitality.

60 min | 90 min | 120 min

FIRE WITHIN • *Chikchan*

Deep Tissue Massage

With a warm de-stressing balm and deep tissue massage, the body releases its oldest tensions from muscle and fascia, restoring mobility, strength, and energetic flow. Guided by the spirit of Chikchan, the Sacred Serpent of vital force and life energy, this ritual awakens the body, inviting a rebirth from the sacred spine where power and vital energy rise once more.

60 min | 90 min

NIGHT • *Ak'bal*

Sedating Massage

In the quiet cradle of darkness, this restorative ritual invites the body to let go. This restorative ritual blends guided breathwork and a neurosedative touch to calm the nervous system into deep surrender as a cranial facial therapy opens space for renewal.

90 min | 120 min

MASSAGES

SEED • *K'an*

Four Hands Massage

An earthy ritual of abundance and growth. A four-hand massage inspired by K'an, the Sacred Seed of prosperity and radiant vitality. Warm compresses ground the body in the Earth's abundance as synchronized hands flow in harmonic symmetry, releasing tension, awakening energy, and restoring a sense of luminous balance.

60 min / 90 min

JADE • *Kab'an*

Warm Stone Massage with Volcanic & Jade Stones

Inspired by Kab'an, the guardian of Earth's movement, this grounding ritual restores harmony through the subtle dance of heat and mineral energy. Warm volcanic stones melt away tension while cool jade restores equilibrium, as flowing strokes reconnect body and breath with the steady pulse of the land—inviting clarity, alignment, and a renewed sense of inner direction.

60 min / 90 min

FIRST WATER • *Imix*

Prenatal Massage

Inspired by the waters of creation and the nurturing embrace of the cosmic womb, this prenatal ritual is a sanctuary for the mother to be. Within this gentle space, she is invited to find profound rest and support, reconnecting with her own body as she honors the new life blossoming within. A relieving foot exfoliation, a dry brushing that awakens circulation, and a gentle full-body and facial massage grounding the tempo of new beginnings.

120 min

FACIALS by Wildsmith skincare

STAR • *Lamat*

The Brilliance of the Star and the Beauty of Harmony

By award-winning Wildsmith Skincare. An all encompassing approach to skincare and wellbeing. This clinically proven facial, delivers immediate results: notable toned, smooth and plump looking skin. Incorporating a sequence of breathwork, myofascial release, acupressure and craniosacral holds to dissipate tension and restore balance. This extraordinary facial surpasses expectations to help ground, center and re-energize the mind, while delivering cleansed, healthy, radiant looking skin.

60 min | 90 min

SUN • *Ahau*

Illumination and Fullness through the Warmth of the Sun

A results driven facial designed to restore skin luminosity and improve skin tone using antioxidant-rich formulations. Potent bioactive and botanical ingredients work in harmony to neutralize free radicals and reduce oxidative stress, supporting a healthier, more radiant complexion. Beginning with guided breathwork and visualization techniques to help calm the nervous system and enhance skin receptivity. A targeted eye massage helps relieve screen induced fatigue, boost and reduce puffiness and dark circles.

60 min | 90 min

MIRROR • *Etznab*

The Obsidian Mirror, a Refined Facial Ritual to Sculpt and Refine

Using obsidian guasha stones to reveal clarity and renewal, releasing deep tension, stimulating circulation and refining the contours with precision and intention. Like Etz'nab, this treatment clears what no longer serves, restoring luminosity, balance and calm, resulting in awakened presence.

90 min | 120 min

BODY TREATMENTS

ALCHEMY • *Kib'*

Body Exfoliation

Inspired by Kib', the purifier, this ritual invites you to craft a tailored body scrub from our apothecary's herbs and minerals. A mindful exfoliation first clears the skin and releases energetic weight—preparing the spirit for a Melipona honey body mask that nurtures the senses and allows the body to soften into a deep, lasting ease.

60 min / 90 min

JOYFUL HEART • *Chuen*

Body Treatment

A joyful, heart-awakening ritual inspired by Chuen, the playful Weaver of Time. A fragrant coffee exfoliation releases heaviness, followed by a warm cacao body mask rich in theobromine that stimulates endorphins, uplifting the mood and awakening spontaneous joy. A celebration of renewal where the spirit remembers its natural joy.

110 min

STORM • *Kawac*

Body Exfoliation/Head Therapy

Inspired by Kawak, the sacred force of storm and renewal, this ritual awakens the body's inner rain to release heaviness and restore vitality. A full body exfoliation with flowing strokes melt tension as the cleansing power of water and herbs clear emotional weight. The journey ends with a warm herbal infusion gently poured over the third eye and crown—a serene Shirodhara inspired cascade that quiets the mind and renews inner clarity.

90 min



SIGNATURE

TREE • *Ben*

Circadian Massage

A bespoke reset that draws on kinesiology principles and mechanisms of movement. Essential oil blends support the body's natural circadian rhythm. Tailored to your individual needs, includes craniosacral holds, abdominal massage and foot reflex zone therapy to clear blocked energy pathways bringing harmony and restoration to the mind and body.

120 min

FLAME • *Ok*

Couple's Ritual

Inspired by the Maya Nahual Ok, guardian of love and connection, this ritual begins as the couple lights a vanilla massage candle, vanilla's soothing properties nurture emotional balance, awakens sensuality and promote relaxation, opening the path to presence for a synchronized massage. Then a mini facial restores body and heart, while the melted candle oil seals the experience with gentle, protective fire.

120 min



TEMAZCAL RITUALS

MAGIC • *Ix*

A Journey of Inner Transformation Guided by Ix, the Jaguar Nahual of Intuition, Mystery, and Sacred Power

Your ritual begins with a cold immersion that awakes clarity, courage, and heightened presence as the body meets the pulse of renewal. Followed by a healing therapy inside the temazcal, where warm shadows and minerals invite you to reshape yourself with ceremonial clay—a gesture of releasing old forms and calling in your truest self. The experience culminates with the Jaguar Massage, a deep, instinctual therapy that blends grounding strokes and intuitive techniques inspired by the feline guardians of the Maya. This ritual dissolves heaviness, sharpens awareness, and reconnects you to your own quiet inner power a return to the self with grace, strength, and luminous stillness.

150 min

RENEWAL • *Kimi*

An Intimate Passage into Deep Stillness, Inspired by Kimi, Guardian of Serene Transformation

A temazcal ritual inspired in ancient tradition through herbal steam, guided breathwork, and the gradual opening of each “door,” guests journey through release, clarity, and inner rebirth. An ethereal passage that honors the soul’s transition into lightness, leaving the body renewed, calm, and profoundly at ease.

60 min



INTEGRATED EXPERIENCES

PATH • *Eb'*

The Sacred Path of Journey and Purpose

The experience begins with a guided fitness session, to choose from: yoga, pilates, or mobility. All designed to awaken the body through intentional movement and support joint health and balance. Followed by a restoring hydrotherapy circuit using heat, steam, and immersion to enhance circulation, restore flow, and calm the mind. The journey concludes with a personalized massage that releases tension, supports the legs and spine, and encourages the body to move forward with clarity and ease.

Wellness session 90 min + Hydrotherapy 90 min + Massage 90 min

VISION • *Men*

The Clarity of Air and the Lightness of Perspective

The ritual begins with a guided hydrotherapy, where water cleanses and restores balance through its purifying properties. A private meditation prepares the mind for renewal, followed by a full-body massage that begins with a gentle back exfoliation and concludes with sensory hand and foot therapy expanding mental focus and inner perception.

Hydrotherapy 90 min + Meditation session 60 min + Massage 90 min



ENHANCEMENTS

WARM STONES

Heated stones gently ease muscular tension, allowing warmth to travel deeply through the body and soften the nervous system.

Enhancement for massages only

AROMATHERAPY

A curated aromatic infusion selected to support balance, presence, and emotional wellbeing.

Enhancement for facial treatments only

HEAD & SCALP THERAPY

A slow, grounding head and scalp massage that releases mental weight and invites quiet clarity.

FOOT RITUAL

A restorative foot exfoliation and massage designed to ground the body and renew the sense of ease.

CBD OIL

A calming CBD-infused oil applied to ease muscular tension, quiet the nervous system, and support deep relaxation.

Enhancement for massages only



ADD-ONS

REFLEXOLOGY

Targeted pressure on reflex points of the feet to encourage balance, circulation, and deep release.

15 min

FACIAL MASSAGE

A sculpting facial massage that softens tension, enhances circulation, and restores a natural glow.

15 min

SCALP MASSAGE

A slow, grounding scalp massage designed to release mental tension and invite deep calm.

15 min

BODY EXFOLIATION

A full-body exfoliation using mineral and botanical elements to smooth the skin and renew vitality.

30 min



HYDROTHERAPY

WIND • /k'

Guided by Ik', the Sacred Wind, this revitalizing ritual begins with intentional breathwork to calm the mind and awaken inner clarity. Conscious breathing prepares the nervous system before entering an ice bath, where cold becomes medicine. Sharpening awareness, restoring vitality, and renewing the flow of life through breath and presence.

30 min

SPA ETIQUETTE

About Hydrotherapy Access

Conceived as a quiet haven for the soul, Spa Alila prioritizes a landscape of absolute serenity. To preserve the depth of this experience, hydrotherapy access is thoughtfully managed by reservation only, ensuring each guest enjoys an unhurried path to restoration. This adult sanctuary—reserved for those 18 and over—calls for a mindful arrival, as we seek to maintain an atmosphere of grace and mutual respect. Our team is delighted to orchestrate your visit, ensuring your time within our walls is both sacred and seamless.

Reservations

We recommend scheduling in advance to ensure availability and a seamless experience. A credit card may be requested to secure bookings for non-resort guests. Spa experiences are available to guests ages 18 and above.

Cancellations

Out of respect for fellow guests and our therapists, we kindly request a minimum of 24 hours' notice when rescheduling or canceling. Late changes and no-shows will be charged the full value of the booked experience.

Pricing & Gratuity

All rates are listed in Mexican Pesos. Prices in other currencies may vary according to the daily exchange rate. A service charge supports the spa team caring for you; additional gratuities are at your discretion.

Medical Considerations

Please inform us of any medical conditions, allergies, medications, or injuries that may influence your treatment. Our team will be pleased to recommend thoughtful adjustments that support your comfort and safety.

What to Wear

Unless otherwise specified, we provide a robe and slippers for your comfort. Therapists are trained to drape appropriately to ensure privacy throughout your experience.

Arrival

We invite you to arrive up to 30 minutes before your appointment to check in and ease into the experience. To honor all guests, sessions begin and end at the scheduled time.

Honoring

Spa Alila is a quiet space dedicated to presence and serenity. To preserve this atmosphere, we kindly ask that you refrain from using mobile phones and electronic devices.

Spa Access

Designed as a refuge of deep calm, our spa prioritizes the integrity of your experience. To preserve this atmosphere of absolute serenity, we dedicate our facilities solely to guests enjoying a scheduled treatment. We look forward to welcoming you into this private moment of balance and curated care.

Alila

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