



HOLISTIC WELLNESS SPA

SERVICE MENU

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MENU

- 01 MASSAGES
- 02 BODY EXFOLIATIONS & TREATMENTS
- 03 FACIALS
- 04 TRADITIONAL CHINESE MEDICINE THERAPIES
- 05 CRYOTHERAPY | COLD PLUNGE EXPERIENCE + MEDITATION & BREATHWORK
- 06 PACKAGES & SPECIAL OFFERS
- 07 BOOKING & CANCELLATION POLICIES

Opening Hours:
10:00 am - 8:00 pm
+52 998 715 1086

MASSAGES

Relaxation Massage 50 min · \$1,150.00 | 80 min · \$1,600.00

Designed to encourage physical and mental relaxation, this gentle-to-firm, medium-depth massage uses smooth, continuous, enveloping movements to release accumulated tension and create a profound sense of rest and well-being.

Anti-Stress Aromatherapy Massage 50 min · \$1,300.00 | 80 min · \$1,700.00

A focused experience to release physical tension and accumulated stress. Firm-to-deep pressure and Shiatsu-inspired pressure points work along the body's meridians to encourage the release and freer flow of built-up energy.

Aromatherapy enriches the sensory experience and promotes relaxation, while deeper techniques ease muscular tension and restore a sense of rest and well-being.

Aromatherapeutic Massage 50 min · \$1,400.00 | 80 min · \$1,800.00

This sensory ritual begins with aromatherapy applied to the lymphatic areas, along the spine, and to spinal reflex points on the soles of the feet to harmonize the emotions and encourage deep relaxation.

Gentle-to-firm pressure and fluid, enveloping movements invite the body to release tension and enter a state of calm. Throughout the ritual, scent and touch come together to connect body, mind, and spirit.

A caress for the soul, through scent, touch, and presence.

Deep Tissue Massage 50 min · \$1,500.00 | 80 min · \$1,900.00

A therapeutic massage targeting areas of pronounced tension and muscular tightness. Firm, deep pressure helps release accumulated tension and address trigger points in the affected areas.

Stretching and mobilization of the limbs and muscle groups support a greater range of motion, release, and physical well-being.

An experience devoted to letting go, restoring mobility, and recovering a sense of lightness in the body.



MASSAGES

Hot Stone & Aromatherapy Massage

50 min · \$1,500.00 | 80 min · \$1,900.00

A deeply relaxing experience rooted in an ancestral technique. Heated stones and gentle-to-medium pressure focus especially on the areas of greatest tension.

Their warmth helps relax the muscles and ease tension and discomfort, while their contact and glide across the skin bring a soothing, immersive sensory dimension to the massage.

Aromatherapy completes the experience, uniting fragrance and warmth in a ritual that invites the body to relax deeply and enjoy a profound sense of well-being.

Cupping Massage

50 min · \$1,500.00 | 80 min · \$1,900.00

A bodywork experience focused on releasing tension and muscular stiffness throughout the body.

Cupping encourages muscular relaxation and decongestion while stimulating circulation and tissue oxygenation. Combined with massage movements and drainage techniques, it helps improve mobility and create a feeling of lightness in the muscles, supporting the release of built-up tension.

A treatment designed to relax, relieve congestion, and restore mobility to areas of greatest tension.



MASSAGES

Chakramaya Signature

80 min · \$1,980.00

Our signature experience, created to offer holistic care for body, mind, and spirit.

The ritual begins with body harmonization and energy cleansing, followed by aromatherapy to prepare the guest. A medium-to-firm pressure massage then integrates diverse techniques to work with the body in a deep, balanced way.

Hot stones provide comforting warmth with analgesic properties. Hand and foot reflexology stimulates reflex points that help support the body's balance and well-being.

Touch, movement, warmth, reflexology, and energy harmonization come together in a uniquely Chakramaya experience.



BODY EXFOLIATIONS & TREATMENTS

Aromatic Herbal Body Exfoliation
30 min · \$900.00

A renewing experience using a blend of aromatic herbs for gentle body exfoliation, helping remove dead skin cells and leave the skin fresher, brighter, and renewed.

Its composition offers delicate skin renewal and a gentler alternative to other exfoliation methods. The application movements encourage local circulation, completing an experience of care and well-being.

A ritual combining renewal, softness, and the sensory power of aromatic herbs.

Walnut & Almond Body Exfoliation
30 min · \$900.00

A traditional body exfoliation that helps remove dead skin cells and surface impurities, leaving the skin smoother, more even, and renewed.

Enriched with walnut and almond, this experience combines exfoliation with nourishing ingredients to improve the skin's softness and radiance.

Pre & After-Sun Body Treatment
30 min · \$900.00 | 50 min · \$1,400.00

A refreshing, comforting treatment to care for the skin before or after sun exposure.

Aloe vera is applied with cool compresses, creating an immediate sensation of freshness and comfort.

The application helps keep skin hydrated, soft, and comfortable while soothing redness and feelings of heat after sun exposure.

An ideal experience for enjoying sunny days while caring for your skin.



FACIALS

Pre / After-Sun Facial 50 min · \$1,200.00

An experience focused on hydrating and comforting the skin before or after sun exposure. Aloe vera provides intense rehydration, freshness, and comfort, especially when redness or inflammation is present.

Signature Facial - Cellular Rejuvenation 50 min · \$1,300.00

A personalized facial combining next-generation active ingredients and growth factors to support skin renewal and rejuvenation.

The protocol helps protect against oxidative stress, promote an even, revitalized appearance, and support collagen and elastin production. Tailored to each skin's needs, it offers a complete experience of care and renewal.

Hollywood Peel 50 min · \$1,450.00

A non-invasive aesthetic treatment combining an activated-charcoal mask with laser technology. The pairing provides deep exfoliation, helping even skin tone and improve its overall appearance.

The protocol stimulates collagen and elastin, leaving skin looking brighter, more even, and revitalized.

Ideal for those seeking an immediate glow with no downtime.

Deep-Cleansing Facial with Dermabrasion 80 min · \$1,900.00

Designed to deeply cleanse and renew the skin, this facial combines cleansing, diamond-tip dermabrasion, and impurity extraction.

The protocol removes makeup, sunscreen, and surface impurities before controlled diamond-tip exfoliation with gentle suction.

Blackheads and comedones are extracted, followed by high-frequency post-extraction care. A calming or hydrating mask and nourishing, protective products suited to the skin type—including sunscreen—complete the treatment.

The result is skin that looks cleaner, smoother, renewed, and more luminous.



TRADITIONAL CHINESE MEDICINE THERAPIES

Advance booking of at least 24 hours required, subject to availability.

Acupuncture Facial Lift

40 min · \$1,050.00

Acupuncture stimulates specific points on the face and body, activating vital energy (Qi), blood circulation, and lymphatic flow. This naturally activates collagen production, improves muscle tone, and releases tension associated with wrinkles and sagging, promoting firmer, more luminous, harmonious-looking skin.

Ideal for those seeking natural rejuvenation without Botox or invasive procedures.

Acupuncture

50 min · \$800.00

Fine needles are delicately inserted into specific points and remain in the body for 25 minutes, activating energy channels (Qi) throughout the being. The technique helps relieve physical pain, harmonize emotions, strengthen the organs, and restore the natural balance of body, mind, and spirit.

Auriculotherapy

30 min · \$650.00

The ear, considered a sacred map of the body, reflects different organs, emotions, and systems.

Pressure stimulation and small ear seeds applied to specific points support holistic balance, helping relieve stress, anxiety, insomnia, tension, and physical discomfort. A subtle yet deeply transformative practice.





CRYOTHERAPY

Cold Plunge Experience

+ Meditation & Breathwork

30-50 min

Advance booking of at least 24 hours required, subject to availability.

A guided experience combining 10 minutes of meditation, 10 minutes of breathwork, and immersion in our 10 °C cold plunge for up to 5 minutes per person.

Controlled cold exposure elicits a powerful physiological response, stimulating the sympathetic nervous system and the release of norepinephrine, associated with alertness, focus, and stress adaptation. It also activates natural thermoregulation and thermogenesis, including brown adipose tissue, and may support physical recovery and reduce post-exercise muscle soreness.

This practice trains the breath, the stress response, and the body's capacity to consciously adapt to an intense stimulus.

Session for 1 to 6 guests.

Price per session

1 guest	30 min	\$750.00
2 guests	30 min	\$1,050.00
3 guests	40 min	\$1,350.00
4 guests	40 min	\$1,650.00
5 guests	50 min	\$1,950.00
6 guests	50 min	\$2,250.00

PACKAGES & SPECIAL OFFERS

Relaxation Massage + Body Exfoliation

60 min · \$1,695.00

Relaxation / Anti-Stress Aromatherapy Massage + Body Exfoliation

80 min · \$1,895.00

Relaxation / Anti-Stress Aromatherapy Massage + Pre / After-Sun Facial

80 min · \$1,995.00

Couples Service

50 min · \$2,095.00 | 80 min · \$2,735.00

Available between 1:00 and 4:00 pm. Advance booking of at least 24 hours required, subject to availability.

Choose from:

Relaxation Massage, Anti-Stress Aromatherapy Massage, or Pre / After-Sun Facial





BOOKING & CANCELLATION POLICIES:

- All sessions must be booked via WhatsApp or by phone at +52 998 715 1086.
- To book any therapy, the session must be paid in full at the time of booking by sending proof of payment from the payment link or bank transfer.
- All bookings are non-refundable. To reschedule any session, an additional fee of MX\$500 applies, or MX\$750 for couples services.
- Informed consent: Before the service, the guest must complete and sign a digital consent form, disclosing any relevant medical condition or contraindication and confirming that the selected therapy is appropriate. Where applicable, the guest is responsible for obtaining prior medical authorization. By accepting the service, the guest acknowledges voluntary participation and, to the extent permitted by law, releases Chakramaya, Pachamaya, and their therapists from liability for adverse effects arising from undisclosed medical conditions, personal contraindications, or failure to follow the recommendations provided.



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Reservations

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CHAKRAMAYA – HOLISTIC SPA

by Pachamaya

