

М.У.К.У.К



Hotel Xcaret México

/SPA

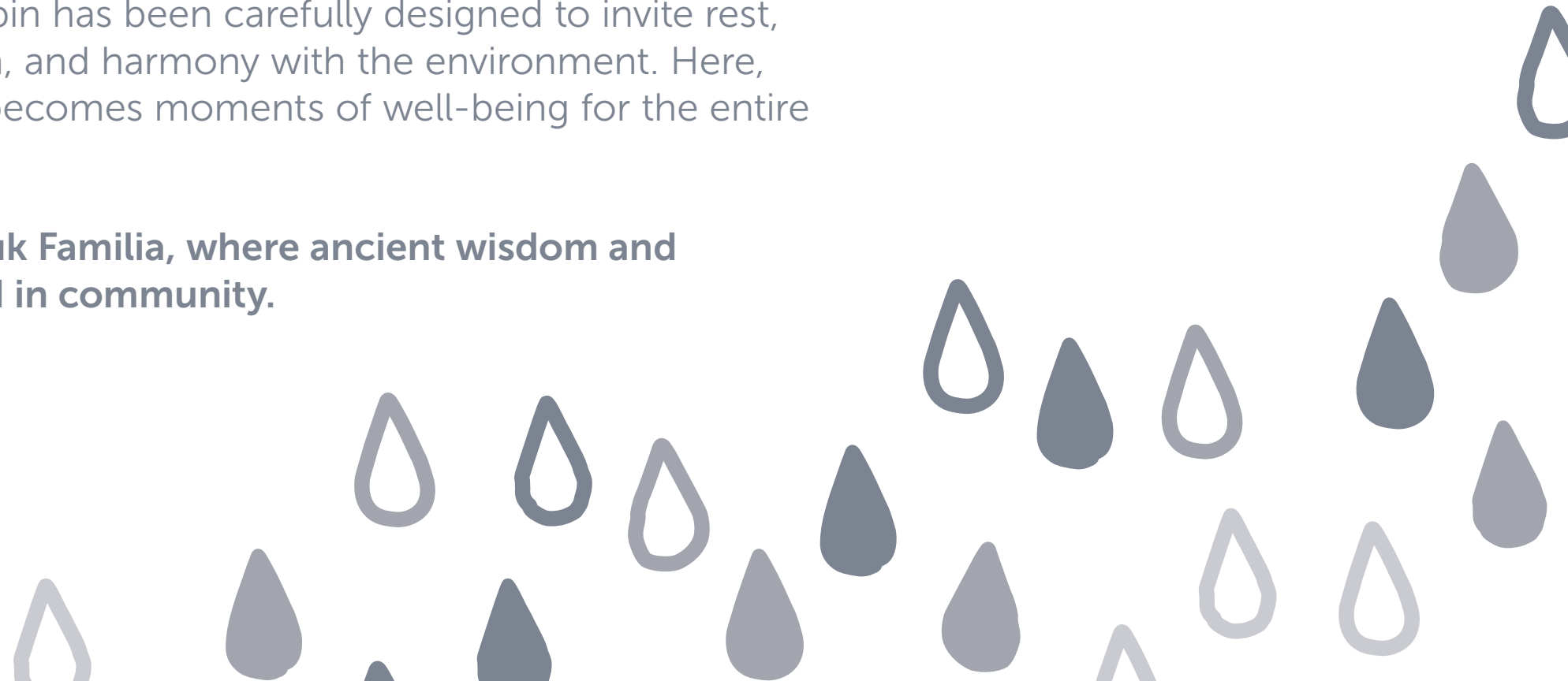
TREATMENTS

In Mayan mythology, one of the calendar signs associated with water is named **Muluk**, meaning "cosmic seed." Represented as a drop, this symbol evokes the renewal of lunar cycles and the transformative power of water—the source of life and balance.

Inspired by this ancestral vision, **Muluk Familia** opens a space where wellness extends to all: children, teens, and adults. Because taking care of oneself is also a way of caring for those we love.

In this natural sanctuary nestled among rivers and jungle, each treatment and cabin has been carefully designed to invite rest, family connection, and harmony with the environment. Here, ancestral legacy becomes moments of well-being for the entire family.

**Welcome to Muluk Familia, where ancient wisdom and wellness are lived in community.**





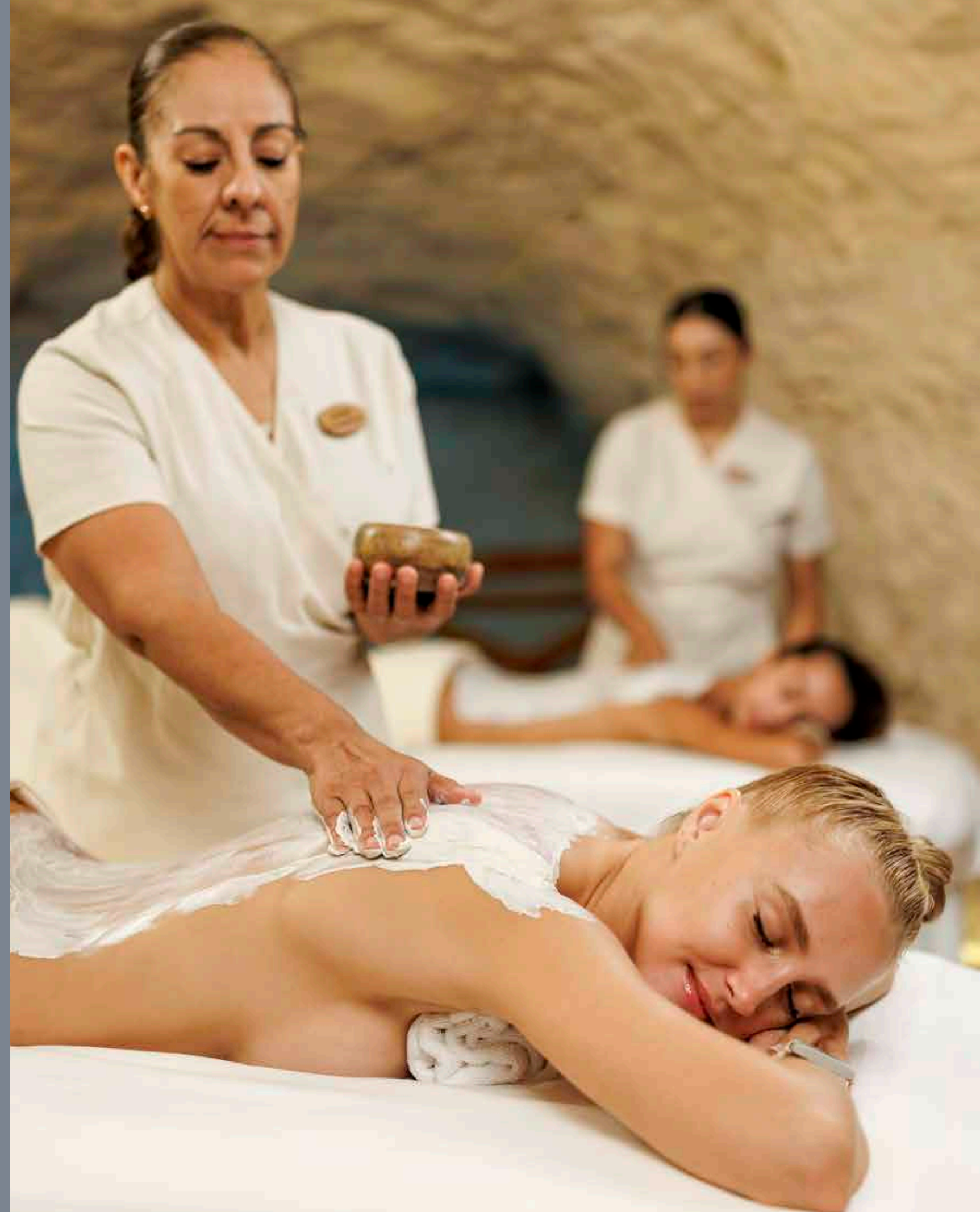
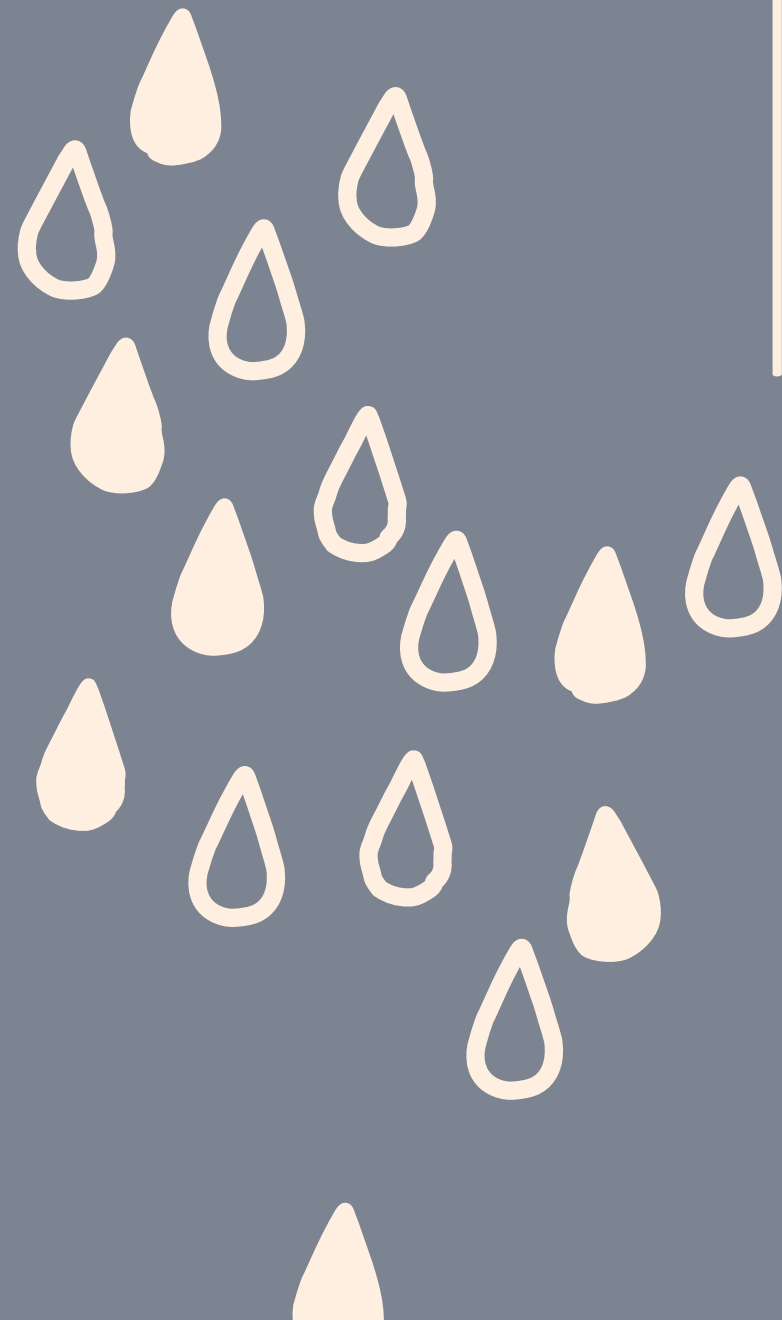




## / From Tranquility Massages

Deep relaxation through  
conscious touch

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**RELAXATION & HARMONY** 50/80 minutes

Physical peace and inner reconnection

Slow-paced massage with gentle to medium-pressure strokes that soothe the body and clear the mind. Calming aromas deepen the restful experience.

**MUSCLE RELIEF** 50/80 minutes

Deep relief and restorative rest

Focused pressure to relieve muscle tension, stimulate circulation, and restore natural mobility.

**PRENATAL MASSAGE** 50/80 minutos

Wellness for mother and baby

Specially designed for moms-to-be, beginning at 12 weeks of pregnancy. Helps relieve common discomforts, improve circulation, and create a serene moment of connection.

Best suited for weeks 12 to 32 of pregnancy.

**TUUNICH K'IIN** 50/80 minutos

Hot Stones · Deep Release

A soothing therapy that blends the warmth of basalt stones with the fluid rhythm of expert hands. This combination melts away muscle tension, calms the senses, and supports circulation, lymphatic drainage, and energetic balance. Ideal for relieving areas of persistent tightness.







## / Facials

Facial rituals to  
renew balance  
and radiance



**EE'K** (Star)  
Anti-aging and deep repair

80 minutes

A facial ritual that nourishes deep layers of skin, redefines contours, and restores luminosity. Its lifting effect softens expression lines and renews your inner glow.

**KI' ICHPAM**  
Brightens and corrects

50 minutes

A luxury facial by Natura Bissé that evens out skin tone, softens the appearance of fine lines, and restores vitality to the complexion. Facial massage techniques enhance its effects, delivering a visible lifting result and a luminous, balanced glow.

**HA** (Water)  
For sensitive or sun-exposed skin

50 minutes

A calming facial by Natura Bissé, formulated with rosehip, elderflower, and green tea. It soothes the skin, restores balance, and brings back a fresh, healthy-looking appearance.

**FOR HIM**  
Cleanses, hydrates, and restores vitality

50 minutes

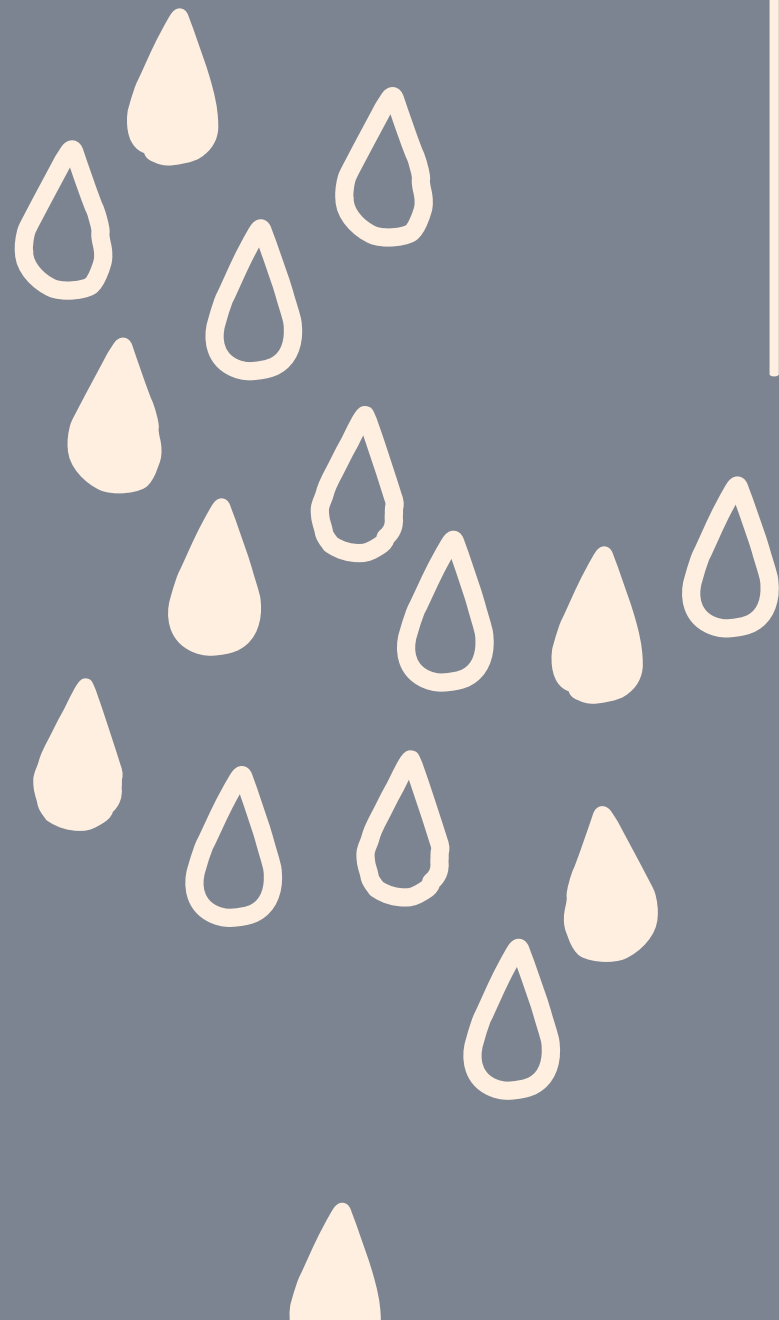
A revitalizing facial by Natura Bissé created for men's skin. Helps reduce stress, purifies, mattifies, and delivers an instant boost of hydration and radiance.





## / Body Treatments

To nourish, purify, and revitalize  
from skin to spirit



### **ANCESTRAL COPAL**

80 minutes

Purification and remineralization

Inspired by the ceremonial use of copal—known in Mayan as pom—this treatment blends ancestral incense with modern techniques to clear the mind, relax the body, and restore essential minerals to the skin.

### **ALOE ENERGIZING MIST**

50 minutes

Freshness and revitalization

A refreshing treatment ideal for sun-exposed or dehydrated skin. A gentle wrap restores elasticity and provides comforting renewal.

### **YUM KA' AX**

50 minutes

Nourishing corn & agave honey scrub

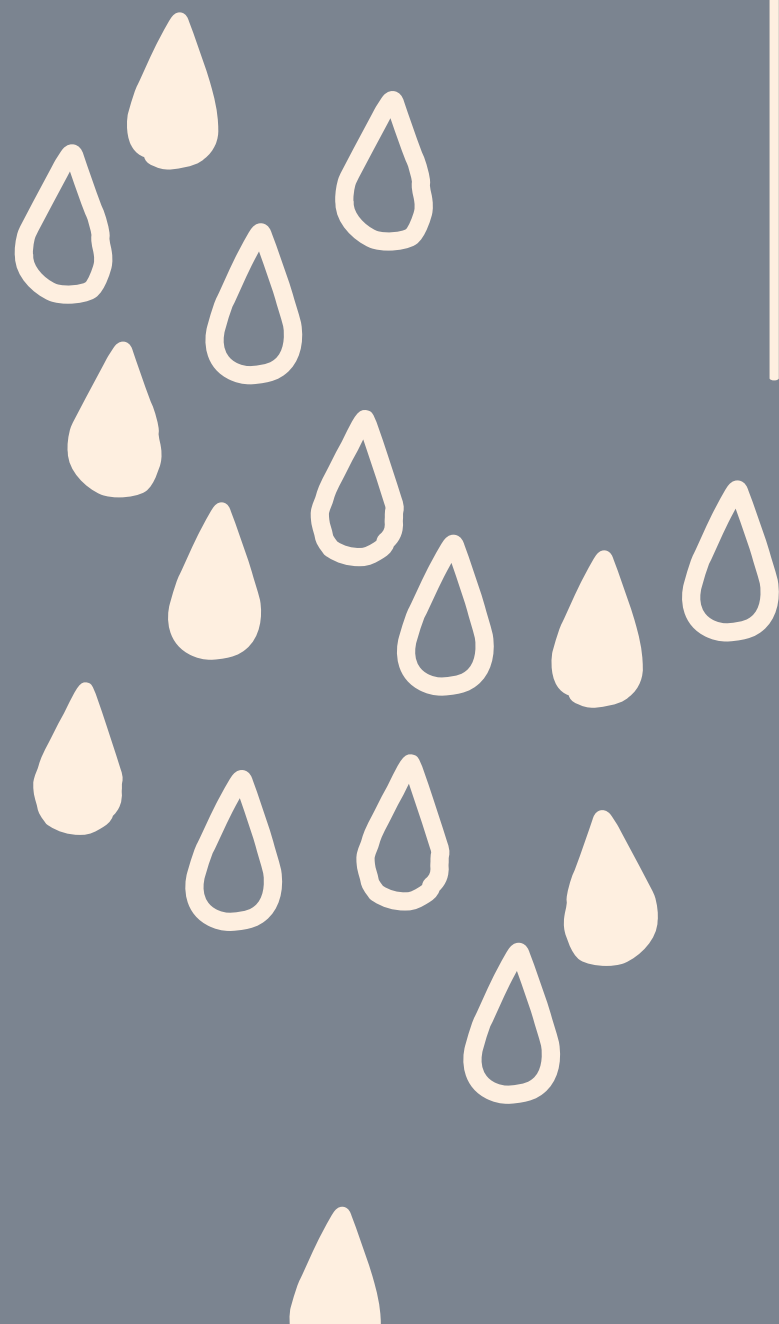
Inspired by the Mayan corn god, this scrub uses local ingredients to leave skin soft, nourished, and radiant.





## / Organic Agave Treatments

Gentle botanicals that heal from the root



### **ORGANIC RITUAL**

120 minutes

Natural healing through Mexican herbalism

This treatment honors the ancestral art of healing. Its power lies in traditional herbalism and the synergy of botanical actives that awaken the restorative properties of plants, flowers, and roots. Guided by essences crafted by traditional healers, this ritual connects sky, earth, and water to restore inner balance.

### **BALANCING ORGANIC FACIAL**

50 minutes

Natural restoration and deep harmony

Designed to naturally balance and strengthen the skin, this facial uses gentle botanical actives that protect, soothe redness, even out skin tone, and soften fine lines. The experience is enhanced by an exclusive facial massage using cold crystal spheres.

### **ORGANIC CANDLE MASSAGE**

50/80 minutes

Warm relaxation and ancestral aromatherapy

A deeply relaxing massage that combines the warmth of an organic candle with the soothing aromas and restorative properties of traditional aromatherapy. Perfect for releasing tension and reconnecting with your body.





## **AGAVE AND CLAY BODY TREATMENT**

80 minutos

This purifying ritual combines red clay with natural ingredients to strengthen and revitalize the skin. Inspired by ancestral knowledge of the land, it supports detoxification, drainage, and deep cellular renewal in an organic and holistic way.



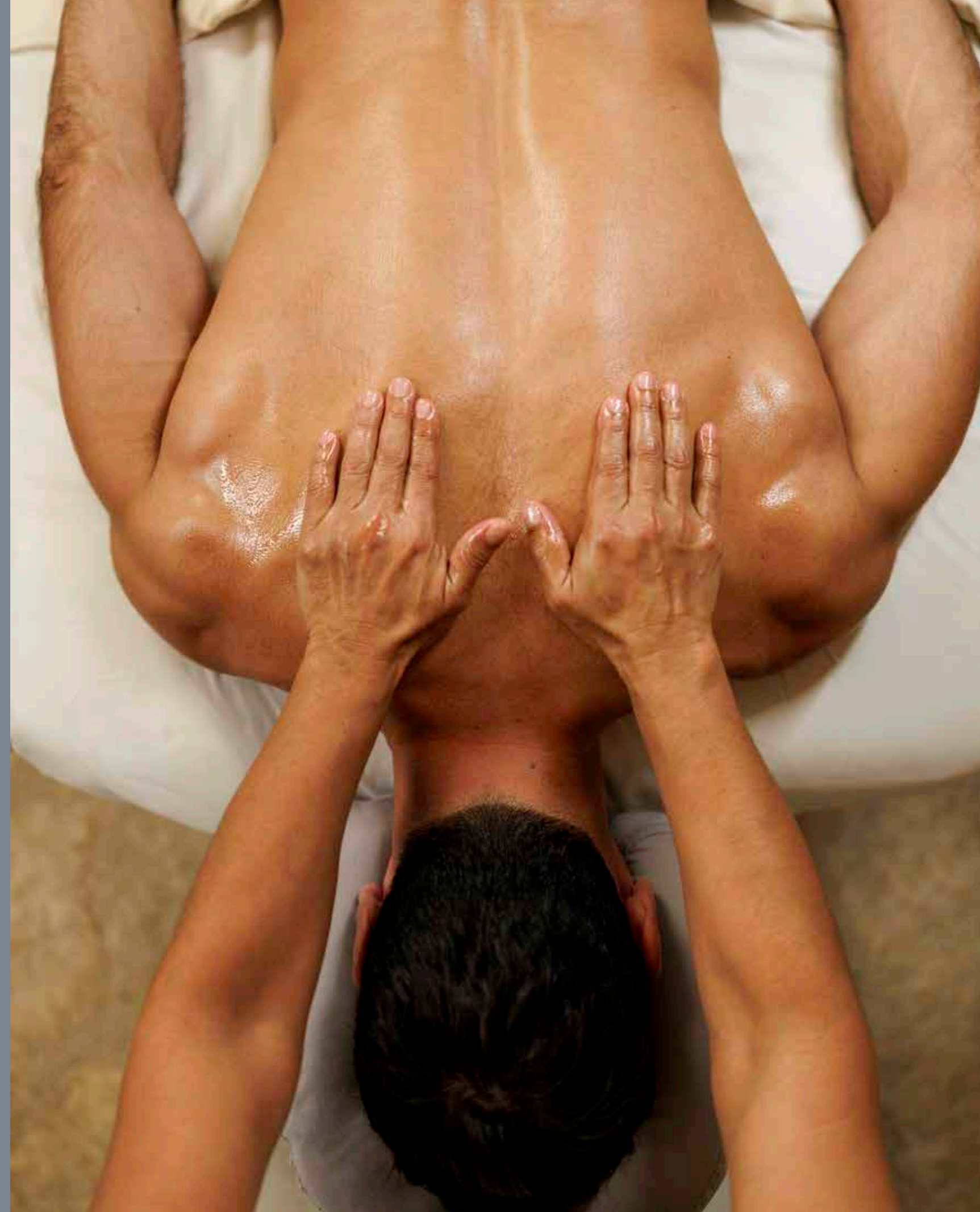
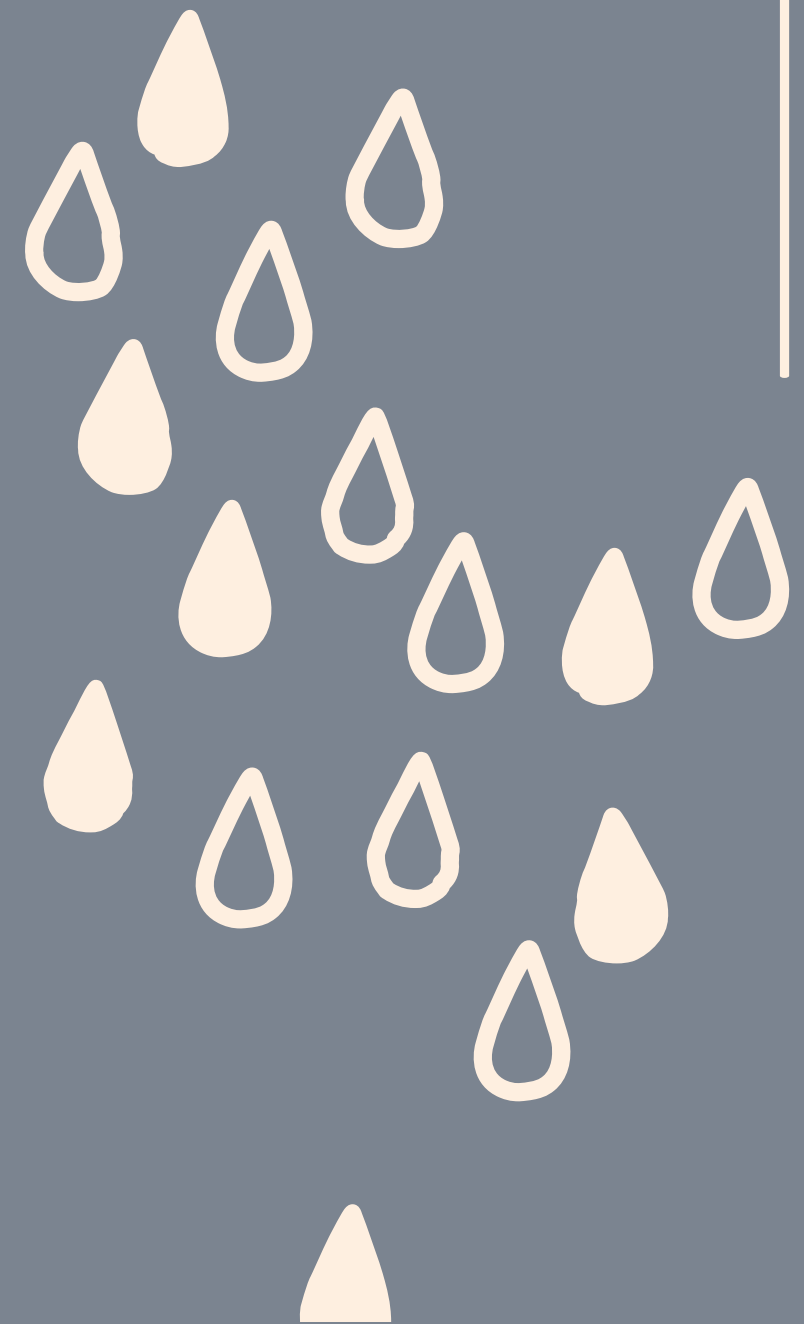






## / From Harmony

Perfect add-ons to complement  
any 50- or 80-minute treatment







**BODY SCRUB**

25 minutes

Smooth and renewed skin

A gentle exfoliation that removes impurities and dead skin cells. Perfect for enhancing any massage and leaving skin radiant and hydrated.

**EXPRESS FACIAL**

25 minutes

Instant freshness

A gentle facial that cleanses, lightly hydrates, and refreshes the skin. It helps correct minor imperfections and relieves surface tension, leaving a radiant and renewed feeling.

**LOCALIZED MASSAGE**

25 minutes

Targeted relief

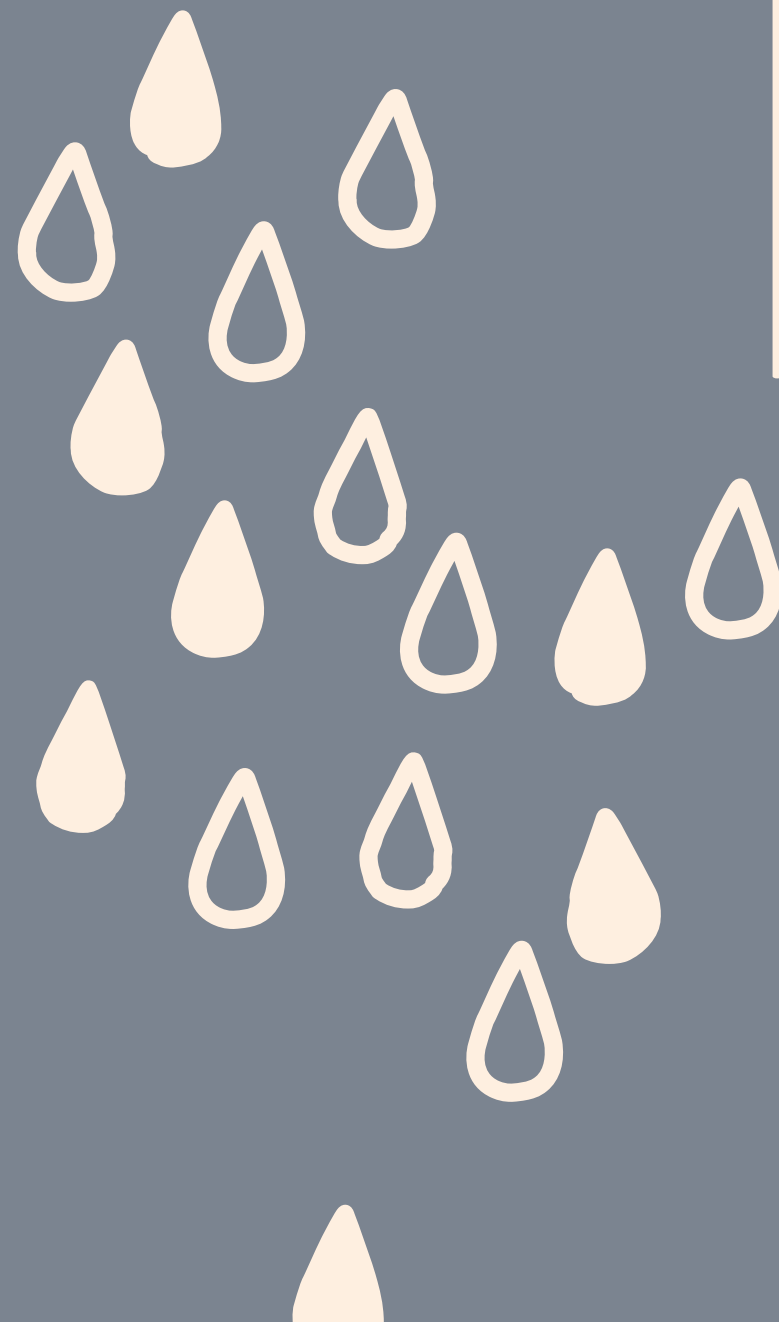
Ideal for extending the benefits of any treatment, this focused massage targets specific areas that need extra attention.





## / From Calm

Treatments designed to care for  
and pamper you



### **CUSTOM MANICURE**

50 minutes

Hydration and care for your hands

A ritual that begins with a gentle exfoliation, followed by nail shaping and cuticle care. Finished with a soothing hand cream and classic polish of your choice.

### **CUSTOM PEDICURE**

60 minutes

Total relaxation for your feet

Begins with exfoliation to remove impurities, followed by a refreshing mask and a full pedicure. Includes classic polish.

### **ESSENTIAL MANICURE**

30 minutes

Practical, everyday nail care

Includes cleansing, nail shaping, and classic polish application to keep your hands looking their best.

### **ESSENTIAL PEDICURE**

45 minutes

Freshness and softness for your feet

Basic foot care with exfoliation, nail shaping, and classic polish for a healthy and light appearance.

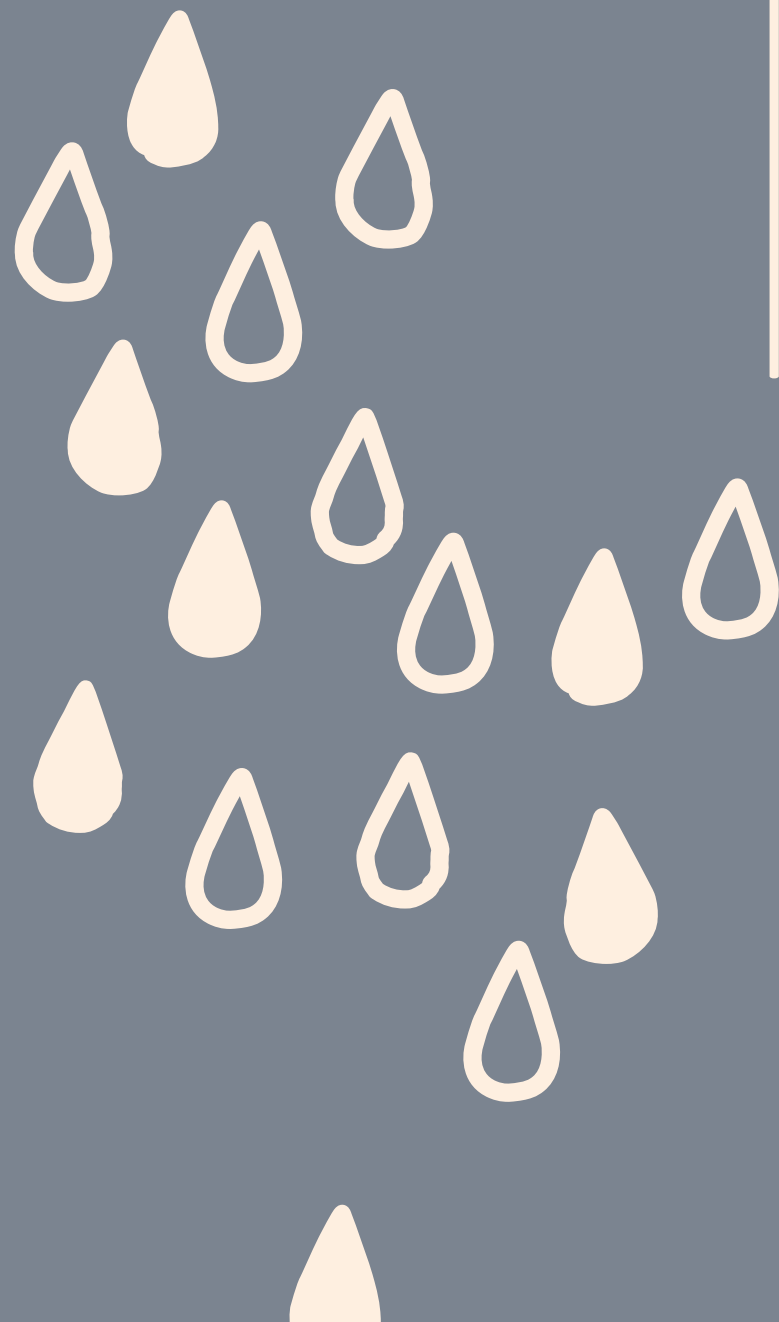






## / Additional Services

Finishing touches to complete  
your beauty ritual



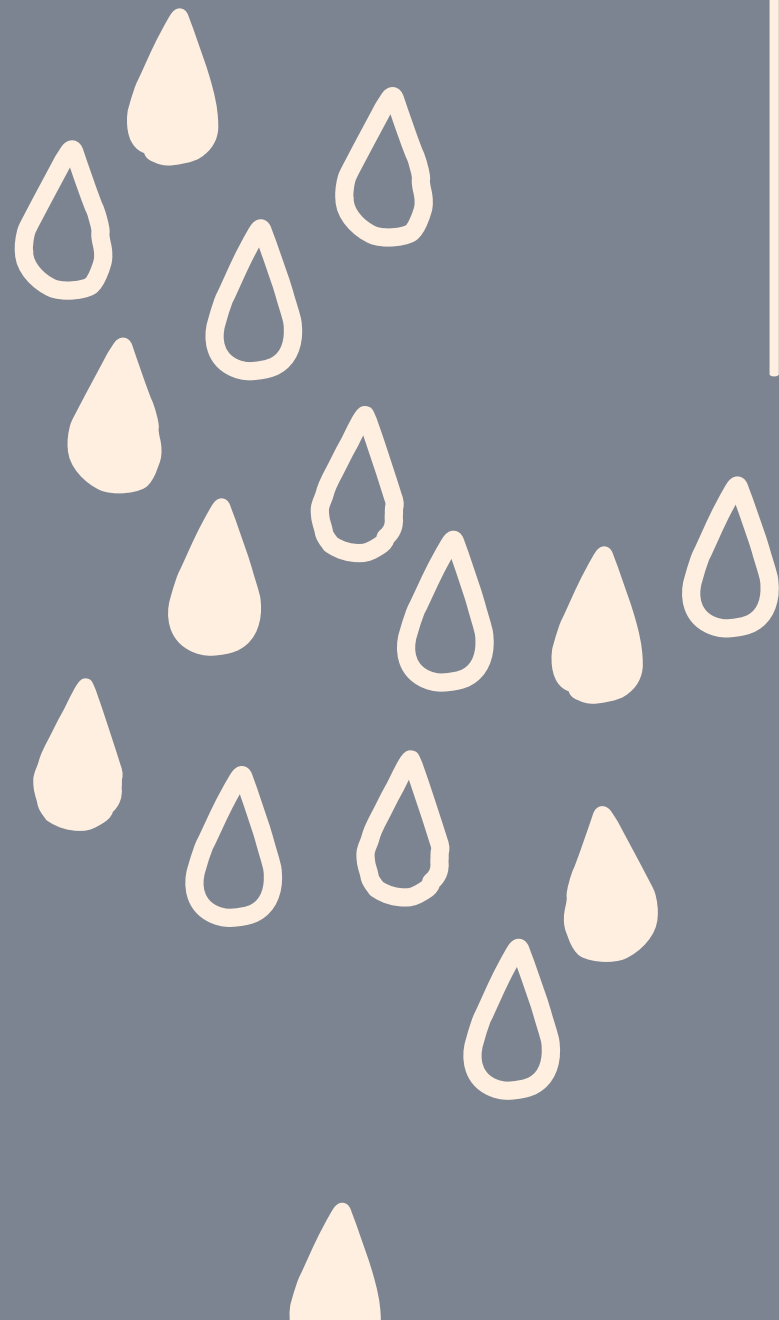
**CLASSIC POLISH APPLICATION**  
**GEL POLISH APPLICATION**  
**GEL REMOVAL**  
**ACRYLIC REMOVAL**  
**SPECIAL OCCASION MAKEUP**  
**LIGHT MAKEUP FOR GIRLS**  
**SPECIAL OCCASION HAIRSTYLING**  
**HAIRSTYLING FOR GIRLS (AGES 6–12)**  
**SHAMPOO & BLOW-DRY**  
**SHAMPOO & FLAT IRON STYLING**  
**FRENCH BRAID**  
**TIARA BRAID**  
**FULL-HEAD BRAIDS**  
**HALF-HEAD BRAIDS**  
**HAIR TREATMENT**  
**WOMEN'S HAIRCUT**  
**MEN'S HAIRCUT**  
**CHILDREN'S HAIRCUT (AGES 6–12)**  
**EYEBROW WAXING**  
**UNDERARM WAXING**  
**LEG WAXING**  
**BIKINI WAXING**





## / For Brides

Tailored treatments to accompany you on your special day, highlighting your beauty with grace and harmony



### **BRIDAL MAKEUP**

Variable duration

A style that reflects your essence

Professional application using long-wear products to achieve a natural, elegant, or glamorous bridal look—just the way you envision it.

### **MAKEUP TRIAL**

Variable duration

Your style, your choice

A pre-wedding session to define every detail of your ideal bridal makeup.

### **BRIDAL HAIRSTYLING**

Variable duration

Elegance in every detail

Hairstyling designed to highlight your features and complement your dress, with polished, long-lasting results.

### **HAIRSTYLING TRIAL**

Variable duration

Crafting your perfect look together

A test session to select your ideal bridal hairstyle and fine-tune every detail to match your personal style.



# / Special moments to share with friends

Celebrate the beauty of being together  
with exclusive benefits  
made for sharing



## **BRIDE + 3 FRIENDS**

The bride receives 15% off  
and each friend gets 10% off.

## **BRIDE + 6 OR MORE FRIENDS**

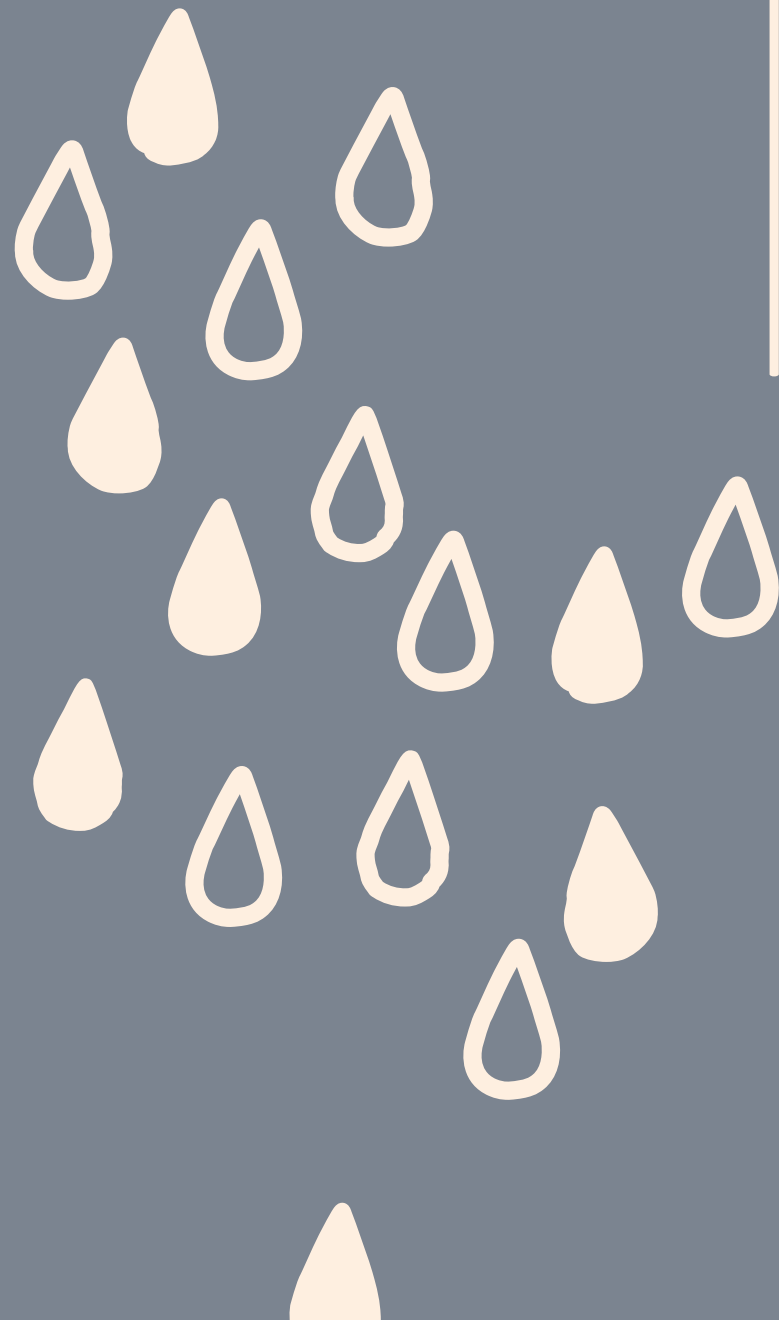
The bride receives 20% off  
and each friend gets 15% off.

Offer valid only at the spa's beauty salon.





## / Wellness Bachelorette moments



### **GIRLS' DAY**

A delightful moment to share, unwind, and celebrate friendship.

- ♣ Reserved area with curated amenities and healthy beverages
- ♣ Choice of 50-minute massage or facial
- ♣ Additional 25-minute treatment (massage or facial of your choice)
- ♣ Additional pass per person to enjoy the hydrotherapy areas on a different day
- ♣ Spa gift for each guest

### **Minimum 4 guests**

Reservation required at least 24 hours in advance.

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EXCLUSIVES

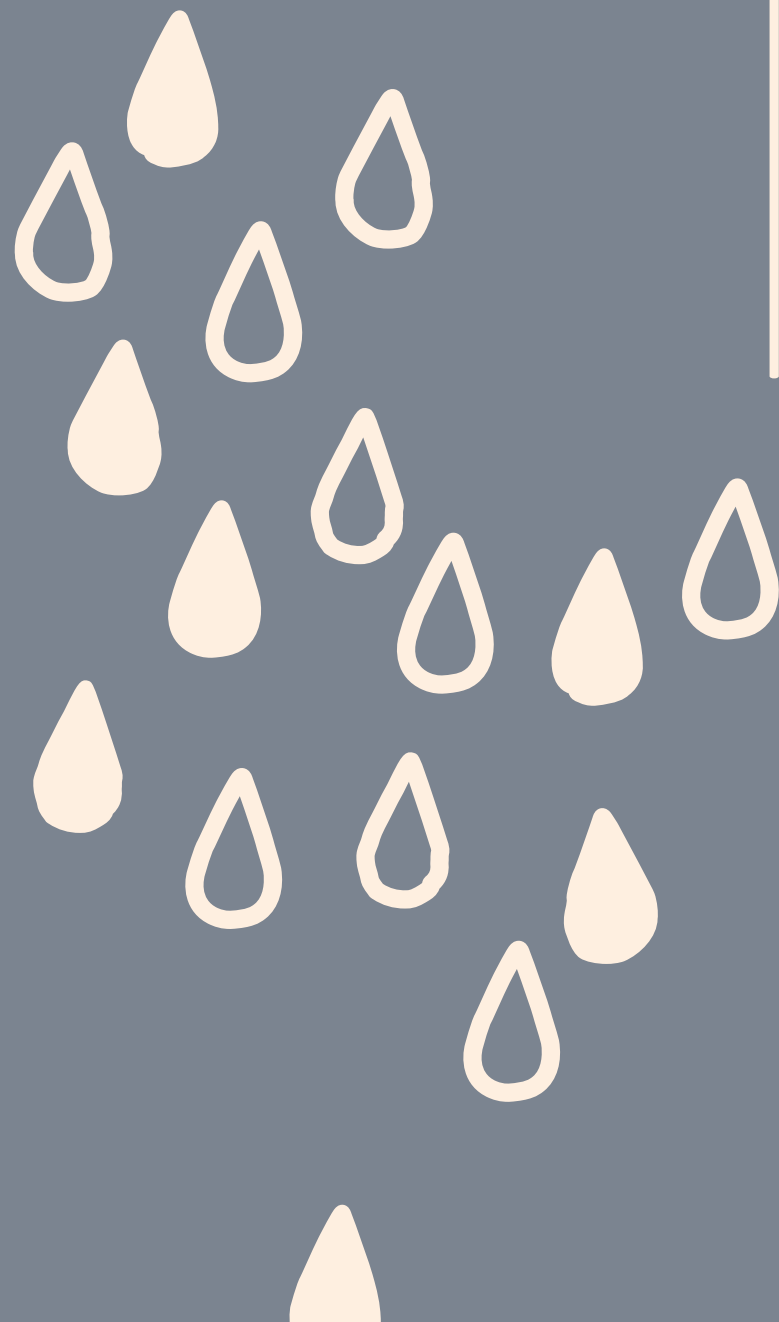






## / From the Heart

Family rituals inspired by  
ancestral wisdom



### **IX KAN BALAM**

100 minutes

Family renewal ritual

A ceremony that honors unity under the guidance of the jaguar—symbol of strength and protection—and the nurturing embrace of Mother Earth. Each massage is an act of love that purifies, strengthens, and deepens intimate bonds, awakening peace and mutual respect.

For two people.

### **IXCHEL: THE SACRED JOURNEY OF THE MOON**

100 minutes

Feminine wisdom and ancestral medicine

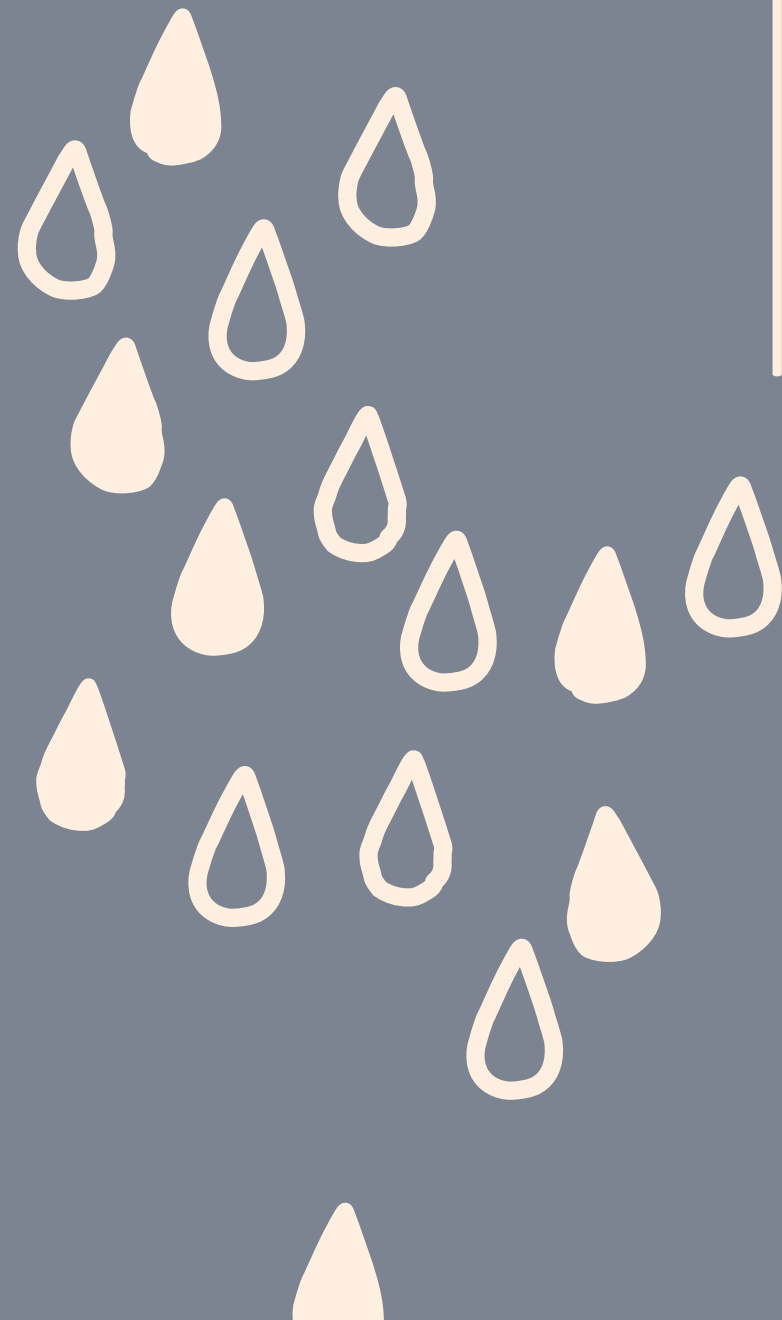
It is said that when Ixchel touches the Earth, her breath rises in the steam of herbs, her hands shape the healing clay, and her spirit dances through the massage that reconnects the heart. A tribute to lunar energy guided by the scent of flowers and the voice of the Earth. This homage to lunar energy unfolds through the fragrance of flowers and the voice of the earth.

Your journey begins with an energetic purification ritual, followed by holistic nurturing massage, a therapeutic poultice, a nourishing body wrap, and focused massage techniques.



## / For Young Guests

Gentle wellness experiences designed  
for teens and preteens



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### **SERENITY MASSAGE**

25 minutos

An introduction to well-being for a light start to the day

A gentle massage that relaxes body and mind—perfect as a first approach to wellness. It leaves a feeling of calm and lightness, helping young guests enjoy the rest of the day with renewed vitality.

Ages 8 to 17. Must be accompanied by an adult.

### **REVITALIZING LEG & FOOT MASSAGE**

25 minutos

Light recovery to keep exploring

Targeted techniques that ease tension in the legs and feet caused by sports, dance, or physical activity, helping young guests regain energy and a sense of lightness.

Ages 8 to 17. Must be accompanied by an adult.

### **HYDRATING FACIAL**

25 minutos

Freshness and care for young skin

A facial treatment that gently cleanses and hydrates, helping to maintain balance and a naturally healthy appearance.

Ages 8–12. Must be accompanied by an adult.

### **PURIFYING FACIAL**

50 minutos

Deep cleansing and hydration

Designed specifically for teenage skin, this treatment helps reduce impurities, restore balance, and reveal a fresh, natural glow.

Ages 13–17. Must be accompanied by an adult.

### **MANICURE & PEDICURE**

50 minutos

Fun and personalized self-care

Includes foot soak, nail shaping, gentle cuticle care, and polish application in their favorite color.





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MULUK ADULTS  
EXCLUSIVES

## / From the Earth Temazcal

Ancestral healing in a sacred steam bath

The temazcal is a steam bath traditionally used by Mesoamerican cultures, carried out inside a spherical structure that symbolizes the womb of a mother—dark, warm, and humid. It is associated with the idea of purification, as it is believed to cleanse the body, mind, and spirit.

To create the steam, heated volcanic stones are placed inside the space, and water infused with medicinal herbs is poured over them. The ceremony unfolds in four stages, each marked by the addition of more stones. Guided by the shaman, these stages represent the four phases of human life: childhood, youth, adulthood, and old age. They also incorporate the four elements, seasons, and cardinal directions.

The ceremony encourages emotional reconnection and a sense of ancestral memory through the stones—affectionately known as “grandmothers.” It is said that those who experience a temazcal emerge renewed, as if born again from the womb of Mother Earth.









### **TEMAZCAL CONNECTION RITUAL**

Spiritual renewal and ancestral guidance

In addition to improving circulation, eliminating toxins, and supporting the immune system, this ancestral ceremony purifies the spirit, renews vital energy, and strengthens the connection with nature and ancestral wisdom. Through heat, herbal steam, and the guidance of the shaman, the ritual encourages deep introspection and emotional release, leading to inner balance.

**90 min · 2 people**

### **TEMAZCAL GRATITUDE RITUAL**

Emotional release and restored balance

A space to let go of what no longer serves you. Through heat, darkness, and herbal steam, the senses turn inward, focusing on breath and intention. The shaman's chanting and ancestral guidance accompany this physical and emotional journey, where body, mind, and spirit find balance and renewal.

**90 min · Group session (minimum 3 people)**  
**Saturdays · 11:00 a.m.**

### **NUPTIAL PURIFICATION CEREMONY**

Ancestral spiritual preparation for couples

A healing and purification ceremony performed before marriage. Through heat, herbal steam, and the shaman's guidance, the couple strengthens their bond, releases accumulated energy, and opens a symbolic path toward a new shared chapter marked by balance and prosperity.

**90 min · 2 people**





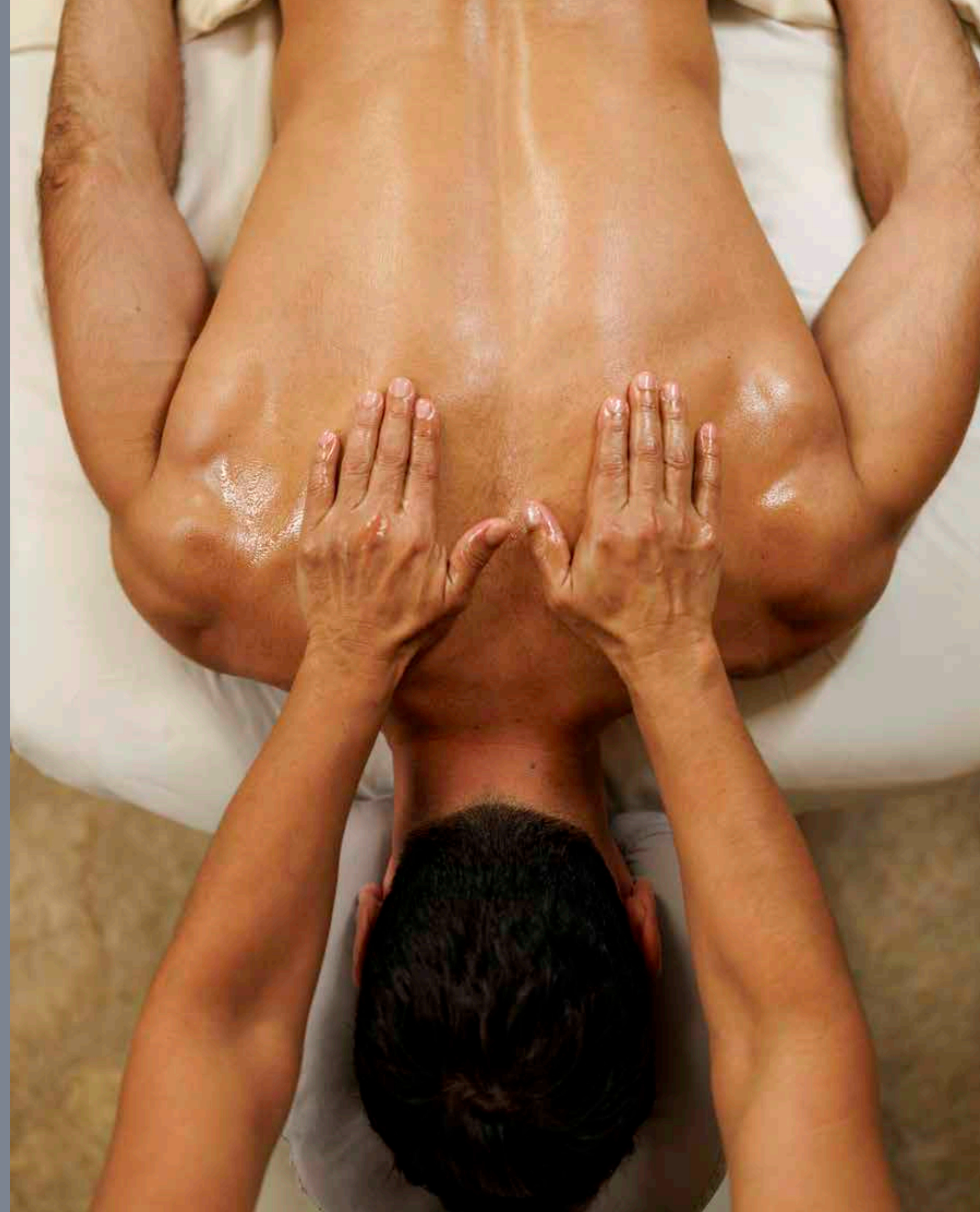
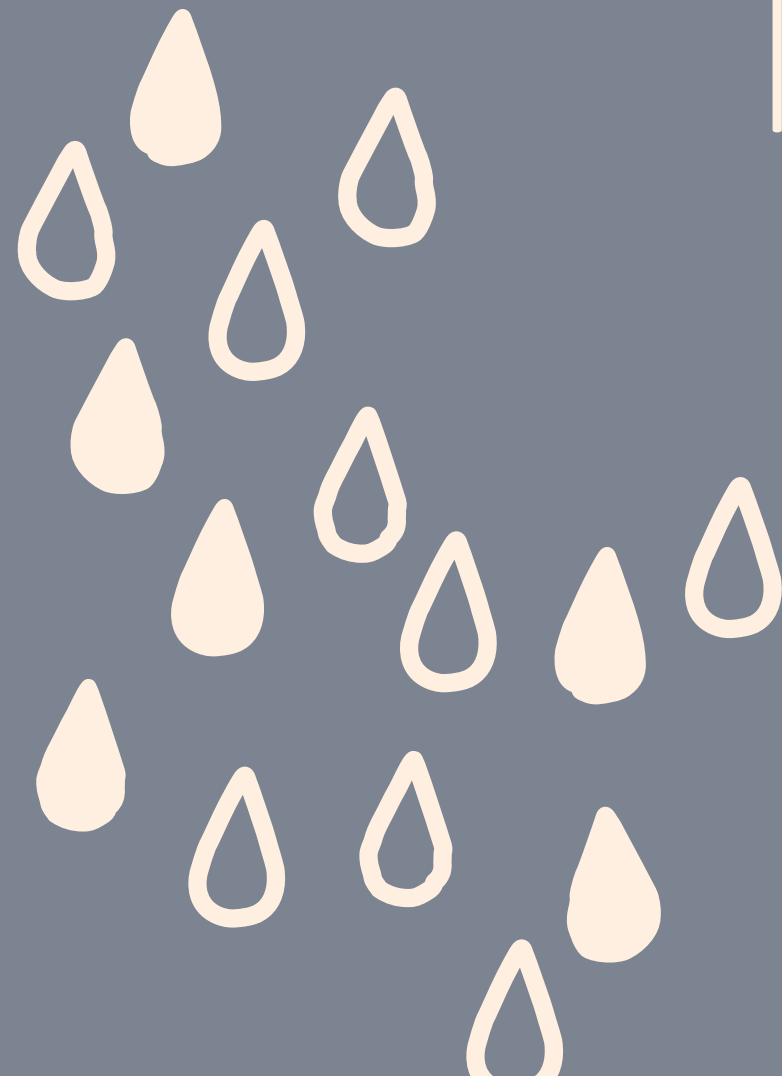




## / From Movement\*

Sessions designed to reconnect with your body, release energy, and find balance through motion

\* Please contact us for information about private group classes.







### **YOGA CLASS · Group Session**

50 minutes

Body–mind connection through breath

A guided practice combining postures (asanas) and conscious breathing to harmonize body and mind.

### **SALSA CLASS · Group Session**

50 minutes

Rhythm, joy, and motion

A dynamic session to the beat of Latin music. A fun way to move your body and release tension.



### **TRX · Group Session**

50 minutes

Strength and endurance in suspension

Functional training that works every muscle group through suspension exercises for full-body strength.

### **PERSONAL TRAINING**

Customized fitness sessions

Private workouts tailored to your goals. Ideal for those seeking a personalized fitness routine.

### **PRIVATE CLASSES**

60 minutes

Personalized sessions in a relaxed setting

Enjoy a private class in any of our disciplines—yoga, salsa, TRX, or SUP Yoga—with more focused attention from the instructor and a comfortable, small-group environment. Perfect for those seeking a more intimate and guided experience.

Up to 4 people

### **HYDROTHERAPY RITUAL**

90 minutes

Wellness sequence with water and temperature contrasts

A journey through heat, immersion, and pressure stations designed to relax the body, stimulate circulation, and promote detoxification. Includes steam room, sauna, jacuzzis, sensation showers, jet massages, and cold and hot plunges to renew body and mind.





## / Spa Etiquette



### **Welcome to the Spa**

You must arrive 30 minutes before your appointment to carry out the registration process and fill in the form.

### **Delays**

Delaying your appointment will mean that your treatment time is reduced and/or cannot be carried out as designed.

### **Important**


- You may not bring food or drinks into the spa, including alcoholic beverages.
- For your own safety, we are prohibited from serving people under the influence of alcohol or drugs.
- To preserve the harmony in the spa, we ask you to turn off your cell phone and any type of alarm.
- Muluk Spa is not responsible for lost or forgotten objects inside our facilities. Please leave your jewelry or valuables in the safety deposit box in your suite.

### **Health Conditions**

Your wellbeing is our priority: we will provide you with a Health Conditions form for you to fill in and share with us any condition you may have, such as pregnancy, allergies, recent operations or medical treatments.

### **Cancellation Policy**

Cancellations and changes to service time or date must be made 24 hours before your appointment. After this period, a charge of 50% of the total value of service will be made and there will be no refund. You may make a new appointment, subject to our availability. If you do not show up on the day of your appointment a 100% no show penalty will be charged and there will be no refund.



## / SCHEDULE AND RESERVATIONS

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The spa is open from Monday to Sunday  
from 9:00 am to 8:00 pm.

Appointments are required for services.  
Reservations are subject to availability.

For reservations, please call extensions 32701  
and 32811 or email us at **[dxreceptspa@xcaret.com](mailto:dxreceptspa@xcaret.com)**

**Muluk Adults (984) 202-4052**

**Muluk Famila (984) 156-8964**





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