

/ SPA

MUUK

TREATMENTS

La Casa de la Playa







/ SPA

/ Welcome

Come and enjoy a renewing experience in a retreat designed to pamper your senses.

Nature is both our muse and teacher. In **Muluk Spa** we respectfully and responsibly obtain the ingredients needed to design treatments that relax and nourish you, from the surface of your skin to your core.

We use natural and organic products of the highest quality.

La Casa de la Playa



/ Renewing Rituals





DETACHMENT RITUAL 100 minutes
\$420 USD

Full body massage using decongesting techniques and herbal compresses that help to free the mind and eliminate subconscious fatigue.

Rosemary, ginger, chamomile and menthol



SUGGESTED COMPLEMENT:
15-minute facial massage with cold spheres (additional cost)

TENSION RELIEF MASSAGE 60 or 80 minutes
\$252 / \$336 USD

Personalized massage, with a gourd as the star accessory, on the areas with most tension. These diverse massage techniques are even more enjoyable with the balancing active ingredients of our essential oils.

Wheat and lemongrass.



SUGGESTED COMPLEMENT:
Contracture relief gel application (additional cost)



SUNRISE MASSAGE 50 minutes
\$205 USD

The best way to start the day is with this massage designed to balance energy by stimulating meridians. Available only from 9 to 10 h.

Orange, lemon balm and lemon grass.



SUGGESTED COMPLEMENT:
Facial massage with refreshing gemstones (additional cost)

DEEP TISSUE MASSAGE 60 or 80 minutes
\$252 / \$336 USD

By applying heated pads with rosemary, the body is prepared through heat for a full body, deep muscular work. The more pressure applied, the more tension released.

Rosemary



SUGGESTED COMPLEMENT:
Contracture relief gel application (additional cost)





La Casa de la Playa



RELAXATION RITUAL
\$425 USD

90 minutes

Full body massage with subtle and harmonic movements, using herbal pads for maximum enjoyment of the ancestral benefits of herbal medicine.

Lavender, chamomile, rosemary, clove and bay leaves.



SUGGESTED COMPLEMENT:
Facial exfoliation (additional cost)

BALANCING RITUAL
\$460 USD

110 minutes

Relaxing and energetic balancing session using harmonic vibrations played on Tibetan bowls. Accompanied by a therapeutic massage using personalized techniques.

frangipani flower.



SUGGESTED COMPLEMENT:
Hair massage application (additional cost)



La Casa de la Playa





PRENATAL MASSAGE
\$205 USD

50 minutes

Specialized massage focused on areas with muscular contraction, using special pillows for extra comfort, along with nutritious and moisturizing oils. Treatment available for mothers to be from the third month of pregnancy.

Thyme, almonds and wheat.



ANCESTRAL MASSAGE
\$387 USD

90 minutes

Tailor-made massage with hot basalt stones that harmonize energy and offer relief to chronic contractures. Applied with oil specially chosen for your skin type.

Juniper, ginger, orange, CBD and almonds.



SUGGESTED COMPLEMENT:
Facial massage with refreshing gemstones (additional cost)





ANTI-AGING FACIAL
\$378 USD

90 minutes

Designed to counteract damage from pollution and long periods of exposure to blue light from electronic devices. Oxygenates at cellular level and gives an immediate lifting anti-aging effect.



SUGGESTED COMPLEMENT:
Collagen pads (additional cost)

DEEP MOISTURIZING FACIAL
\$252 USD

60 minutes

Rich in natural nutrients that bring firmness, hydration, collagen and tone to the face.



SUGGESTED COMPLEMENT:
15-minute foot massage (additional cost)





/ Beauty Rituals

La Casa de la Playa



DEEP CLEANSING FACIAL 90 minutes
\$369 USD

Its enzymatic elements help eliminate impurities and clear the pores, leaving the skin clean, toned and ready for the next treatment.

 SUGGESTED COMPLEMENT:
Collagen patches (additional cost)

FACIAL FOR SENSITIVE SKIN 60 minutes
\$252 USD

Nutrition and subtlety for skins that require cleansing and balance.

 SUGGESTED COMPLEMENT:
Massage with refreshing balls (additional cost)

GENTLEMAN'S FACIAL 80 minutes
\$344 USD

Deep cleansing that leaves the skin looking moisturized and resplendent. We use rich, invigorating essential oils and botanical extracts.

 SUGGESTED COMPLEMENT:
15-minute head massage (additional cost)





FACIAL WITH VITAMINS SHOT \$328 USD

80 minutes

The magic of nature's stem cells on the skin. A facial using vitamins appropriate for each type of skin, created with tailor-made components from our active ingredients bar.



DETOX RITUAL \$405 USD

110 minutes

The properties of this ginger and Xtabentún honey exfoliation help release toxins from the body and moisturize it. Followed by a relaxing massage with a nutritious ginger extracts balm.



HERBAL EXFOLIATION \$185 USD

50 minutes

Using soft, circular strokes with natural active ingredients, the skin ends up free of impurities thanks to the restoring synergy of plants. Followed by a finger pressure massage on the head, neck and arms.

Agave, aloe vera and honey.



TAILOR-MADE WRAP \$342 USD

90 minutes

Select the ingredients of your choice from our body botanicals center. Then enjoy a relaxing exfoliation, followed by a rich nutrients wrap.

Aloe vera, marigold, tepezcohuite and black radish.

/ GUIDE

What happens if I forget to show up for my appointment?

We hope this doesn't happen. We want to give you the best service possible in **Muluk Spa!** Our policy stipulates that if you don't show up for your appointment a charge will be made to your account for 100% of the total value of the booked treatments.

What happens if I have a health problem?

All guests are asked to fill in a medical questionnaire upon registering. However, before booking, we suggest you let the Muluk Spa receptionist know about any illness, recent surgery, or special condition.

Can I request a particular male or female therapist?

We will do our best to allocate you your preferred therapist. However, we cannot guarantee that a certain male or female therapist will be available at the time of your appointment. We ask you to trust us regarding the high standard of training and respect for your privacy of all our staff.

What policies should I bear in mind?

For your safety, and everyone else's, please keep the following in mind: smoking, bringing food into the spa, walking barefoot and using mobile phones in the **Muluk Spa** facilities is strictly forbidden. Treatments will not be offered to anyone under the influence of alcohol or drugs.

What is our cancellation policy?

All cancellations must be made before 17:00 hours the day before the appointment. After this time, there will be no refund and changing the appointment will be subject to availability.

Reservation changes can be made within a period of no longer than four hours before the appointment. If a change is made at the last moment, a 50% charge will apply.

How long before my treatment should I register?

We recommend you register an hour before the time of your treatment, in order to fully enjoy our hydrotherapy facilities. Our welcome protocol in which we provide you with sandals, robe and locker, lasts approximately 30 minutes.

What precautions should I take?

Avoid eating heavy food at least two hours before your appointment. Avoid drinking alcoholic beverages if you are going to do exercise, enter the sauna, steam room or any other heat-based treatment. Do not shave your legs before a body exfoliation and avoid sunburn, since it might prevent you from taking or enjoying your spa treatments.

Should I use underwear when receiving treatments?

Muluk Spa will provide you with disposable clothes for body treatments

How are gratuities handled?

Additional gratuities are oered at your discretion.

Opening hours and contact

Spa facilities open daily from 9 to 20 h.
E-mail: cdlprecspa@hotelxcaret.com
T.: 984 257 13 50 ext. 38211 and 38212

We look forward to seeing you!



MUKUK

