

MENÚ

The Spa
BY THE FIVES
A PLACE FOR EVERY SENSE



ABOUT US

"We must first find the truth within us to contribute to the construction of a universal truth. Alone, we have part of the truth; collectively, the whole."

Holistic healing practices have been used for centuries to help clear the path to self-discovery and awaken focus on both our physical and energy bodies.

Each of our therapies and rituals have emerged with the intention of generating well-being and balance by combining the best techniques and ancestral practices from different parts of the world, but mainly by embracing the local culture.

At The Fives Wellness Center, we believe that to strengthen our connection with those around us, we must first reconnect with ourselves.

For a person to improve their health, Mind, Body and Spirit must receive the same care and attention. The Fives Wellness Center experiences are the beginning of a wellness journey of learning, achievement and self-discovery.





SIGNATURE TREATMENTS



THE FIVES MASSAGE

80 MIN

Renew your senses, keep them in balance and harmony with this Signature Massage that combines four techniques such as Swedish, hot stones, deep tissue, reflexology and specific essential oils that will restore your energy.

CARIBBEAN EXPERIENCE

120 MIN

RELAXING MASSAGE & ANTIAGING FACIAL

A natural and safe alternative to CBD, CBA, Cannabinoid Active System is a complex of Amazon Oils that reduces the inflammatory activity and stimulates the production of β -endorphin. An active compound with proven efficacy to decrease the effects of premature ageing related to inflammatory stress, as well as being an ingredient with de-stressing and well-being properties.

FIRE & STONE MASSAGE

80 MIN

Treatment designed to take advantage of the healing benefits of heat by combining hot stones and a candle for a reconstructive massage that will help you eliminate muscle tension and accumulated fatigue.

CHOCOLATE JOURNEY

120 MIN

Experience a unique sweet relaxation with one of our Signature Chocolate Journey, which include facials, body mask, and massage. Cocoa decreases skin damage and reduces signs of aging, revitalizes and nourishes the skin as it relaxes the body leaving you with an amazing glow.

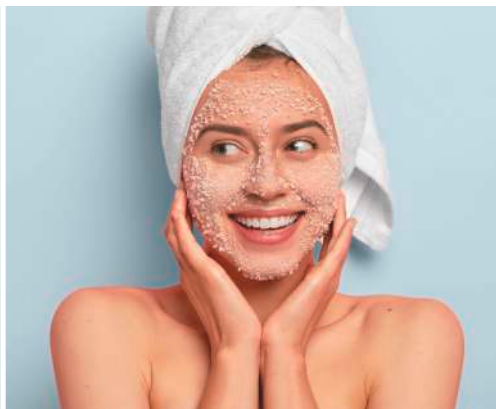




REJUVENATION TREATMENTS

BODY SCRUBS

Renew, Cleanse & Get ready for an even tan and smoother skin



CALMING

Passion Fruit Scrub



GLOWING

Cocoa Scrub



VITALITY

Coffee Scrub





COLLAGEN-BOTOX FACIAL

80 MIN

Treatment to restore lost volume to the most demanding skins based on a medical grade amino acid that increases the skin's natural collagen production and the application of a luxurious collagen veil that results in youthful, luminous skin and a significant reduction in wrinkles.

CRYO SCULPT FACIAL

80 MIN

This facial treatment combines the benefits of cold therapy and sculpting gua sha to help reduce puffiness, fatigue, firm and tighten the appearance of skin. An enzymatic exfoliation prepares the skin to receive DOCTOR BABOR's potent collagen-boosting formulas. The Cryo Gua Sha massage is followed by a firming mask to reveal a radiant, refreshed and more even complexion.

HSR LIFTING FACIAL

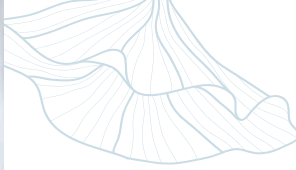
80 MIN

Turn back the clock with this cosmeceutical treatment that provides immediate visible results. Specific active ingredients not only smooth visible wrinkles, but also prevent the formation of new wrinkles and delay the aging process. For all skin types with wrinkles and loss of elasticity.





DETOX TREATMENTS



DEEP TISSUE MASSAGE 50 & 80 MIN

The best is for giving attention to certain painful, stiff "trouble spots" in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin.



LYMPHATIC DRAINAGE 50 & 80 MIN

This therapy consists of stimulating specific points and meridians to promote the drainage of lymphatic fluid from the lymph nodes, tissues, muscles and main organs. The lymphatic system is a network that help the body eliminate toxins, waste and everything that our body does not need.

DETOX & GLOW FACIAL 80 MIN

Innovative treatment that combats the effects produced by pollution and environmental influences and their effects on the skin, returning luminosity and vitality to the skin, providing nutrition and deep regeneration.





PERFECT SILHOUETTE 80 MIN

CELULLITE TREATMENT

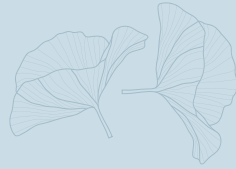
This deep treatment with great results is specially designed to treat localized fat. With the combination of active ingredients, body algae and localized massage, anti-cellulite, draining and remodeling benefits are obtained.



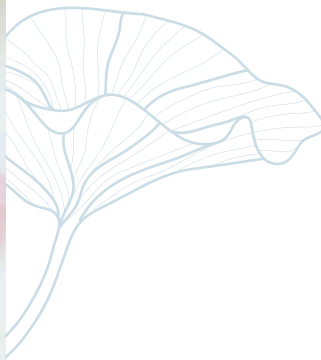
ALGAE WRAP & FACIAL 80 MIN

The body treatment is designed to detoxify and energize the skin with all the power of seaweed, complemented by the Shaping complex and the facial experience with the concentrate of active substances to intensely moisturize and vitalize the skin, creating a firmer, rosier, fresher and more vitalized complexion.





HYDRATING
& RELAXING
TREATMENTS



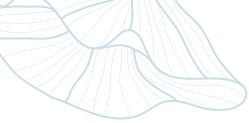
VITALIZING FACIAL 80 MIN

Effective anti-aging treatment against the first signs of skin aging. Gives dull skin an intensive energy boost. By stimulating skin regeneration, metabolism and blood circulation, the skin appears revitalized and has more radiance.

FOR HIM FACIAL 80 MIN

Specially designed to care for, protect and preserve the youth of men's skin. Products that combine the precision of technology with the proven effectiveness of natural ingredients. Revitalizing, detoxifying, firming facial treatment, action against signs of aging, calming, refreshing and anti-fatigue.





RELAJANTE 50 & 80 MIN

MASAJE SUECO

Ideal for relaxation, stress and pain relief. It involves gentle, prolonged kneading movements as well as light, rhythmic tapping on the upper layers of the muscles.

JET LAG 50 & 80 MIN

MASAJE DE RECUPERACIÓN

This rebalancing massage reactivates circulation, releases muscle tension, ideal for relieving jet lag, fatigue, sleep disorders, and physical and mental exhaustion.

HERBAL AROMATHERAPY 50 & 80 MIN

An amazing herbal steam therapy treatment to help clear mucus and open the nasal passages, throat, and lungs, strengthening the airways and immune system combined with a full body relaxing massage.





REFLEXOLOGY 50 & 80 MIN

Based on the principle that there are zones and points on the feet, hands and ears that are connected through the nervous system to the organs and all parts of the body. Pressure is applied to these zones and points to stimulate the movement of energy along the nerve channels and help restore the balance of homeostasis (self-regulation) in the body.

TIRED LEGS TREATMENT 50 MIN

Treatment focused on stimulating circulation and releasing fluid retention in the legs.

CALMING AFTER SUN 80 MIN

Highly soothing facial and body treatment for the most sensitive or sun-exposed skin, with active ingredients that comfort and refresh the skin, regenerating the skin from within, leaving behind redness and the feeling of tightness.





BEAUTY THRU NATURE

80 MIN

80 MIN

80 MIN

The perfect holiday treatment. This potent combination of super-brightening natural ingredients leaves skin softer and healthier looking. It also ensures that you are transported into deep relaxation.





JOURNEY'S



OCEAN EXPERIENCE 120 MIN

Inspired by the natural currents of the ocean, this aromatic and energizing body treatment begins with a natural oil-to-foam enzymatic exfoliation from shoulders to toes, followed by an invigorating brushing that prepares the skin to absorb the benefits of the wrap. of enveloping cream. and finish with a deeply nourishing massage using botanical oil revitalizing eucalyptus and calming lavender to dissipate tension and restore body and mind.



LOVE RETREAT 120 MIN

Experience was created to strengthen the connection by finding levels of well-being and total relaxation together. A warm body exfoliation followed by a bath scented with lactic powders and essential oils will be used to strengthen the bond and stimulate your senses, ending with an indulgent sensory massage.

30 Min Private Jacuzzi | 30 Min Body Exfoliation | 60 Min Massage





CHILDREN SPA

A PERFECT MOMENT
FOR THEM



KIDS

BETWEEN 5 AND 16 YEARS OLD)

It is never too early for children and teens to learn the secrets of relaxation and beauty. We created what can be the best experience that is suitable for young people's needs. Going to the Spa for some pampering is great, but going with the kids is even better!

RELAXATION DISCOVERY

Head & Foot Massage

25 MIN & 50 MIN

MY FIRST FACIAL

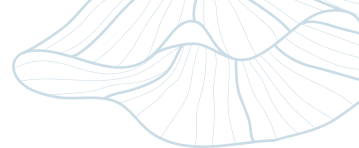
Get fairy tale-ready with a facial that includes cleanser and massage. Your beautiful face will be glowing, and your lips will be shining after an application of a flavored lip gloss.

25 MIN & 50 MIN

ON CLOUD NINE

Relaxing treatment for the back, shoulders & head.

25 MIN & 50 MIN





WELLNESS PACKAGES

The 1- and 3-day wellness programs are deeply engaging journeys designed for transformative results. Ideal for achieving goals. Frequency of therapies and personal sessions of yoga, meditation, fitness and other daily wellness practices that address health goals helping to create positive lifestyle changes.

DETOX PROGRAM

Eliminate toxins, improve digestion, boost your immune system and clear your mind. This program is ideal if you want to get rid of accumulated toxins or shake off fatigue. Our non-invasive cleanse helps your body detoxify with low-intensity training, detoxifying therapies and mind-body practices.

ONE DAY PROGRAM

- Detox Yoga Session | 60 min
- Detox Drink
- Guided Hydrotherapy Experience | 30 min
- Lymphatic Drainage or Deep Tissue Massage | 50 min
- Detox Retinew Facial | 80 min
- Breathwork Session | 45 min



THREE DAY PROGRAM

DAY ONE

- Stretching Session | 60 min
- Breathwork Session | 30 min
- Detox Drink
- Guided Hydrotherapy Experience | 30 min
- Lymphatic Drainage Massage | 80 min

DAY TWO

- Fitness or Yoga Session | 60 min
- Detox Drink
- Temazcal | 120 min

DAY THREE

- Fitness or Yoga Session | 60 min
- Detox Drink
- Guided Hydrotherapy Experience | 30 min
- Perfect Silhouette Treatment or Deep Tissue Massage | 80 min
- Detox Retinew Facial | 80 min

LONGEVITY PROGRAM

With our longevity program, we want to give you some tools to live a long life, which goes beyond just aging. Our goal is not only to increase life expectancy, but also to improve your quality of life. A longevity lifestyle includes healthy eating, regular exercise, adequate sleep and rest, effective stress management, and maintaining mental well-being and social relationships, all of which help prevent disease and live a healthy life.

ONE DAY PROGRAM

- Fitness or Yoga Session | 60 min
- Energy Boost Drink
- Guided Hydrotherapy Experience | 30 min
- Deep Tissue Massage | 50 min
- Collagen Facial | 80 min
- Breathwork Session | 45 min

THREE DAY PROGRAM

DAY ONE

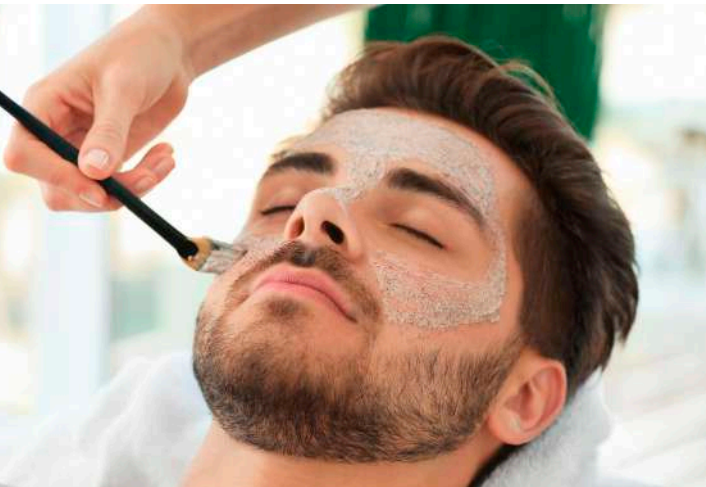
- Fitness Session | 60 min
- Breathwork Session | 30 min
- Detox Drink
- Guided Hydrotherapy Experience | 30 min
- Deep Tissue Massage | 80 min

DAY TWO

- Fitness or Yoga Session | 60 min
- Energy Boost Drink
- Breathwork & Ice Bath | 90 min
- Reflexology | 60 min

DAY THREE

- Fitness or Yoga Session | 60 min
- Breathwork Session | 30 min
- Vitamin C Drink
- Guided Hydrotherapy Experience | 30 min
- Perfect Silhouette Treatment or Deep Tissue Massage | 80 min
- Collagen Facial | 80 min



RELAXING PROGRAM

Emotional wellbeing is something that needs attention and care, therefore we have created this program to help you keep your stress levels balanced. We give you the tools for a less tense body, calm your nervous system and induce a deep state of relaxation, your body and mind could completely switch off. This program is suitable for everyone.

ONE DAY PROGRAM

- Yoga & Breathwork Session | 75 min
- Detox Drink
- Guided Hydrotherapy Experience | 30 min
- Relaxing Massage | 50 min
- Vegan Glowing Facial | 80 min
- Sound Healing Session | 45 min

THREE DAY PROGRAM

DAY ONE

- Yoga & Breathwork Session | 75 min
- Foot Massage | 30 min
- Herbal Tea
- Guided Hydrotherapy Experience | 30 min
- Relaxing Massage | 80 min

DAY TWO

- Yoga Session | 60 min
- Herbal Tea
- Breathwork & Ice Bath | 90 min
- Signature Treatment | 80 min

DAY THREE

- Fitness or Yoga Session | 60 min
- Meditation Session | 30 min
- Vitamin C Drink
- Guided Hydrotherapy Experience | 30 min
- Ocean Experience Journey | 120 min





CEREMONIES & RITUALS

TEMAZCAL

Mexico has known for centuries the benefits of the Temazcal ceremony. It is a mix of sweat lodge and ancestral ceremony. Participants have reported feeling healthier physically, emotionally and mentally. During the ceremony, participants enter a sweat lodge (an igloo-shaped hut). Once inside, hot volcanic rocks are placed in the center and water is poured over the rocks to produce steam. Aromatic herbs are added to aid the cleansing process.

Group Session – Complementary

120 MIN PRIVATE UP TO 4 PEOPLE



CACAO CEREMONY

A unique experience inspired by the pre-Hispanic tradition that celebrates special events with a cocoa drink. This special elixir was considered a sacred medicinal heart-opener. The ceremony is guided by music and songs that will help us connect with love, gratitude and internal transformation. Celebrate your special event or your own personal intention with your loved ones, joining in a unique ancestral ceremony that will bring you peace and joy.

Group Session – Complementary

120 MIN PRIVATE UP TO 4 PEOPLE



SOUNDHEALING SESSION

Powerful experience that combines different healing sounds, through instruments such as Tibetan and quartz bowls, gongs, drums, tuning forks and more, which will help us improve our multidimensional well-being creating a beautiful tool that will help all layers of our energy field awaken gently and harmoniously. Sound Healing is highly effective in triggering our relaxation response, which counteracts the many symptoms caused by chronic stress, while helping to balance our entire being.

Group Session – Complementary

90 MIN PRIVATE UP TO 4 PEOPLE





PRIVATE & PERSONAL TRAINING SESSIONS

YOGA & MINDFULNESS

Our yoga and mindfulness practices help you cultivate the ancient discipline to recharge yourself by improving the clarity of thought and the awakening of your physical body, where the soul achieves a greater sense of balance.

80 MIN

UP TO 3 PEOPLE

FITNESS & MOVEMENT

Individualized support and guidance to help people achieve their fitness goals by designing efficient workouts that focus on those specific goals. This means you can get better results in less time. And this is achieved through different exercises and disciplines that the fitness trainer works with.

80 MIN

UP TO 3 PEOPLE

HYDROTHERAPY EXPERIENCE

We have created spaces dedicated to the relaxation of the body and mind in which time does not exist. Taking water as the main element and creating an atmosphere of pure magic and sophistication around it, the Hydrotherapy Experience is a unique experience, a place of detoxification, rest and relaxation.

*RELAXING
HYDROTHERAPY EXPERIENCE*

50 MIN

*DELUXE
HYDROTHERAPY EXPERIENCE*

80 MIN

COUPLE OR FAMILY EXPERIENCES

All our Spa services and Wellness experiences are designed to be enjoyed individually, with family, as a couple or with our loved one. Treatment rooms are specially designed to develop unique experiences and create memories that will last a lifetime.





HOW TO SPA: To make a reservation at The Spa, please dial ext. 40 from the hotel or call +52 (984) 179 3254. Prices are subject to change without notice.

HEALTH CONSIDERATIONS: Please advice upon booking of any allergies, ailments or disabilities, especially if you have high blood pressure or are pregnant as some service may not be appropriate for you at this time.

SPA POLICY: We respectfully ask that you leave cell phones turned off so that the tranquillity of the Spa experience may be pre-served and please leave all valuables in your room safe, as The Spa cannot be held responsible for loss of personal items.

PRE-ARRIVAL: Please arrive 30 - 40 minutes prior to appointment to take full advantage of our facilities. Appointments begin at the time scheduled. When late to your appointment, as in consideration to other guests, your treatment might be shortened or re-scheduled

LOCATION: Services will be carried out at the SPA facilities. If services are required in the room, an additional 10% will apply, subject to restrictions.

CANCELLATION: Cancellations and changes to scheduled treatments are accepted up to 24 hours before the appointment time free of charge. In case of cancellations within 24 hours will incur a 50% charge of total amount of the spa treatment and no-shows, the full amount will be charged.

WE RESERVE THE RIGHT TO PERFORM TREATMENT ON ANYONE WHO IS NOT IN THE PROPER CONDITION TO RECEIVE IT.

PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

