



Embark on a personal, life-changing journey of self-acceptance and self-love at Rosewood Mayakoba. Led by the resorts resident Shaman and staff at award-winning Sense, A Rosewood Spa, this journey will guide you through unique experiences within its four pillars: Shaman Encounter, Elements of Nature, Rituals of Touch, and the culminating Marry Oneself Ceremony.

The Journey is designed to be experienced individually with a combination of programmed rituals and spa activities as well as time at leisure to absorb the teachings of the day and to enjoy the resort's facilities. Each experience is inspired by the wisdom and ancient teachings of pre-Hispanic cultures. Your four-day itinerary will be personalized based on your individual goals.

Hidden by the tropical jungle and located on its own private island, Sense, A Rosewood Spa is a magical sanctuary for both physical and spiritual rejuvenation. Recognized as one of the top-rated luxury resorts in the world, Rosewood Mayakoba sits in the heart of Mexico's Riviera Maya, embraced by serene lagoons and the pristine, white beaches of the Caribbean.

SAMPLE ITINERARY~ EACH FOUR-DAY PROGRAM WILL BE PERSONALIZED
BASED ON YOUR TRAVEL SCHEDULE AND INDIVIDUAL GOALS.

DAY 1

Meet the Shaman

40 minutes

Tailored consultation with the Shaman to determine any personal patterns and lifestyle blocks, allowing the Shaman to create customized tools and enriching lessons that can be applied to your daily life.

Elements of Nature: **Water “Flow & Evolve”**

40 minutes

This aquatic element session provides you the opportunity to understand the importance of flowing and adapting, while creating a connection with your inner self.

Lesson: Life, just like water is fluid

From the time of birth, Mayans are introduced to the importance of accepting and embracing constant evolution. In the Mayan tradition life is cyclical, including various stages of development that are each unique in their own way. Just as the water takes the shape of its vessel without losing its intrinsic essence, we must continue evolving without losing ourselves.

Rituals of Touch: **Lights of the Seasons**

90 minutes

Incorporating the powerful energy of natural ingredients sourced at various times of the year, this body treatment offers a poetic journey through the seasons. A holistic care ritual to purify, calm and stimulate the body.

DAY 2

Elements of Nature: **Earth “Walk of Silence”**

40 minutes

The Shaman will guide you through a relaxing walk on the beach, where you will be exposed to the power of silence and how it connects us with the present and the ability to listen to our hearts.

Lesson: Be Present and Stay Grounded

In the Mayan tradition, life is viewed as a sequence of instances, each one equally as important; in a cyclical life thinking there is no rush to get to any point and the moment is all that matters.





Rituals of Touch: **Grounded Roots**

120 minutes

A Rosewood Mayakoba exclusive, this treatment for the hands and feet incorporates the benefits of reflexology using a creamy scrub, comforting moisturizing mask and a relaxing massage. Helping to eliminate muscle tension while balancing the body and mind.

Elements of Nature: **Air “The Power of Listening”**

60 minutes

A therapeutic sound healing session using singing bowls and instruments, designed to acknowledge our sense of hearing while opening our hearts to the lessons life wants to teach us.

Lesson: Listen to the sound of Silence

The Mayans are widely revered for their wisdom and venerated their elders as the door to that wisdom. The world is giving us lessons and answers each day, but to her them we have to be present, and listen.

DAY 3

Elements of Nature: **Fire “Temazcal of Fire Within”**

60 minutes

This extraordinary Mayan healing practice reignites a bond with nature and guides you through a journey into the "womb" of the earth. Inside an indigenous stone structure, a steam bath is produced by the fusion of herbal-infused water and volcanic rocks; a spiritual experience created to ignite the fire of life.

Lesson: Ignite the fire of purpose

Mayans believed humans were the center of the universe; directly connected and shaped to enlighten all creation. When realizing your connection to everything, you realize you are your own purpose.

Rituals of Touch: **Apothecary Massage**

90 minutes

A customized oil synergy is created for this massage, herbal poultices are used to prepare the skin for the application of warmed aromatherapy oil through a range of relaxing techniques. The result is a total release of tension, leaving you in a state of blissful relaxation and restorative rest.



DAY 4

Rituals of Touch: 360 Degrees Skin Care

90 minutes

A comprehensive consultation will allow our aestheticians to customize a highly pampering facial experience based on your skin type. You will be provided with a personalized program to continue your regimen at home and ensure long lasting results.

Marry Oneself Ceremony

40 minutes

The final event is a wedding to yourself influenced by pre-Hispanic rituals. This event is the pinnacle and culmination of the retreat, a true celebration of unconditional self-love and acceptance lead by our resident Shaman.

For more information or to book your Marry Oneself Journey please visit www.rosewoodhotels.com/mayakoba or call +52 (984) 875-8000

ROSEWOOD

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