



ROSEWOOD

MAYAKOBA

RIVIERA MAYA

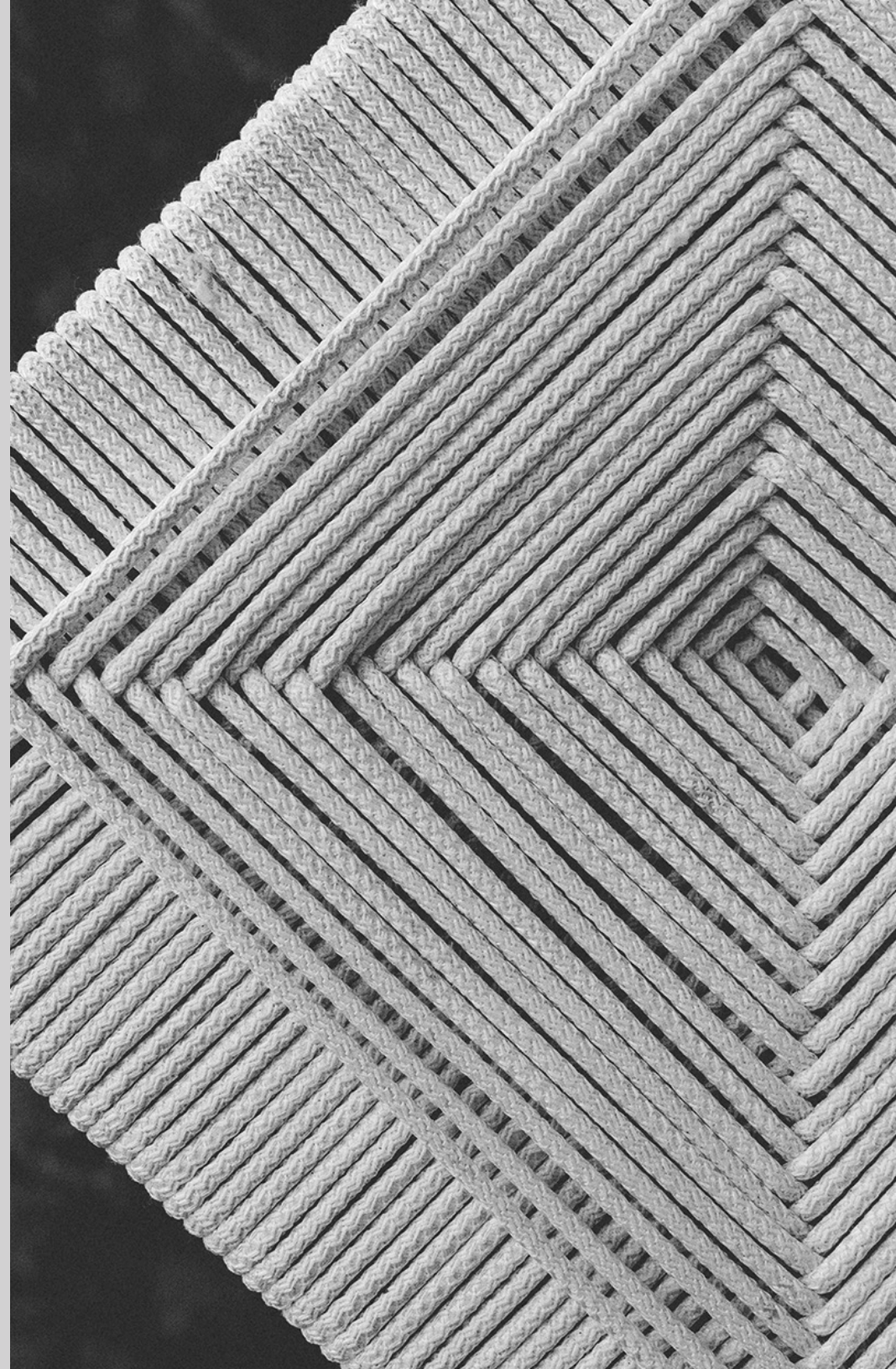
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WELCOME TO THE
NEWLY REIMAGINED
ROSEWOOD MAYAKOBA

We hope you enjoy your stay in our all-new wellness suite. In these wholly immersive accommodations every element of your experience in-room has been thoughtfully considered to maximize relaxation and inspire renewal. At Rosewood Mayakoba, wellness is integrated seamlessly and tailored specifically to your needs and desires. We invite you to discover all the ways your suite is specifically designed to align your mind, body and soul:



Sleep

A good night's rest is essential, which is why we have enhanced sleeping tools including a circadian light lamp to simulate the natural movement of the sun and microfiber skin care pillow cases to help prevent sleep lines and moisture loss. Ease into tranquility with a selection of Sleeping Aromatherapy scents and a curated music menu.

Cleanse

Essential oil shower heads provide antioxidant and regenerating properties for the skin while in-room oil diffusers, reflective of ancient Ayurvedic traditions, use freshly picked herbs from our own on-site, La Ceiba garden.

Recharge

Chef Juan Pablo Loza has created a wellness minibar, complete with a super food menu, alkaline water dispenser, freshly pressed juices and herbal teas, to fuel and restore energy.

Ritual

The privacy of your outdoor serenity pavilion offers space for sacred rituals, whether you want to practice yoga or meditation, unwind with a massage, or have the resort's shaman provide one-on-one counsel. Here, a reflexology fountain provides support for the circulation system and lymphatic drainage and handcrafted welcome amenities such as chakra stones and incense allow you to customize your sanctuary.



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PATH TO WELLNESS

For each of us, the path to wellness is unique. Your dedicated Wellbeing Butler is here to help guide your journey starting by asking what form of renewal speaks to you. Start the conversation by sharing which road resonates, at this moment, with you:



Inner Balance

Infinite distractions can swallow our sense of balance. Our experts can share how to employ boundaries for time, strengthen relationships, and introduce practices that bring joy. Tap into opportunities to give back to the community & the environment. Find your ideal balance of healthy living, learning to make room for wellness in your everyday life.

Fitness & Nutrition

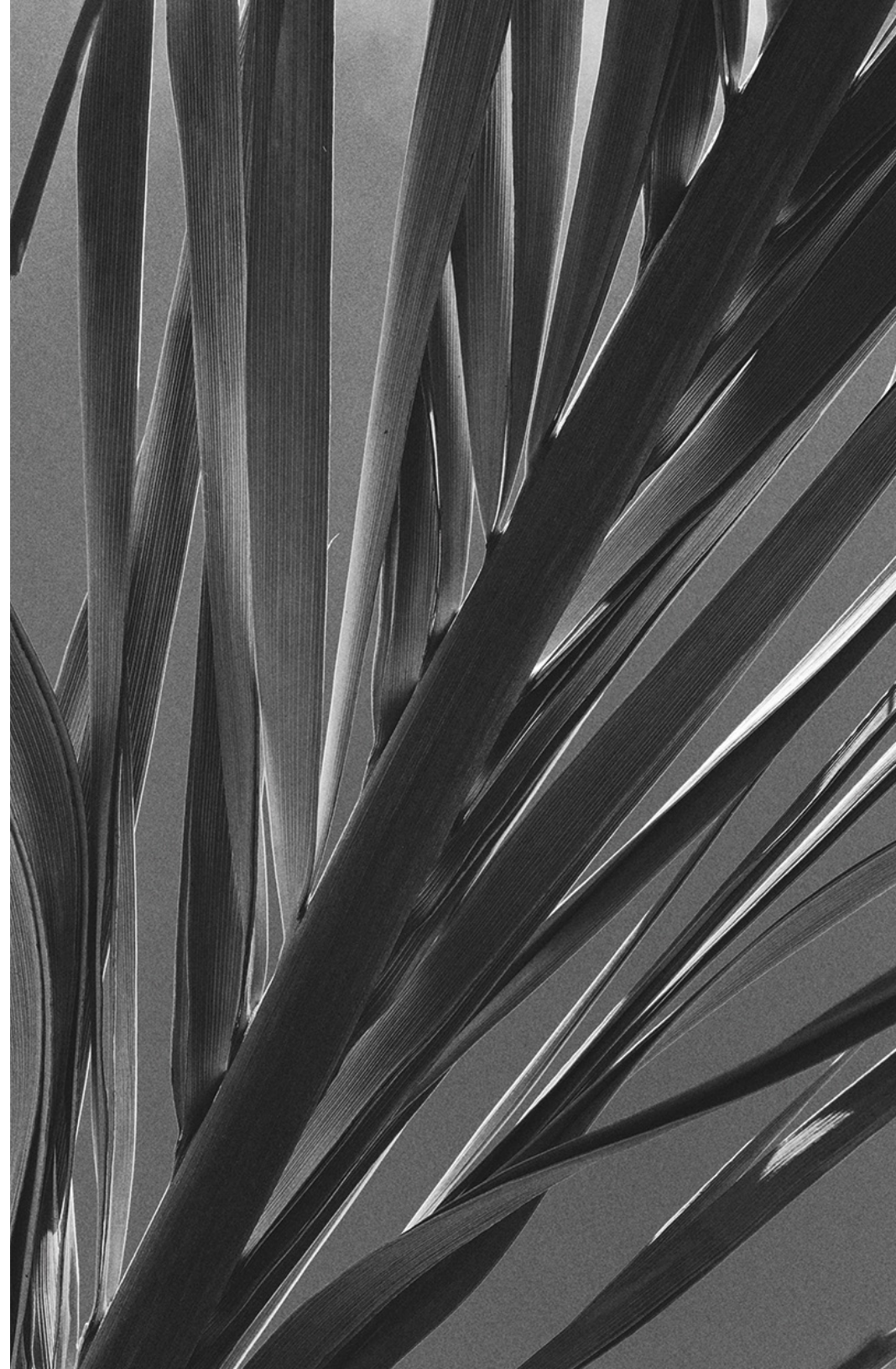
A deep dive into fitness and nutrition to kick-start your pathway to wellness. From customized workouts to personalized culinary nutrition classes and sessions exploring your relationship with food, come away with a greater awareness and knowledge to set your goals in motion for success.

Adventure

Immersed in the healing waters of an ancient Mayan well or discovering the power of a steam ritual in the mangroves, our resident Shaman will enable self-discovery through one-of-a-kind experiences that will break patterns of fear and emotional dependence to experience maximum freedom.

Growing Together

The journey of two people becoming conscious partners can maximize the opportunity to evolve and expand together. Guided sessions with our wellness practitioners create pathways for communication, discovery and service in your relationship that can generate deeper intimacy, satisfaction and long-term happiness.



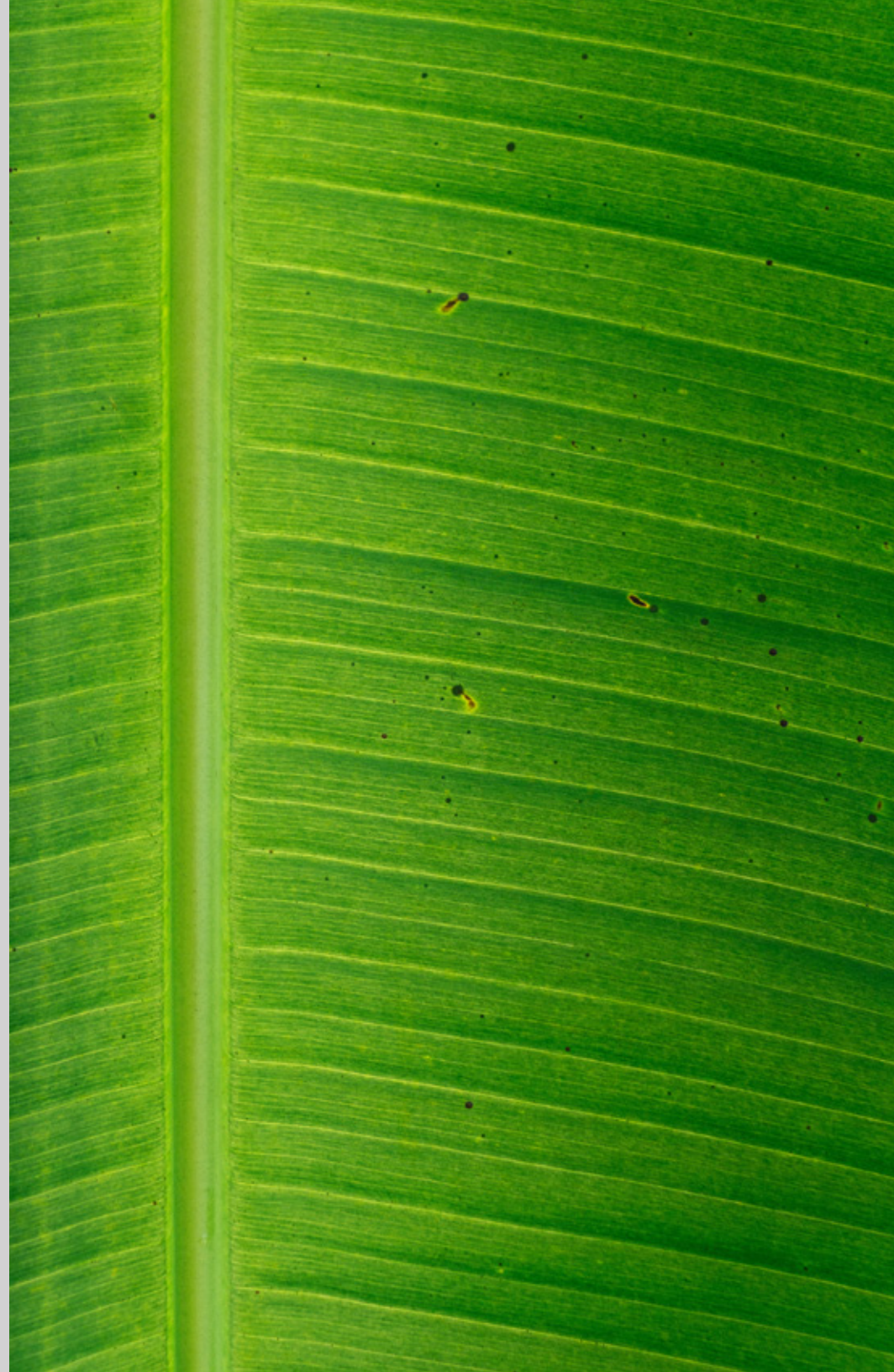
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WELLNESS SUITE

TOUCH POINTS



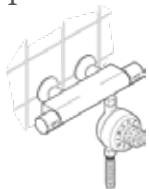
Skinjay Aromatherapy Capsules

Using the recognized virtues of essential oils, our aromatherapy capsules produce beneficial effects on the body through the power of essences extracted from plants, diffuse the right combination and dose of oils directly in the shower.

To Activate Capsules

Having heated the water for your shower, turn off the water, shake the capsule to ensure the essential oils are well-mixed, then insert the capsule into the module by sliding the base of the capsule into the slot designed for this very purpose. Then simply turn the ring on the module (the barrel that says SKINJAY) 180° to the visual mark. Turn on the water and enjoy.

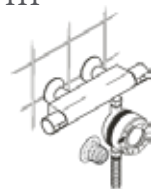
I



II



III



Essential Oil Natural Patches

Unique aromatherapy body patches include different essential oil formulations intended for a variety of benefits.

Simply place the patch on your upper chest, any pulse point or the location indicated on the packaging. Once the essential oils are activated by your body heat, they will begin to release their therapeutic properties.



Mala Beads

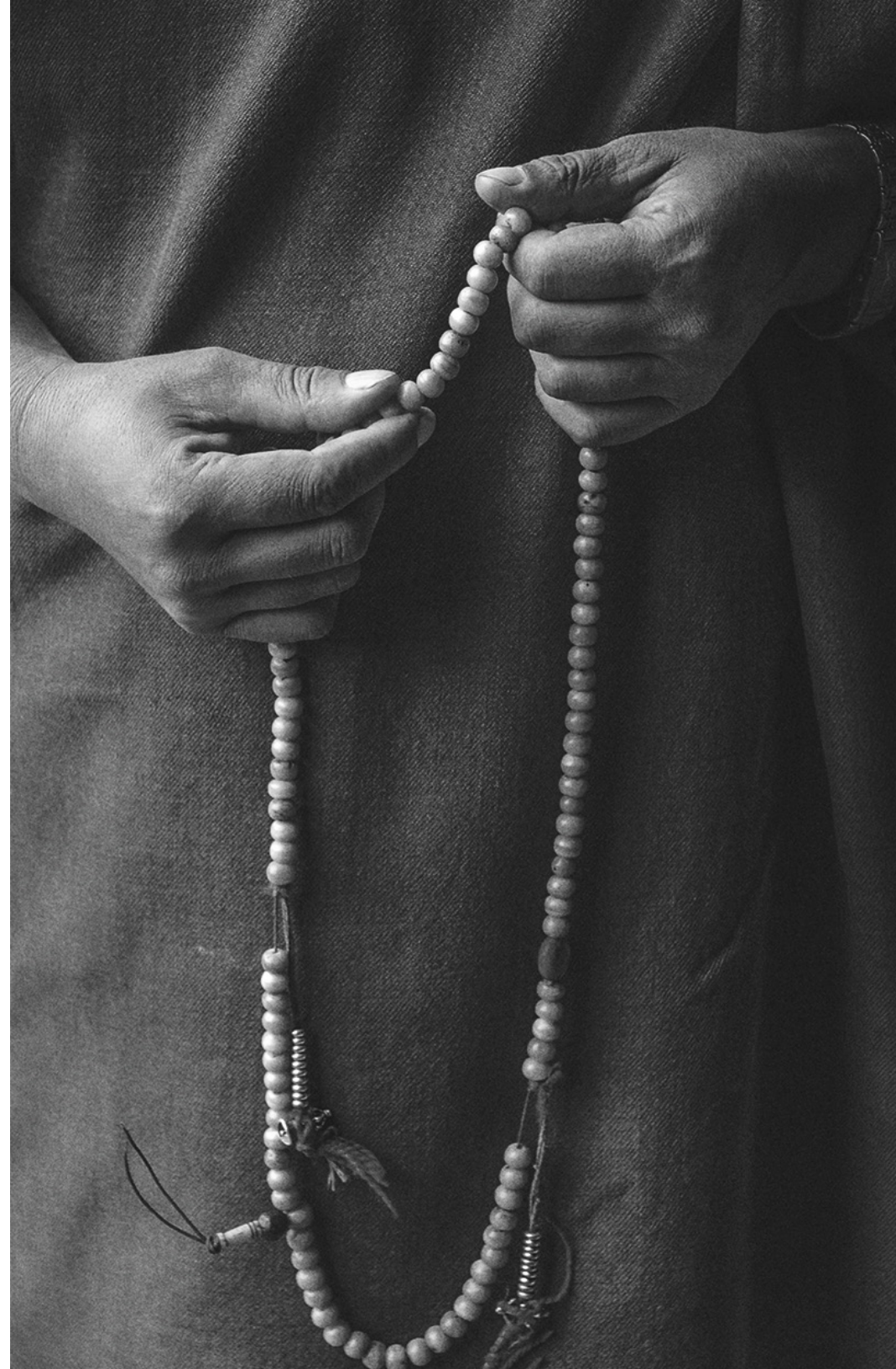
Mala beads are used as sacred power objects as well as for using mantras to create new thought patterns.

Choose A Mantra

You probably know what you want to create in your life, then create an affirmation that states you've gotten the desired result. The repetition in this simple process will have a direct effect over the subconscious.

Using a mantra normalizes a new reality for you.

Next, state the mantra for each bead at least once a day. Pass the beads through your middle finger and thumb. Over time, you start to feel the mantra you'll start to see the changes in your life. Many cultures have used some form of meditation beads for so long.



Selection Of Mantras

Chakra Mantras

A very good way to start this practice is using a traditional chakra alignment mantras, this will lead to embrace a wide variety of aspects of human life.

By placing your attention in the area of each chakra and chanting the mantra associated with it, you can begin to enliven the chakra, unblock and release its qualities in your life. The following set is for everyday use. Starting with the lowest (first) chakra, bring your attention to each area of the body and repeat the sound 1 to 3 times aloud or silently.

Chakra	Location	Association	Mantra
First Chakra	Base of the Spine	Survival Instincts	LAAM
Second Chakra	(Sacral Area)	Sensuality Inspirations	VAAM
Third Chakra	(Solar Plexus, Navel)	Personal Power, Ego	RAAM
Fourth Chakra	(Center of Chest)	Unconditionals Love, Compassion	YAAM
Fifth Chakra	(Throat)	Creativity, Communication	KAA GAA GHA
Sixth Chakra	(Between Eyebrows)	Insight, Inspiration	KSHAAM
Seventh Chakra	(Crown, Top of Head)	Spiritual Union	OMM

Incense Holder With Copal Stick

Handcrafted copal resin, in ancient cultures was considered an element that induces a connection with spiritual world.

Burning incense during meditation or mantra practice is highly recommended as it has been found to have an amazing effect over brain circulation and consequently clarifying the mind and helping oneself to stay focused during these types of sessions.



Element Stones

Each cardinal direction is hand painted on a river stone with an alchemical symbol. Used in the spirit of Feng Shui with a great understanding of nature, particularly with the idea that the land is alive and filled with Chi or energy, the Element Stones not only protect you, but guide you on all your spiritual journeys.

The stones can be used to orient oneself according to the 4 cardinal points, and create a stillness space that inspires you practice meditation.

Chakra Quartz Kit

To be placed within the Reflexology Fountain. It helps to release stress by balancing energy channels. Quartz stones are also known for its therapeutic qualities of cleaning the radiation of electronic devices.



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MOON AROMATHERAPY PROGRAM

Just as the moon's gravity influences the ocean; its energy influences us electro-magnetically. The Moon marks cycles of life that co-relate to our well-being; and can often times lead to meditative states. When you follow and understand the cycles of the moon, you also understand your own emotional drive. Each phase of the Moon's cycle has a unique visual characteristic and spiritual meaning.

The moon also represents our deepest personal needs. We can use the knowledge and energy of the Moon's cycle to better connect to ourselves and find the balance we seek.

In collaboration with our Resident Shaman, we have created an Aromatherapy Program to balance the effects different moon cycles have over our energy levels throughout the day along with improving sleep quality.



New Moon

New Cycles

A time when the moon is centrally-positioned, and the Sun cannot be seen with the naked eye from Earth.

It's the beginning of the lunar cycle, perfect time to honor all we've been through and release any old patterns that aren't serving us anymore.

- Set an intention
- Take a deep breath and recharge
- Meditate and visualize

Full Moon

Power

The full moon symbolizes the climax of any given situation, it is expanding energy. It's the moment when intentions and emotions detonate. A full moon attracts the tides, alters the senses and connects us with the magical world.

The Sun illuminates the entire moon. This phase signifies empowerment and the sealing of set intentions.

- Celebrate wins
- Become aware of what you achieve
- Blossom

Crescent Moon

Spiritual Growth

As the moon grows, its strength and power increases. It is a spiritual energy, a great imposition. Momentum is characteristic of this particular phase. Create a plan of action, move towards your goals.

- Intention
- Decision making
- Mind and soul aligned with the Universe

Waning Moon

Balance & Flow

The decrease of the Moon gives us the opportunity to release, free of hopes, expectations and problems. Clean and clear the environment, find balance and flow. 'Waning' refers to the decreasing of the Moon's illumination. This phase signifies gratitude.

- Recharge
- Gratitude
- Appreciation
- Balance



Flow

The Butler explains the importance on the moon and wellness in combination with the mind and spirit. The Butler invites Guests to choose an essential oil, and then place a few drops at the center of the Quartz circle. Each oil has its own particular meaning. An in-depth consultation with Resident Shaman, Fernanda Montiel may be coordinated by your Wellness Butler.

Four Element Ritual

Aligned with our strong prehispanic roots, we honor ancestral traditions through a ritual of Earth's Four Elements. Designed to create a sense of awareness and balance to coexist with nature.

Fire – Candles

Wind – Chimes

Earth – Mineral Salts

Water – Mineral

We encourage Guests to request this Ritual prepared by your dedicated Butler during evening hours. Relax and enjoy this meditative experience.



Meditation Pavilion

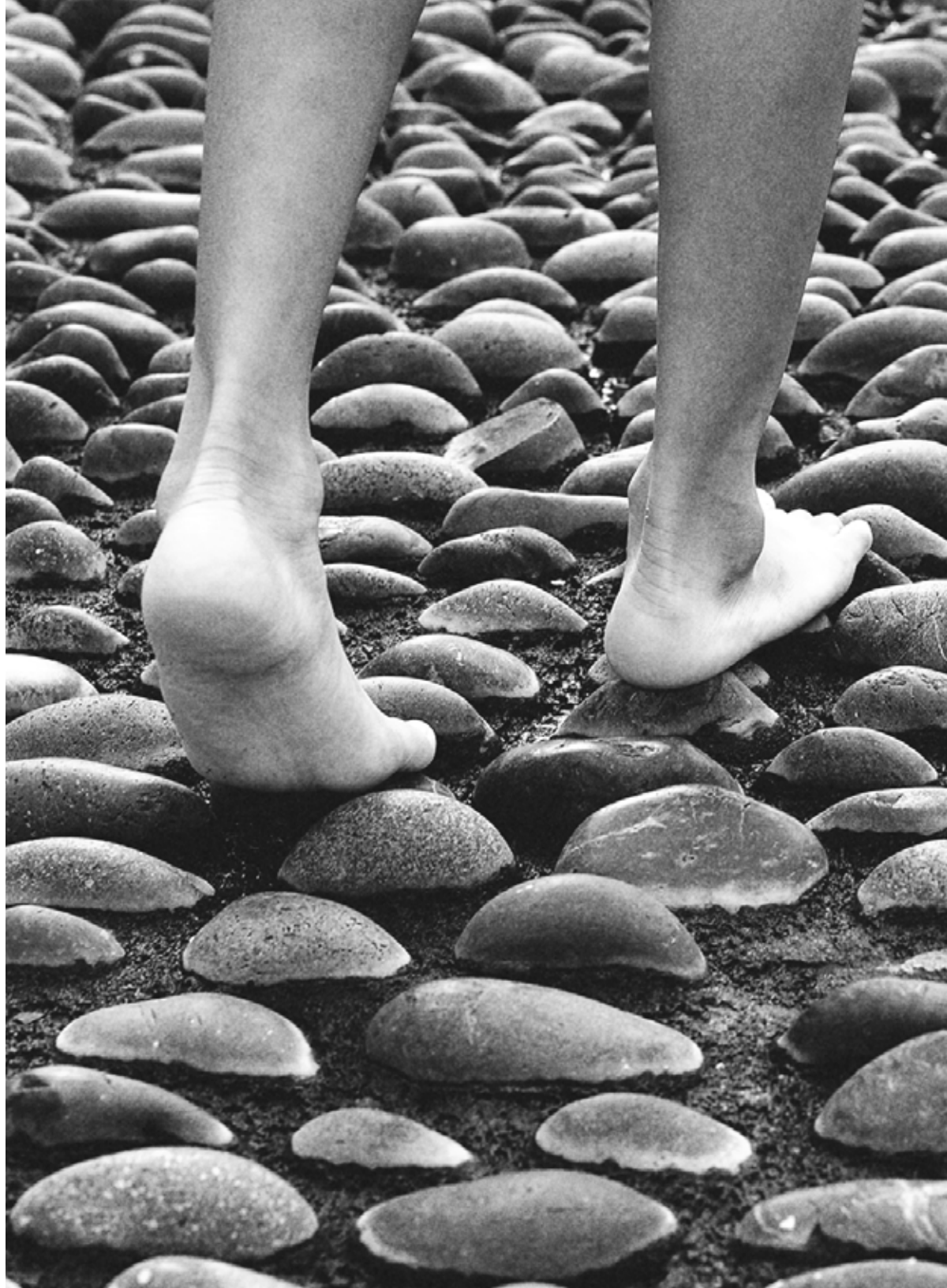
Our Meditation Pavilion is designed as a space for mediation, partaking in a personalized yoga session, private consultation with a practitioner or simply to create a moment of reflection.

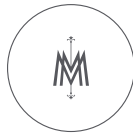
Each Wellness Suite is equipped with a Yoga Mat to be used throughout your stay.

Reflexology Fountain

The Reflexology Fountain is designed to massage and stimulate acupressure points located on the soles of the feet, which are connected to various energy meridians of the body. Soft and smooth river rocks are placed into the fountain to create the reflexology foot path, helping stimulate neurological reflex zones. This stimulation may initially create a sense of pain and soreness. Over time this sensation tends to ease into one of instances of applied pressure.

The Reflexology Fountain is also dressed with clear quartz stones, which have been found to have the capacity to absorb, store, release and regulate energy whilst stimulating the immune system and balancing the body as a whole.





#RWmayakoba #RWjourneys

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