

## CHABLÉ WELLNESS CENTER



CHABLÉ YUCATÁN

2025









## WELCOME

Immerse yourself in a journey of renewal  
at this sanctuary of wellbeing, where each moment  
brings you closer to the sacred rhythm of our cenote  
—the vibrant heart of Chablé Yucatán  
and a portal to harmony.

Rooted in the power and wisdom of the Maya,  
this is the starting point of a conscious path  
toward balance, where every step honors  
the legacy of an ancient culture.

**Here, spiritual wellbeing is a quiet awakening**  
—a return to your essence, a bridge between  
ancestral knowledge and modern awareness.  
Each ritual, each ceremony, and each breath  
is designed to release your spirit, inviting you to flow  
and reconnect with the living rhythm of the universe.

May this journey inspire transformation,  
renew your purpose, and lead you back to life  
in tune with the heart of Chablé.





## OUR JOURNEYS

Embark on a personal journey—one of renewal and deep balance. Each experience, inspired by the four sacred elements of the Maya worldview, is thoughtfully designed to harmonize your physical, mental, spiritual, and emotional wellbeing.

Our healers, holistic therapists, and traditional medicine men and women are guardians of ancestral wisdom passed down through generations. With care and intention, they offer their knowledge to guide and support you on this path.

Dedicated wellness consultants will accompany you with sensitivity and respect, helping you choose the journey that best aligns with your present moment. In their hands, each experience becomes an act of harmony—uniting body, mind, and spirit in a state of wholeness.







**WHISPERS OF THE WIND**

**Element:** Air

**Essence:** Inspiration

**Inspired by:** Knowledge, beauty, creativity, and mental wellbeing



**THE INNER SPRING**

**Element:** Water

**Essence:** Will

**Inspired by:** Communication, movement, service, and emotional wellbeing



**REBIRTH OF FIRE**

**Element:** Fire

**Essence:** Transformation

**Inspired by:** Regeneration, change, purification, and spiritual wellbeing



**ROOTS OF THE EARTH**

**Element:** Earth

**Essence:** Wisdom

**Inspired by:** Awareness, manifestation, and physical well-being





### THE SKY'S SONG | 3 HOURS

Surrender to the lightness of the wind and allow body and mind to renew through a deeply restorative healing journey. The experience begins with an opening ritual designed to release emotional and physical weight, gently preparing you to receive.

A revitalizing fennel and mint exfoliation follows, awakening the senses, stimulating circulation, and bringing a fresh glow to the skin. Next, a white clay wrap infused with medicinal herbs purifies at a deeper level, helping to release toxins and restore the body's natural vitality.

The journey concludes with a tension-relieving massage using eucalyptus essences, designed to dissolve deep-seated tension, ease physical blockages, and open the body to a sense of clarity and spaciousness.

### FLOW FROM THE SOURCE | 3 HOURS

Embark on a journey of emotional release and deep renewal, guided by the wisdom of water. It begins with a personalized ritual where, through the subtle movement of a pendulum, your inner self selects the essential oils that will support your healing and openness.

A gentle lavender and rosemary exfoliation follows, cleansing your skin and clearing your senses to prepare your body for the transformative energy ahead. Then, a pink clay wrap infused with rose water invites peace, softness, and an opening of the heart.

The experience concludes with a calming massage that gently releases deep emotional and physical tensions, restoring the natural flow of your vital energy.





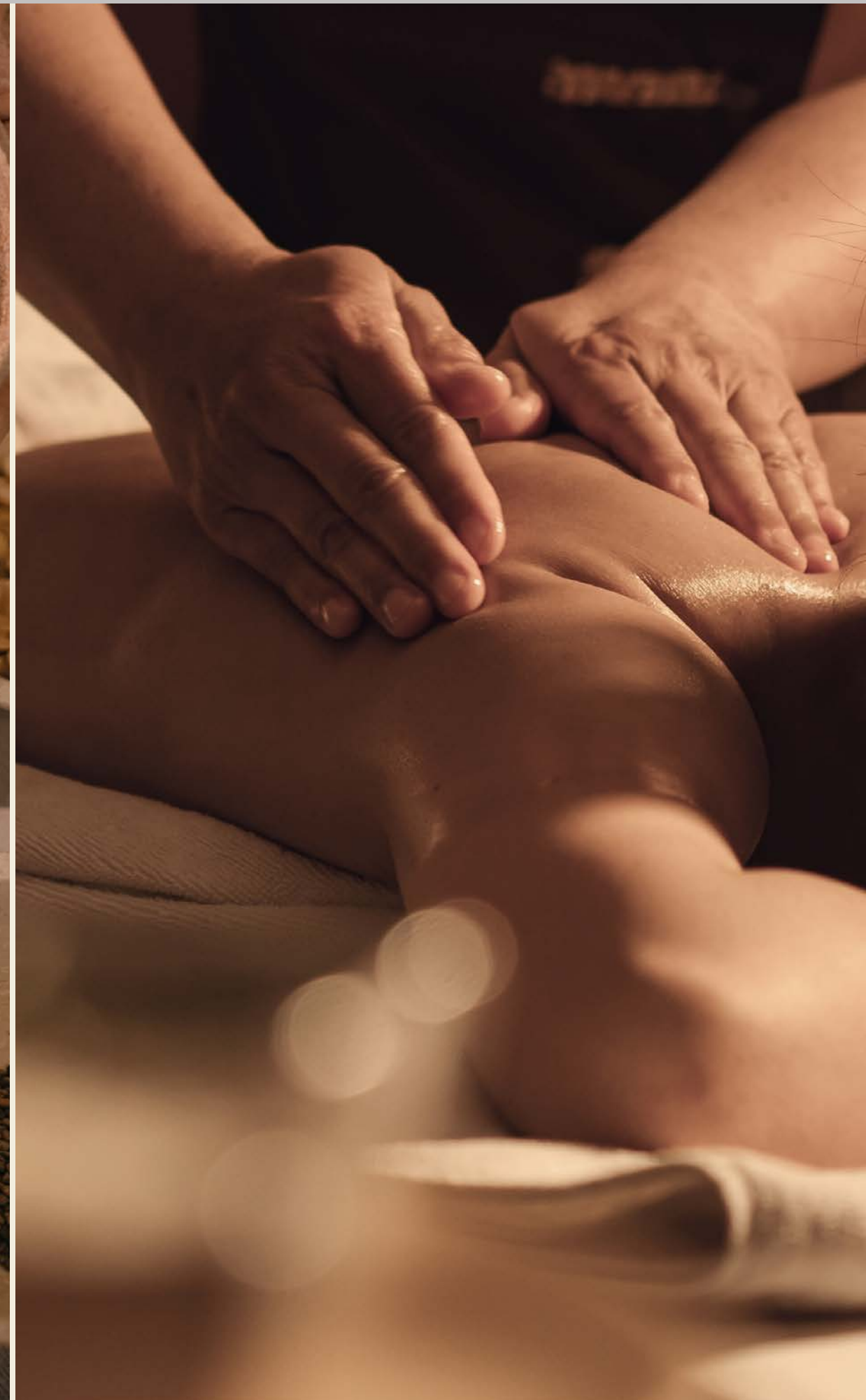
### HEART & CACAO CONNECTION | 3 HOURS

Celebrate the sacred fire of love on a journey of renewal and deep connection. This experience begins with an intention-setting ritual, as candlelight flickers and the aroma of cacao fills the air—awakening the heart and opening space for true connection.

A cacao exfoliation follows, revitalizing the skin with its antioxidant richness while the warm essence of fire soothes the senses. A red clay wrap then invites passion and inner renewal, preparing the body to receive the nourishing embrace of melted cacao butter.

The journey concludes with a deeply soothing massage that hydrates, relaxes, and restores—leaving you with a sense of wholeness, serenity, and renewed love. A tribute to the transformation that unfolds when two souls meet in the light of the fire.

**We recommend reserving our Suite Cabin to make this experience an intimate escape and a truly unforgettable journey.**







### MOTHER EARTH | 3 HOURS

Reconnect with the wisdom of the Earth and renew your vital energy through a journey of deep healing and grounding. The experience begins with a traditional rameada—an ancestral cleansing ritual that releases emotional and physical burdens, creating space for renewal.

A copal exfoliation follows, purifying the skin and awakening the senses, preparing your body to receive the Earth's natural medicine. Next, a wrap of green clay infused with healing herbs from our gardens purifies, nourishes, and restores your connection to your roots.

The journey concludes with a warm herbal compress massage using chamomile, arnica, calendula, and other therapeutic plants—melting away muscle tension and inviting serenity into every part of your being. A gentle return to your essence, guided by the grounding power of nature.







## SPA - TOUCH THERAPIES

### CHABLÉ HYDROTHERAPY

Water has long been revered for its life-giving energy and power to transform. At Chablé, we honor this ancient wisdom through a hydrotherapy circuit designed to support and enrich your path to wellbeing.

Inspired by sacred waters, this ritual helps dissolve tension, flush out toxins, revitalize your cells, and recharge your natural vitality.

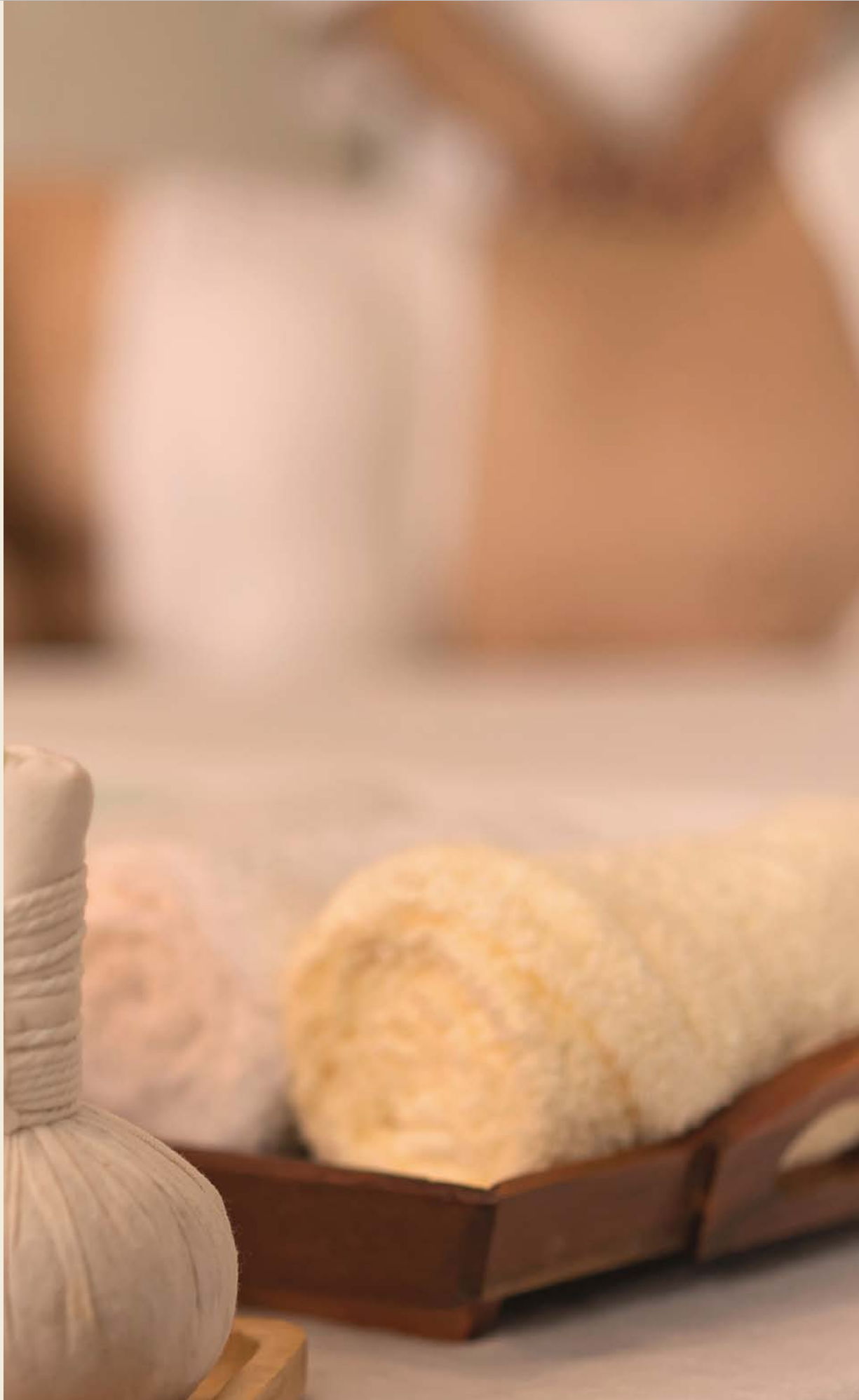
Begin in our herbal steam room, where the aroma of medicinal plants clears the mind and soothes the body. Continue in the dry sauna, allowing the warmth to melt away stress and bring a sense of lightness to each breath. Lastly, immerse yourself in our sensations pool—where hydromassage and temperature contrasts awaken your senses and return you to a state of balance.

### BLOOMING MASSAGE | 60/90 MINS

This gentle ritual honors inner renewal, combining calming essential oils with the healing essence of flowers like lavender and calendula. Their natural aromas and soothing properties envelop the body, inviting deep relaxation and quieting the soul. A restorative experience that unfolds like a flower in bloom—welcoming a fresh beginning from within.







#### **IXCHEL PRENATAL | 60/90 MINS**

Inspired by Ixchel, the Maya goddess of fertility and love, this ritual honors the sacred journey of motherhood—a time of deep transformation and connection with the life growing within. Recommended especially during the second trimester, this personalized massage eases physical tension and supports the emotional shifts that accompany this stage, helping the mother-to-be find comfort and peace. Like an embrace from the Earth, the ritual nurtures the bond with her baby and offers the loving support of Mother Nature on this path of creation and new life.

#### **LAVENDER BREEZE | 120 MINS**

Let the gentle scent of lavender guide you on a journey of calm and connection with nature. The experience begins with a ritual of intention, as fresh lavender bundles cleanse the space and invite a sense of harmony. A deeply relaxing aromatherapy massage follows, easing tension, quieting the mind, and welcoming a state of restful peace.

#### **KA'AN STRESS RELIEF | 60/90 MINS**

This deeply relaxing treatment invites you to rediscover inner peace through the power of aromatherapy, as carefully selected essential oils awaken a sense of wellbeing. Blending Swedish massage techniques with deep tissue work, this ritual eases physical and emotional tension, transforming built-up stress into balance and calm.



**EUCALYPTUS THERAPEUTIC MASSAGE | 90 MINS**

This holistic treatment offers a moment of pause to release the fatigue that builds up with the pace of daily life. Eucalyptus, known for its immune-supporting and soothing properties, is paired with deep tissue massage techniques to ease muscle tension and reduce inflammation. You will leave feeling refreshed, rebalanced, and ready to step back into your day with a renewed sense of lightness and clarity.

**CANDLE WARMTH MASSAGE | 90 MINS**

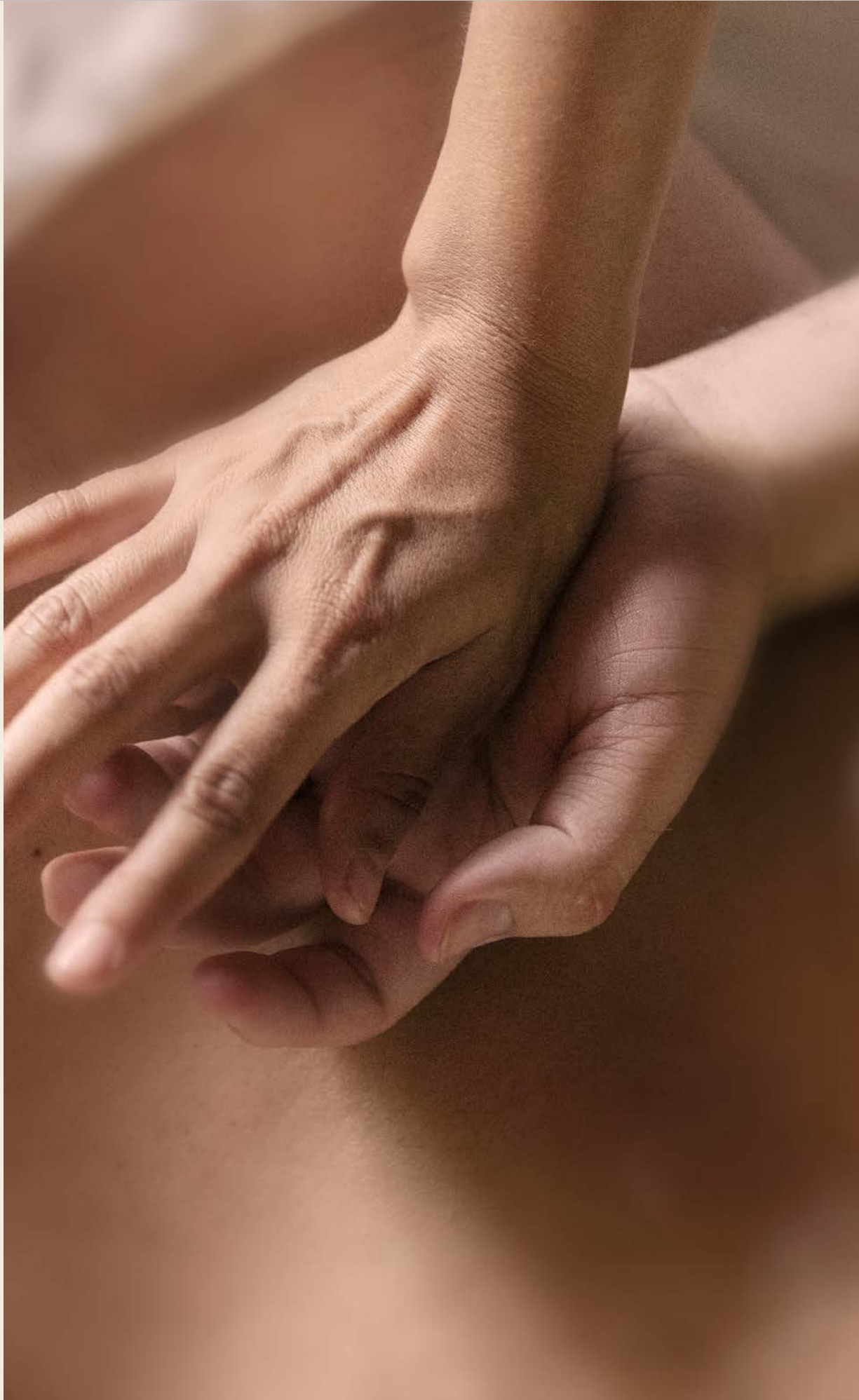
This healing ritual, both physical and energetic, begins with an intention set by candlelight, inviting release and renewal. As the candle melts, your therapist's warm hands guide you into a deep detachment from the outside world and a renewed sense of inner balance. Let this transformative experience envelop you in a feeling of inner freedom and profound peace.

**PRECIOUS STONES | 120 MINS**

Basalt, the stone of strength and courage, is the heart of this ritual crafted to dissolve heavy energies and restore stability in times of change. Through a deep massage, the warmth of the stones relaxes muscles and unlocks energy centers, encouraging a harmonious flow throughout the body. The experience is enhanced with sound healing, whose soothing vibrations invite a deep state of calm and full renewal.







#### HEALING HERBAL COMPRESSES | 90 MINS

Inspired by Ayurvedic wisdom, these herbal compresses —featuring rosemary, arnica, chamomile, and peppermint— are applied to dissolve tension and ease body stiffness. Combined with aromatic oils and a deep tissue massage, each herb brings relief, comfort, and promotes a restorative state of deep relaxation. The result is a renewing sensation of balance and well-being.

#### TRADITIONAL MAYA MASSAGE | 120 MINS

This massage is a treasured legacy of the ancient desempacho technique, created to release blockages and restore the flow of vital energy in the body. Through deep stretches, abdominal work, and firm pressure, it helps you reconnect with your center and strengthen your vitality. It is perfect for releasing built-up tension, overcoming fatigue, and regaining physical and emotional balance. This ritual gently guides you back to your true self, improves rest, and renews your overall well-being.







## SPA - BODY RITUALS

### THE TREE OF LIFE | 120 MINS

Designed to honor the unique needs of your being, this ritual begins with a restorative massage —relaxing or deep tissue— that eases tension and restores energy flow.

It is followed by a refreshing facial that renews and hydrates your skin, fading signs of fatigue and revealing a natural glow. To deepen the experience, ancient techniques help clear your mind and balance your spirit.

During the facial, quartz stones are gently placed on your energy centers to harmonize your energy and reconnect you with your true self. Allow this experience of connection to awaken your inner beauty and bloom in perfect harmony.

### HEALING BALANCE | 120 MINS

A deep journey into physical and emotional restoration. This intensive treatment is designed to release muscular tension, dissolve energetic blockages, and absorb emotional stress—bringing the body back to its natural state of harmony.

The experience combines a massage with herbal compresses, an energy cleansing using stones and sound vibrations, and a scalp massage that both revitalizes and calms.

Surrender to the healing power of the earth and the inner balance that arises when body, mind, and spirit reconnect in perfect harmony.











## SPA - FACIALS

### MAYA GODDESS FACIAL | 90 MINS

Inspired by Chaac Chel, the Maya goddess of creation and renewal, this facial is a tribute to timeless beauty.

Rooted in ancestral skincare traditions, it blends natural ingredients like hibiscus and cranberry—rich in antioxidants—to revitalize the skin and help protect against signs of aging.

Precious argan oil, known as “liquid gold,” deeply nourishes and restores elasticity, while lifting massage techniques inspired by Japan boost circulation, sculpt facial contours, and awaken your skin’s natural glow.

Regenerating masks and botanical essences complete the ritual, leaving your skin feeling firm, balanced, and radiant.



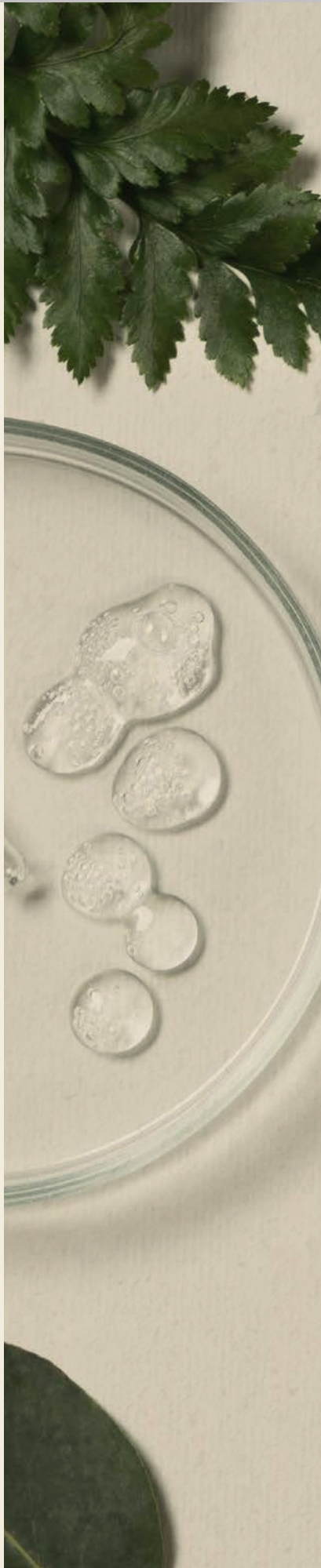
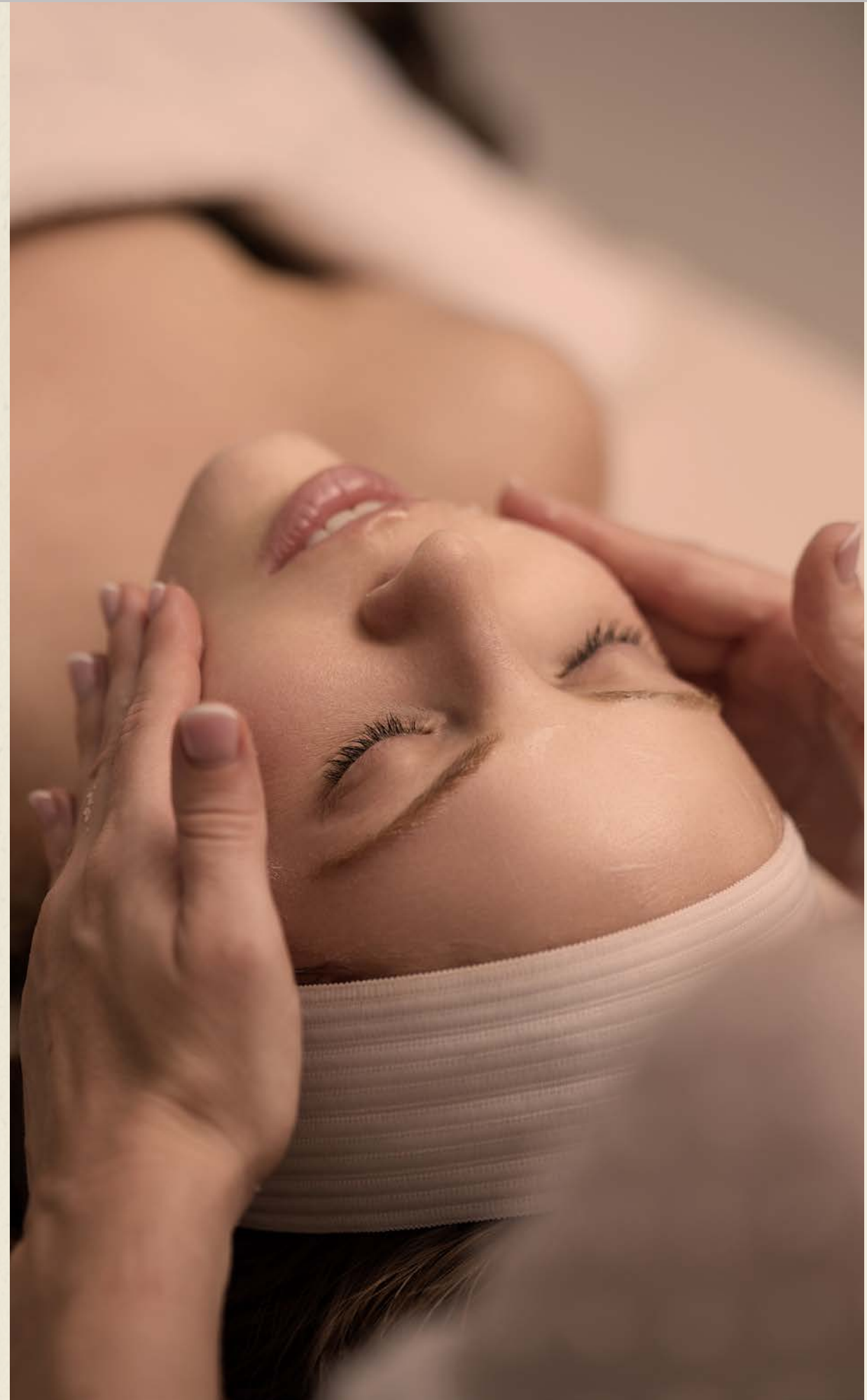


### MOON WATER FACIAL | 90 MINS

Immerse yourself in a renewal ritual inspired by the harmony between nature and ancestral wisdom. This treatment blends deep hydration with the restorative power of botanical and biotech ingredients, strengthening your skin's natural barrier and enhancing its luminosity.

A synergy of active elements delivers lasting hydration, while aloe vera and goji berries soothe and revitalize, restoring freshness and elasticity. Sacred centella asiatica, known for its regenerative properties, helps strengthen and balance the skin, offering protection against environmental stressors.

A gentle touch that wraps your face in wellbeing, revealing skin that is radiant, velvety, and in tune with your natural essence. Ideal for all skin types, including sensitive skin.







**PURIFYING DETOX FACIAL | 60 MINS**

Inspired by nature's regenerative power, this facial helps your skin release impurities and regain its inner glow. Designed to counter the effects of pollution and daily stress, it deeply purifies and rebalances, leaving your complexion fresh and clear.

Masks infused with activated charcoal and oxygen-rich ingredients detoxify and revitalize, drawing out toxins and boosting radiance, while botanical extracts and mineral elements help restore harmony. Gentle draining massage techniques improve circulation and support the skin's natural detox process.

A refreshing pause for both skin and spirit—each step brings renewed vitality, clarity, and a deep sense of wellbeing. Ideal for skin in need of energy and a natural, radiant reset.

**ESSENTIAL CALMING FACIAL | 60 MINS**

This gentle ritual brings deep relief to sensitive skin or skin affected by environmental stress. With its velvety texture and soothing ingredients, it helps ease irritation, reduce redness, and reinforce the skin's natural barrier. A subtle, comforting aroma enhances the experience, inviting a sense of calm and relaxation. By the end, your skin feels balanced, resilient, and refreshed—restoring its natural glow and a quiet sense of wellbeing.





## SPA - ADDITIONAL ESSENCES

Enhance your wellness journey with personalized touches designed to enrich your holistic experience.

### REVITALIZING SCALP MASSAGE | 30 MINS

This soothing ritual invites deep relaxation by releasing tension from the scalp, neck, and shoulders. Gentle pressure and flowing movements stimulate circulation and clear the mind, creating a sense of lightness and balance.

An organic hair oil nourishes and revitalizes, offering an added layer of care to this delicate area. Ideal for restoring energy and clarity, this experience feels like a gentle gift to your inner self.

### PEPPERMINT LEG THERAPY | 30 MINS

A refreshing treatment for feet and calves, ideal for revitalizing the body and relieving the feeling of heaviness in the legs. An energizing peppermint massage stimulates circulation, while a warm wrap with aromatic towels awakens the senses and leaves you feeling light, refreshed, and renewed.







**QUARTZ & BOWLS HARMONIZATION  
DURING YOUR TREATMENT |**

This live sound experience draws on ancestral wisdom to harmonize body and spirit through the vibrations of Tibetan bowls, quartz crystals, and shamanic instruments. The sound bath releases stagnant emotions, guiding you into a state of deep calm and expanded awareness—perfect for restorative rest and lasting inner peace.

**PERFECT GAZE DURING YOUR TREATMENT |**

This intensive eye contour treatment is designed to reduce puffiness, minimize dark circles, and soften fine lines. Ideal as a complement to any therapy, it leaves your eyes looking fresh, bright, and visibly rejuvenated.







## WELLNESS - HOLISTIC THERAPIES

A profound encounter with yourself, designed to align mind, body, and spirit through practices that expand awareness and deepen your inner connection. These experiences invite you to explore your true self, release emotional blockages, and open the way to clarity and wellbeing. Each session offers a chance to transcend time, fully embrace the present moment, and discover new levels of balance and peace.

Perfect for anyone seeking reflection, transformation, and a deeper connection to their life's purpose.

### EMOTIONAL FREEDOM TECHNIQUE - TAPPING

Inspired by traditional Chinese medicine, this practice stimulates key energy points along the meridians to reduce stress, anxiety, and in some cases, ease panic attacks. Through gentle, repetitive tapping and guided affirmations, emotional burdens are released, restoring balance and calm.

### BREATHWORK | 90 MINS

Breathing exercises designed to help you explore altered states of consciousness, promoting healing and personal growth. This practice focuses on uncovering the unconscious, releasing emotions, deepening self-awareness, and fostering transformation.







#### **JANZU, AQUATIC MASSAGE | 60 MINS**

Float effortlessly in our petrified forest pool overlooking the sacred cenote, surrounded by complete tranquility. In this unique setting, a skilled therapist guides your movements in the water, helping you release tension and find a state of sublime peace. This aquatic massage harmonizes mind and body in a continuous flow, offering a deeply restorative and immersive experience.

#### **REIKI SESSION | 60 MINS**

Surrounded by soothing aromas and harmonious sounds, this Reiki session invites you to connect with your higher self through universal energies, balancing the body's energy centers. Using gentle techniques to channel and transmit vital energy through the hands, it promotes deep peace and harmony on physical, mental, emotional, and spiritual levels. This experience is a journey toward serenity and alignment with your inner essence.

#### **BIOMAGNETIC THERAPY | 90 MINS**

This gentle, non-invasive therapy—developed in Mexico—uses pairs of magnets with opposite polarities placed on specific areas of the body to help restore internal balance and support overall health. Using the Biomagnetic Pair technique, a negative magnet is placed on areas of acidity and a positive one on areas of alkalinity to help rebalance the pH of organs and tissues. This process realigns the body's natural energy, encouraging cellular regeneration, strengthening the immune system, and promoting a deep sense of physical and energetic wellbeing.





**SOUND BATH | 60 MINS**

Since ancient times, singing, music, and melody have been powerful tools to awaken awareness and share deep wisdom. This sound bath gently releases stuck emotions through harmonic vibrations, inviting your body and spirit into a state of peace and renewal. Using Tibetan quartz and metal bowls, shamanic instruments, and live healing chants, this ritual creates a space where energy flows freely, helping you relax deeply and reconnect with your true self.

**PERSONALIZED YOGA SESSION | 60 MINS**

Enjoy a yoga practice created just for you, tailored to your needs, level, and goals. This session combines poses, mindful breathing, and meditation techniques to help you find balance and inner calm. With guidance from a skilled instructor, every movement becomes a chance to build strength, serenity, and connection. Ideal for anyone seeking a yoga session that's truly personalized—whether you want to relax, recharge, or restore.



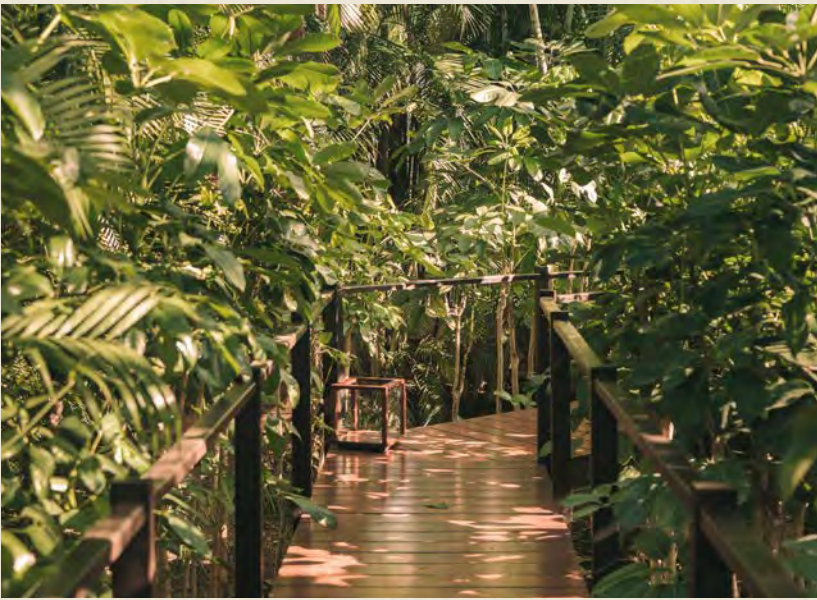




**MEDITATION OR MINDFULNESS SESSION | 60 MINS**

A calm, grounding space to connect with the present moment. Using meditation and mindfulness techniques, this session helps quiet the mind, balance your emotions, and cultivate a peaceful awareness. The practice may include guided meditations, mindful breathing, or focused attention on body sensations.

Sacred mantras or visualization exercises can also be included to enhance your sense of wellbeing. Mindfulness is woven throughout with conscious breathing, body scans, and slow, intentional movements—supporting you to fully live and embrace the here and now with clarity and ease.





## WELLNESS - FITNESS

Explore a range of practices designed to strengthen your body, boost your energy, and refresh your overall wellbeing. From restorative yoga sessions to high-intensity workouts, each experience invites you to move with intention, improve flexibility, and find balance. Discover the perfect harmony between movement and vitality in a setting that invites renewal.

### FUNCTIONAL TRAINING

A mindful workout that enhances your physical condition and natural mobility through movements inspired by everyday activities. It strengthens stabilizing muscles, improves coordination and balance, and helps prevent injuries. Suitable for all fitness levels, functional training supports a more agile, strong, and resilient body.

### CORE TRAINING

This session focuses on strengthening your core to improve posture, tone the abdomen, and enhance overall body stability. Beyond sculpting the abs, it supports spinal health, improves breathing, and boosts performance in other physical activities. Adaptable to your needs, core training helps build strength, functionality, and resilience.







#### **PILATES MAT**

A sequence of simple yet effective exercises that tone and strengthen your muscles, while improving posture, flexibility, and balance. Ideal for beginners and all fitness levels, this practice emphasizes mindful movement and breath control—guiding you toward a stronger body and a calmer mind.

#### **GAP TRAINING**

A targeted workout designed to strengthen glutes, abs, and legs, enhancing muscle tone and core stability. Through focused exercises, this session helps improve posture and supports optimal performance in both daily activities and sports.

#### **TABATA**

A high-intensity workout that turns just a few minutes into powerful results. This method consists of 8 rounds of 20 seconds of intense effort followed by 10 seconds of rest, totaling 4 minutes per set. It is an ideal practice to energize the body, boost fitness, and maximize your time.

#### **PERSONAL TRAINING**

A fully customized workout session tailored to your needs and goals. Our fitness expert will design a program that strengthens and balances your body, helping you reach full potential in a motivating and supportive environment.









## WELLNESS GOLF

At Chablé, golf becomes a mindful experience—one where every step deepens your connection to the earth. Free from rigid codes or formalities, our Wellness Golf invites you to play barefoot, breathe deeply, and embrace the beauty of the surroundings.

More than a sport, it is a wellness practice that blends movement, presence, and pleasure. Each swing becomes an active meditation, and every landscape, a moment of pause for the soul.

### WELLNESS GOLF LESSON | 60 MINS

This personalized session invites you to experience golf in a freer, more intuitive way—one that feels in tune with your body and surroundings. Learn the fundamentals on a course designed to be explored mindfully and on foot, with full presence in each step and swing.

With gentle guidance and conscious techniques, you will discover how breath, movement, and awareness can transform the game into a ritual of wellbeing. Perfect for beginners or anyone wishing to reconnect with golf in a more natural, grounded way.







**PITCH AND PUTT | 60 MINS**

A shorter, more accessible version of golf—perfect for those looking to enjoy the game without complexity. With shorter holes and just two clubs, this relaxing and enjoyable experience sharpens focus and improves accuracy, all while immersing you in the serenity of the natural surroundings.

**GREEN FEE | 2 HRS**

Experience golf as a mindful and revitalizing journey with our Green Fee. Stroll through our 9-hole, par-3 course at your own pace—designed to be enjoyed on foot, whether in quiet reflection or shared connection.

Play in groups of 2 to 8 for up to two hours, or extend your time to three hours for groups of more than five. Each round is an invitation to reconnect—where wellbeing unfolds not only through movement, but also through breath, contemplation, and the freedom to play without hurry.





## SPIRITUAL

In Mexico, cultural heritage is a living treasure, shaped by the ancient wisdom of cultures like the Maya and the sacred energy of the earth. Our rituals and ceremonies come from this vibrant tradition, inspired by herbal medicine, energy healing, and practices that have long connected body and spirit.

Guided by our healers, each experience invites you to reflect, to feel the power of words, and to connect with the elements. It's a moment to restore your inner balance and remember that you are part of something bigger—a universe that is always moving and evolving.

### TEMAZCAL | 2-3 HRS

A living heritage of indigenous cultures, the Temazcal is a ceremony of purification and rebirth. As you enter this dome-shaped temple, you symbolically return to the womb of Mother Earth. Volcanic stones, heated by the fire keeper, are bathed with herbal infusions, releasing fragrant vapors that surround you and connect you with the four elements.

Guided by medicine men and women, this journey transforms you: it frees toxins, strengthens your body, clears your mind, and opens your senses to the present moment. Amid songs, drums, and silence, you reconnect with your essence and the ancient wisdom that lives in every breath.







#### **SPIRITUAL THERAPY | 90 MIN**

An invitation to listen to what your soul wishes to reveal. This experience begins with an energy reading—using corn, candle, pendulum, or tarot—that reflects your current moment. Through symbols and messages, it uncovers paths, blockages, and opportunities for transformation.

From this insight, you receive a personalized energy cleanse with ancient techniques that restore your vibrational balance and align body, mind, and spirit. It is an intimate, healing journey that helps you release what weighs you down, find your center, and move forward in harmony with your true self.

#### **WOMB BLESSING RITUAL | 90 MINS**

This active meditation invites you to reconnect with your center of creative power and feminine energy. Designed to awaken awareness of the womb as a sacred space, this ritual honors the memories and emotions passed down from mother to daughter through generations. Especially meaningful for pregnant women, it celebrates the womb not only as the source of life but also as the place where projects and dreams are born.

Performed individually or in a group, the ceremony amplifies its transformative effect within a supportive environment of sisterhood and deep connection.



**CACAO CEREMONY CIRCLE | 60 MINS**

Immerse yourself in an ancient experience with our Cacao Ceremony Circle, a practice that honors cacao as a sacred bond between humans and nature. This gathering invites you to connect with the essence of cacao, known for its heart-opening and introspective qualities. Through sipping a pure cacao elixir, accompanied by ceremonial songs and sounds, you will embark on a journey of self-discovery and inner harmony. Rooted in Mesoamerican traditions, this practice offers a space for deep reflection and spiritual renewal.

**SOUL UNION CEREMONY | 60 MINS**

At the edge of our cenote, surrounded by ancestral energy and nature, the Soul Union Ceremony takes place. Guided by a medicine woman, this pre-Hispanic ritual fuses the Sacred Masculine and Feminine under the blessing of the Great Spirit.

The four elements—air, fire, earth, and the waters of the cenote—rise as witnesses to this eternal bond, while the hearts of the couple intertwine in love and commitment. Inspired by the tying of tilmas, the ceremony invokes the ancestors and the universe, creating a space of deep spiritual connection, where love flourishes beyond time and space.







#### ORACLE READING | 60 MIN

A healing reading that invites you to turn inward. The oracle acts as a sacred mirror, reflecting the energy of the present moment and helping you understand your emotional, mental, and spiritual state. Using symbols and archetypes, this experience offers guidance and clarity to support more mindful decision-making. It's not about predicting the future but taking a moment to reconnect with your inner truth and find balance through the wisdom of now.







## BEAUTY THE CHABLÉ WAY

Treat yourself to a moment just for you with our services inspired by the serenity and natural charm of Chablé. Each experience is thoughtfully designed to highlight your true essence—from nourishing rituals for your hands and feet to personalized styling and makeup that enhance your beauty. Let yourself be wrapped in a sense of harmony, revealing your best self with a touch of sophistication and genuine care.

**NOURISHING HAND RITUAL WITH COLOR**

**NOURISHING FOOT RITUAL WITH COLOR**

**HAIRCUT**

**HAIR WASH AND BLOW-DRY**

**PERSONALIZED BOTANICAL HAIR TREATMENT**

**BLOW-DRY AND STYLING**

**CASUAL EVENT HAIRSTYLE**

**UPDO HAIRSTYLE**

**MAKEUP**





## RECOMMENDATIONS

Please read the following information carefully:

### SPA TREATMENT HOURS

Spa treatments are available from 8:00 a.m. to 9:00 p.m., with sessions taking place between 9:00 a.m. and 7:00 p.m.

### WELLNESS EXPERIENCE RESERVATIONS

To secure your preferred date and time, we recommend booking in advance and scheduling a Spa Consultation to help us personalize your experience. Our Wellness Concierge will be delighted to meet with you to design a unique journey and wellness program. Please inform us if you are pregnant or have any special conditions such as high blood pressure, allergies, previous injuries, or any other relevant medical concerns, so we can tailor your experience and ensure your safety.

### HYDROTHERAPY RESERVATIONS

As part of your stay at Chablé Yucatán, we invite you to discover the revitalizing benefits of our hydrotherapy circuit. To ensure an exceptional experience, our recommendation is booking through your Wellness Concierge. Our hours of operation are from 9:00 a.m. to 8:00 p.m. We will be happy to assist you at any time in creating a unique and personalized wellness experience.

### SPA TREATMENT CHECK-IN

Please arrive at the spa at least 15 minutes before your appointment to allow enough time for check-in, changing, and relaxing before your treatment begins. This helps ensure your session is not shortened. If you wish to enjoy the hydrotherapy circuit beforehand, we recommend arriving one hour in advance.

### EXTERNAL GUESTS

To secure your reservation and provide a truly personalized experience, a 50% advance payment is required. We kindly ask that you confirm the type of service, duration, and any relevant details that will allow us to tailor the session to your needs and preferences. This information will help us ensure your visit is memorable and perfectly aligned with your expectations.

### AGE RESTRICTIONS

Out of respect and care for all our guests, spa services, the hydrotherapy circuit, and fitness facilities are available exclusively to guests aged 16 and older. However, we have created a special selection of treatments designed for our younger visitors. For more information, please contact the spa reception—our team will be happy to help you find the experience that best suits your needs.

### DRESS CODE

To access the hydrotherapy area swimwear is required. For your comfort, we will provide robes, sandals, and personal care amenities during your spa visit.

### CANCELLATION POLICY

To help us reschedule your appointment and ensure availability, we kindly ask that you cancel at least 24 hours in advance, according to the wellness center's operating hours.

Cancellations made with less than 24 hours' notice or missed appointments will incur a non-refundable charge of 100% of the regular price. Same-day bookings cannot be modified or canceled, as they are charged automatically upon confirmation.

### WELLNESS COURTESY

To help preserve the peaceful atmosphere that defines Chablé Yucatán, we kindly ask that you keep noise to a minimum and refrain from using electronic devices in our wellness areas. Your mindfulness contributes to creating a true sanctuary of tranquility for all.

### RELEVANT MEDICAL CONDITIONS

We kindly ask you to inform us of any relevant medical conditions, such as heart problems, high blood pressure, pregnancy, or any other physical or health-related needs to provide a safe and personalized experience. For all treatments, including hydrotherapy, you will be asked to complete a medical intake form so we can tailor each experience accordingly. We also recommend moderate food and beverage intake, and avoiding alcohol prior to your spa service.

### VALUABLES

We kindly ask that you leave all valuables in the safe located in your room. Management and staff are not responsible for the loss of money or personal items brought into the spa facilities.

### ELECTRONIC DEVICES

During our ceremonies and rituals, the use of mobile phones is strictly prohibited in accordance with the hotel's copyright policy.

By disconnecting from technology, you allow yourself to fully immerse in the spiritual experience and receive the full benefits of each service. We appreciate your cooperation in refraining from the use of electronic devices during these special moments.

### SMOKING AND ALCOHOL

Out of respect for the wellness-focused and peaceful atmosphere that defines us, smoking and alcohol consumption are not permitted within the spa.

### PAYMENT

All prices are quoted in Mexican pesos and are subject to change without prior notice. We recommend charging expenses to your room; otherwise, we accept all major credit cards.

### GIFT CERTIFICATES

We offer gift certificates for spa treatments. For more information, please contact our wellness concierge.

### LEGAL NOTICE

The spa treatments, services, and facilities offered at Chablé Yucatán are intended solely for general wellness purposes and do not replace professional medical care for any medical or other conditions a guest may have. By using these services, guests agree to indemnify and hold harmless Chablé Yucatán, its parent companies, affiliates, subsidiaries, representatives, agents, providers, and staff from any liability, claims, expenses, damages, or losses, including legal fees, that may arise in connection with the use of treatments, services, or facilities.

### RIGHT OF ADMISSION

Admission is at the discretion of Chablé Yucatán.





## FREQUENTLY ASKED QUESTIONS

### WHO WILL HELP ME CHOOSE MY TREATMENTS?

Our Wellness Concierge will be delighted to guide you and help plan the ideal experience, including the best sequence of treatments to maximize their benefits.

### WHAT IF I HAVE SPECIAL HEALTH CONDITIONS?

Please inform our team before scheduling your treatments so we can take every detail into account. If you wish, we can arrange a brief consultation with our doctor to ensure your treatments are the most suitable for you.

### CAN I REQUEST A MALE OR FEMALE THERAPIST?

Yes, you can make this request when you book your appointment. While we cannot always guarantee the availability of a specific therapist, all our professionals are highly trained to provide you with a respectful, safe, and comforting experience.

### WHAT SHOULD I WEAR DURING MY TREATMENT?

Wearing a swimsuit is required to access the hydrotherapy area. For spa treatments, we will provide you with a robe, sandals, and disposable underwear if you prefer. Your comfort is our priority.

### WHAT HAPPENS IF I ARRIVE LATE TO MY APPOINTMENT?

We recommend arriving on time to fully enjoy your treatment. Arriving late may shorten your session or, in some cases, be considered a no-show.

### HOW EARLY SHOULD I CHECK IN FOR MY APPOINTMENT?

We suggest checking in at least 15 minutes before your treatment so you have time to relax and enjoy the surroundings. If you plan to use the hydrotherapy circuit beforehand, please arrive about an hour early.

### WHAT PRECAUTIONS SHOULD I TAKE BEFORE MY TREATMENT?

For your well-being, we recommend eating and drinking in moderation and avoiding alcohol before your treatment. If you have booked a body exfoliation, please avoid shaving your legs beforehand and apply sunscreen to protect your skin.

### WHAT IS THE TIPPING POLICY?

Gratuities are not included in the treatment prices. You may add a tip to your room account or give it in cash, whichever you prefer.





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