

TRAVEL

Shake things up with a shaman at one of Mexico's most woo woo resorts

By Michelle Gross

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In Mexico, locals have relied on traditional healers, or *curanderos*, for centuries. But if you think that demand for mystic Mayan practices has fallen off in the age of AI, you'd be wrong.

Today, we call them shamans, and travelers who want a little wellness mixed into their vacation rituals are seeking out their holistic services en masse.

The easiest way to get some spiritual healing is via one of Mexico's leading luxury hotels resorts, which will give you a taste of tradition in their all-inclusive vacation packages.



Snag a room at Chablé Yucatán for a little over a thousand clams per night.

Courtesy Chable Yucatan

Deep in the Mayan jungle, **Chablé Yucatán** is a holistic family-owned retreat that's not only home to its own cenote, but hosts a range of daily ancestral and Mayan-based rituals from their pre-Hispanic style temazcals to sound cleansing and chakra therapy. Room rates start at \$1,019.

<https://nypost.com/2023/06/13/heal-at-these-spiritually-chic-mexican-resorts/>