

Featured ♦ Travel ♦ Where to go next?

## Chablé Yucatán in Mexico

written by Patricia Nugent | February 1, 2023



CHABLÉ YUCATÁN  
YUCATÁN, MEXICO

Chablé Yucatán recovers the splendor of the aristocracy and the bases of  
Mayan well-being.

Sometimes in order to find yourself, you need to get a little lost.

One of our favorite places to (meaningfully) lose yourself and reconnect with all that truly matters lies in the heart of the Maya jungle—Chablé Yucatán.

Immersed in the mysticism of its lush jungle, caves, cenotes, flora and fauna—the region is known for its diverse natural and historical landscape.

Beckoning from beyond its old stone colonial walls is a luxury resort with strikingly modern architecture.

Casitas and two- and three-bedroom villas are built from local wood and stone, with glass walls that invite the green space inward. Lazy hammocks, private pools and outdoor moon showers add to the relaxed connection to nature.

### Seclusion honors ancestral culture of healing

Across the Yucatán Peninsula, the geographical landscape is known for its cenotes, or pools born from the depths of the earth that are connected to each other. The ancient Maya considered cenotes sacred energy or power sources—and so does the spa at Chablé Yucatán.

To get there, guests descend a modern staircase cut from jungle vegetation down to a wide wooden deck floating at the foot of a central cenote. The mystical structure includes 12 cabins and surrounds a pool made of green, petrified forest stone.

The spa also features a sauna, steam room, Jacuzzi, sensory showers, a floatarium, petrified forest outdoor pool, fitness center, apothecary, boutique, restaurant, meditation and yoga esplanade and salon.

Ancient healing techniques blend perfectly with modern science to create unique wellness experiences.

## Pick your journey: flow, balance, inspire

Following a personal consultation, the spa offers three spa journeys or categories of treatments: Fountain of Youth, Tree of Life and Heaven on Earth, each with its own energy and esthetic.

Tapping into the restorative powers of the cenote's healing waters, the Fountain of Youth includes flotation therapy followed by an herb- and salt-infused lymphatic drainage massage.

With the Tree of Life Journey, guests are ushered to find harmony, stability and inner balance by focusing on the Ceiba, a mythical tree that offers transformation. It includes a welcome ceremony, exfoliation, volcanic clay wrap, Chablé Precious Stones Massage and closing ceremony.

Lastly, as a nod to Mayan cosmology, the Heaven on Earth Journey inspires mystery and wonder through rituals such as vibratory therapy and a Mayan Rebirth Massage with aromatherapy anointment.

Dining is a multisensory experience, too, with a host of Mexico's finest chefs crafting dishes that celebrate organic and seasonal cuisine from the lands surrounding the property. Savor some of the country's finest tequilas and pairings at the award-winning Ixi'im. Or explore the Melipona bee sanctuary to learn about their fascinating history, behavior and biology. You can even act as beekeeper and learn how to harvest the honey, and then make soaps, candies and candles from it.

With so many colorful destinations to discover nearby—archeological sites from the pre-Columbian Mayan civilization, historic colonial towns, a golf course and practice facility, and coastal wetlands—you may find yourself wishing to stay lost!

Chablé Hotels are members of The Leading Hotels of the World and Virtuoso. [Chablehotels.com](http://Chablehotels.com)



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