

**A COLLECTION OF THE BEST AND HOLISTIC PRACTITIONERS FROM AROUND THE WORLD AND MEXICO HAVE FOUND A HOME AT YÄAN. HEALING HANDS OFFERING DIFFERENT THERAPEUTIC MODALITIES WILL SOOTHE MIND, BODY AND SOUL AND WILL LEAVE YOU WITH A POWERFUL LASTING SENSE OF WELL BEING.**

All treatments begin with Yäan's Healing Water Circuit which includes sauna, steam room, marble hammam room, and indoor and outdoor massage pools. Your healing water experience will prepare you to receive fully the benefits of each therapy.

## **M A S S A G E S**

### **Yäan Balancing Massage (60 min \$190 / 90 min \$275)**

Our signature massage will help you find balance and serenity. In this holistic massage, your therapist will intuitively combine different techniques depending on your preference and needs. We use specific essential oils to inspire optimism vitality and wellness.

### **Deep Tissue ( 80 min / \$285)**

Treating the deep layer of muscles, this massage energizes, stimulates and helps increase oxygen flow. Varying levels of deep massage pressure will release and dissolve tension that can ease chronic pain, improve range of motion and overall wellbeing.

### **Swedish Style Massage (60 min \$190/ 90 min\$275)**

A deeply relaxing massage, using long strokes with moderate pressure to eliminate toxins & ease muscle tension. An infusion of aromas are applied in key points to promote peace and tranquility.

### **Lymphatic Flow Massage (60 min \$190/ 90 min \$275)**

Delicate and pleasant with great benefits. This lymphatic drainage technique helps improve lymphatic circulation to reduce fluid retention. Feel lighter, free of toxins and uplifted by the citrus aromatherapy used in the massage.

### **Thai Temple Massage (90 min \$290/ 120 min \$315)**

Much more than just a massage, you will enter into a sacred journey of release & renewal. Deep rhythmic ancient stretching & massage techniques are combined to restore the body's equilibrium & wellbeing.

### **Prenatal Massage** (60 min \$190)

A magical stage of your life is about to begin. Relax and enjoy smooth, rhythmic circulation that helps you release muscle tension. A calm atmosphere of connection and love will be created for both mother and child.

### **Reflexology Massage** (60 min \$190/ 90 min \$275)

This ancient art focuses on and stimulates the reflex points on your feet, hands, and head, which correspondingly unblock essential energetic flows in every area of the body and ignite your body's own healing mechanisms.

## **EXCLUSIVE MEXICAN THERAPIES**

Pre-Hispanic ancient techniques passed on through lineage of time and generations, our Mayan healers carry the light and healing power of this magical land and the shamanistic wisdom of their ancestral guides. Sacred herbs and indigenous Mayan healing reside in the heart of Yään, bringing you a unique spa experience.

### **Sobada Maya** (80 min \$285)

A traditional Mayan massage using freshly picked native herbs, sacred copal and deep massage to heal and cleanse the body. This ancient technique starts with a relieving abdominal massage centered on the dispersion of energy and realignment of organs and proceeds to the whole body, stretching tendons and unblocking conjunctions while expanding energetic channels. After this therapy, you will feel liberated and a sense of self-renewal.

### **Traditional Energetic Limpia** (30 min /\$85 )

An ancient Mayan healing therapy, using a combination of traditional copal smoke therapy, herbs, egg absorption, and powerful instruments. Energetic limpieas work to clean the etheric and subtle bodies so that full health and vibrancy can be restored mentally, emotionally, spiritually and physically.

*\*Traditional Energetic Limpias can only be added to a 60 or 90 min treatment and not booked as a single treatment*

### **Limpia Santiguada** (60 min/ \$210)

This longer Limpia uses copal therapy to prepare the mind, body and spirit for healing. A sacred infusion prepared with specific Mayan is massaged all over body, aiding in the dispossession of energies and blockages. As our healer works on freeing energetic

channels and your body's osteopathic structures while invoking ancient Mayan prayers and psalms, you will release deep rooted physical and emotional distresses.

**Aztec Chakra Balancing Massage** (90 min \$275 )

An exclusive massage using floral oils designed by nature to assist in an internal healing process. Aztec floral oils house and allow the flowers vibrational energy to flow freely. This therapy includes a range of massage, creative visualization, and deep inquiry techniques specific to each individual, helping to unlock energetic blockages and develop our greater sense of consciousness.

**Sacred Hot Stone Therapy** (80 min /\$285 )

Obsidian stones are sacred stones in the Mexican culture due to its mystic properties. The hot stones will guide you to one of the deepest states of relaxation. The contraction and relaxation of muscles simultaneously provide an invigorating sensation and nurtures body and soul.

**Mayan Renaissance** (90 min / \$285)

Copal Auric cleansing, followed by a deep rhythmic massage with an infusion of rose petals and sacred Mayan herbs of rue, basil and rosemary. Opening you to the blessings of the universe, this treatment renews spirituality and self love.

**Four Element Healing** (90 min/ \$275 usd)

Reflecting the laws of nature, this pre- hispanic ritual treats body and soul identifying the 4 elements within us. An energetic cleanse ritual is performed integrating the 4 elements of water, earth, air and fire and is followed by a body massage that works with the body's meridians using spheres of semi precious stones. Your physical and spiritual blockages are liberated and energetic meridians balanced bringing you back to your alignment & present moment.

**Ceremonial Temazcal** (2.5 hours /\$500 per ceremony \* additional cost over 5 pax ):

The Temazcal is a pre-Hispanic steam bath ceremony and represents the womb of mother earth. At Yään, it is performed in Mexican traditional ceremony, with the help of the 4 spirits of the cardinal points, East: Quetzalcoatl; West:Hutzilipxtli; South: Chipitotec; North; Mictlanteculti. Its purpose is to re-inspect the interior of self and release the past, cleanse and detox spirit and body.

**MORE INFORMATION**

During the process, we thank our mother earth for all we have and asking gracefully to let us detach from that which no longer serves us. The heat and the healing herbs grants us a different type of spiritual cleanse – purifying the body, forgetting the outside world, feeling what really matters in the present moment. Upon leaving the temazcal, the sensation has been described as a rebirth experience and reuniting in the same world but with a clearer vision.

## **B O D Y T R E A T M E N T S**

### **Garden Of Yään (120 min/ \$305)**

Indulge and stimulate your senses with our invigorating botanical body exfoliation, followed by a holistic massage using aromatic coconut body butter. Your experience will end with a healing bath of freshly picked herbs, flowers, salts and soothing therapeutic oils.

### **Soothing Sun Therapy (80 min/\$275)**

Relieve & heal the skin of overexposure to the Caribbean sun. Enjoy a head and foot massage as the benefits of our healing mask of chamomile, aloe vera, lime tree blossom, clay and honey heal the body. This treatment ends with a light massage using Yään's specially blended body butter with lavender.

### **Crystal and Clay Temple (80 min/ \$275)**

In our Crystal and Clay treatment you will experience complete healing on all levels of mind, body and spirit. Charge and purify your body with enriched Mexican Clay, sacred crystals align your chakras in geometric healing with Quartz, Amethyst, Lapis Lazuli, Labradorite and finish with a moisturizing massage with healing herbal body butter.

## **E N E R G Y A N D V I B R A T I O N A L H E A L I N G**

Yään offers a range of unique energy treatments to help release blockages, heal on deep levels, harmonize the chakras and restore equilibrium and general wellbeing for the mind, body and spirit.

*You may add a specific 30 min or 60 min Energy Treatment to any massage therapy of choice.*

### **Limpia or Traditional Energetic Cleansing (30 min \$85)**

Traditional Mayan technique using Copal smoke, herbs, eggs, and the power of intuition

to cleanse the body's energetic field. Releases negative energy and purifies the auric channel. This ancient healing technique has been performed by healers in Mexico for thousands of years, and will have powerful results.

**Reiki ( 30 min \$85/ 60 min \$190)**

Traditional Japanese healing technique using universal force to restore energetic balance and help the body heal itself emotionally, physically and spiritually.

**Energetic Alignment ( 75 min \$190 / 90 min \$255)**

A unique energy healing specifically focused to heal and clear the body's chakra and auric system. Using the universal force energy, Quartz prisms, and Selenite Swords of light, your aura and subtle bodies are tuned and magnified with golden light creating optimal energy flow, aligning your spirit and enhancing all areas of your life.

**Multi Vibrational Therapy ( Sound Healing ) (60 min) \$255 usd/ 1 pax \$310/ 2pax**  
Surrender to a harmonious healing sound bath that renews each and every cell of your body. Through the use of several sacred shamanic instruments such as gongs, crystal & Tibetan bowls, Mayan shells, didgeridoo and others, the power of sound waves and vibrations will restore body, mind and spirit creating a sense of balance, harmony and peace. These magical sounds create a sense of relaxation by dissolving patterns of stress, worry and anxiety and taking you to a place of acceptance, balance and peace.

**Energy Medicine & Intuitive Counseling by Bobby Klein**

Indv./ Couples 60 min \$350/ 120 min \$500)

Entering a deep space of inner peace and relaxation through a unique energy transfer, emotional and psychological injuries are made clear and available for healing. Dr Bobby Klein's heart-centred counselling assists in one's entire life path, from love to business & into the spirit world, bringing you to a healthy balanced and joyful presence.

**SOAKING BATHS**

Yään's healing herbal baths are prepared in beautiful copper bath tubs with fresh herbs from our rooftop garden, flowers, salts and essences. Ritual baths can be enjoyed in a private cabin as an add- on to any service.

Our menu of baths have been design to cleanse, relax, detox the body and mind, and purify your auric field.

**Energy & Refresh** (30min /\$35)

Citric sea salts of grapefruit, orange, & mandarine  
Rejuvenate your senses and tired muscles

**Herbal Detox** (30min /\$35)

Sea Salt, rice seeds, verbena and lavender  
Release toxins, softens skin and pores

**Sensual & Relax** (30min /\$35)

Sea Salt, ylang ylang, lavender, rosemary  
Heal and soothe your body senses.

**Our collection of Beauty Healing Treatments are designed to bring harmony and reveal the divine essence within. At Yään our skin care professional and beauty healer brings the essence of crystals and energy work to all aspects of your therapies.**

**F A C I A L S**

Yään facials are holistically designed using natural vegan products selected for their highly effective healing properties. Our skin care professional will create a personalized treatment to bring you back into balance using specific organic botanical blends for your skin type.

**YÄAN LIFTING RENEWAL 75 MIN / \$220 usd**

Our 75min firming facial treatment is perfectly customized to purify, balance and moisturize the skin. To recover radiance and firmness we will cleanse and exfoliate the face with plant based ingredients, tone with botanicals that harness healing aromatherapy with uplifting properties, replenish and moisturize your skin with natural and potent nutrients and vitamins. This treatment comes with an exclusive facial massage, which provides immense results with an instantaneous lifting effect.

## **LUMINOUS FACIAL 75 MIN / \$220 usd**

Designed to remove all impurities and fade away the damages caused by pollution, our comprehensive experience takes a full spectrum approach by caring for your skin and holistic wellbeing. After analyzing skin type and needs, the application of a gentle exfoliating scrub and several hydrating and detoxifying masks, we tone and replenish at a deep cellular level to regain a new radiance.

**YÄAN WELLNESS BELIEVES IN ADDRESSING THE WHOLE BEING HOLISTICALLY, INTEGRATING THE HEALING OF THE MIND, BODY AND SPIRIT AS ONE.**

We have a team of professionals, from renown psychologist PHD Bobby Klein offering life- changing intuitive counseling, medical professionals offering ozone therapy and hydro therapeutic colon therapy, to nutritionist designing juice and detox cleansing programs particular to your physiognomy.

Join us for yoga and meditation at our tree top yoga shala. Our world experienced yoga teachers bring to each class a conscience practice, awareness and balance, combining a full spectrum of healing to each level of practitioner.

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- **CLEANSSES AND DETOX**

- **YOGA**

## **COLON HYDROTHERAPY WITH OZONE THERAPY**

**50 min/\$190 usd**

With warm ozone water and medical massage, using state of the art colon hydrotherapy equipment, our medical practitioner cleanses your entire colon with comfort and in a safe environment. Combined with ozone therapy, your body fills with anti-oxidents and nourishment while all toxic and debris are removed.

We recommend to combine colon hydrotherapy with a detox juice cleanse for a more holistic approach and complete detoxification of the overall system

## **JUICE CLEANSSES**

**\$100 usd/ per day**

Yään Wellness cold press juice cleanses will replenish your body with powerful nutrients, vitamins, minerals and enzymes. 100% raw, natural and fresh vegetable and fruit juices, smoothies, tonics and teas will enliven your system and aid in your detoxification. Our cleanses have been designed to eliminate built-up toxins and allow the body's natural healing abilities to take place, while leaving you feeling healthy, energized, and renewed.

Choose from one of our signature Cold Press Juice Cleanses that have each been specially designed for a specific health goal, or from one of our Cleanse Spa Packages for a more comprehensive and holistic detoxification experience.

We Offer **1 to 5 Day cleanses**: the intensity of the cleanse will vary based on the number of days chosen.

\*Each cleanse includes six delicious juices and smoothies that are delivered to your doorstep between 8 and 9 am each day.

\*Inside your cooler you will receive instructions and detox tips to help you improve and enhance your cleanse experience.