Wellness Center

WELCOME TO THE WELLNESS CENTER,

We are delighted to welcome you to a sanctuary devoted to rest, renewal, mindful presence, and meaningful reconnection.

Along this shoreline, where the jungle meets the sea, nature reminds us that every transformation unfolds in its own time.

For centuries, the wind, the salt, the roots, and the flowers have carried ancient wisdom. Today, they continue to inspire every experience that comes to life within this sanctuary.

At Chablé Maroma, every ritual, every fragrance, every healing touch, and every moment of stillness has been thoughtfully designed to accompany you on a journey of profound reconnection.

We invite you to surrender to nature's rhythm, to listen with intention, and to allow the wisdom of this land to reveal what your spirit is ready to remember.

It is our privilege to accompany you on this journey.

CINTHYA ALVA
EXECUTIVE DIRECTOR OF WELLNESS
CHABLÉ MAROMA

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Wellness Philosophy at Chablé Hotels

BALANCE IS LIFE'S NATURAL STATE

At Chablé Maroma, we live in harmony with nature,
honoring the rhythms of life and the traditions
that have shaped this remarkable corner of the Riviera Maya,
where ancestral wisdom continues to thrive.

Our approach to wellness embraces balance
as something dynamic and deeply personal.
Every ritual offered at our Wellness Center is thoughtfully designed
to create meaningful shifts in the body, quiet the mind,
and deepen the way we experience the present moment.

The Essence of our Signature Treatments

Inspired by nature's vital forces, our signature rituals are organized into three elemental pathways. Each represents a distinct stage of the personal journey and may be experienced individually or combined into a customized wellness program.

PURIFICATION (OCEAN)

Release & Deep Renewal

Inspired by the constant movement of the sea, these rituals help release accumulated tension, restoring an immediate sense of lightness while preparing the body for deeper therapeutic work.

Recommended as an ideal introduction to the Wellness Center, a conscious reset for body and mind.

BALANCE (TREE)

Grounding, Integration & Continuity

Inspired by the sacred ceiba tree, a symbol of stability and connection, these treatments encourage deep integration, cultivating presence, inner harmony, and emotional grounding.

Ideal for those wishing to extend the benefits of their wellness journey long after their stay.

TRANSFORMATION (AIR)

Elevated Awareness & Mindful Presence

Centered on conscious breathing and mindful awareness, these rituals support moments of personal transformation through refined therapeutic techniques and expert guidance.

An ideal experience for closing meaningful chapters or setting new intentions.

Our Wellness Journeys

Discover immersive experiences designed to restore inner balance, deepen your connection with yourself, and transform every moment into one of presence and harmony.

Before your arrival

PERSONALIZED WELLNESS CONSULTATION | 50 MIN

Led by our Executive Director of Wellness & Health Coach | Complimentary

Begin your wellness journey with a private consultation tailored to your personal intentions and lifestyle. Surrounded by nature, you'll work alongside our wellness expert to design a personalized path that integrates physical, holistic, and spiritual well-being. Your consultation concludes with a customized post-stay wellness plan, offering mindful practices and sustainable routines to help extend the benefits of your Chablé experience long after you return home.

DEEP REST & SLEEP RESTORATION — 3 DAY PROGRAM

An immersive experience designed to restore deep, restorative sleep and reconnect the body with its natural rhythms. Inspired by the serenity of the sea and the stillness of nature, this journey integrates:

- Sleep neuroscience
- Conscious breathing
- Nervous system regulation
- Circadian fitness
- Functional nutrition that naturally supports melatonin production

Restorative oceanfront practices, holistic therapies, evening rituals, and anti-inflammatory cuisine work together to slow the pace of body and mind, release accumulated stress, and create the conditions for deeply restorative sleep.

BURNOUT RECOVERY — 3 DAY PROGRAM

Designed to soothe the nervous system, restore mental clarity,
and replenish vital energy, this journey follows the calming rhythm of the ocean
while drawing inspiration from the restorative power of nature.
The program includes:

- Mindful movement
- Breathwork
- Sensory therapies
- Restorative wellness treatments

Complemented by creative experiences and functional nutrition,
this immersive program supports both physical recovery and emotional resilience.

ROOTS OF THE SOUL — 3 DAY PROGRAM

A deeply immersive spiritual journey that explores ancestral wisdom through sacred rituals, contemplative practices, and traditional ceremonies. Designed to cultivate awareness and inner connection, this experience weaves together:

- Mindful movement
- Meditation
- Energy therapies
- Guided ancestral rituals
- Holistic treatments
- Traditional ceremonies
- Moments of quiet contemplation

Through practices that nurture openness, balance, and presence, this journey fosters a profound connection with your inner wisdom and the enduring spirit of this land.

Signature Treatments

Each of these signature experiences offers a meaningful path toward balance, restoration, and inner renewal.

Local-Inspired Rituals

YA'AXCHÉ — WISDOM OF NATURE

Connection, Calm & Renewal | 180 min

- Full-body exfoliation
- Facial massage
- Traditional Mayan herbal bath
- Herbal poultice massage

SOUND OF THE SEA

Purification & Deep Relaxation | 150 min

- Detoxifying body exfoliation
- Sea algae mud wrap
- Chablé Ocean Spiral Massage
- Scalp and head massage

ETERNAL ROMANCE*

Connection, Intention & Togetherness | 180 min

- Intention-setting aromatherapy inhalation
- Relaxing massage with warm aromatherapy candle oil
- Restorative facial
- Closing ritual of connection and renewal

*Signature ritual for couples.

Therapeutic Treatments

CHABLÉ OCEAN SPIRAL MASSAGE

Gentle pressure for body, mind & energetic balance | 50-80 min

Far beyond a traditional massage, this deeply soothing treatment combines rhythmic movements with Chablé's signature spiral techniques to encourage release, restore vitality, and leave the body feeling renewed and re-energized.

CHABLÉ OBSIDIAN MASSAGE

Detoxifies, relieves muscular tension & restores energetic balance | 50-80 min

Inspired by ancestral healing traditions, this restorative massage incorporates obsidian, long regarded as a powerful stone of clarity and protection.
Often known as the "mirror of the soul," obsidian helps release energetic blockages while promoting deep relaxation, inner balance, and natural regeneration.

NOURISHING PRENATAL MASSAGE

Comfort, connection & relaxation for expectant mothers | 80 min

A nurturing treatment thoughtfully designed to support the changing needs of pregnancy. Specialized techniques help ease muscular tension, improve circulation, enhance skin elasticity, and promote overall comfort throughout this extraordinary stage.

HERBAL POULTICE MASSAGE

Relieves muscular tension, soothes joints & eases inflammation | 50-80 min

Warm herbal poultices prepared with botanicals from our Ka'anches are combined with therapeutic massage techniques to relax the muscles, soothe the joints, and restore overall balance.

REFLEXOLOGY MASSAGE

Supports lymphatic circulation | 50–80 min

A restorative therapy that harmonizes the entire body through the mindful stimulation of reflex points on the head, hands, and feet. This treatment encourages healthy circulation while promoting an immediate sense of calm and clarity.

DEEP TISSUE MASSAGE

Deep relief with assisted stretching for greater mobility | 50–80 min

Designed to release accumulated tension in the back, shoulders, neck, and legs, this therapeutic massage combines deep pressure with assisted stretching to ease muscular restrictions, restore mobility, and encourage the body's natural flow.

Body Treatments

CHABLÉ MANGO & HIBISCUS BODY POLISH

50 min

The perfect beginning to your vacation, this revitalizing treatment combines antioxidant-rich hibiscus with the silky hydration of tropical mango. It gently exfoliates, brightens the skin, and prepares it for an even, radiant tan.

SPIRULINA SEA MUD DETOX

80 min

A deeply purifying treatment that begins with a revitalizing exfoliation followed by a mineral-rich body wrap. Naturally abundant in antioxidants and essential nutrients, spirulina helps detoxify, oxygenate, and firm the skin. A nourishing cream or botanical oil completes the experience, leaving the skin hydrated, luminous, and beautifully renewed.

TAMARIND ANTIOXIDANT RITUAL

80 min

A celebration of one of Mexico's most treasured ingredients. Tamarind's powerful antioxidant properties combine with a gentle exfoliation, nourishing body wrap, and intensive hydration to restore radiance, improve elasticity, and leave the skin exceptionally soft.

TROPICAL DEEP HYDRATION

50 min

A soothing treatment infused with naturally restorative ingredients including noni, water lily, and aloe vera. Designed to calm, nourish, and strengthen the skin's protective barrier while providing lasting hydration.

GREEN TEA & ROSEHIP REJUVENATION

80 min

The antioxidant power of green tea meets the regenerative properties of rosehip in this restorative body ritual. A gentle exfoliation and nourishing wrap encourage cellular renewal, while a finishing application of restorative cream or botanical oil leaves the skin visibly smoother, firmer, and more radiant.

Facial Treatments

CHABLÉ HOLISTIC FACIAL

Hydrates • Purifies • Revitalizes | 50 min

A restorative facial that gently removes impurities and signs of fatigue while delivering deep hydration to restore freshness, luminosity, and a naturally radiant complexion.

BIO-ENERGY REMINERALIZING LIFT FACIAL

Lifts • Firms • Tones | 80 min

A powerful infusion of botanical extracts, vitamins, minerals, essential omegas, and antioxidants nourishes and protects the skin while delivering immediate and long-lasting rejuvenating results.

PURE RESULTS FACIAL

Cleanses • Purifies • Balances | 80 min

Designed to remove daily impurities and environmental pollutants, this deep-cleansing facial refines pores, restores hydration, and reveals skin that feels exceptionally smooth, balanced, and radiant.

Spa Enhancements

EXPRESS RITUALS

30 min

Enhance your wellness experience with personalized treatments designed to complement your chosen ritual.

CRANIAL & FACIAL MASSAGE

Relieves tension • Restores balance • Promotes calm

TIRED LEGS THERAPY

Relieves fatigue • Eases muscular tension • Refreshes

BACK, NECK & SHOULDER MASSAGE

Releases tension • Deeply relaxes

EXPRESS FACIAL

Cleanses • Hydrates • Softens

HOT STONE THERAPY

Relieves muscular tension • Eases inflammation • Restores comfort

Kids' Treatments

Ages 5 – 12 | 9 AM – 1 PM

PINK CARPET GLOW*

50 min

A fairy-tale facial followed by a soothing massage designed to leave every little princess feeling pampered, refreshed, and smiling.

SUPERHERO*

50 min

After a day of beach adventures, it's time to recharge with a relaxing massage for the back, shoulders, and tired little feet.

*Includes a refreshing Chablé signature smoothie.

RELAXING WITH DAD

80 min

In our Spa Suite for Two, you'll enjoy a Tropical Deep Hydration treatment together, followed by a refreshing aloe vera facial designed to soothe skin after a fun-filled day under the sun.

RELAXING WITH MOM

80 min

A gentle massage combining soothing movements, reflexology, and aromatherapy to create a meaningful moment of connection between mother and daughter.

Experiences for Body, Mind & Spirit

A thoughtfully curated program designed by our Wellness Center specialists to strengthen the body, elevate vital energy, and foster lasting renewal from within. Through practices such as yoga, meditation, and functional training, each session supports physical vitality, mental balance, and a deeper connection with yourself.

Awareness & Mindfulness

YOGA, MEDITATION & CONSCIOUS BREATHING | 50 MIN

YIN YANG YOGA

All Levels

Yang postures energize the body, build strength, and stimulate vitality, while Yin postures invite stillness, deep release, and quiet inner awareness.

ANIMAL MOTION YOGA

Intermediate Level – Ideal for Children

A dynamic, holistic practice that blends mindful movement with the instinctive strength and fluidity found in the animal kingdom. Inspired by nature, these sequences help improve coordination, mobility, and balance.

OCEAN SOUL FLOW YOGA

All Levels

Practiced beside the sea, where every breath moves with the rhythm of the waves, this flowing session cultivates a profound sense of calm, presence, and connection.

HATHA YOGA

All Levels

A traditional yoga practice that harmonizes body, mind, and vital energy through mindful postures, conscious breathing, and focused awareness.

CONSCIOUS BREATHING

Breath becomes a powerful tool for healing, clarity, and inner expansion through guided techniques that cultivate awareness and emotional balance.

OCEAN RHYTHM WALK:

A guided beach walk designed to reconnect body, breath, and the natural rhythm of the shoreline.

SOUND BATH WITH SINGING BOWLS

The deep vibrations of therapeutic singing bowls and sound instruments invite the nervous system to unwind, quiet the mind, and restore the body's natural energetic flow.

Holistic Therapies

CHABLÉ HOLISTIC MASSAGE

Purification, Balance & Transformation | 50-80 min

Flowing massage techniques, deep tissue work, and aromatherapy come together in a restorative treatment that improves circulation, releases accumulated tension, and guides body and mind toward a profound state of balance.

CHABLÉ TREE OF LIFE MASSAGE

Four-Handed Balance | 50-80 min

Inspired by the harmony of complementary energies, two therapists perform synchronized movements to create an immersive experience that restores balance and brings the body into a deep state of relaxation.

SOUNDS OF ORIGIN

Immersive Sound Experience | 50 min

An immersive sound journey featuring singing bowls, wind instruments, percussion, and voice. Together, they create a vibrational landscape that encourages deep relaxation and restorative rest.

WATER SOUND BATH

Sound Therapy in Water | 50 min

A deeply immersive sensory experience where therapeutic vibrations merge with the restorative essence of water. Gently supported by this sacred element, the body becomes more receptive, allowing for profound physical, emotional, and energetic awareness.

Fitness & Movement

PILATES MAT

50 min | All Levels

A fluid and accessible practice that strengthens the body, improves posture, and increases flexibility and balance. Mindful movement and breath work together to build lasting strength from within.

FUNCTIONAL TRAINING

50 min | All Levels

A mindful workout designed to strengthen the body through movement patterns inspired by everyday life. This practice develops core stability, coordination, balance, and functional mobility while helping reduce the risk of injury.

GAP TRAINING

50 min | All Levels

A targeted workout focused on strengthening the glutes, abdomen, and legs while improving core stability and muscular endurance. Through precise, mindful movement, this practice enhances posture, body control, and overall physical performance.

PERSONAL TRAINING

50 min | All Levels

One-on-one sessions tailored to your individual goals and needs. Your fitness specialist designs a personalized program to build strength, restore balance, optimize performance, and support long-term well-being.

Outdoor Fitness

SURF-FIT

50 min

A beachside workout performed on a surfboard set on the sand, combining mindful movement with deep breathing inspired by the rhythm of the Caribbean. This practice strengthens the core, improves balance, and awakens vitality while encouraging a profound sense of presence.

BEACH VOLLEYBALL

50 min

An energizing workout by the sea that combines coordination, strength, and cardiovascular conditioning, allowing every movement to be guided by the ocean breeze.

BEACH BIKE RIDE

50 min

An invigorating ride along the shoreline that blends fitness with exploration. Strengthen your legs, glutes, and core while improving cardiovascular endurance against the backdrop of the Caribbean.

Spiritual Experiences

Ancestral ceremonial experiences that honor tradition
while nurturing purification, emotional renewal,
and inner harmony.

TEMAZCAL

80 min

An authentic cleansing ritual rooted in ancestral tradition. Guided by a shaman, this sacred ceremony honors the energy of the universe, the phases of the moon, and the four elements—air, fire, earth, and water. The experience begins with an infusion of medicinal herbs poured over heated volcanic stones, releasing aromatic steam that fills the ceremonial space. Accompanied by the resonance of drums and ancestral chants, the ritual encourages deep introspection, energetic purification, and a profound sense of peace and renewal.

CACAO CEREMONY

80 min

A ceremonial cacao experience that honors ancestral wisdom and its connection to the five elements. Within a peaceful and intentional setting, participants are invited to establish a clear personal intention while embracing the grounding and heart-opening qualities of ceremonial cacao.

TRADITIONAL EGG ENERGY CLEANSING WITH MEDICINAL HERBS

30 min

Ideal as the beginning of your wellness journey or as a complement to other Wellness Center experiences, this ritual draws from traditional healing practices that use medicinal herbs and egg cleansing as symbols of energetic purification. Guided by natural aromas and mindful intention, the experience encourages the release of accumulated tension, mental clarity, emotional balance, and a lasting sense of lightness.

RETURN TO THE SUN CEREMONY

50 min

A ritual of celebration and renewal that honors the beginning of a new chapter in life. Inspired by ancestral traditions and accompanied by the energy of the sea and the natural elements of Chablé Maroma, this ceremony invites you to release the year that has passed while setting heartfelt intentions for the one ahead.

SACRED FIRE CEREMONY

50 min

Guided by a shaman and held beside the sea, this ancestral ceremony honors fire as a symbol of transformation. Whether marking the end of one chapter or the beginning of another, the ritual invites introspection, emotional release, and renewed clarity through the wisdom of Maya tradition.

GOD'S EYE WEAVING WORKSHOP

80 min

An invitation to explore the ancestral symbolism of the God's Eye, a sacred emblem of protection, clarity, and spiritual vision. Through the mindful act of weaving, each thread becomes an intention, encouraging presence, calm, and introspection. The experience concludes with a gentle sound healing session that integrates the ritual and promotes emotional balance.

Beauty

Specialized beauty services designed
to enhance your natural radiance through personalized treatments
and styling for everyday moments and special occasions.

SPA MANICURE
80 min

CLASSIC MANICURE
50 min

SPA PEDICURE
80 min

CLASSIC PEDICURE
50 min

ADDITIONAL SERVICES
- Polish Change
- Gel Polish Removal
- Gel Polish Application
- Event Hairstyling
- Bridal Hairstyling
- Makeup Application
- Hairstyling

Retreats &
Immersive Programs

At Chablé Maroma, wellness, fitness, and spirituality come together through immersive programs that offer a deeply holistic experience.

Rooted in ancestral rituals, mindful movement, and meaningful inner connection, each retreat is thoughtfully designed to restore balance and revitalize body, mind, and spirit.

Please consult our Wellness specialists for availability, program details, and the opportunity to create a personalized retreat tailored to your intentions.

Policies & Guidelines

SPA HOURS

Spa reservations are available daily from 9:00 AM to 8:00 PM.
Treatments are offered between 9:00 AM and 7:00 PM.

RESERVATIONS & WELLNESS EXPERIENCES

To ensure availability for your preferred treatment or ceremony, we recommend booking in advance and scheduling a personalized consultation with our Executive Director of Wellness, who will design a customized experience based on your individual needs and intentions.

Please inform us of any medical conditions, allergies, or special considerations so we may provide the safest and most comfortable experience possible.

CHECK-IN & ARRIVAL

We recommend arriving with ample time to check in, unwind, and prepare for your treatment. Guests wishing to enjoy the hydrotherapy experience before their appointment are encouraged to arrive early.

GUESTS, AGE & ATTIRE

Spa services are available for guests 16 years of age and older.

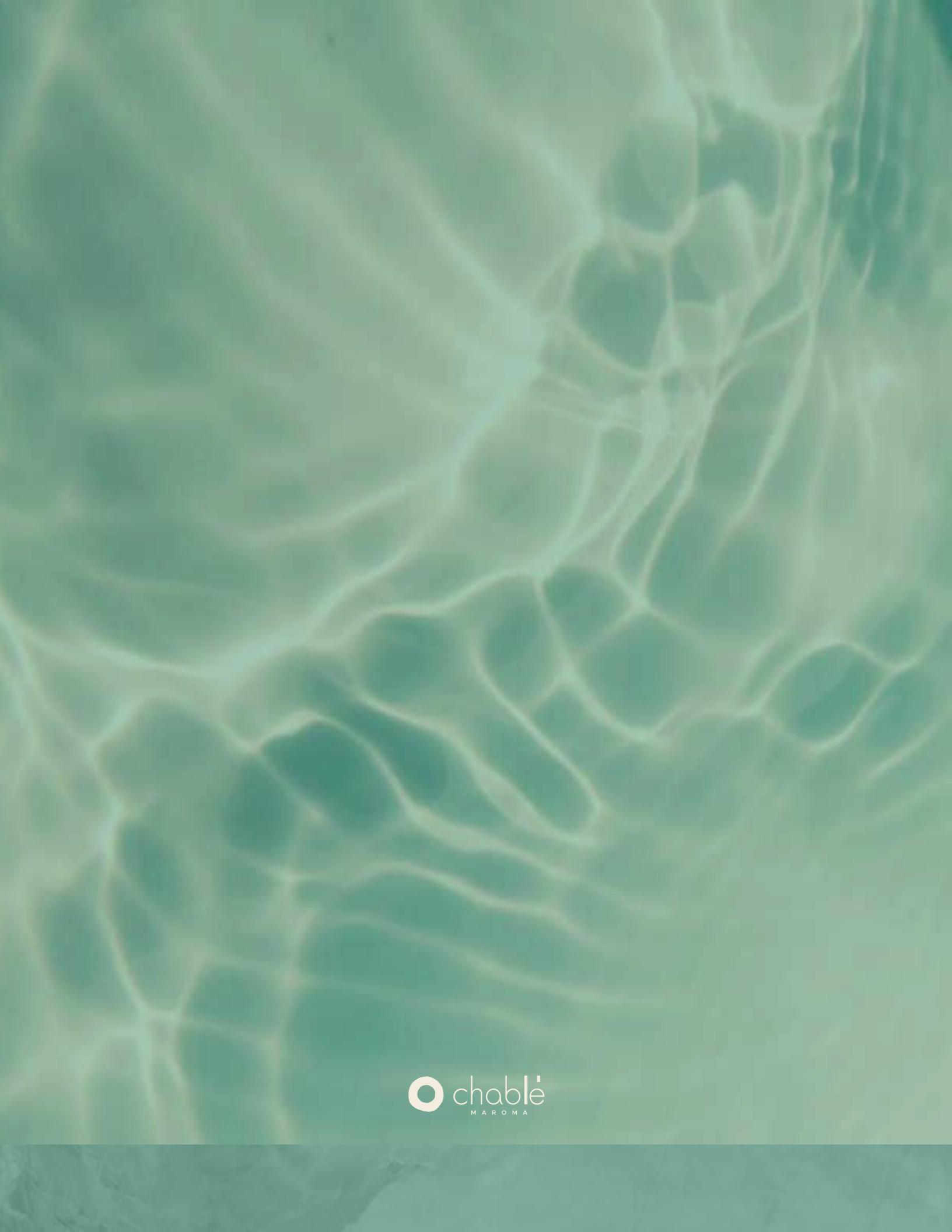
Specialized treatments are also available for younger guests. Swimwear is required for water ceremony. Bathrobes, sandals, and personal care amenities are provided for your comfort.

CANCELLATIONS & PAYMENT

We kindly request at least 12 hours' notice for cancellations.
Appointments canceled with less notice, or missed without prior notification, will be charged in full.
All prices are listed in Mexican Pesos (MXN). Charges may be applied to your guest room or settled by credit card.

SPA ETIQUETTE

To preserve the peaceful atmosphere of the Wellness Center, we kindly ask that electronic devices remain silent. Smoking and alcohol consumption are not permitted within the facilities. For your convenience and security, we recommend leaving valuables in the safe provided in your guest room.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