



Yään Wellness Energy Healing Spa has been recognized as one of the top spas in the world. A visit will enliven your senses, relieve stress and energize body, mind and spirit.

You will begin your experience at Yään with our Healing Waters circuit, including steam, sauna and hot and cold massage pools (water purified through osmosis and an ultraviolet light system).

Yoga classes serving all levels are held at 10 a.m daily in Yään's tree-top yoga studio.

* All services and prices include an hour in the Healing Waters, so please bring your swimsuit for full enjoyment. Please note all prices are listed in US dollars.

“If there is a true paradise on earth you have done it here, congratulations.” – S. Homody, London

“ Yään glows with love and care. It’s Healing Waters must absorb the loving energy of this amazing staff. I am truly grateful for this time I’ve had here.” –Coya, Mexico

massages



Yäan Balancing Massage

(60 min / 90 min)

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

Deep Tissue Massage

(80 min)

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 / 90 min)

A deeply relaxing massage, using long strokes with moderate pressure to eliminate toxins & ease muscle tension.

Lymphatic Flow Massage

(60 min / 90 min)

A soothing lymphatic drainage technique specilaized to improve circulation & reduce fluid retention, and aid the body to detox using soothing citrus aromatherapy.

Prenatal Massage

(60 min)

Relax & enjoy smooth rhythmic circulation that helps release muscle tension & lovingly connect mother & child.

Thai Temple Massage

(90 min / 120 min)

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.

Reflexology Massage

(60 min / 80 min)

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



Sobada: Deep Mayan Massage

(80 min)

Traditional Mayan massage that uses freshly picked herbs, copal smoke therapy, & deep massage starting in the abdominal area and extending throughout the body to release physical, emotional & energetic blockages.

Sacred Hot Stone Therapy

(80 min)

Using hot & cold sacred obsidian & marble stones, this massage alleviates muscle tension, stimulates circulation & nurtures body & soul.

Aztec Chakra Balancing Massage

(90 min)

This exclusive Yäan massage uses specially designed essential oils and crystals to unlock energetic blockages, harmonize the chakras & assist in deep internal healing.

Mayan Renaissance

(90 min)

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

Limpia or Traditional Energetic Cleansing

(30 min)

Traditional Mayan technique using copal smoke therapy, herbs, eggs, and sacred instruments to cleanse the body's energetic field, can be added to any 60 min treatment.

Limpia Santiguada

(60 min)

Initiating with copal therapy to prepare the body, mind and spirit for healing, this Limpia will use a sacred infusion of Mayan herbs to massage the body. As our healer works on freeing energetic channels and your body's osteopathic structures while invoking Mayan prayers and psalms, you will release deep rooted physical and emotional distresses.

Four Elements Healing

(90 min)

Reflecting the laws of nature, this Pre- Hispanic therapy treats body and soul by identifying the 4 elements within us. A water, air, earth, and fire element energetic cleansing ritual is followed by a body massage using precious stone spheres, balancing energetic meridians and liberating physical and spiritual blockages, bringing you back to the present moment.

body treatments



Garden of Yään

(120 min)

Indulge & stimulate your senses with our invigorating botanical body exfoliation, followed by a holistic massage using citrus aromatherapy. Your experience will end with a healing bath of freshly picked herbs & flowers from our garden.

Soothing Sun Therapy

(80 min)

Relieves & heals the skin of overexposure to the Caribbean sun. Enjoy a head & foot massage as the benefits soak in of our healing body mask of chamomile, aloe vera, lime tree blossom, clay, honey and jojoba. This treatment ends with a light massage using Yään's specially blended coconut oil with ylang ylang essence.

Crystal and Clay Temple

(80 min)

In our Crystal and Clay Temple you will experience complete healing on all levels of mind, body and spirit. Charge and purify your body and align your chakras with Mexican clay minerals and crystal vibrations of geometric healing with Quartz, Amethyst, Lapis Lazuli and Labradorite stones. This treatment ends with an infused body butter moisturizing massage.

Body Scrubs

(60 min / 90 min)

Our Body Scrubs are made from botanical and aromatic native ingredients to help exfoliate, cleanse, improve circulation and give your skin a moisturized glow.

Seasonal Exfoliantes:

Citrus Glow: Jamaica & hibiscus flowers, mandarine, orange, neroli, sea salt & sugar

Luciose Tropical: Walnut shell, apricot shell, macadamia, coconut, sea salt & sugar

Cleansing Herbal: Mint, bergamont, salvia, verbena, lime, sea salt and sugar

Body Masks

(60 min / 90 min)

Our Body Masks are made from healing and natural ingredients designed to deeply moisturize, restore balance and alleviate both skin, body and mind.

Seasonal Body Masks:

Vanilla & Orange Mayan Fango: Aromatic and deeply moisturizing rich with minerals

Mexican Clay: Purifying regional clay with detoxifying, mineralizing properties

Mayan Cacao: Antioxidant raw cacao with nurturing honey

Chamomile Fango: Sun soothing mud with natural plant ingredients for healing of the skin

energy & vibrational healing



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.

Limpia or Traditional Energetic Cleansing

(30 min)

Traditional Mayan technique using copal smoke therapy, herbs, eggs, and sacred instruments to cleanse the body's energetic field.

Reiki

(30min / 60 min)

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

Energetic Alignment

(60min / 90 min)

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.

Multi Vibrational Therapy (Sound Healing)

(60 min)

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 and vibrations will restore body, mind and spirit creating a sense of balance, harmony and peace.

beauty healing



Facials

Yään facials are holistically designed and all include energy healing, crystal beauty point massage, lymphatic drainage, hand and scalp massage, foot scrub and soak.

Our skin care professional will create a personalized treatment to bring you back into balance using specific organic botanical blends for your skin type.

Yään Renewal

(60 min)

Our 60 min Facial is perfectly customized to purify, balance and moisturize. We will cleanse and exfoliate 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. Feel and look rejuvenated and radiant.

Luscious Facial

(90 min)

Beyond a Facial, our comprehensive experience takes a full spectrum approach by caring for your skin and holistic wellbeing. After analyzing skin type and needs, cleansing, steaming, exfoliating and purifying with gentle extraction process, we tone and replenish at a deep cellular level with healing and live plant ingredients. Combined with energetic and crystal chakra body healing, you will leave radiantly glowing, feeling and looking younger inside and out.

Men's Facial

(60 min)

Designed to care for a man, this facial is ultimately relaxing, restoring balance and rejuvenation. A pampering treatment that cleanses, steams and exfoliates to purify the skin using healing botanical ingredients.

nail care



Our highly skilled nail care technician offers a pampering experience with ultimate attention to detail and only using environmentally friendly products.

Yaan pedicure

60 min / \$65 usd

Our Signature pedicure involves the beautifying of your feet with a cleansing foot soak, scrub, and moisturizing massage with jade stone and nail care and polish.

Yaan manicure

50 min / \$45 usd

Our Signature manicure includes cleansing soak, steaming towels, scrub and moisturizing butter, followed by nail care and polish.

Worship your feet pedicure

90 min/ \$90 usd

Our pedicure ritual worships your feet with a warm flower essences and petal foot soak, a deeply cleansing restorative and energizing citrus foot scrub, followed by a purifying and moisturizing volcanic fango masque and steaming towels. Completed with a moisturizing foot and leg massage with jade stones, nail care and polish.

Hair Removal

At Yään we assure a painless and gentle experience, includes calming healing crystals and highest quality wax.

Eyebrow	\$30	Full Leg	\$75
Upper lip	\$25	Bikini	\$60
Underarms	\$35	Brazilian	\$80
Half leg	\$35	Full leg and Bikini Combo	\$120

Tinting

Eyebrow	\$30
Eyelash	\$30
Combo	\$55



add ons

Choose from any of the following to enhance your spa experience. Our add ons can only be included to a 60 or 90 min service.

Mini Facial

30 min/ \$100 usd

A short facial to cleanse, exfoliate and deeply moisturize to obtain a natural luminated glow

Yäan's Soaking Bath's

30 min/ \$35

These ritual baths use a variety of flowers & herbs picked from our rooftop garden, natural therapeutic salts and essences to energize, detoxify & relax your body & auric field.

***Energy & Refresh :** citric salts of mandarin, orange, grapefruit*

***Herbal Detox:** Sea salts, rice seeds, verbena and lavender*

***Sensual & Relax:** Ylang Ylang, Rosemary and therapeutic salts*

Foot Ritual

30 min/\$80

Foot Scrub, Foot Mask & a Foot accupressure massage

Body Mask of Choice

30 min/\$80

Body Scrub of Choice

30 min/\$80



wellness

Ceremonial Temazcal

(2 hrs 30 min)

Yään's Pre-Hispanic "Sweat Lodge" ceremony works with the 4 spirits of the cardinal points to purify & deeply cleanse mind, body & spirit. The heat and healing herbs grant us a different type of spiritual cleanse and a deep detoxification and rebirthing experience. Our Temazcales are performed in the evenings and can host up to 15 people.

Intuitive Life Path Counselling with Bobby Klein

(indiv. / couples)

World recognized intuitive, therapist & teacher, Bobby Klein offers individual heart-centered counseling to assist in one's entire life path, from love to business & into the spirit world. 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.

Bobby's psychic investigation and therapeutic counseling will allow you to gain the tools and processes that change negative ways of thinking and quiet the inner critic.

Couples sessions facilitate learning of processes to enrich your lives & serve you in the future, as well as learning how to communicate in a safe environment.

ayurveda

Abhyanga Massage

75 min

Restoring balance and strength to the body this warm oil massage is deeply hydrating, working on the lymphatic system & following the pathways of the vital force (Ojas), creating deep relaxation in body and mind and bringing you back to balance.

Shirodara

60 min

Shirodhara is an ancient Ayurvedic healing treatment where warm oil is gently poured over the third eye and through the hair. This treatment is beneficial to calming the mind, relieving stress, aids in neurological disorders, excessive thinking and is an excellent treatment for the skin and hair.

yoga



75 min every day: 10 am and 5 pm
Private classes : 90 min

Starting December 20th, 2016 new classes: 8:30 am/ Monday, Wed, Frid & Sun.

Join us every day for morning Yoga held at Yäan's tree top Yoga Shala.

Our Yoga teachers have travelled the world studying different yoga styles and will adapt the level of the class to the needs and experience of the students. Classes vary from interdisciplinary and healing hatha to vinyasa flow.

Private Yoga class can be available at any time of day upon request at the Yoga Shala or hotel room.

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meditation

\$15 per class/ \$30 with Yoga Class
Every Thursday and Saturdays at 9:15 am

Learn a mindful and relaxing personal meditation practice rooted in ancient traditions. Our guided meditation classes are based in trans-Himalayan (Tibetan and Indian Vedanta) meditation traditions, and give you a complete method of meditation that you will be able to continue with at home to enhance every aspect of your life.



cleanses & detox

Cleansing programs

(1-7 day /\$100 per day)

Ask reception for our Juice Cleanse and Cleanse Spa packages menu or visit our website.

Yään offers 3 juice cleanse programs designed with a specific health goal in mind and to suit your individual needs. 100% raw, natural and fresh vegetable and fruit cold press juices will enliven your system and aid in detoxification. The juice cleanses can be provided with colonics and appropriate spa services for a complete detoxification, healing and energizing experience.

Cold Press Juice Cleanses:

The Alkalizing: Designed to balance your PH and remineralize your system

The Immunity: Nourish and heal your digestive issues and build your body's natural defenses.

The Rejuvenation: Designed to boost your energy, vitality and rejuvenate.

Cleanse Spa Packages:

Yään offers 1,3 or 5 day cleanse spa packages designed to aid to a more comprehensive and holistic detoxification combining several spa treatments, colonics and juice cleanse.

Colonics:

(60 min)

Yään's medically certified practitioners offer gentle colonics combined with ozone therapy to detoxify and purify from the inside out. Using state of the art colon hydrotherapy equipment your entire colon is cleansed with comfort and in a safe environment.

price list



Massages

Yään Balancing	60 min \$175 usd	90 min \$255 usd
Swedish Style	60 min \$175 usd	90 min \$255 usd
Detox and Flow	60 min \$175 usd	90 min \$255 usd
Reflexology Massage	60 min \$175 usd	90 min \$255 usd
Prenatal Massage	60 min \$175 usd	
Thai Temple Massage	90 min \$275 usd	120 min \$305 usd
Deep Tissue Massage	80 min \$265 usd	

Exclusive Mexican Therapies

Sobada: Deep Mayan Massage	80 min \$265 usd
Sacred Hot Stone Therapy	80 min \$265 usd
Aztec Chakra Balancing	90 min \$255 usd
Mayan Renaissance	90 min \$265 usd
Traditional Limpia Energetica	30 min \$80 usd
Limpia Santiguada	60 min \$175 usd
Four Element Healing	90 min \$265 usd

Body Treatments

Garden of Yään	120 min \$285 usd	
Soothing Sun Therapy	80 min \$255 usd	
Crystal and Clay Temple	80 min \$255 usd	
Body Scrubs	60 min \$175 usd	90 min \$255 usd
Body Wraps	60 min \$175 usd	90 min \$255 usd

Energy Treatments:	30 min \$80 usd	60 min \$175 usd	90 min \$255 usd
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Multi Vibrational Sound Healing	60 min \$ 180 usd/ 1 pax	60 min \$210 usd/2 pax
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Facials	60 min \$200 usd	90 min \$255 usd
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Yään's Healing Baths	\$35 usd
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Ceremonial Temazcal	2hrs 30 min \$500 usd
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Intuitive Life Path Counseling With Dr. Bobby Klein	indiv. 60 min \$300 usd couples 60 min \$ 300 usd	120 min \$500 usd
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Cleansing programs Colonics		1-7 day \$100 usd 60 min \$175 usd
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Ayurveda

Abhyanga Massage	75 min \$210 usd
Shirodara	60 min \$175 usd

Yoga

Weekly Tree Tops Shala Pass Available

\$20 usd

special packages



Four Handed Mayan Heaven **3 Hours / \$595**

Surrender yourself to complete bliss. Through this healing journey your entire being will be cleansed and will reach a state of ultimate renewal.

- Sacred Auric Limpia (copal smoke, egg absorption technique, special herbs)
- Cleansing and Purifying Sea Salt and Herb Body Exfoliation
- 80 minute 4 handed Mayan massage
- Traditional Mayan Bath Ceremony

Yään Traditional Mayan **2.5 Hours / \$400**

Experience the ancestral healing of pre-hispanic royalty in this ritual of deep healing and rejuvenation. Expanding energetic channels and releasing physical emotional tension, you will feel light, rooted and ready to take on the world.

- Energetic Limpia (copal smoke therapy, egg absorption, special healings herbs)
- 80 minute Sobada Maya Massage
- Mayan Bath Ritual with Sacred Healing Herbs

Couples Divine **2.5 hours \$690 (per couple)**

Connect your souls and seduce your senses in our perfectly harmonized ritual for couples. Your hearts are energetically tuned and your love deepened.

- Sweet Honey and Almond Body Scrub
- Mayan Cacao Body Wrap
- 60 minute intention-based Ylang Ylang Massage with heart-opening Rose Quartz Crystal
- Sensual Ylang Yllang and Lavender infused Bath

special packages



Temple of Healing **2.5 hours / \$370**

Honor the temple that is you. This healing package unites the female aspects of earth and water calm and nurture with the feeling of lightness and clarity, uplifted and deeply cleansed on all levels.

- Unique Earth Level Thai Temple Massage
- Aroma Crystal Therapy with Healing Essential Oils
- Tibetan Bowl Chakra Healing

Astral Reiki & Sound Healing **2 hours / \$305**

The treatment is intended to give clarity, release doubt, heal emotional and spiritual blockages, and enables you to better understand your true being and life course.

- Healing Song and Harp Therapy
- Reiki Energy Healing
- Akashic Record Reading

Visit our website or spa reception to learn about our Wedding and honeymoon packages and Seasonal Spa Rituals.