



CONRAD®
PUNTA DE MITA



OUR INSPIRATION

A VISION QUEST

In traditional Huichol culture, spiritual pursuits and visionary practices are central to the experience of living. The Huichol shamanic worldview is acquired experientially, through an intimate relationship with the powers of nature and the cosmology of altered, spiritual states.

An understanding of health and well-being is based on 'finding yourself' through a vision quest; premised on the belief that you are not here by accident but with a purpose to find and follow your heart's path.

At Conrad Spa, we support your personal vision quest through Huichol symbolism, ancient rituals and interaction with our natural world. We invite you to discover your inspiration through meaningful therapies and ceremonies that evoke internal reflection, assisting your transition into a more spiritual state, more in tune to your heart's path.

TRANSFORMATIVE THERAPIES

Let us take you on a profound journey of healing and rejuvenation through our collection of rituals and therapies inspired by ancient traditions, local flora, medicinal herbs, essential oils and extracts. The healing touch of our expert therapists will guide you to another dimension of inner-peace and soulful transformation.

TEMAZCAL THERAPY

120 min

Indigenous cultures have long used the Temazcal as a curative ceremony to purify the body and heal the spirit through heat, herbal steam, chanting and meditative moments. The domed stone structure represents mother earth - sustaining and giving life. Those who enter come into a sacred space of natural and spiritual elements that promote a journey of self-discovery. Available for couples and small groups.

MARA'AKAME BODY THERAPY

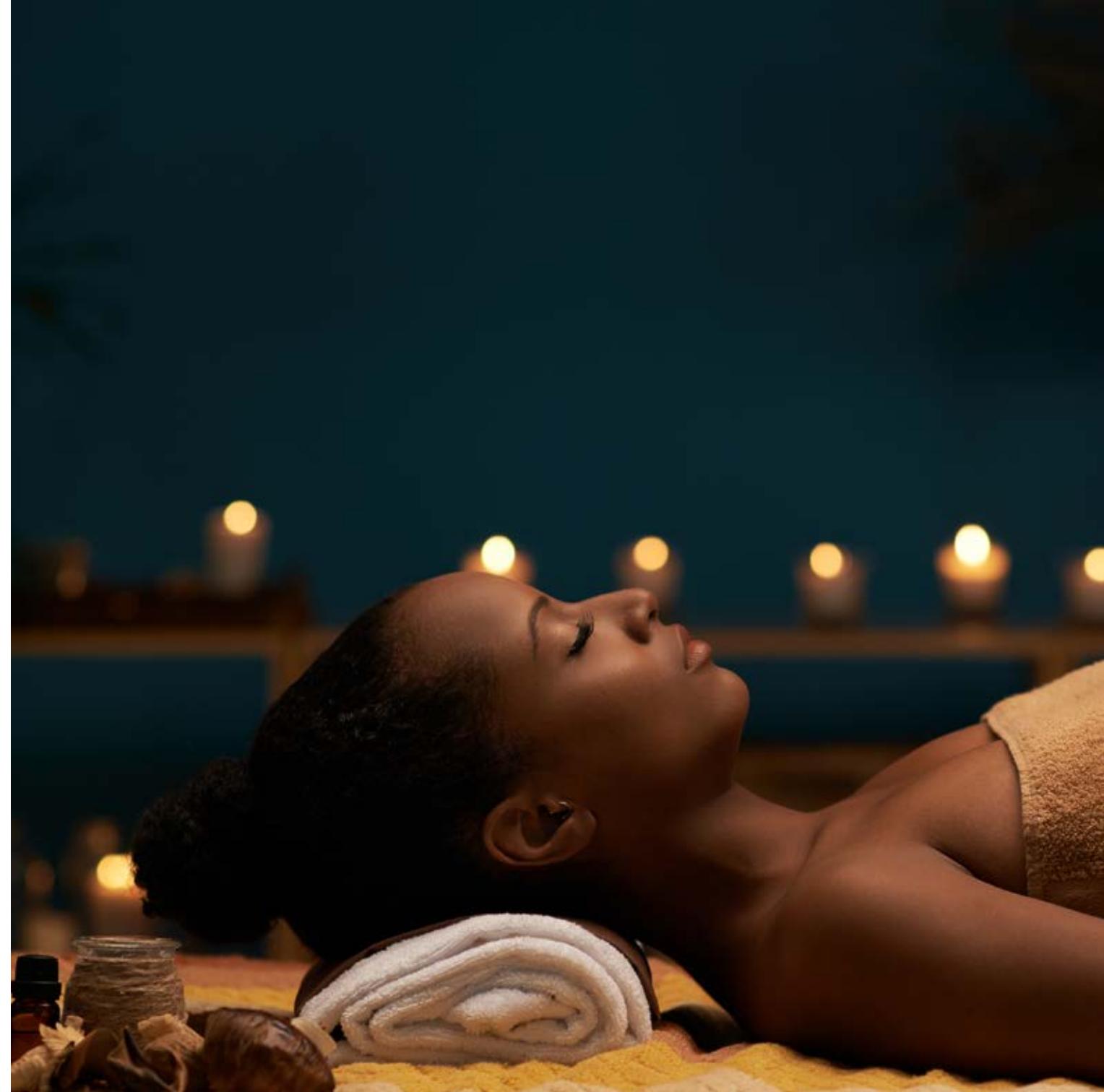
120 min

Your therapy begins with a healing energy cleanse of local herbs and copal smoke to clear body, mind and spirit. Copal clay is applied to detoxify the body, followed by a massage to activate circulation and energy flow. The treatment ends with herbal poultices and a blend of Huichol- inspired oils to bring back balance and clarity.

YACA-ALOE SKIN RECOVERY THERAPY

120 min

Local aloe and Yaca repair and hydrate sun-exposed body and face skin, leaving it luminous and renewed. Experience the deep cell regeneration of these natural fruit enzymes as you relax in a healing Yaca-Aloe glazed cocoon, while receiving a gentle scalp massage and organic facial to hydrate and pamper your skin.





DISCOVERY THERAPIES

HĪTĪARICA (AWAKENING) THERAPY

90 min

A balancing therapy using ancient techniques to relieve stress & fatigue while restoring balance. Cleansing herbs and smoke clear energy blocks, while your therapist's healing touch and the application of warm stones release tension and relax the body.

PE'EETĪPI - DEEP REST THERAPY

60 min

A calming massage therapy that focuses on all the areas affected by travel. Local essential oils are used to help regulate sleep, relieve tension headaches and restore depleted energy through light pressure massage of the legs, neck, back and shoulders.

VAVÁURI CARÍMA - DEEP RELIEF THERAPY

60 min / 90 min

A deep tissue therapy technique to relieve sore muscles and speed recovery by combining deep work with mobilization and trigger point therapy. Performed by highly-skilled therapists to help to reduce tension and stress carried in the body.

MEPÁNAYEXĪRI - DEEP RELAX THERAPY

60 min / 90 min

A Swedish-style massage tailored to your preference with long, smooth strokes to relax muscles and stimulate the lymphatic and circulatory systems, bringing ease and fluidity back to the body.

VARUUSI - MA (MOTHER-TO-BE)

60 min

A relaxing therapy to ease the stresses and strains of pregnancy. Includes specific attention to legs and back, with a rejuvenating head and facial massage to ease tension.

WILD MINT - FOOT THERAPY

90 min

A restorative therapy to reduce tension in the feet and promote health in the different systems of the body. Stress & fatigue melt away with healing oils and aromatics used in a therapeutic foot massage, including pressure to reflexology points that remove energy blockages, balance the nervous system, activate organs and release endorphins to relieve stress within the body.



XÍETECACARÍ IYA (SWEET HONEY) FACIAL THERAPY

60 min

A moisturizing facial therapy that combines nourishing honey and hydrating cucumber to repair and bring deep benefit to the skin. Natural enzymes regenerate skin cells leaving it luminous and refreshed.

HAARIYA | ANTI-AGING FACIAL THERAPY

60 min

A secret local recipe packed with berries and chardonnay grapeseed oil stimulates collagen production, boosts elasticity and deeply hydrates the skin. Finished with a botanical serum to firm and lift the skin while reducing fine lines.

PURIFYING FACIAL THERAPY

90 min

A facial therapy of raw earth ingredients that focuses on deep cleansing and skin purification. A purifying scrub and refreshing tonic of anti-oxidant rich green tea help eliminate redness and blemishes, while an infusion of oxygen gel help to naturally tone and clean the Skin.



ETIQUETE

Our therapies last at least an hour because, as with everything worthwhile, there are no short cuts to an outstanding experience. We are passionate about taking all the time you need to bring you the best experience.

SPA HOURS OF OPERATION

Therapy Services from 8:00am to 8:00pm

SPA ENVIROMENT / AGE REQUIREMENTS

Our facilities are an adult sanctuary. Guests must be 16 years of age or older. For the safety of our teenage guests, therapies for guests aged from 3 to 15 years old are at the discretion of management, and after a parent or guardian completes a health history and consent form. There must be a parent or guardian present during the course of services, and minors must wear appropriate attire at all times. Without exception, the staff cannot supervise minors. Please note that children under 16 are not allowed to enter to the hydrotherapy areas, including saunas, steam rooms or relaxation areas.

For your peace and privacy, cell phones, cameras and other electronic devices are not permitted.

We recommend you to arrive 30 minutes before your first scheduled appointment. This gives you time to familiarize yourself with the facilities and relax before your treatments. Please note, all therapies end on time, regardless of start time.

HEALTH MATTERS

Please inform us of any health conditions at the time of booking (e.g., high blood pressure, a heart condition, allergies, pregnancy). Consumption of alcohol before, during, or directly after spa treatments is not recommended. You will also be asked to complete a medical history form upon arrival, so we can better customize your experience to your needs.

THE ATTIRE

You will receive a robe and sandals to wear between therapies and a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments may be worn during treatments. Swimsuits are required in some areas.



A PLACE WHERE THE PATH BECOMES THE JOURNEY,
WHAT DO YOU SEE WHEN YOU CLOSE YOUR EYES?



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