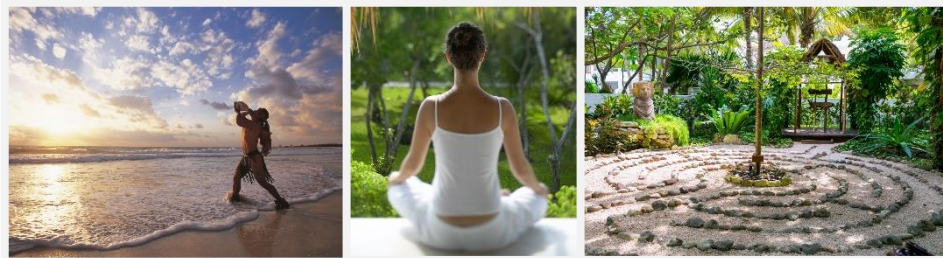




ONCE UPON A BELMOND...

HEALTHY LIFE, HAPPY HEART



Surrounded by natural beauty and lush vegetation, Kinan Spa at Belmond Maroma Resort & Spa on Mexico's Riviera Maya, launches a three-day wellness retreat with curated experiences to nourish the soul and body and promote a healthy lifestyle.

Healthy life, Happy Heart is a new package to bring guests peace of mind and a chance to slow down and reconnect with nature and their inner self.

DAY 1:

Releasing ceremony at the beach - a Shaman starts the ceremony with an energy cleansing using a mix of copal crystals and medicinal herbs. An offering is made to the 'Universe' with local flowers along a good intention to complete the circle.

Private consultation - guests are invited for a tour of the spa and a private consultation with Spa Manager, Cinthya Alva, to discuss personal objectives and how to make the most of their retreat.

Aromatherapy Blending - takes place as a workshop to create the combination of essential oils for improvement of mood and nurture the skin.

DAY 2:

Private yoga with healing music - personalised Hatha Yoga class with healing music will help to increase flexibility, energy levels, cleanse the body from toxins and decrease stress levels.

Nutritional consultation - a nutritional expert guides an in-depth session on diet, healthy eating and methods of detoxing the body and guests will receive tips and recipes to ensure they achieve their goals.

Kinan body glow 30 minutes - the magic of Kinan Spa is experienced with a slimming exfoliation and reaffirming sapphire salts by Gemology cosmetics.



BELMOND

DAY 3:

Private meditation - at the enchanting Yoga Palapa, guests enjoy a meditation class that is a primary method of self-healing and gateway to self-awareness - scientifically proven to reduce both heart rate and blood pressure, in addition to helping with sleep and healthy eating.

Detox body wrap 50 minutes - heated cotton sheets infused with herbs are wrapped around the body to draw toxins to the surface. A Melipona bee honey from the spa's own honey bee harvest is then used as a body mask to clean and rejuvenate skin.

Cilantro Juice Bar - a visit to the Cilantro Juice Bar is where guests can learn about the benefits of superfoods and enjoy a tasting of the different type of kombucha -raw probiotics - prepared locally.

Belmond Maroma Resort & Spa lies between verdant acres of jungle and an award-winning beach on Mexico's Riviera Maya. A tranquil haven offering an escape from the fast pace of everyday life, the resort's 63 rooms and suites overlook the turquoise ocean, with a spa inspired by the area's traditional Mayan heritage.

For more information or make reservations, please visit www.belmond.com, or call the reservations team at 866 454 9351