



EL COCAY
SPA  MAYA

SPA MENU



The Cocay Legend

Maybe one of those nights at the countryside, you may have seen a sparkling light moving one place to another; that sparkling light is El Cocay, which is the name Mayan people, gave to the glowworm.

And the Mayan story tells that El Cocay (glow-worm), after long meditation hours, felt a spark of light which lightened its way to find the green healing stone, lost by a respected and loved Mayan healer.

This Mayan healer had the sacred gift of healing any illness, by the power of thought, word and sense of touch, all these three ruled by the Universe.

Our therapists will help you recover and balance your body, mind and spirit restoring lost energy, just like the glowworm in the Mayan legend.

At El Cocay we have revived ancient traditional treatments practiced by Mayan ancestors.

SIGNATURE TREATMENTS

Kukulcán

Mayan Therapy 80 min

As the story goes, the Great Quetzalcóatl transformed himself into kukulcan (the feathered snake), the god worshiped by mayan people for centuries. This therapy is akin to a poem, where the hands of two therapists guide you through experiencing the walk of the jaguar, the dance of the eagle, kukulcán equinox, and the flight of El Cocay (the glowworm) in your body.

Cháac

Traditional herbal therapy 80 min

Inspiration for this treatment stems from the Mayan legend of Pakal who received special power from plants and the night stars. This massage utilizes an energizing blend of herbs and oils for strength and healing. It is designed help you to unite your inner powers of body, mind and spirit.

Chúumuk

The power of essential oils 80 min

This massage contains the power of organic oils, and chakra healing stones. A total mind, body and spiritual experience is achieved. Spa therapists provide deep relaxation through the seven major energy centers in the body called chakras. Harmony and balance are the result of this treatment.

THE TEMAZCAL SACRED BATH

For thousands of years, the Mayan people have believed in the virtues of the temazcal. This sacred bath, also known as the 'king's bath', is a practice that cleanses and detoxifies the body and mind, aiming to purify the spirit.

The chant of drums and flute lures you into the heated temazcal. Your own personal shaman prepares a blend of fresh herbs and pours it over ancient volcanic rocks. As the rhythms and steam fill the room, your worries depart.

The heat and humidity blend with healing herbs to stimulate blood circulation, accelerate the metabolism, and detoxify the body. This powerful and magical bath takes you on a journey that quiets the mind and frees the soul.

TRADITIONAL MAYAN MASSAGE

Puuch-kaal

Back, shoulders and neck 25 min.

A treatment designed to release the muscular tension in the upper back, combined with a specially formulated oil to relax even the deepest muscles.

Ook t'oon

Legs and feet massage 25 min.

For those who spend a lot of time on their feet, this massage concentrates entirely on the lower body, it's a wonderful way to ease tensions and muscle discomforts, improving the blood circulation, the clove and eucalyptus organic balsam brings to your feet and legs the wellness that they need.

Swedish massage

Relaxing 50 min.

The gentle and smooth mayan strokes combined with the warm hands of the professional therapist will ease the stress and tension besides improving the lymphatic circulation and easing muscular tenderness.

Ba'ate'el (Eagle Warrior)

Sport massage 50 min.

A deep tissue massage is a great way to alleviate muscle soreness, perfect after a day of sports or strenuous activity, this treatment will stimulate circulation and release the toxins trapped within your body.

Ook

Feet massage 50 min.

A blend of natural herbs and marine salts are used in combination of an ancient mayan technique to revive tired feet and give you total wellness, this healing treatment focuses on reflex points that correspond to the body's internal organs promoting an overall sense of well-being.

Naa'lu'um

Mother earth massage 50 min.

A traditional mayan full body massage, that relaxes the body and nourishes the skin, the ritual is performed with mother earth clays that relax, cleanse the body by absorbing the free radicals of the skin, leaving you feeling refreshed and completely renewed.

Tuunich

Sacred stones 80 min.

Based on the mayan belief that stones could be used to restore vitality, this massage utilizes warm stones combined with special oils. We'll also introduce acupressure techniques to help you feel relaxed and refreshed.

Ts´aak

Anti – stress Deep tissue 80 min.

Superb therapeutic aroma massage. We use a special synergy designed to balance, detoxify, relax and revitalize your body, mind and soul. The combination of different techniques as pressure points, stretching and the long strokes of mayan massage will take you to a new level of relaxation.

Kin Ich Ahau

Anti – stress Deep tissue 80 min.

Warm pillows filled with seeds and spices along with a pair of profesional hands make this massage a magical experience using warm oils, guiding you to a healthy and spiritual well-being state reaching your deep tissues.

Lu´um Ha

White Clay and Spices 80 min

Comprehensive treatment where the body, mind and spirit find a moment to meditate and be filled with vitality, the combination of sea salts and the benefits of white clay will give you a feeling of well-being.

FACIAL TREATMENTS

Oot´ - Ki´ichpan

Refreshing facial 25 min.

Let yourself be pampered by a wonderful feeling of relaxation that it initiates with an acupressure massage, followed by the application of products that hydrate your skin and the warmth of expert hands that will fill your skin of well-being.

Xtabay facial CO₂

Hydrating facial 50 min.

The skin's ability to absorb this product makes this highly moisturizing treatment effective. Unifies the skin tone, improves elasticity and regeneration capabilities, provides anti-inflammatory protection and stimulates the production of collagen.

Ki´bok

Aromatic Facial 50 min.

Nature's gift to your skin and senses, enjoy the subtlety of essential oils that help revitalize and providing a radiant glow.

Lool ha

Lifting facial 80 min.

In this treatment, a lifting effect is achieved by high-molecular hyaluronic acid to overcome surface tension formed. Serums from the BioPure line remedy the deficiencies of epidermal lamellae. This action helps to form lift vectors in the stratum granulosum of the epidermis. Restored structure of the inner cells ensures a long-lasting lift effect.

Luuk´ facial

Deep cleansing 80 min.

This treatment is designed to adequately address the needs of adolescent, dry, sensitive and combination skin. It is truly effective and unique compared to other teen products. Suitable for all skin types, this unique concept provides deep hydration that leaves skin feeling well-being.

Xiib

Only for men 50 min.

Specifically formulated for men's skin, a unique combination of ingredients with the latest technologies on skin rejuvenation that purify, hydrate, and revitalize to deliver an evident relaxation and smoothness of harsh wrinkles, expedited absorbency of all actives for tightening benefits, delivering rejuvenating results.

BODY TREATMENTS

Páak'am body wrap

Chamomile and aloe vera 50 min.

Is the ideal treatment to seriously address over-exposed, sunburned and sun-sensitive skin. This hydrating and repairing wrap has the unique ability to promptly cool, calm and relieve your skin's burning and stinging sensations by decreasing skin temperature and immediately desensitizing.

Kaab body wrap

Yogurt and honey 50 min.

Combining the tropical extracts of honey, this wrap is rich in malic, tartaric and citric acids, potassium, calcium, linoleic acid and infused with the repairing power of vitamin C, as the creamy yogurt formulation is applied on the skin, it prompts the quick and deep absorption of potent rejuvenating ingredients.

Xtabay body wrap

80 min.

Drawing inspiration from Mayan wisdom and herbal traditions, our exceptional blend of ingredients works harmoniously to decongest, detoxify, and nourish the skin, while promoting regeneration. This holistic approach not only enhances physical wellness but also brings balance to the mind and spirit, creating an unforgettable experience of complete well-being.

Body wrap chocolate

Cocoa – deluxe 50 min.

This wrap will provide you with an added mood boosting benefit by stimulating endorphins, "happiness molecules". A unique treatment that contains caffeine and cocoa, which promotes an anti-cellulite effect by draining retained fats in the body.

Malintzin body wrap

Red thermal mud 80 min.

Nourishing and repairing, this sumptuous mayan ritual helps to tonify and oxygenate your skin, combined with red wine and the warmth of a hot tub. As the healing and nourishing ingredients seep in, every inch of your skin is relieved and renewed resulting in a fatigue-free, complemented with the smoothness and softness of the aromatic massage cream.

4 Elements sensual & care immersion

Renewal & Balance Treatment 80 min.

Excellent and sensual "experience" renews and beautifies the skin while re-harmonizing the senses. In this treatment, the unique combination of sea salt and virgin salt d'Est Trenc, mixed with Baobab seed oil, prepares the skin for a hot stone ritual that will take you to a deep state of relaxation. A luxury treatment that purifies your body and mind.

BODY SCRUB TREATMENTS

So´ol body scrub

Crystallized honey 25 min.

Our exclusive body treatment nourish and rejuvenates your skin. You will be transported to a sublime caribbean oasis, where your senses are gently awakened and phenomenal visible results are obtained. The skin emerges revived, refreshed, smoother, firmer and vividly brighter.

Jets´ool body scrub

Chamomile and lavender 50 min.

As the formula of marine minerals combined with lavender and chamomile essential oils is scrubbed all over the body, impurities and toxins are gently exfoliated. The silky texture and enticing aroma inspires our guest to a serene state.

Pakal Exfoliation

As a healing for the body and venerating the soul, we will wash your feet with warm herbal tea as a symbol of humility and we will give thanks for the fortune of your visit. The treatment will begin with an aromatic exfoliation with lavender and bergamot, followed by a relaxing bath with salts.

It includes washing with herbal tea, exfoliation with aromatic salts with lavender and bergamot, aromatic bath and a light massage with application of the final cream.

THE COCAY SPA FOR KIDS

5 to 12 years

Physical contact and tenderness from premature age are absolutely vital to the process of growth and self-knowledge of children, feeling the comforting sensation of being taken care of and being pampered don't have an age limit. El Cocay Spa takes the needs of our smaller customers very seriously.

Massage Pakal Prince

50 min.

A different massage where peace and tranquility play an important role, the aromas of oils such as lavender and bergamot will make the perfect combination to relax the stressed young muscles.

Sacte Fruit Oil Massage

50 min.

A fun massage to recreate our senses, enjoy a massage with warm fruits oil and taste a delicious ice cream afterwards to make of this massage an unforgettable experience.

Chuukuay

Chocolate Massage 50 min.

Let us pamper you by the fun aroma of chocolate, which will help to hydrate and invigorate the skin.

RITUAL & WELLNESS EL COCAY SPA

It is a ceremonial act aimed at obtaining physical and mental well-being.

Take a deep breath with your eyes closed, hearing the sound of a conch shell at the level of your heart, while your therapist smudges you with copal smoke into a moment designed to expand the vibration of your energy and draws you into the here and now, inspired by the Mayan gods.

Emperor Pakal ritual (Just for men)

Bath with exfolation with essential oils 50 min.
Ba'ate Eagle worrier Deep tissue massage 50 min.
Xiib facial 50 min.

Bi'bi'ki yaakunah Ritual

Aromatic body scrub with lavender and bergamot essential oil 50 min.
Warm bath with herbal tea and hot Stone massage
or therapeutic massage 50 min.

Just for couples Ritual

4 elements body treatment 80 min.
Xtabay facial & Xiib facial 50 min.
Scalp massage and warm herbs bath.

T'uubul K'iin Ritual (At Sunset) 90 min.

*To honor and harness the mystical energy of the Caribbean,
you can choose this ritual*

Begins by stimulating your senses with a blend of essential oils inspired by the majestic Mayan rituals. Lavender, basil and rosemary will evoke the aromas of this experience. Let yourself be cativated by the skilled hands of our therapist with a body scrub with lavender, flower known for its highly sedative properties. The perfect conclusion to this experience will be a deep massage with warm oils and herbs. During the massage, enjoy the sound of pre-Hispanic music that will help you to connect with the universe.