

# NÔMADE HEALING BEACH DECK

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Dear Guest,

Nômade Healing beach deck welcomes you. As a hotel guest we have a variety of healing treatments and activities to help you heal and relax during your stay.

Visit our luxurious facilities at Yäan Healing Sanctuary where we specialize in Pre Hispanic healing, energetic therapies and body treatments. All of our therapies include one hour in our Healing Water Circuit before your treatment, allowing you to relax more deeply into your chosen therapy. For a full treatment menu, please ask your concierge, visit the front desk at Nômade.

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**You may also enjoy a selection of therapies on our beach deck**

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## Healing neck and back massage

A pressure massage that focuses on the build-up of stress and muscle tension areas around the head, neck, shoulders and across the back. This massage encourages relaxation, relieves stress and relaxes muscles.

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## Healing foot Massage

Improves circulation, stimulates muscles and reduces tension.

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## Healing Massage

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.

## Swedish Style Massage

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

## Deep Tissue Massage

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.

## Herbal Soaking Bath

Our baths have been design to cleanse, relax, purify your auric field and detox body and mind. Ritual baths can be enjoyed in front beach deck as an add - on to any service.

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TO MAKE A RESERVATION SPEAK WITH A CONCIERGE OR HOST

\*Our Healing Water Circuit is not included with beach deck massages and is only available for treatments booked at our facilities.

\*Cancelations must be advised within a 3 hour notice by calling your concierge.

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Tels: +52 984 314 3767 📞

Front desk at Nômade

Carretera Boca Paila - Tulum, KM 10

*nômade*®  
TULUM