



NÔMADE HEALING BEACH DECK

The Nômade Healing Beach Deck is a space designed to nurture your body, mind, and spirit. Nestled in an organic elemental environment by the sea, we invite you to take a moment to relax and rejuvenate. Experience a curated selection of treatments provided by top holistic practitioners and massage therapists, offering both ease and profound renewal.



HEALING NECK AND BACK MASSAGE

30 MIN / \$95 USD

Localized massage aimed at opening and reestablishing the connection between the head, neck, and back. This treatment focuses on the muscle groups surrounding the posterior body that often become tense and tight due to travel, incorrect pillow sizes, or prolonged periods of craning your neck towards a screen. We invite you to leave your pain and stress behind.

HEALING FOOT MASSAGE

30 MIN / \$95 USD

The feet serve as the ultimate extension of the nervous system. By massaging your feet, your body receives a soothing command to release tension and relax. This massage also aims to rejuvenate and stimulate circulation in the lower limbs. The use of essential oils and lotions enhances the experience, providing a total sense of renewal.



BEACH SIGNATURE MASSAGE

Beach Nômade

60MIN / \$160 USD

90MIN / \$210 USD

Our signature massage draws inspiration from the tranquillity of the Caribbean lifestyle, aiming to instill a sense of balance and serenity. Our therapists blend holistic techniques with intuitive touch to address areas of stress and tension. This deeply soothing massage is complemented by the therapeutic sounds of ocean waves and the use of special herbal local oils.

SWEDISH STYLE MASSAGE

60MIN / \$160 USD

90MIN / \$210 USD

The classical Swedish massage technique combines long, soft strokes with kneading circular motions to relax the sinews and increase blood circulation. This massage can be as gentle or dynamic as you desire, with the goal of promoting relaxation in all muscle groups while nourishing the body through a soft, caring, and gentle touch.

DEEP TISSUE MASSAGE

60MIN / \$175 USD

90MIN / \$225 USD

Going deeper into the muscle fibers creates more space and relaxation between joints, muscles, and tendons. This type of massage oxygenates the tissue and restores natural balance in areas that are stagnant or extremely tight. While this massage may involve longer and more steady pressure in certain body areas, it's important to note that it doesn't necessarily mean it will be painful.



MAYAN INSPIRED MASSAGE

60MIN / \$175 USD

90MIN / \$225 USD

Our traditional healing practice, rooted in Mayan culture, utilizes a combination of hands-on techniques, including deep tissue massage, abdominal massage, and intuitive energetic movements. The aim of this Mayan Medicine rooted treatment is to alleviate tension, improve the function of digestive organs, and restore natural energy flow.

MAYAN CLAY RITUAL

120 MIN /250 USD

Experience the ancient healing power of Mayan clay in our ritual. Derived from organic minerals found in the earth, this clay is utilized not only for its numerous skin benefits but also as a grounding technique to bring you back to center. During this special treatment, your body will be massaged with the clay, allowing it to penetrate and remove any impurities from the system. After removing the clay, the session continues with a soothing full-body massage and an extended traditional ritual to reintegrate you back to your senses.

ALOE VERA COOLING TREATMENT

60MIN / \$175 USD
90MIN / \$225 USD

Experience the properties of Aloe Vera with this treatment. It begins with a gentle exfoliation to prepare the skin, followed by a soothing Aloe Vera-infused massage. This treatment hydrates damaged sun skin, nourishes, and revitalizes, leaving you feeling refreshed and invigorated.



MUSCLE RECOVERY RENEWAL

BODY RECOVERY - Muscles and Inflammation

60MIN / \$175 USD
90MIN / \$225 USD

This massage targets post-exercise muscle tension, employing techniques such as deep tissue and myofascial release. An optional Aloe Vera infusion soothes muscles, enhancing the experience. Tailored to individual needs, it promotes relaxation, reduces soreness, and accelerates recovery, leaving clients rejuvenated and ready to tackle their next workout.



HERBAL SOAKING BATH

30MIN / \$35 USD

Our warm baths are designed to cleanse, relax, purify, and revitalize your energy field. Some herbs increase the detoxifying effect on the body, while others clean and reopen your senses. Ritual baths can be enjoyed on the front beach deck as an add-on to any service.

TO MAKE A RESERVATION SPEAK WITH A JOURNEY DESIGNER OR TO OUR ATTELIER DESK

*Cancelations must be advised within a 12-hour notice by calling your concierge.

From 10am to 6pm

Tel: +52 984 116 3282