

# NÔMADE HEALING BEACH DECK



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.

Set amidst the sea, we invite guests to fully immerse in the elements and enjoy energetic therapies and body treatments from the best holistic practitioners.

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 or visit our beach front desk.

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

## Healing Neck and Back Massage

30 MIN / \$95 USD

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.

## Healing Foot Massage

30 MIN / \$95 USD

Improves circulation, stimulates muscles and reduces tension.

# Healing Massage

60MIN / \$160 USD  
90MIN / \$210 USD

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

60MIN / \$160 USD  
90MIN / \$210 USD

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

# Prenatal Massage

60MIN / \$160 USD  
90MIN / \$210 USD

A magical stage of your life is about to begin. Connect deeply with your baby in an ideal state of peace and relaxation with this massage designed specifically to reduce and release muscle tension that can help relieve back pain, improve sleep, and boost mood during your pregnancy.

# Deep Tissue Massage

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

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.

# Lymphatic Flow Massage

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

A lymphatic drainage technique to improve lymphatic circulation to reduce fluid retention and feel lighter.

# Sobada Maya

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

A deep and abdominal massage practiced among the curanderos of Yucatan Peninsula. Performed in a slow, deep, penetrating manner which releases deep muscle tissue spasms in the entire abdominal area to improve organ function, the vital flows of energy, blood, lymph and nerves in the abdomen.

# Reiki

60MIN / \$175 USD

(reiki practitioner not on site, kindly book in advance)

An energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch to deliver energy to your body, improving the flow and balance of your energy fields around the body and involves the transfer of universal energy from the practitioner's palms to the client.

# Herbal Soaking Bath

30MIN / \$35 USD

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.

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 12 hour notice by calling your concierge.

From 10am to 6pm

Tels: +52 984 116 3282 ☎

Front desk at Nômade

Carretera Boca Paila - Tulum, KM 10

