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## Welcome!

Welcome to **Casa Cantarena**, we hope you had a pleasant journey. Now it's time to relax and enjoy your holidays!

In the following pages you will find information that will be useful during your stay. If there is anything else you desire, the manager will be able to answer any queries you have and help you with whatever you might need.

Alternatively, please write an e-mail to Raul Córdova [raul@exceptionalstays.com](mailto:raul@exceptionalstays.com) and we will answer your concerns within minutes.



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## Meals

*(Please refer to the week's menu for specific details about your lunches and dinners)*

\* Let us know if you would like to have any of your meals anywhere else in the house.

### **Breakfast**

Buffet of regional fruit, yogurt, granola and cereals, freshly squeezed orange juice, bread, coffee and a selection of teas. Let us know if you would like any type of eggs, oats, waffles or porridge.

It is offered between 8:00 am and 10:00 am in the dining room.

### **Lunch**

It is offered between 12:30 pm and 3:00 pm in the dining room.

### **Dinner**

It is offered between 7:00 pm and 9:00 pm in the dining room.



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*Note - Please let the manager or cook know at what time you would like your lunches and dinners, or if you are planning to go out for the day and will not be eating here. Please mind; our staff rests 2 hours in the afternoon.*

## Safety

You are responsible for your own safety. There will be a member of our staff at Casa Cantarena all times and the area is very safe, but you are in a wild jungle which has its own inherent dangers. Please refer to the "Terms and Conditions" for further details.

There is a full emergency kit available, the staff will provide it if necessary.

Casa Cantarena is built inside Sian Ka'an Biosphere Reserve. Nature thrives here; therefore, some species of flora and fauna can be harmful.

Beware of the trees that have a rope tied round them. Those trees are called "CHECHEN" and their resin can cause severe burns, so please make sure no one touches them, especially children. The leafs of these trees are easily recognized, you can ask the gardener to show them to you.



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We suggest you don't swim in the lagoon; it hosts a great variety of wild life, some animals might be dangerous.

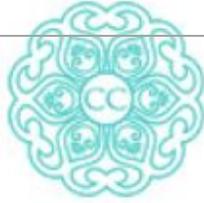
The main bedrooms have a safe in the wardrobe where you can keep important documents and valuables. Our manager will explain everything about it.

Each room has a key in its doorbell. Our -totally trustworthy- staff has a set of keys so they carry out their cleaning duties. You can lock up your room or

leave it unlocked, as you wish. The reserve is a safe area and, as we decreed; our staff is totally trustworthy. Lost keys will be charged for 50 US dollars, so please mind them carefully.

The ocean is mostly calm and safe to swim in. However, there are times when the currents are strong; you can generally identify them when waves have a white crest or when they are bigger than usual. We would recommend you not swim too far away from the shore when this happens.

Last but not least, please wear sun protection. Due to our location inside a Biosphere Reserve, we beg of you to prefer natural, organic and bio-degradable products. The strength of the Caribbean sun can be deceptive with the ocean's cool breeze.



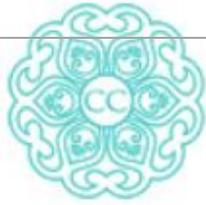
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## The Environment

Casa Cantarena is a completely self-sufficient and ecological habitat. The house is designed to have minimal impact on the surrounding environment. Power is generated through solar energy and a wind turbine located in the grounds, also, there is a backup generator. Waste products are organically processed and purified water is brought in. As an environmentally-friendly location, Casa Cantarena is carbon-neutral and we carry out an ongoing program to regenerate the local flora. Please help us respecting this unique and precious biodiversity that is around us.

*During your stay we kindly ask:*

Do not disturb the sand dune - the bank of sand leading down to the beach: it's a micro-ecosystem; naturally protecting the land from high tides



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and hurricanes. This micro-ecosystem provides essential balance to the other ecosystems in the area, filtering the water flowing into the ocean, thus maintaining our mangroves and coral reefs healthy. It needs to be kept as strong and untouched as possible (if you have children please make sure they don't go on top of the dunes to play).

Please try to avoid throwing **toilet paper** or any other products into the W.C. to prevent clogging the drainage system. Use the bins that are provided in the bathrooms -they will be emptied daily.

If you turn on the air conditioning in your room, please close all the doors and windows as the air will easily escape. When you leave the room, make sure you turn it off.

Please be mindful and don't waste water in the bathrooms; water is precious in the reserve.

**Casa Cantarena** is located in a protected area. We kindly ask for understanding the journey to get to the villa in addition to considering that the services and supplies are controlled by the federal and park authorities.



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## HELP US PROTECT THE SEA TURTLES

Sea turtles live in all oceans of tropical and temperate waters, particularly favoring calm and shallow waters, even though you can find them in open seas. They usually live a lonely and peaceful life but you can also sometimes find them in groups as large as one thousand specimens.

There are seven species of sea turtles around the world, with one sub-species sometimes considered as an eighth. Four out of the seven different species (including the sub-species) visit Mexican coasts, two of them are rarely seen

nesting anywhere else than in Mexico: Prieta (sub-species of the green turtle, for this one is black) and Lora.

Even though they are slow and clumsy on land, they are extremely good swimmers and can reach speeds up to 35 km/h.

Each year the females return to the beach where they were born to dig their nests and lay around 50 to 200 eggs. Depending on the species is the area where they nest; close to the water, in the middle of the beach or at the edge of the sand dune. Turtles lay their eggs at night so they can hide easier from predators. The nesting period of the baby turtles lasts between



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45 to 65 days, until the eggs hatch and the baby turtles crawl down the beach to the sea.

The nesting season normally dates from May until October, with crescent numbers during new moon nights.

If you happen to see a nesting turtle, please do not disturb it nor use any flash lights (not even camera flashes). You can sit at about 2 meters away and

quietly watch, but please do not touch the animal, it might agitate the painful and long (around 2 hours) process they are going through.

When exercising on the beach, playing or jogging, you might be lucky enough to see baby turtles in their race to the sea. Again, please do not

interfere; it's better to let them take their natural course to the sea. By letting them do it themselves, it will help preserve their instinct of coming back to that same beach when ready to nest themselves.



Two organizations survey and look after the reserve's turtles: "Amigos de Sian Ka'an" and "Flora, Fauna & Cultura". They point out detected nests by placing a wooden stick describing scientific data such as: nesting date, species and tracking numbers. Encountering a sign like this (sometimes there are many packed it together) means the nest is right in front of the stick, between it and the ocean. Please avoid walking on top of that precise area! Baby turtles' eggs are very delicate...

We ask you to mark the location of a non-monitored nest with a stick and inform the manager, so we alert the organizations and they can add the new nest in their observation surveys. This way you can take action and be part of an incredible conservation process!

Interested and want to know more? We suggest: <http://www.seaturtle-world.com> as a reliable source of information. If you'd like to volunteer for a night, let us know so we contact who could guide you.

## General Information

### **About Sian Ka'an**

"Sian Ka'an" translated from ancient Mayan means "where the sky is born".



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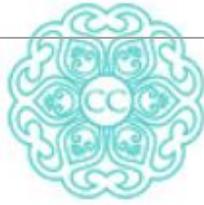
The Sian Ka'an Biosphere Reserve was established in 1986 by presidential decree, and in 1987 the reserve was declared an UNESCO World Heritage Site. Sian Ka'an faces the greatest challenge of conservation: finding a way to integrate human activities without compromising other forms of life contained within its boundaries.

Sian Ka'an's size is approximately 86,306 acres. In 1994, another big area, south of the reserve, was named "Protected Area of Flora and Fauna of Uaymil", increasing the continuous area of protected land.

The reserve contains three large core zones where human activity is limited to scientific research permits. Low-impact human activities and sustainable developments occur in the area of the reserve known as the buffer zone. The human population estimated is of 2,000 inhabitants, the majority of which are located in the coastal regions, especially in the fishing villages of Punta Allen

and Punta Herrero. Approximately only one percent of the land within the reserve is privately owned.

There are five entrances located at Pulticub, Santa Teresa, Chumpón, Chunyaxché and Chac Mool. Guards employed by the governmental



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SEMARNAP organization are stationed at every entrance to enforce the reserve's regulations.

The reserve is thought to have been inhabited in the Postclassical (900 – 1519 A.D.) period. However, there have been discoveries of human remains, ceramic pieces, and other artifacts that have been dated up to 2,300 years old. It hosts twenty-three known archaeological sites inside its boundaries. The northern section of Sian Ka'an (where Casa Cantarena is) contains what is thought to be an ancient Mayan trade route. Human-built channels flow through the lagoon's mangroves, connecting the ancient cities of Tulum and Muyil, as well as all the other small temples found in between.

## **Nearby archaeological sites**

### **TULUM**



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Tulum ruins open from 8:00 am to 5:00 pm. We would advise you to visit them either early in the morning or late in the afternoon; for many tours take place between 9:00am and 4:00pm (the crowds tend to take away the magic from the place).

### **COBÁ**

Cobá ruins open from 8:00am to 5:00pm as well. Located 42 km from Tulum pueblo, Cobá is one of the most untouched archaeological sites among the region. When you get to the ruins you can walk around them, hire a bicycle or hire a “taxi tricycle” (this last option sits two people comfortably, and you are driven around under the trees... superb!).

The location is extensive so we advise to use any of the internal transportation facilities; this will greatly improve your visit.

The Club Med Hotel, very close by, serves good, traditional Yucatecan cuisine and has a great swimming pool to cool down after going up and down the ruins. On the way to Cobá, you will pass through three small traditional Mayan

towns where beautiful local handcrafts are sold. The town Francisco Uh May is the biggest one, you can stop there and look around.



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### **MUYIL**

The National Institute of Anthropology and History - INAH - opens the site from 8 am until 5 pm. Located in the border with Sian Ka'an's reserve, next to Chunyaxché lagoon. South from Tulum, around 19 Km you find Muyil Town, the ruins are on the left side of the road. The site is lovely and rarely visited. A wooden tower gives you a panoramic view of the area and passages through jungle and wet-land invigorates your senses. The boat tour to Sian Ka'an also visits this site.

\* When visiting any place located in the jungle remember your organic, bio-degradable and natural mosquito-repellent. These creatures are big eaters!

## Restaurants

We have chosen the restaurants below as the best of each kind. Quality of food, service and hygiene were considered.



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Please allow us to make any reservation you might desire. They are constantly reviewed by ourselves, but please give us any feedback you might have.

**Note:**

*Some restaurants in Tulum down town close on Sundays. Beach restaurants stay open all week but close earlier. When it's low season (between*

*September and November) some places close, please let us know where you're planning to go, so we check if they closed for the season.*

### Tulum's Beach Road

#### **Hartwood**

"Hartwood is set in an open air environment located on the jungle side of Tulum's beach road. The restaurant proudly operates with the use of solar panels as its only source of sustainable energy. All food preparation is executed by hand – with no use of electrical appliances. All of our cooking at Hartwood is done in our wood burning oven and open grill. We proudly support our community by sourcing all local products from fish, seafood and pork to our entire farm raised produce. Our menu changes daily due to our reliance and use of the freshest ingredients available."

Unique experience, ask for anything, it will all be good, it's a must!



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Located on the jungle side of Tulum's beach road Km 7.6, Tulum.

Open for dinner 6 pm – 10 pm. They close on Mondays and Tuesdays.

\* They accept Cash only. Reservations are available for groups of 8 or more.

Ask for availability to the Villa manager

### **Posada Margherita**

This restaurant is well known for its wonderful Italian food. Candle lit intimate ambiance and superb food. Unbelievably delicious pasta!

Located on the beach side of Tulum's beach road Km 4.5, Tulum.

Phone: (+52 1) 984 801 8493

[reservation@posadamargherita.com](mailto:reservation@posadamargherita.com)

### **Be Tulum**

“Full moon, starry sky, exotic flavors, nature all around, the sound of waves, candlelight, exquisite wine, and much more are to be enjoyed in our restaurant located a few paces from the ocean.”

Stylish two-story restaurant serving seafood and barbecue on weekends.

Pleasant atmosphere, good wine list and great décor. They frequently offer live music. They do not allow children under 12 years old.

Located on the beach side of Tulum's beach road Km 10, Tulum.

Toll Free MEX Phone: 01 800 231 4683



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## **El Tábano**

“Immersed in a luscious garden in the jungle side, El Tábano is a favorite amongst neighbors and visitors alike. Serving homemade flavors infused with regional character, and a touch of the chef's personality into each dish. It is a true experience of all senses.”

Located on the jungle side of Tulum's beach road Km 7, Tulum.

Phone: (+52 1) 984 134 2706

\* They accept Cash only.

## **Restaurare**

Tucked away in the jungle, though only a few steps from the beach road, this excellent vegan restaurant takes on traditional Mexican fare.

Great dining experience, even for non-vegetarians.

Located on the jungle side of Tulum's beach road Km 7, Tulum.

Phone: (+52 1) 984 168 1282

\* They accept cash only.



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## Tulum Down-Town

### **EI ASADERO**

Located on the Satellite avenue, they prepare excellent sirloin beef, arrachera and other Argentinean specialties.

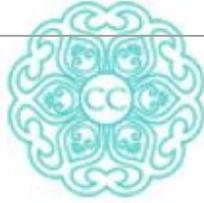
### **Cetli**

“Cetli is the real deal. Owner and Chef Claudia Perez Rivas integrates her training and talent to turn out authentic, complex flavors in what are some of the best high-end Mexican dishes in town.”

Located 5 blocks from the main avenue, its Mexican gourmet cuisine is highly recommended.

Carretera Tulum – Coba S/N

\* They only accept cash.



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## **Los Aguachiles**

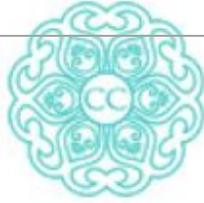
Traditional raw seafood. Great local-style ambiance. Fresh ingredients, they use sunflower sprouts and amapola seeds for decoration, enhancing the flavors! No reservations needed.

Located on Tulum's main road, going south to Chetumal, almost at the town's exit.

## **Panna e Cioccolato**

Simply the best Italian ice cream in the Riviera Maya. Interesting and different flavors accompany the classical ones. Incredible!

Located on the main road, their main store is at Av. Tulum #72.



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## Bars

### Tulum's Beach Road

#### **Mezzanine**

"Sip on locally inspired, signature cocktails, shaken, stirred and muddled by our talented team of Cantineros. Lounge on bean bags and listen to the toe tapping smooth grooves and world beats that Mezzanine is famous for."

They also have a restaurant serving mainly Thai food but we recommend the bar instead.

Located on the beach side of the road, going towards Tulum ruins Km 1.5.

Phone: (+52 1) 984 131 1596

#### **Zamas**

Open air bar at the beach, they frequently offer live music.

Located on Tulum's road to the beach, on the beach side Km 5

Phone: (+52 1) 984 877 8523

[info@zamas.com](mailto:info@zamas.com)



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## **La Zebra**

“Everyone who visits La Zebra loves our bar and lounge, where you can stretch out under a coco palm with the sand between your toes and one of our famous cucumber margaritas or mojitos in hand. Choose from fresh juices, fine spirits, beer, wine, and an extensive selection of tequilas and mescal. How seriously do we take our cocktails? We use an antique hand crank to press our own sugar cane juice fresh each day. Have you ever had a mojito sweetened with fresh-pressed sugar cane juice? We didn't think so.”

Locals and tourists enjoy their Salsa Party every Sunday, starting at 8pm. Sometimes they carry out dancing contests, all energized with the right vibration of live salsa music!

Located on the beach side of Tulum's beach road Km 8.2.

## **Mateo's**

“Serving premium top shelf options in a relaxed Tulum jungle atmosphere. It doesn't get much better than this!”

Sports bar, great fish tacos.

On Tulum's beach road, on the jungle side Km 5.2

Phone: (+52 1) 984 179 4160



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## Tulum Down-Town

### **Batey**

Favorite in town! Chill, have fun and enjoy live music everyday, dancing and having fun in a relaxed and young environment!

The best Mojitos so far, mezcal margaritas with passion fruit also delicious!

Located on downtown.

### **Pasito Tun Tun**

Rustic and traditional Mexican spot for a mescal tasting. Their specialty is dj, and live music 6 days per week.

Located on downtown.

### **Kiki**

If you like to stay till late this miniclub offer a nice gin cocktails and beats to dance all night long.

Located on downtown just a cross to the bus station in ADO.



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## Activities

### **Fly Fishing**

A little fishing villa called Boca Paila sends us their most experienced guides. They pick you up with their boat directly at the house. Common fish found in the area: bonefish, tarpon, permit, jack and barracuda. Best fishing season is from March until August, nonetheless marine life provides abundant fish all year-round. Let us know if you are interested so we can hire a fly fishing tour for you.

### **Paddle boards and kayaks**

We have two Stand Up Paddle boards and two kayaks in the property, if you wish to use them please let our manager know.

### **Scuba diving and snorkeling\***

We can organize scuba diving for you with a professional, certified Diving Instructor and Full Cave diver. You can dive in so many different spots that you will be surprised! You can dive in the reef in front of the property, be amazed by rock formations inside a cenote or get a thrilling night dive.



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\* Snorkeling equipment is also available during your stay; the manager can assist you on the matter.

## **Kiteboarding**

Should you like to try some adventure activities, you might want to try some kite-surf courses with certified IKO (International Kiteboarding Organization) instructors. They provide complete safety gear and the right equipment for best learning conditions.

## **Sailing**

We can arrange sailing for you and deliver a catamaran Hobie Gateway holding up to 6 crew/people. The boat comes with an instructor who can prepare the boat for you, help you during the actual sailing or just watch on you to make sure everything goes smoothly. He will clean the boat at the end of the day. The cost is usd 120/day, minimum rental 3 days

## **Yoga**

The best yoga teachers in the Riviera Maya offer private lessons at the property. Tulum world yoga capotal

*Note – at Amansalal, Sanara, Ahau Hotels yoga lessons are offered, in beautiful and spacious rooms. You can attend one of their classes if you wish to be part of a group.*



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## **Horseback riding**

Punta Venado is a former hacienda located 10 Km south of Playa del Carmen (around 1hr away from the property). The ex-hacienda covers approximately 800 acres of coast land. They offer horseback riding tours, they have an exciting bike trail and friendly guides show you deep tropical jungle pass ways along a beautiful Caribbean beach.

Located on the Carretera Playa del Carmen-Tulum Km. 278+200, Playa del Carmen.

## **Tennis**

The nearest tennis court is at Hacienda Doña Isabel, about 1 hour drive, north from Casa Cantarena, on the main highway. They offer 5 different tennis courts and all other sorts of services, like golf.

Located on Carretera Federal Chetumal-Benito Juarez, km 250 Akumal.

Puerto Aventuras Golf and Tennis Club offers both activities in a lovely and private environment, surrounded by a port and loads of Cereques! Endemic, very curious rodents. On the main highway go out at Puerto



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Aventuras (between Tulum and Playa del Carmen), going through a security stand where they can inform specifically where the entrance is at.

## **Private planes**

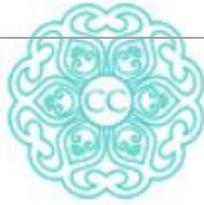
“Single-engine private planes leave from Playa del Carmen and take approximately 1 to 1.5 hours to tour around Sian Ka'an Biosphere Reserve. The first hour goes for approx. USD 400, depending on the plane. Aero SAAB is the team in charge of offering airplane tours to Chichen Itzá Mayan ruins

and Isla Holbox. Plus private airplane charters around the Yucatan - Cozumel, Merida, Uxmal, Cancun and panoramic flights of Mexico's Caribbean Coast.”

Private jets and helicopters are also available at specific route prices. Please contact us so we schedule any trip for you.

## **Golf**

The Riviera Maya offers several Golf fields available for private use. From Cancun to Cozumel, Playa del Carmen and Akumal, there are quite a few options to choose from. The closest one is in Bahia Principe: Riviera Maya Golf Club.



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### **RIVIERA MAYA GOLF CLUB AT BAHIA PRINCIPE**

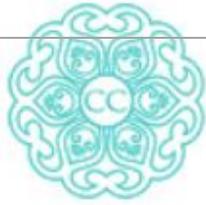
“Riviera Maya Golf Club is an impressive architectural project, that the famous designer Robert Trent Jones II has managed to create a synergy between the 27 holes of this extraordinary Mayan Riviera golf course and the majestic wild Mayan jungle, surrounded by beautiful natural lakes and water holes which, together with a combination of rocks and water, becomes an spectacular environment and make playing golf in the Mayan Riviera a real pleasure.”

Located on Carretera Chetumal – Cancún Km. 250

<http://www.bahiaprinciperivieramayagolf.com/>

### **PLAYACAR GOLF CLUB**

“Located in the Playa del Carmen hotel zone known as Playacar in the Mexico's beautiful Mayan Riviera, this 18 hole Playacar Golf Course was built amongst the lush foliage of the Yucatan Peninsula, making this golf course not only beautiful, but challenging as well. The Club provides a first class practice area, complete with a spectacular driving range, and a large putting green including chipping, pitching, and greenside bunker areas.”



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Found in Paseo Xaman-Ha, S/N. Mz. 26, lote 1, Fraccionamiento Playacar, Playa del Carmen.

<http://www.palace-resorts.com/playacar-golf-club/index.html>

**PUERTO AVENTURAS GOLF AND TENNIS CLUB** “The PA Golf course is an exciting and challenging course. This beautiful 9-hole, 36 par jungle golf course was designed in 1991 by Thomas Leman and is still one of the best kept secrets in the area. The fairways and greens are covered by a smooth carpet of Bermuda Grass and surrounded by Palm trees, bugambilias, tropical ficus and lush foliage.

On your daily rounds you may encounter iguanas, deer and different species of tropical birds and other local fauna.

The Golf course opens every day year round from 7:30 AM until dark. Golf Carts are not mandatory and no reservations are necessary”

Located right from the main highway (between Tulum and Playa del Carmen) arriving at Puerto Aventuras, go in through the Marina's entrance, the guards will guide you to the golf club.

<http://www.puertoaventuras.com.mx/activities/golf-tennis/golf-course.html>



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## **Tours**

There is a wide variety of tours to choose from. Please ask for our assistance to find the most suitable for you. Any of the following tours can be booked with a VIP private guide.

### **MAYAN CANALS**

Hike inside the jungle to be wondered by the lovely ruins of Muyil. Follow with this not-to-be-missed boat tour through the Sian Ka'an ancient canals, built by the native Mayans more than 1,000 years ago, jump in the crystal clear water and float as the current gently carries you downstream wrapped by the sound of tropical bird-singing. Local legend says that these spring-fed waters have magical healing powers!

### **BIRD WATCHING**

Stretching around 7,800 acres, the Sian Ka'an Biosphere Reserve is one of the largest protected natural avian habitats in the Yucatan peninsula and the best way to visit it is using a kayak; leaving no carbon footprint allowing the visit to some very secluded spots. As a UNESCO World Heritage, the place highly maintains ecological wonder with pristine surroundings. Along with many stunning birding spots in the Reserve, there are vast ecosystems, wildlife and reptilian species to sidetrack you from simple bird watching.



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### **MANATEE AND CROCODILE SPOTTING**

Enjoy a boat ride through the wetlands, spotting an incredible array of bird species, crocodiles and the lagoon's resident manatees.

### **XCARET, XEL-HA, XPLOR, XENSES**

These four adventure parks offer a wide range of activities, although they are nowhere near private experiences. Coral reef aquarium, sea turtles, butterfly pavilion, regional wildlife enclosure, orchid's greenhouse, tropical jungle trail, jaguar island and manatee lagoon are some of their offerings. Book online to get better prices.

### **EXTREME BIKE TOUR**

Ride a mountain bike through what used to be a horse trail, explore a dry cave, find a water vein that connects with one of the largest underground river systems in the world, snorkel in a wet cave, and experience the Mayan underworld Xibalbá.

### **PUNTA ALLEN ECO-ADVENTURE**



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A trip into the heart of Sian Ka'an, visiting marine and wetland ecosystems, bird watching and snorkeling with turtles and occasionally, dolphins. Enjoy a freshly prepared meal in a Mayan fishing community.

### **CENOTES**

The Mayans considered cenotes to be sacred sources of fresh water, naming them "dzonot" meaning "sacred well" or "deep abyss".

For some time, very long ago, the whole Peninsula of Yucatan was under water. The ocean covered the land and the land itself presented coral formations. When ocean levels dropped, all coral fossilized and turned into limestone. This is why there are neither mountains nor rivers in the Riviera Maya.

Limestone is a very porous material; water filters through, thus creating a whole underground rivers system, one of the largest in the World. When some areas collapse, they give entrance to the fresh water river as sinkholes. Dripping drops of water carrying limestone particles created amazing rock structures: stalactites, stalagmites, columns, waterfalls, kisses... All cenotes are different from one another even though their waters are connected, like fingerprints, each one is part of a larger system. There are so many that we can only name a few: Dos Ojos, Jardín del Edén, Sac Actun, Casa Cenote or Cenote Manatee, Cenote Encantado, Chikin Há...



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### **SWIMMING WITH WHALE SHARKS**

Between May and September, whale sharks make a stop during their annual migrations at the northeast corner of the Yucatan peninsula. They load up on the plankton and krill that currents bring to the surface. These marine animals -the world's largest fish- swim slowly as they filter nutrients from seawater, offering us the opportunity to swim right next to them and be surprised by their nature.

\*This is a full day tour.

### **EK BALAM**

Visit this ancient Mayan city, one of the most impressive and substantial ceremonial centers in the Yucatan peninsula. Discover the mysterious "Cenote Maya" and its beautiful rock formations. Not for children under 6.

### **PINK FLAMINGO CONSERVATION**

"During high season, photographers from the world come over to the Yucatán's mangrove forests to document the spectacle of the region's pink flamingoes, on land as well as in flight. Every click of the shutter becomes an image of breathtaking beauty. But very few of us have the chance to experience these beautiful birds, and their chicks, up close."



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### **THE YELLOW CITY**

Izamal continues to be an important ceremonial center and pilgrimage destination. Wonder the streets of the Yellow City, with nearly all its modern and colonial buildings painted an amazing shade of egg-yolk yellow, in a horse drawn carriage.

### **CHICHEN ITZÁ, WONDER OF THE WORLD**

Visit the world's most celebrated pre-Hispanic archaeological site. After the ruins, discover a private cenote called Xocempich where you can swim or snorkel in its crystalline waters and relax for hours in total privacy. A delicious fête champêtre style lunch is served beneath the hacienda's magnificent old trees.

## Taxi

We can provide the transportation you might need. Please verify with our manager for your driver's availability (until 10 pm). We can send you a taxi



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service, if needed. We charge the same fares as Tulum's local taxi services, one way routes:

- Tulum town 40 USD
- Tulum ruins 45 USD
- Tulum beach 35 USD
- Playa del Carmen 100 USD
- Punta Venado 100 USD
- Cobá ruins 100 USD
- X Caret 100 USD
- Xel-Ha 60 USD
- Cenotes starting at 45 USD
- 1 Hour wait 15 USD

## Car Rental

Just let our manager know and she will thoroughly assist you on hiring an unlimited mileage car. There are several models you can choose from, so you can enjoy maximum comfort and deliver service to the property.

## Spa Menu

### **SWEDISH MASSAGE**



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The main purpose of Swedish massage is to increase oxygen flow in the blood and release toxins from muscles. The technique shortens recovery time from muscular strain by flushing tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. This massage stretches ligaments and tendons keeping them supple and pliable. It also stimulates your skin and nervous system and soothes nerves themselves at the same time. Reduces stress, both emotional and physical, it's suggested in a regular program for stress management. Swedish massage techniques include: long strokes, kneading, friction, tapping, percussion, vibration, effleurage, and shaking motions.

*50 minutes – 95 USD / 80 minutes – 125 USD*

### **DEEP TISSUE MASSAGE**

This technique is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction. It helps to break up and eliminate scar tissue. Usually focuses on more specific areas and its purpose is to "unstick" the fibers of a muscle while releasing deeply-held patterns of tension, removing toxins, while relaxing and soothing the muscle. It is both corrective and therapeutic.

*50 minutes – 95 USD / 80 minutes – 125 USD*



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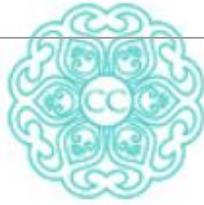
### **DEEP TISSUE MASSAGE – UPPER BODY FOCUS**

Concentrates in specific muscles of the upper body to decrease pain and tension and increase range of motion. Working down to the deeper layers of tissue, this treatment is helpful for chronic neck, shoulder and back conditions.

*50 minutes – 110 USD*

### **HOT STONES THERAPY**

This unique massage technique uses warm and oiled stones to align and harmonize chakras (energy centers). Essential oils corresponding with each chakra are used to penetrate deep into the body and induce a special state of relaxation and well-being. Due to the heated stones, less pressure is needed and a meditative state is often achieved early in the session. This treatment is also recommended as a complement to the deep tissue



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massage, for the penetrating effect of the warm stones relieves deeply-held tensions.

*80 minutes – 160 USD*

### **THAI MASSAGE – NO OIL**

Restores balance in mind and body through different techniques such as pressure points and general pressure, stretching exercises using hands, feet and elbows. Releases muscular tension, increases blood flow, stimulates endorphins and boosts your immunological system.

*80 minutes – 115 USD*

### **SHIATSU – NO OIL**

This is a pressure point massage that balances the body. The therapist gently rocks and stretches the body and, at the same time, applies finger and thumb pressure to certain points. Shiatsu invigorates as well as relaxes and is excellent for stress and pain relief.

*50 minutes – 95 USD / 80 minutes – 125 USD*



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### **AROMATHERAPY MASSAGE**

Immerse yourself in the luxurious aromas of essential oils while receiving a Swedish massage. Your therapist works with you to design a personalized treatment using healing properties of essential oils to achieve relaxation or invigoration.

*50 minutes – 110 USD / 80 minutes – 130 USD*

### **REFLEXOLOGY**

It's a holistic healing technique: treats the individual as a whole, inducing a state of balance and harmony in body, mind, and spirit. It's based on the belief that there are reflex areas on the feet (and hands) corresponding to all the parts of the body including major organs. It is believed that applying



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pressure to specific areas on the feet, hands and ears can affect internal organs and body systems, and therefore promote good health. Your therapist stimulates and works these organs and systems through the reflex areas, applying pressure with thumb and fingers to clear out congestion and restore normal functioning and health.

*50 minutes – 95 USD*

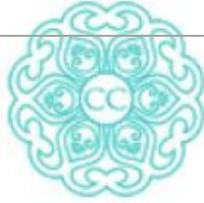
### **JOYFUL FEET**

The therapy begins with feet and calves exfoliation followed by the application of a refreshing gel. Reflexology points are then addressed to release tension and hot towels are used to achieve further relaxation. This treatment is completed with a mint hydrating cream that leaves your feet feeling thoroughly refreshed and absolutely joyful.

*50 minutes – 95 USD*

### **LYMPHATIC DRAINAGE**

Manual lymph drainage massage is a form of very light massage that encourages lymph flow in the body. It is particularly good for detoxification,



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edema, pre- and post-plastic surgery and post-liposuction. It can also help with cellulite treatments, scar tissue, spider veins, redness and acne.

The lymph system is a slow-moving system of vessels and lymph nodes that is supplementary to the body's system of blood circulation. This system both delivers nutrients to the cells and carries away excess water, cellular waste, bacteria, viruses and toxins.

Your therapist stimulates the lymph system with extremely light, circular pumping movements, helping to drain puffy, swollen tissues, supporting the body's immune system, helping the body heal from surgery, and aiding with the body's natural waste removal or detoxification.

*80 minutes – 175 USD*

Mayan Specialties



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### **MAYAN REBIRTHING**

Effective anti-stress and revitalizing treatment using Agave plant extracts partnered with lime, lemon, aloe vera, cacao and honey. Begins with a full body gentle exfoliation cleansing, followed by a mud mask to draw out impurities. After a warm shower rinse, lymphatic drainage massage with natural oils completes this treatment.

*80 minutes – 155 USD*

### **MAYAN CLAY MASSAGE**

A combination of natural products we find in the Mayan region provides the clay used in this massage. The body absorbs minerals such as calcium, magnesium and phosphorus. Clay is applied on your entire body, face and hair. Impurities are drawn out from your skin tissue and your skin is repaired and sustained healthy. A brief dip in the ocean removes the clay, finishing this wonderful treatment with a gentle, relaxing back massage perfumed by essential oils.

*80 minutes – 155 USD*

### **SOBADA MAYA - TRADITIONAL MAYAN MASSAGE**



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An incredible healing massage developed by the ancient Maya. It acknowledges your navel as your body's "power center". Gentle full body massage, giving specific attention to readjust internal abdominal organs.

This deep belly massage will have an amazingly profound and lasting effect on your digestive system creating a sweet sense of well-being.

*80 minutes – 155 USD*

Other Spa services



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### **FACIALS**

50 minutes – 90 USD

- Sea Essential Hydrant

### **WRAPS**

50 minutes – 100 USD

- Aloe Vera Wrap
- Herbal Mud Wrap

### **EXFOLIATIONS**

50 minutes – 100 USD

- Marine Crystal with Papaya
- Wine Anti-Oxidant

### **MANICURE**

60 USD

### **PEDICURE**

75 USD

Ask our staff or manager for activities and privates events, we happy personalize any activity you might need.

Thank you.