náay spa

THE MAYAN VISION

WINE WELLNESS

EL CIELO

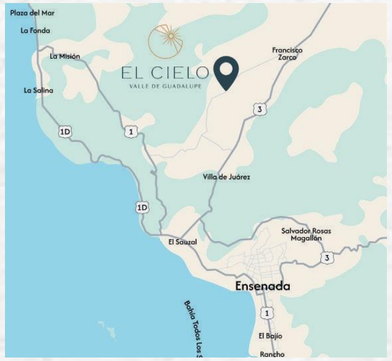
VALLE DE GUADALUPE



WELCOME

Náay Spa has been conceived as a sublime refuge for rest and introspection, where serenity is evident in every detail of its elegant and delicate architecture. Immerse yourself in your own sanctuary and discover a space dedicated to the pursuit of integral well-being





Náay Spa prides itself on its strategic alliance with EL CIELO VALLE DE GUADALUPE, one of Mexico's most prestigious wineries, renowned for its innovation and excellence in producing the highest quality wines. This collaboration integrates the exceptional benefits of grapes cultivated in their fertile vineyards into an exclusive selection of treatments designed to restore inner balance. Allow yourself to enjoy ancestral healing rituals, enriched with essential oils, aromatic herbs, and emblematic spices from our pre-Hispanic cultures to experience profound inner peace and total revitalization.

SUGGESTIONS

• Please make your reservations at least one day in advance.

• Please let us know about any allergies or other health-related issues. Having more information about you will help us personalize your treatments.

• You may request a male or female therapist; please share this information at the time of booking. We will do our best to accommodate your needs.

• To enjoy our steam room or sauna, we recommend arriving 60 minutes before your appointment. Unfortunately, if you arrive late for your appointment, and in consideration of other guests, your treatment may be shortened in duration or canceled after 10 minutes

•We require at least 24 hours' notice for changes or cancellations. Cancellations within 6 hours of the scheduled treatment will incur a 100% charge.

• Please avoid bringing jewelry and valuables.

• Tips are welcomed and can be given at your discretion, in recognition of the quality of service received.

• Our facilities include a gym, sauna, steam room, showers, spa treatment cabins, and a full-service beauty salon.

WELL-BEING THROUGH WATERTHERAPY RITUAL





FACILITIES

- Steam Room with Eucalyptus Essence
- Sensations Pool, Jacuzzi and
- Cold Plunge Pool
- Sauna
- Experience Shower
- Relaxation Lounge



HYDROTHERMAL RITUAL NICTE- HA

Prepare your body and relax your mind through this Náay Spa water journey, where you can enhance the benefits of the treatments you've selected through our guided hydrotherapy routine

MOMENTS OF TRADITIONAL HEALING

Through the hands of our professionals and the most effective and innovative formulas, this comprehensive menu offers multiple unique wellness experiences. Discover the path to inner balance and absolute relaxation, while enjoying skin renewal, cutaneous comfort, rejuvenation, and complexion beauty, all thanks to the wonders of vinotherapy.



WELLNESS TREATMENT FOR BODY & MIND

Massage with gentle movements that helps reduce stress and increases the mobility of joints and muscles, in addition to promoting relaxation of the mind and body.

Duration: 50 min. / 80 min.

MUSCLE RENEWAL TREATMENT

This is a deeper, stronger, and invigorating massage that combines different techniques, relieving muscle pain and tired joints from overuse or intense exercise.

Duration: 50 min. / 80 min.

BACK MASSAGE

An intense, deep, and invigorating massage, specially designed to release tension and stress accumulated in the muscles of the neck, shoulders, and back.

Duration: 25 min. / 50 min



VINOTHERAPY Á LA CARTE

MERLOT
SKIN REBIRTH

TEMPRANILLO
SUBLIME

CHARDONNAY YOUTH
ELIXIR

SAUVIGNON BLANC
VITALITY BREEZE

SIGNATURE TREATMENTS
WINE WELLNEESS

ROMANTIC COUPLE TREATMENTS

GOLDEN WHITE RITUAL
WHITE GRAPES

Luminosity & Freshness

This treatment revitalizes the skin, offering a sensation of well-being and deep relaxation, ideal for those seeking a hydrating and rejuvenating skincare experience. The combination of vinotherapy with white grapes and candle massage transforms the experience into a true luxury ritual for the skin.

Enjoying a hydrating facial is a skincare experience based on the antioxidant and nourishing benefits of Chardonnay and Sauvignon Blanc grapes. Its formula, rich in polyphenols, vitamins, and minerals, improves hydration, combats the signs of aging, and revitalizes the complexion, leaving the skin fresh and radiant.

To conclude, feel how the massage candle gently melts upon contact with the skin, and its enriched oils provide additional nourishment, improve elasticity, and leave the skin soft and luminous.

Duration: 80 min

ELÍXIR CARMESÍ RITUAL
RED GRAPES

Intense Renewal

Immerse yourself in a unique wellness experience with our vinotherapy body treatment, a rejuvenating ritual that harnesses the natural benefits of red grapes.

This treatment is designed to revitalize, nourish, and soften the skin, taking advantage of the antioxidant properties of wine and grapes. The process begins with a gentle exfoliation using a gel made with red grape extracts, which removes dead skin cells, leaving your body renewed and luminous. Next, a wrap rich in polyphenols is applied, deeply hydrating and helping to combat the signs of aging, providing a sensation of freshness and elasticity.

The treatment culminates with a relaxing body massage, which promotes circulation, relieves tension, and leaves your skin soft, smooth, and with a delicate and enveloping fragrance. Vinotherapy not only nourishes your body but also provides a sense of balance and mental harmony. Ideal for those seeking a complete sensory experience, combining the best of nature and relaxation in a single service.

Duration: 80 min

SKIN CARE
BY APOTHECA MÍA

EXTRACT OF DIVINE LIGHT BY APOTHECA MIA

Antioxidant • Illuminating • Hydrating

Experience the revitalizing power of this facial, designed to enhance your natural beauty by boosting skin's luminosity and evenness.

The combination of vitamin C and niacinamide is the perfect pair to treat hyperpigmentation and unify skin tone, providing a velvety texture and a rejuvenated appearance.

Duration: 50 min

TOUCH OF HEAVEN FACIAL BY APOTHECA MIA

Hydrates • softens • cleanses

Specially created for this tropical climate, this facial rehydrates the deepest layers of the skin, restoring a supple, luminous, and radiant appearance.

Duration: 25 min

REGENERATING BENEFITS FACIAL (ROSEHIP)

Regenerative • Healing • Nourishing

Discover a facial treatment designed to revitalize, repair, and nourish your skin with the unique properties of rosehip, the natural elixir known for its potent regenerative capacity.

This facial is specially formulated for those seeking an effective solution for scars, acne marks, wrinkles, expression lines, and irritated skin.

Duration: 50 min

GREEN GOLD FACIAL CBD

Anti-inflammatory • Soothing • Hydrating

The CBD facial is an innovative treatment designed to address various skin needs, from balancing acne-prone skin to smoothing wrinkles and visible signs of aging.

By minimizing redness, softening rough textures, and restoring natural luminosity, CBD works directly on skin cells, slowing down their activity, visibly improving the skin's appearance and feel, leaving it hydrated, radiant, and deeply revitalized.

Duration: 80 min

STEM CELL FACIAL

(MEDICAL GRADE / STEM CELLS / MESENCHYMAL STEM CELLS
Firming • Anti-Wrinkle • Regenerating

This medical-grade facial works directly at the cellular level, offering an alternative to botox, plastic surgery, and dermal fillers. Stem cells are responsible for the production of collagen, elastin, and hyaluronic acid, which are the substances that maintain tissues elastic, toned, and with a youthful appearance.

Epidermal and vascular growth factors, derived from mesenchymal stem cells, assist in the natural synthesis of collagen and elastin. These proteins help prevent or smooth wrinkles and diminish existing expression lines, making the skin look firmer and smoother.

This facial promotes the active healing process, the reduction of existing scars and acne marks, as well as the fading of spots caused by sun or age. Given its unique qualities, our creams can be used by anyone, of any age, regardless of their skin complexion.

Duration: 80 min

CELESTIAL PURIFICATION O3 FACIAL

Purifying • Oxygenating • Bactericidal

Ozone disinfects skin pores and acts against dermatitis and bacterial infections, eliminates dead cells, prevents blemishes, noticeably slows down skin aging, and stimulates the formation of vitamin D in the epidermis, keeping it firm.

Among the properties that ozone has for the skin, we can highlight a few: it is moisturizing, antioxidant, germicidal, regenerating, healing, soothing, anti-inflammatory, and repairing. After this facial, the skin will feel clean, fresh, and light.

Duration: 50 min

BEYOND NÁAY SPA

ANCESTRAL COCONUT CEREMONY

Gentle Exfoliation & Tropical Nourishment

A delicate body ritual inspired by the natural richness of the Caribbean.
The experience begins with a light exfoliation using finely ground coconut and natural coconut fibers to gently remove impurities and refine the skin’s texture. It is followed by a soothing massage with warm coconut butter, allowing its deeply nourishing properties to melt into the skin, leaving it intensely hydrated and radiant.
Subtle, comforting, and deeply aromatic.
Ideal as an introductory treatment or as a complement to your hydrotherapy journey.

Duration: 90 min

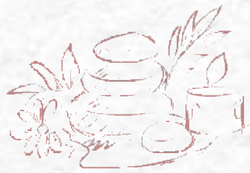
MYSTICAL MAYAN PRE-HISPANIC RITUAL

The Grand Mayan Integral Ceremony

The most emblematic experience of this collection.
A ceremonial journey that unites body and face in a complete ancestral renewal ritual. The ceremony begins with a deep body massage enhanced by warm herbal compresses crafted from carefully selected regional plants.
It continues with a facial and body treatment incorporating pure cacao, nourishing butters, and traditional botanical extracts, designed to revitalize the skin and restore its natural luminosity.
Aromatic regional herbs, ceremonial cacao, and techniques inspired by ancient healing traditions intertwine in an experience that purifies, nourishes, and profoundly harmonizes.
A tribute to pre-Hispanic heritage, reinterpreted under the highest standards of contemporary luxury.

Duration: 120 min

SPA ETIQUETTE



WELCOME TO THE SPA

We invite you to check in at the Spa 30 minutes before your pre-booked treatment to complete the necessary medical forms before starting your experience.

RITUAL DE HIDROTERAPIA DE NÂAY SPA



We suggest arriving 60 minutes before your first service, giving you enough time to enjoy the Náay Spa hydrotherapy ritual. We recommend experiencing this to complement your treatment; this circuit will help relax and warm your muscles, supporting the therapeutic benefits of all our services.

This hydrothermal experience is complementary to all treatments. If you have not booked treatments and would like to enjoy this experience, you are welcome to book the water ritual exclusively for a preferential rate.

DELAYS



Please note that arriving late for your service will require shortening the treatment duration to avoid inconveniencing other guests. The full service cost will apply without changes. We appreciate your understanding.



SPA ETIQUETTE

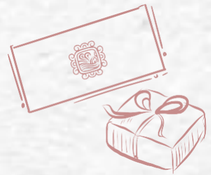
To preserve the harmony within the Spa, we kindly ask that you turn off your cell phones. The use of swimwear in the hydrotherapy experience is mandatory. The best way to fully enjoy your Spa experience is by arriving on time.

HEALTH



Upon arrival at the Spa, we will provide you with a medical form to fill out. Please inform the Spa of any medical conditions, allergies, pregnancy, high blood pressure, or asthma. Some of our treatments are not recommended for these types of cases.

GIFT CERTIFICATES



Nâay Spa gift certificates are perfect for any occasion and are available for individual treatments, spa packages, weddings, or boutique products.

CANCELLATION POLICY



We require at least 24 hours' notice for changes or cancellations. Cancellations within 6 hours of the scheduled treatment will incur a 100% charge.

BEAUTY SALON

Deluxe Wine Wellness Pedicure
Deluxe Wine Wellness Manicure
Manicure gel color
Nail Polish Change
Gel Application
French Nail Polish
Lady Haircut
Gentleman Haircut
Shampoo, blow & dry

Bridal Hairstyle
Bridal Hairstyle Rehersal
Make up
Maku up Rehersal
Braid (each) Uplip or eyebrow or chin wax
Arm pit wax
Back wax
Bikini line wax
Half le wax
Full leg wax

OPENING HOURS

8:00 H to 19:00 H
Monday to Sunday

RESERVATIONS:

For more information or reservations do not hesitate
to call +52 (984) 206 3470 Ext. 3000 or E-mail us to
Spa.rec.edm@lomashospitality.com

Appointments are by reservation and subject to availability