

MAROMA SPA BY GUERLAIN
WELLNESS MENU

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THE ART OF WELLNESS

At Guerlain, beyond being an Art, wellness is a true Science. An ultra-personalised approach, elevating customisation to the level of Art and Science, cutting-edge aesthetic expertise, multi-sensoriality and a holistic approach. A total well-being for body, mind and soul.

KNOW-HOW & DARING

Guerlain opened its Institute and aesthetic training school in 1939. It has since trained all its Beauty Experts there, inspiring them to be ambassadors for Guerlain excellence. Throughout the world, these Experts carry out treatments requiring tremendous technical skills, such as the 19-minute facial treatment, which is considered as an industry standard. Spurred on by its pioneering and enterprising vision, Guerlain has been developing massage techniques that combine tradition and innovation for the past 80 years. With its years of know-how and expertise, Guerlain ensures that every single treatment is an outstanding and personalised experience.

Guerlain Beauty Experts perform Guerlain protocols with perfect skill, while being attentive to each individual. The diagnosis stage allows the Experts to adapt their movements and pressure to meet precise needs and expectations. For a unique and absolutely unforgettable experience...

AWAKEN THE SENSES

Rare orchids with outstanding longevity properties, healing bee products... Since it was founded, Guerlain has been inspired by nature, respectfully drawing on its sensoriality and effectiveness. This unique quest for perfection is echoed at every single Guerlain Spa. Inside each haven, complex rituals are performed to the most exacting standards, the result of extensive development and research. So that every single Guerlain treatment, throughout the world, may be an unforgettable experience.

EXCLUSIVE TREATMENTS



EXCLUSIVE TREATMENTS

PURIFYING CENOTE — WATER ELEMENT

2H

Guerlain takes its inspiration from the mystical cenotes of the Riviera Maya to develop a purifying and moisturizing treatment. Starting with a gentle footbath and well-focused exfoliation, accompanied by ice bubbles on the legs to activate blood circulation and a tailored face and body massage, using multiple rhythms and temperatures. This deep ritual immerses you in a unique experience to intensely soothe and profoundly nourish the skin. Enjoy this magical journey of hydration.

SPIRIT OF MAYAN MUSIC — AIR ELEMENT

1H

Deeply connect with Mayan energies as your body and mind vibrate with the sounds of Riviera Maya nature during a restorative massage. Embark on a unique journey where the unconscious takes over the conscious, immersing you in a truly unique and transformative experience. Lift your spirit up in the air.

TALISMAN OF IMMUNITY — EARTH ELEMENT

1H30

This holistic ritual offers full skin, body, and spirit protection. It combines the effectiveness of the Black Orchid to defend against skin aging with the strength of black obsidian, a revered Mexican sacred stone that helps to improve grounding and find balance. Like armor, this magical alliance preserves the skin and strengthens the body with the richness of the earth.

EXCLUSIVE TREATMENTS

MAYAN POWER — FIRE ELEMENT

1H30

This muscle treatment is designed to soothe and revitalize tired and tense muscles. Through a combination of specialized massage techniques and the warmth of hot spheres, muscular tension and knots are released and blood and lymphatic circulation improve muscle recovery. The body is alleviated and relaxed, reigniting the fire that had gone out.

BEE HEALING RITUAL

2H

Indulge in Guerlain's honey-based treatment, renowned for its effective healing powers. This experience offers facial and body exfoliation, a soothing massage using warm herbal pouches, and a deeply regenerative scalp treatment. An enveloping ritual that calls on the sublime treasures of our Abeille Royale collection.



THE ART OF TAILOR-MADE

TAILOR-MADE TREATMENT

1H — 1H30 — 2HRS

Guerlain tailor-made treatment is sustained by an approach that goes back more than 80 years... Infinite personalization, an extraordinary, highly specialized experience: fine combinations of Guerlain products, innovative gestures, rituals derived from know-how of the greatest Eastern and Western masters... The treatment begins with a meeting, during which the Guerlain Beauty Expert discusses all subjects relating to wellness: including nutrition, movement, sleep, and mindfulness. This exchange allows the Expert to design perfect pairings for the face and body and to meet specific needs rather than simply performing pre-established protocols.



LIGHT UP YOUR FACE

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IMPERIAL FACE SCULPT

4 OR 8 SESSIONS — 1H

Thanks to meticulous facial and morphological diagnosis and a series of expert gestures, this high-tech sculpting aesthetic massage brings firmness, radiance, and youthfulness to your skin. Its deep muscle work helps redefine the contours of the face, lift the cheekbones, open the eyes, and smooth out wrinkles. The power of the gesture at the service of your face for a revolutionary lifting effect to look younger for longer.

ULTIMATE BLACK ORCHID AGE REVERSE

4 OR 8 SESSIONS — 1H — 1H30

The masterpiece of Guerlain treatment is a rare and precious luxury where the symbiosis of gestures and the power of Black Orchid work together to support the skin's self-preservation mechanisms. It is the ultimate talisman for preserving and prolonging youth, renewing the skin that glows with health and flawlessness.

LIGHT UP YOUR FACE

IMPERIAL AGE REVERSE

1H30

Guerlain is inspired by the prodigious longevity of the orchid to create its most complete exceptional anti-aging treatment, with highly regenerating and re-densifying powers. Transforming the skin to a youthful radiance, all the visible signs of aging diminish more quickly and thoroughly. A well-kept secret of sensory pleasure and beauty.

ROYAL HONEY REPAIR & RENEW

1H30

The Abeille Royale range offers all the healing benefits of bee products. By combining microdermabrasion with a purifying massage using warm plant-infused pouches, it intensely repairs the epidermis and illuminates the face. A true youth catalyst that acts on key skin reconstruction processes to create a smoothing and repairing effect.

ENERGIZING FACIAL FOR MEN

1H — 1H30

Sometimes the skin deserves a boost! This treatment includes a scrub, face massage, mask, and eye contour treatment to restore freshness and comfort.

ENERGETIC BODY ENHANCEMENT



ENERGETIC BODY ENHANCEMENT

IMPERIAL BODY SCULPT

4 OR 8 SESSIONS — 1H — 1H30

Powerful and immediately effective, this slimming treatment sculpts the silhouette, reduces cellulite, and drains toxins. The deep and intense motions of drainage and kneading stimulate the metabolism for lasting results. The body is naturally reshaped with more harmonious curves.

INTENSIVE BODY THERAPY

2H

Purify your body with a delightful scrub and nourish your skin with a highly moisturizing wrap, followed by a customized massage... This treatment is a sensorial experience that deliciously enhances the body.

BODY POLISH

1H

An exfoliating and hydrating treatment on the entire body to leave the skin clear and refined, as soft as silk... An invitation to well-being.

RELAXATION MESSAGES



RELAXATION MESSAGES

IMPERIAL RELAXING MESSAGE

1H – 1H30

Paying tribute to Eau de Cologne Impériale, this signature Guerlain massage arouses all the senses. It stimulates circulation, promotes oxygenation, and brings about irresistible relaxation. The 90-minute session is complemented with a glow mask and scalp massage to lift up your senses.

BLISSFUL MOM

1H – 1H30

Designed to improve the skin's elasticity and stimulate circulation, this massage can be performed after the first trimester of pregnancy or at the beginning of motherhood.

ROYAL HEAD RITUAL

1H

This holistic massage deeply soothes the scalp, relieves muscular tension, and invites relaxation. A ritual imbued with a serenity that repairs, protects, and sublimates the hair for a silky touch and infinite shine.

EXCEPTIONAL PAMPERING



EXCEPTIONAL PAMPERING

SCULPT YOUR FACE & BODY

2H30

Imperial Face Sculpt
Imperial Body Sculpt
Focus Rituals

RESTORE YOUR ENERGY

3H30

Royal Honey Repair & Renew
Imperial Body Sculpt
Body Polish

MOTHER'S PAMPERING

3H30

Blissful Mom Massage
Tailor-made Treatment
Complete Foot Treatment

SHINE WITH BEAUTY

3H

Mayan Power
Royal Honey Repair & Renew

DUO TREATMENTS & WELLNESS EXPERIENCES



DUO TREATMENTS & WELLNESS EXPERIENCES

FAMILY TIME

1H30

Enjoy your choice of Guerlain treatments matched to your family preferences, as you spend precious time with loved ones.

AMONG FRIENDS

1H30

Happiness shared is happiness multiplied. The Among Friends journey gives you a sense of belonging and helps boost happiness levels by selecting your own Guerlain experience.

CONSTELLATION MASSAGE

1H

A soulful invitation to stargazing in a romantic atmosphere, this relaxing duo body massage, performed with warm shells, will allow you to immerse yourself in a world of exquisite well-being. Combining gentle and long gestures, this ritual will leave you feeling relaxed, light and with a deeper sense of connection to your companion. This treatment can take place either on the terrace of your room or in Maroma Spa by Guerlain.

MY FIRST GUERLAIN MOMENT

MY FIRST GUERLAIN MOMENT

SWEET SECRETS OF THE BEE

45M

A symbol of Guerlain, the bee invites children to explore its kingdom. Pleasant massages for the scalp, hands, and feet. Discovery of the benefits of honey and its role in nature, the Sweet Secrets of the Bee treatment promises gentle pampering and an indulgent, fun experience.

MY FIRST GUERLAIN MOMENT

45M

A pretty moment where fragrance meets makeup to gently introduce oneself to the beauty signed by Guerlain.

THE ART OF MAKE-UP



THE ART OF MAKE-UP

MAKE-UP APPLICATION

1H

For a special occasion or simply to be perfect and irresistible every day, treat yourself to a makeup session that combines expertise and pleasure.

MAKE-UP LESSON

1H30

We all dream of mastering the Make-Up Artist's gestures... Guerlain lets you in on the most effective beauty secrets to enhance your face.

BRIDAL MAKE-UP

2H30 – 1H + 1H30

For the most wonderful day of your life, opt for tailored make-up in two stages. Trials are made by the Guerlain Beauty Experts in order to have a perfect look on the big day.

THE ART OF BEAUTY

HAIR

Shampoo & Blow Dry
1H

Hair Styling
1H

Bride Hair Styling
1H30

Bridal Hairstyle
& Make-up
3H

WAXING

Upper lip

Under arm

Eyebrows (maintenance)

Eyebrows (shaping)

Half-Leg

Half-Arm

Full Arm

Chest

Back

Full Leg

Bikini

Brazilian

HAND & FOOT TREATMENTS



HAND & FOOT TREATMENTS

COMPLETE HAND OR FOOT TREATMENT

1H

Gentle scrub, repairing cuticle treatment, a moisturizing massage for the hands or feet, a paraffin bath, and nail polish application... This treatment is perfect for those who want to look absolutely flawless, right down to the tips of their fingers or toes.

INTENSIVE HAND OR FOOT TREATMENT

1H30

Pamper your hands or feet with this complete repairing treatment thanks to applying a specific concentrate, a mask, and nail polish application. A real moment of pleasure.

INTENSIVE HAND & FOOT TREATMENT

2H

Hands and feet are constantly in use and often neglected, yet require special attention. Guerlain indulges them with the very best, a complete treatment to repair, soften and enhance.

LOCAL RITUALS



LOCAL RITUALS

TEMAZCAL

1H30

A temazcal ceremony is a traditional Mexican sweat lodge ceremony led by a shaman. The physical structure is typically a dome to represent the mother's womb.

This ceremony is divided into four parts, called doors. At the beginning of each door, volcanic stones are added to the center, so each door becomes progressively hotter. A tea of herbs and plants is poured over the stones by the shaman to create steam. The shaman uses drums and other percussion instruments to lead participants through songs, chants and meditation. The temazcal ceremony ends with participants cleansing themselves in cold water, almost like a Mayan bath, to close out the ceremony.

The health benefits are pure detoxification of your body and organs, improved mental performance, grounding and connection with others, relieving symptoms of depression, reduced chronic fatigue, and many more.

CACAO RITUAL

1H30

The ceremony starts with an explanation of how the Mayans used cacao seeds. The participants focus their minds on the intention of the ritual, along with songs and sound healing. This healing experience is accompanied by an exquisite drink of pure cacao. It helps increase the energetic field of our hearts and invites you to connect with your inner peace.

LOCAL RITUALS

BEE BUZZ THERAPY & SOUND HEALING

1H30

The Melipona is a genus of stingless bees that were sacred to Mayans. The bee buzz benefits are perfect for our wellness therapy due to the relaxing effects that it generates on the mind and body. In this experience, we'll elevate the resonance of the buzz by combining it with sound healing, stimulating the brain, and balancing the energy. Enjoy this experience in our secret Meliponas Center.

APOTHECARY

Our apothecary offers a wealth of ancient knowledge about healing plants. Learn about the classification of herbs, how to recognize them in nature, and how to collect and store them, alongside preparation techniques plus therapeutic and spiritual uses. Join our experts in workshops to create ancestral recipes to heal and connect with the energy of the four elements. Then embrace the magic of distillation, forging a deep connection of the senses within Mayan culture and botanicals.

FITNESS & WELLNESS PROGRAM

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FUNCTIONAL TRAINING

Discover how to train muscle groups together and not in isolation, as well as prepare the body for daily tasks by simulating and performing free movements or resistance.

HIIT – HIGH-INTENSITY INTERVAL TRAINING

Promote the improvement of the cardio-pulmonary condition and increase caloric consumption. This workout is based on sessions of short and intense intervals of effort and recovery.

RESTORATIVE WORKOUT

Improve your muscular strength, endurance, and balance with low impact exercises that focus on improving the strength and function of the body while incorporating either healing or preventative techniques into the program.

TRX – TOTAL RESISTANCE EXERCISES

Reduce stress through the concentration required by training and the release of adrenaline. Workout session based on suspension exercises with special tapes using your body weight.

PERSONAL TRAINING

Achieve the best training results in the most effective and safe way. The private and personalized workout session is adapted to the objectives and personal capabilities of the guest.

FITNESS & WELLNESS PROGRAM

YOGA

From Vinyansa postures to guided relaxation practices, enjoy a routine of Yoga movements with our in-house instructor at our Movement Room. Private sessions are available.

VINYASA

Experience the synchronicity between the breath and the movement with this powerful sequence of flow of asanas (postures).

ASHTANGA

Traditional sequence of asanas, pranayama and meditation. Ideal for advanced practitioners.

POWER

Dynamic practice of isometric asanas (postures) that strengthen muscles.

YIN OR RESTORATIVE

Smooth and sustained movements that help calm the nervous system and align the physical, energetic, and emotional body. Blocks, pillows, and bolsters are used for support and pose extension.

YOGA NIDRA

A guided mediation and practice of deep relaxation. The goal is to achieve a conscious awareness that is extremely close to the edge of sleep.

FITNESS & WELLNESS PROGRAM

MEDITATION

Take time to indulge in a serene encounter with yourself. Our meditation sessions are ideal for being in the present moment and benefit the mind, body and soul. Enjoy them at our Movement Room.

FULL MOON MEDITATION

Clear your mind and get more in tune with the energy of the moon. Guided visualization is used to focus on the experience of the full moon, its light, its energy, and its presence.

PRANAYAMA AND MEDITATION

Achieve a higher state of consciousness and awaken your mind through this yogic breathing practice and guided meditation.

SOUND BATH MEDITATION

The sound of the singing bowls produces vibrations that stimulate your brainwave frequencies helping to go deeper into a meditation in which you focus on being intensely aware of what you're sensing and connecting in the present moment, improving your mental health, physical, and emotional wellbeing.

CHAKRA ALIGNMENT MEDITATION

Unlock memories and stagnant emotions through this verbally guided practice that runs through the seven energy centers of the body.

FITNESS & WELLNESS PROGRAM

WELLBEING

SOUND HEALING

The sound healing technique helps the body, and particularly the brain, to reach deep relaxation, reducing stress and anxiety through the frequencies of crystals or singing bowls.

EFT – EMOTIONAL FREEDOM TECHNIQUE – TAPPING

This technique comes from traditional Chinese medicine, works under the stimulation of the meridians, and reduces stress, anxiety, and even panic attacks.

SUNRISE SALUTATIONS

The purpose of the Sun Salutation is to warm up the spine and improve the body's energy flow. During Sun Salutation, you will activate your muscles, regulate breathing and center your thoughts.

UNDERWATER MEDITATION

Discover the impact of sound waves on your body, get in touch with water, and reconnect with your inner peace. Along with our wellness instructor, let yourself be guided through meditation and learn how to play a singing bowl. The practice can take place in the sea, at your villa pool, or at the wellness pool.

EARTHING WALKING BY THE BEACH

Based on grounding techniques, balance your energy connecting with nature, discovering the different textures and environments that surround us, and feeling the breeze of the oceans refresh your skin.

FITNESS & WELLNESS PROGRAM

WALKING IN NATURE

Experience a combination of mindfulness and jungle bathing. Witness the beauty of mother nature as you walk amongst the unspoiled flora and fauna of Maroma. Relax and disconnect from the outside world, while reconnecting with what truly matters through guided meditation surrounded by the energy of the jungle.

