



SHEN ZONE THERAPIES
OUR PROFESSIONALS ARE AMONG THE BEST IN THE REGION.

WELLNESS CENTER SERVICES

The Global Wellness Institute reports that wellness tourism is one of the fastest developing sectors of the travel market. Also, the desire to own a retreat property for private and professional use has increased as buyers and their guests value the real luxury of having leisure time.

The **Wellness Center** is the meeting place, heart of the community, and a sanctuary for health, relaxation and soothing of the body, mind and spirit. This architectural gem is home to varied services, programs and workshops that inspire fitness, well-being and an extraordinary connection with nature.

FREE YOGA AND MEDITATION CLASSES

Start your day with free yoga and meditation classes. Afterwards, join a fun and exhilarating Zumba/Dance class offered twice a week. Classes are led by a variety of the best teachers in the region.

HOLISTIC SPA ENERGY TREATMENTS

Inner peace and wellness experts pamper your body and soul with an array of treatments like Mayan abdominal massage, Thai massage, Shiatsu, rain drop aromatherapy, energy cleanse, holistic massage, Mayan clay masks and much more.

2 SALT WATER LAP POOLS

These refreshing infinity lap pools with eco-friendly salt water systems feel like swimming in the Caribbean, while being easy on your skin and eyes as you exercise your muscles and relax your mind.

FITNESS CENTER

The Wellness Center's gym is a small but well equipped fitness center hosting a range of cardiovascular machines and strength training equipment. In addition, floor to ceiling glass walls let you enjoy the view of the Mayan jungle.

FITNESS CLASSES

The onsite wellness coach and personal trainer is also a Holistic Nutritionist and Nutritional Therapist, who will create a perfect plan for you to finally achieve your health and fitness goals.



TEMAZCAL

Purify your body, mind and soul in our Temazcal, an ancient Aztec/Mayan ceremony of healing, renewal and release. The Temazcal is a deep guided process of reflection, prayer and meditation, merging the elements of steam, heat, darkness and ritual to help you to awaken to a new place in yourself.

JUICE BAR AND BISTRO

Sample delicious meals at the onsite cafe serving natural juices and light and healthy breakfast and lunch.

AND MUCH MORE!

Enjoy the Moksha lifestyle boutique, cooking classes and Spanish classes at the Wellness Center. There are various meditation areas, a locker room with steam and showers, a relaxing lounge area and 24/7 wifi..

Increasingly stressed individuals are looking for destinations that offer the chance to unplug and boost mental and physical health and wellbeing. Homeowners and visitors can find in this community all of the most desired Wellness amenities based on recent studies, and even more!

