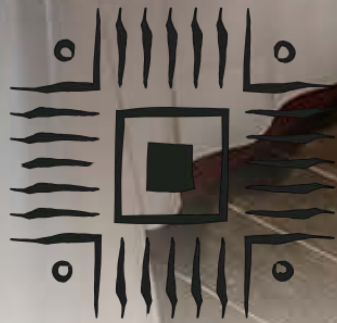




THE SPA AT

PRANA MAYA

—CONNECT TO SOURCE—

INSPIRED BY THE NATURAL BEAUTY AND
HEALING ENERGY OF BELIZE'S JUNGLE
AND SEA, PRANA MAYA SPA OFFERS A
SANCTUARY FOR RESTORATION, RENEWAL,
AND CONNECTION.

—ROOTED IN NATURE, GUIDED BY SPIRIT, ELEVATED BY INTENTION.—



WELCOME TO THE SPA AT PRANA MAYA

Inspired by the natural beauty and healing properties from the jungle and sea, our treatments are designed to restore balance, renew the body, and calm the mind. Each experience blends locally sourced botanicals with refined techniques to create a sense of deep relaxation, radiance and euphoric well-being.

GENERAL SPA INFORMATION

SPA HOURS

9:00 AM – 3:00 PM

Sessions after 3:00 PM are available by special request and subject to availability.

BOOKING YOUR SERVICE

Please contact a member of Guest Services at the front desk or The Spa desk to schedule spa services. **Whatsapp: +501-611-9766**

TAX & GRATUITY

Listed prices do not include gratuity or applicable taxes.

ORGANIC PRODUCTS AT PRANA MAYA

Our treatments feature Cocolove, a Belizean plant-based skincare line created exclusively for The Spa At Prana Maya. Using locally-sourced ingredients, each formulation reflects a commitment to purity, sustainability, and refined, responsible care.

LONGEVITY ENHANCEMENTS

Our Longevity Enhancements are thoughtfully curated to elevate your wellness journey, supporting relaxation, recovery, balance, and overall vitality.

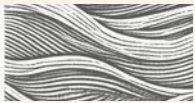
Designed to complement your time at The Spa at Prana Maya, these experiences may be enjoyed on their own, combined for a more personalized ritual, or seamlessly integrated into a spa treatment. Each enhancement has been carefully selected to deepen restoration and create a truly immersive wellness experience.

For available enhancements and pricing, please refer to Page 5 of The Spa Menu.

PRANA MAYA

SIGNATURE SPA SERVICES

Our curated treatments are thoughtfully designed to restore balance, awaken the senses, and elevate your well-being. Each is inspired by nature, guided by tradition, and delivered with intention.



SEA & SOUL MASSAGE

60 MINUTES | \$175 USD

90 MINUTES | \$200 USD

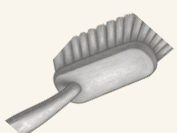
Prana Maya's signature treatment, blending fluid massage techniques with the cleansing essence of Belize's copal oil. Designed to release tension, restore balance, and guide you into deep relaxation.



BELIZEAN HIBISCUS SCRUB & WARM STONE MASSAGE

90 MINUTES | \$250 USD

This deeply relaxing treatment begins with an organic hibiscus exfoliant and mask on the back, belly, and décolletage to detoxify and illuminate the skin's natural glow. A full-body massage with copal oil and lactic acid softens and smooths the skin, enhanced by warm basalt volcanic stones to melt away muscle tension.



DRY BRUSHING DETOX WITH BOTANICAL WRAP & MASSAGE

90 MINUTES | \$275 USD

This purifying body treatment begins with dry brushing to exfoliate the skin and promote lymphatic detox, followed by a warm botanical wrap with ingredients from Belize's jungle and sea. After rinsing, the skin is nourished and tension is relieved with a relaxing massage using antioxidant-rich seaweed serum blended with copal oil.



CACAO COCOON AND SERENITY MASSAGE

90 MINUTES | \$275 USD

This decadent head-to-toe treatment uses Belizean organic cacao. A gentle cacao exfoliation and body mask cleanse, hydrate, soften, and restore radiance. After the mask is rinsed off, the skin is massaged with cacao serum and cacao-infused body cream, leaving it luminous and deeply nourished.

PRANA MAYA

SIGNATURE SPA SERVICES

Our curated treatments are thoughtfully designed to restore balance, awaken the senses, and elevate your well-being. Each is inspired by nature, guided by tradition, and delivered with intention.



SOLAR RECOVERY RITUAL

90 MINUTES | \$250 USD

This cooling face and body treatment is designed to calm and restore sun-kissed skin. Seaweed and aloe cleanse, hydrate, and soothe, while a mineral-rich mask and chilled therapy reduce heat and inflammation.



ISLAND RADIANCE HYDRATION FACIAL

60 MINUTES | \$140 USD

A moisture-rich facial using organic vegan skincare to hydrate, soothe, and restore radiance. Aloe vera and gentle exfoliation refine the skin, while a cooling botanical mask leaves the complexion refreshed and glowing.



JAGUAR VITALITY FACIAL

60 MINUTES | \$140 USD

A sculpting and revitalizing facial inspired by the strength of the Mayan jaguar. Using locally sourced botanicals, this treatment tightens and tones. Gentle exfoliation and a cooling mask cleanse and balance the skin, leaving it lifted and glowing.



GROUNDING COPAL OIL REFLEXOLOGY

30 MINUTES | \$70 USD

60 MINUTES | \$140 USD

This treatment applies pressure to specific points on the feet to promote deep relaxation, reduce stress, improve circulation, and support systemic balance. Warm herbal and essential oil compresses are combined with copal-infused coconut oil massage.



IONIC DETOX RITUAL

30 MINUTES | \$75 USD

A gentle foot bath designed to support the body's natural detoxification process. While you relax, a soothing massage of the scalp, neck, shoulders, arms, and hands enhances circulation and deepens relaxation.

TRANQUIL EXPERIENCES IN YOUR SUITE OR VILLA

More than moments of relaxation, these serenity sessions are exclusively offered in the sanctuary of your private accommodation. They are designed to restore, renew, and inspire a deeper connection to yourself and the world around you.



THE RED QUEEN CACAO RADIANCE RITUAL (IN YOUR VILLA)

2 HOURS | \$450 USD

EXCLUSIVELY CURATED FOR VILLA GUESTS.

Immerse yourself in a full-body cacao experience designed to nourish the skin and calm the senses. Inspired by the essence of the Mayan Red Queen, Ix Mutal Ahaw; a symbol of vitality, sensuality, and feminine power.

Your journey begins with a 30-minute cacao-infused hot Epsom salt bath, accompanied by an antioxidant-rich cup of freshly brewed Belizean cacao tea. You are then guided to the massage table, where a luxurious cacao exfoliation smooths and renews the skin. A rich cacao body mask follows, delivering deep hydration. After the mask is rinsed off, the skin is nourished with a silky cacao serum and cacao-infused body cream.

After your treatment, relax in a robe and slippers while enjoying fresh Caribbean fruit, delicious dark cacao, and a freshly made organic wellness beverage.



ARRIVAL RECOVERY EXPERIENCE

(IN THE SANCTUARY OF YOUR SUITE OR VILLA)

1 HOUR | \$275 USD • 1.5 HOURS | \$325 USD

This in-room experience is designed for those arriving after long-distance travel. It supports the body's natural recovery and ensures an effortless transition into relaxation, setting the tone for your stay.

You begin to unwind with a refreshing beverage and organic Caribbean fruit. Then, wrapped in a plush robe, you are guided to a massage table where a soothing full-body and scalp massage helps melt away tension using our specially formulated herbal Copaiba balm rich in antioxidants and calming aromatherapy.

If you're staying in a villa and would like a hot bath after your massage, simply let us know and we'll prepare it for you so you can continue to immerse yourself in the tranquil comfort of your private space.

LONGEVITY ENHANCEMENTS

Elevate your wellness journey with advanced, results-driven therapies designed to support cellular health, restore vitality, and promote longevity from within.



SACRED SOUND FLOW

30 MINUTES | \$75 USD
60 MINUTES | \$125 USD

A deeply immersive sound therapy experience using gentle vibrations and frequency-based music to calm the nervous system, release tension, restore energetic balance, and cultivate a profound state of relaxation, grounding, and inner stillness.



HYDROGEN RENEWAL

THERAPY
30 MINUTES | \$60 USD

This restorative inflammation therapy delivers molecular hydrogen to support cellular health, reduce oxidative stress, encourage recovery, and enhance mental clarity. Guests frequently enjoy this therapy to combat travel fatigue, brain fog, and jet lag, while promoting renewed vitality and balance.



KLOUD FREQUENCY THERAPY

30 MINUTES | \$60 USD

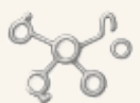
A restorative wellness experience utilizing gentle electromagnetic frequencies designed to support circulation, cellular renewal, relaxation, and overall vitality while encouraging a deeper state of restorative calm.



IONIC DETOX RITUAL

30 MINUTES | \$75 USD

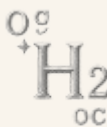
Designed to support the body's natural detoxification pathways through ion exchange, while promoting circulation and relaxation. During the treatment, enjoy a soothing upper body massage focusing on the scalp, neck, shoulders, arms, and hands.



PREMIUM MOLECULAR ACTIVATION PACKAGE

\$300 USD

For optimal results, enjoy Kloud Frequency Therapy twice daily throughout your stay. Includes six sessions over three days.



IONIC DETOX + HYDROGEN RENEWAL PACKAGE

\$125 USD

Combine both therapies for a comprehensive head-to-toe rejuvenation experience.



INFRARED LIGHT THERAPY

30 MINUTES | \$60 USD

Gentle infrared wavelengths penetrate deep into the body to support circulation, reduce inflammation, relax muscles, and promote cellular repair for enhanced wellness and recovery.

THE SCIENCE BEHIND YOUR ENHANCEMENTS GUIDE

SUPPORTING WELLNESS AT THE CELLULAR LEVEL

We thoughtfully integrate evidence-based wellness technologies with holistic healing practices to support the body at a cellular level, nurture vitality, promote resilience and recovery, and restore overall balance for long-term well-being.

KLOUD FREQUENCY THERAPY

The Centropix KLOUD is a wellness mat designed to stimulate cellular health using electromagnetic frequencies. It utilizes a new technology, created by Dr. Wolf Kafka, termed Pulsed Electromagnetic Molecular Activation (PEMA). By generating low-frequency electromagnetic pulses, the mat interacts with the body to increase nitric oxide production, enhance microcirculation, and accelerate cellular recovery.

You can customize your time comfortably on the KLOUD mat with five programs: Relaxation; Balancing; Energizing; Synchronizing; Transformation.

For cellular optimization, use the KLOUD mat twice daily for up to 30 minutes. Please inquire about our Premium Molecular Activation Package.

HYDROGEN RENEWAL THERAPY

Molecular hydrogen acts as a selective antioxidant, penetrating the cell to neutralize oxidative stress at the mitochondrial level. The Axiom H2 system supports recovery, reduces inflammation, and enhances overall vitality.

IONIC DETOX RITUAL

An ionic foot bath designed to support the body's natural detoxification pathways through ion exchange. This process may assist circulation, promote relaxation, and support the body's ability to eliminate metabolic waste.

SACRED SOUND FLOW

Sound frequencies and vibration delivered through the comfort of a memory foam Vibe Bed influence brainwave activity and the nervous system, guiding the body into a parasympathetic (rest-and-repair) state. This supports stress reduction, mental clarity, and overall physiological balance.

INFRARED LIGHT THERAPY

The TheraPro PEMF/Infrared/Red Light Healing Pad uses natural jade, rose quartz, amethyst, shungite and tourmaline stones to support optimal healing by improving circulation, digestion, sleep, athletic performance & recovery, mood, relaxation, sharper cognitive function and focus, lymphatic drainage, immunity, injury recovery, energy and relief from allergies, ADHD, pain and tension. The pad features individual settings to customize your session and advanced Earthing Technology for polarity balancing and grounding.

PEMF is contraindicated for women who are pregnant and individuals with a pacemaker and/or other electronic implants.



WELLNESS BEYOND THE SPA

At Prana Maya, your mind, body, and spirit are at the heart of every wellness experience. Our expert team has thoughtfully curated a collection of complimentary wellness devices to support overall wellbeing throughout your stay.

All devices are to be used only when on the property; please do not take them off property. They are not to be worn in the pool, sea or while bathing. Please contact the Front Desk with questions.

We hope your experience with us extends far beyond your stay—it's an investment in your lifelong wellbeing. If you've enjoyed using your wellness devices and would like to continue experiencing their benefits at home, you're welcome to purchase them at checkout. Simply bring your devices to the Front Desk, where our team will be happy to assist you. Please check with The Spa Gift Shop for additional styles and purchasing options.

If you do not wish to purchase your devices, please return them to the Front Desk when checking out. Devices not returned at checkout will incur a replacement fee of \$250 per device.

GROUNDING MATS & SOCKS:

Your body functions best when you are in electrical harmony with the Earth. Every bed at Prana Maya has a grounding mat for deeply restorative sleep. Grounding helps shield you from harmful EMFs by providing a path for excess charge to dissipate. By using grounding products, you can promote overall wellness, addressing both physical and mental aspects. When you come into contact with the conductive layer of grounding products, your body establishes a direct connection to the Earth. This connection allows your body to release built-up static electricity from everyday life and electronic devices, restoring your body's natural electrical balance.



APOLLO WEARABLE DEVICE:

Feel Calm. Sleep Deeper. Perform Better. The Apollo adapts to every part of your routine, from deep focus and energy, to calm, connection, and restorative sleep. Scientifically proven to regulate your nervous system. Wearable on wrist, ankle, or clip on your clothing.



RA OPTICS:

Developed with world-leading experts in photobiology, neuroscience, and optics, these fashionable glasses are purposefully designed to provide the most advanced protection, yet. The bright lens for clear vision and steady focus all day long, and the red sunset lens to help you wind down and sleep better.

Ask us about purchasing a complete set at a specially discounted price, only for you as a Prana Maya guest. You'll want to bring them home and wear them daily.

Learn more: <https://raoptics.com/collections/complete-set>

