



**FACT SHEET
KINAN SPA
at Maroma Resort**

Description:

Kinan is the Maya word for the energy of the sun. Similar to the Asian concept of Chi, Kinan it is often used to refer to the individual inner energy. Opened officially in March 2005, this fabulous addition to the luxurious Maroma on Mexico's Riviera Maya offers a full range of spa services in unique environments ranging from treatment rooms with private gardens, open-air massage palapas and a rooftop yoga pavilion with 360-degree views of Maroma's dual ecosystems . the jungle and the sea.

Each treatment room is named after a different God/Goddess to respect the ancient beings and increase the healing power of the space. The "Ix Chel" room is named after the goddess of moon, fertility and the protector of the weavers, women and children, while the "Ahou Chamahez" room honors the god of medicine.

The 7000-square foot Kinan Spa was handcrafted by the same family of Mayan stonemasons that have been lovingly creating Maroma for over three decades. This long-standing creative collaboration is one of the reasons that guests, travel professionals and the media rave about the visual beauty of the exclusive resort. In addition to the grace of the buildings, the directional alignment of the structures are based on Maya Sacred Geometry, principles of astrological alignment and energy channels that give Kinan Spa its spiritual essence -- each building and treatment room has been aligned to the stars to ensure positive energy flow so the body, mind and spirit are in harmony.

Maya Sacred Geometry is a science that people are still trying to understand, however it is based on ratios that are in all living things, from our bodies to the earth. Kinan has also been balanced with the four directions, which is another ancient way of respecting nature.

The front door points directly east, as do the treatment rooms. The massage beds are placed so that the guests' heads are at the west looking towards the east (representing new beginnings). The relaxation rooms are pointing to the north (representing the earth and grounding).

Décor:

White and cream stucco finishes, carved niches, handmade floor tiles with river stone borders, hand-hewn beams made from the native zapote trees, and mahogany furnishings and gurgling fountains and pools surrounded by tropical gardens provide an authentic and soothing environment, while strategically placed windows and thatched alfresco corridors bring sunbeams, fresh oceans breezes and bird songs from the jungle.

Enter and explore our Mayan sanctuary.

Amenities:

- 9 air-conditioned treatment rooms (2 are for couples). each with its own shower and bathroom
- 2 wet/dry sauna and plunge pool areas
- Manicure/Pedicure salon
- Massage tower with 360-degree views capturing both jungle and sea ecosystems
- 2 beach palapas for massage
- Men's and women's relaxation rooms
- Rooftop yoga and meditation pavilion
- Temazcal
- Jantzu garden pool
- Flor de la Vida (Flower of Life) pool. The flower of life symbol incorporated into the design of the pool is considered sacred among many cultures around the world, both ancient and modern. Within this symbol can be found all the building blocks of the universe and the symbol is often used as a metaphor for the connectedness of all life and spirit within the universe. The Pool is used for relaxation and water exercise.
- Wellness center with cardio machines, free weights, spinning and yoga.
- Spa boutique
- Treatment consultation room
- Men's and women's dressing rooms with bathrooms and showers
- Outdoors areas to relax and enjoy the Spa atmosphere surrounded by beautiful fountains

SPA CUISINE

Healthy Yucatan-inspired cuisine is prepared by Maroma's chef, which can be enjoyed poolside, in the open air Cilantro cafe or in the privacy of your treatment room. Menu favorites include the Aquarius salad of spinach, artichoke hearts, homegrown chaya leaves, string beans, citrus fruits and home dried tomatoes; Spiced beetroot soup served over jicama and yogurt slaw; False Cauliflower couscous with grilled langoustines and a hibiscus flower reduction; Guajillo chile stuffed with buckwheat; and Shrimp brochette; Zucchini carpaccio; and melon ravioli with crab and ginger in tamarind sauce.

Of special note is a special tonic, Mayan Chaya with Pineapple and Cucumber.

Grown naturally in the Yucatan peninsula, chaya absorbs its extremely high mineral content from the rich limestone earth unique to this region. For many centuries the wise Mayans have used this spinach-like miracle plant as a source of protein, iron and calcium and have taught us to blend its flavor with Mother Nature's fruits to maximize its benefits.

This empowering tonic fills guests with essential vitamins and also eases digestion and stimulates blood circulation.

BODY CEREMONIES

Exotico Native Body Polish *50 minutes*

Seeds and skins from plump, purple grapes are mashed by hand to produce a completely natural, vitamin-rich full body antioxidant treatment that is so delicious you can taste it through your skin. Volcanic black clay is applied next to invigorate your blood, feed your skin essential minerals, and tone muscles. A full body coconut milk hydration completes the treatment.

White Algae Body Cocoon 80 minutes

Like a living, breathing source of calcium and minerals -- pure, hand-harvested white algae is used in this whole body treatment to help restore hormonal balance, deeply replenish essential nutrients, and ease water retention. Pores are opened with a brisk, dry brush massage. Then the

full body mask of pure white algae, organic algae oil, and essential oils envelopes you in the life-giving essences from the ocean...restoring the minerals your body needs. Soothe the turbulent sea within. A warm, soothing massage follows. Skin is conditioned and re-mineralized instantly.

Hot, Healing Poultice 105 minutes

Local medicinal herbs and essential oils are carefully collected and prepared by hand, then wrapped in organic cotton and steamed, intensifying their potency. This is massaged into the body while warm, opening the pores, releasing tension, and improving circulation. A dynamic oil massage completes this healing treatment.

Detox Herbal Wrap 80 minutes

Heated sheets of pure cotton infused with local healing herbs, known through the ages for their detoxifying properties, are wrapped around your body, drawing out toxins and bringing them to your skin's surface. Exfoliation with local honey and salt cleanses these toxins away, leaving your body free of impurities.

Anti-Cellulite Coffee Therapy 90 minutes

Coffee is renowned for its abilities to mend broken skin, soothe irritations and revitalize cells. Our anti-free radical therapy helps smooth cellulite deposits and free the body of impurities. This treatment begins with a dry exfoliation to help stimulate the lymphatic system. Relax as you lie wrapped in the green coffee extracts, which naturally expel environmental toxins from the skin. A relaxing massage completes the treatment, diminishing the appearance of cellulite. Regular treatments are suggested if further improvement is desired.

FACIAL THERAPIES

Anti Aging Facial 50 minutes

Visibly brightens and tones skin using a high tech process that transfers oxygen from marine-based plants into a serum that is readily absorbed by the skin. This plant-based oxygen, combined with minerals, antioxidants and enzymes, all serve to help stimulate cell metabolism, speeding up your skin's own ability to regenerate newer, more energized cells. A customized mask of white algae strips is then applied, to help firm and feed your skin. The result is skin that is deeply hydrated, brightened and more toned. All skin types will benefit.

Mayan Man 50 minutes

Customized especially for a man's skin, this facial is geared to restore damage caused by excessive exposure to sun, environmental toxins, and aging. Exfoliation is followed by a soothing facial that will restore the skin's natural vigor. A relaxing face, neck, shoulder...and foot massage follows.

Kich Pam Facial 50 minutes

Experience our customized facial that will help to reverse the aging process while improving the condition of the skin. This skin changing facial includes cleansing and steam hydration. Depending on your skin condition, a two part exfoliation and toning help stimulate lymphatic drainage by creating a pumping action on the skin. Our two part mask eliminates toxins and dead skin cells, encouraging healthy cellular regeneration. All skin types will benefit from this facial.

Wrinkle Reducing Facial 80 minutes

Using ancient knowledge, crystals were once mined from caves and given to the purest Mayan Princess to use before they took their honor to the Mayan Gods. We use the same methods using crystal exfoliants, collected from special mineral waters with special medicinal properties that help to draw toxins out of the skin. This facial will exfoliate and cleanse skin, and help

reduce fine lines. It also helps benefit those with pigmentation, scarring, broken capillaries and age spots. The enzyme nutrition complex gives radiant, glowing skin for all skin types.

Kinan recommends visiting our steam room 15 minutes before your facial for optimum benefits and results.

KINAN SPA SIGNATURE

Kinan Ritual 80 minutes

You are cleansed through the humble power of local herbs that are infused into hot sheets that are wrapped around your body. The combination of heat and herbs helps draw unwanted toxins to the skin's surface. Next is a full body exfoliation with local honey and salt. Be ready to receive a vigorous four hand massage and feel the powers of Kinan Spa. This Kinan spiritual, physical and mental ritual cleanses and renews.

Temazcal 90 minutes

The Mayan Temazcal is similar to a North American Indian sweat lodge where heated volcanic rocks are doused with herb infused water to create aromatic and healing steam. Offered at dusk, this ritualistic treatment weaves together ancient traditions, chants and meditation. The body is nourished during the treatment, using fruit and enriched mineral mud. After the sun sets, guests are taken to the sea for a cool cleansing plunge. This experience leaves an overall feeling of cleanliness, calm and inner peace.

Aphrodisiac's Chocolate Invigoration 2 hrs

For couples only

Release yourself to this chocolate invigoration. Let us take you and your partner to a place of internal heat and chocolate aromas. We begin by exfoliating the entire body with natural cocoa leaving you ready for a purely smooth chocolate immersion. Your body is massaged with the finest warmed chocolate and then gently wrapped, so you feel the heat! The treatment is complete with a massage using 100% pure chocolate and coconut crème. Our Aphrodisiac Invigoration leaves you and your partner ready to experience the magic of Maroma.

Five Elements 50 minutes 80 minutes

Each individual is dominated by one of five elements that exist on Mother Earth. Every element is made up of energies, vibrations and rhythms that in most people are out of balance. Based on your birth year, we create a personalized treatment using specific massage techniques, aromatherapy and music to give every person the opportunity to return to their essence.

Janzu 45 minutes

Through gentle rocking movements and stretching in our meditation pool, this treatment allows both physical and emotional blockages to be gently released. Each session takes place in warm, chest-high water and involves a series of flowing, dance-like movements. Allow yourself to be nurtured and healed through this very tender, yet powerful water massage.

RITUALS OF TOUCH

All of the following treatments can be catered towards couples

Ancient Healing Massage 50 minutes 80 minutes

This massage is one of the oldest and deepest forms of restorative body work. Working into the muscles with continuous, flowing strokes and allowing total nurturing to the body enables total relaxation. This ancient healing massage will purify your entire being, and assist in letting go of old beliefs, patterns and behaviors. For the ultimate experience, try with four hands!

Mud Massage 50 minutes 80 minutes

Our traditional Mexican mud is a concentration of minerals and vitamins that are easy for the skin to absorb. This beautifying treatment also helps arthritis, hormonal imbalances, post surgery recovery and muscle recovery in sport medicine. In addition, anti-aging, anti-inflammatory, and natural antibiotics are found in this healing mud. Allow Mother Nature to do her best work.

Hot Stone Experience 80 minutes

Stones are the oldest materials on the earth and have accumulated healing energy from memorable times. You are massaged with a combination of warmed river stones and aromatic oils. At the completion of this treatment, you will feel a sense of new vitality and strength flowing through out your body, mind and spirit.

Traditional Yoga Therapy 80 minutes

This therapy is like doing yoga without the effort. Sessions are performed on a floor mat with our guests dressed in comfortable loose clothing. This massage uses two primary procedures; applying gentle pressure with the hands and feet, and a wide variety of passive stretching movements. With these techniques, space and flexibility are created in the musco-skeletal

structure, while the mind gently returns to calm alertness. May be performed outdoors on the beach or at the Kinan Spa.

Reiki 50 minutes

Relax and heal with a Reiki treatment. Our Reiki Therapists use their hands to channel energy from the universe to your body and to help the body heal itself. Reiki Therapy can help relieve pain, boost the immune system and relax the nervous system. Kinan also suggests you combine the Body oil Ceremony with Reiki for a healing hour therapy.

Head, Neck and Shoulders Massage 50 minutes

This form of massage combines physical massage with a more subtle form of energy balancing which affects a person's energy centers. The focus is to balance the three higher chakras and relax the system. This massage has a powerful effect and may bring the energy of the body back into balance creating a deep sense of peace, calm and well being.

Body Oil Ceremony 50 minutes 80 minutes

Experience the healing effects of customized aromatherapy in a relaxing and restorative massage. This Swedish massage begins with a consultation with our trained Aromatherapists and together you select which oils are best suited for your healing needs. The uniquely blended massage oil will rebalance your vital energies by restoring harmony and calm to your body, mind and spirit.

Deep Tissue Massage 50 minutes 80 minutes

This massage is custom designed to target your specific areas of tension and soreness. By using deep pressure contact, this massage will help improve flexibility and mobility in the muscles. The perfect massage for those who prefer stronger hands and a firm touch.

WELLNESS

Wellness is defined as someone's complete state of health. This state of health is more than just the absence of disease and includes physical, mental, emotional, spiritual, social and environmental well-being. At Kinan Spa we take a unique approach to wellness, which is designed to offer everything the body, mind and spirit needs in order to function as one.

The **Kinan Wellness Programs** are designed to offer a complete solution to your health and well-being.

Choose between one of our unforgettable experiences for any length of time that suits your stay with us.

Our programs vary in length and are available for **1-day, 3-days, 6-days and 12-days**.

Allow us to take your well-being expectations to a new level! It's what we do best!

You will find that a Kinan Wellness experience will offer you the knowledge, the motivation and the secret tools that will help your path to well-being.

Welcome to the experience of self-discovery!

WELLNESS PROGRAMS

Mayan Rejuvenation
Detoxification
Anti-Aging
Relaxation
Spiritual Journey
Burn Fat Fast

GROUP CLASSES

The classes are multi-level, which allows individuals to work at their own level. Beginners are welcome. Our classes offer the opportunity for our guests to explore their body and mind, so each class is an inner journey and not a competition. Advanced booking is highly recommended. Private classes for up to two people can be scheduled at a time of your convenience.

Kinan Yoga 8:00 – 9:15 am

Our Yoga combines the postures of Hatha Yoga in a way that it balances our energies. Regular practice leads to improved health, strong posture and the ability to relax the mind using a series of movements, breathing and meditation. Ultimately, the practice of yoga will guide you to the path of perfect health.

Mat Pilates 9:30 – 10:30 am

This popular exercise regime was developed by Joseph Pilates. Its practice leads to strong and flexible body, improved posture, strong core and to the attainment of the uniformly developed body. The Pilates technique focuses on correct breathing, proper execution of the exercises, controlled movements and above all teaches mindfulness during exercising. This class is ideal for all levels including beginners.

CONSULTATIONS

Nutritional Counseling

There is no faster way to improve your health than a positive change in your diet. What we eat or don't eat has got a direct effect on our mental, physical and emotional well-being, short and long term. If you don't feel your best all day long or if you have food cravings and addictions, we would strongly recommend a consultation with our international nutritionist. A number of conditions can be helped too including weight management, digestion, energy levels, mental alertness, immune system and others. You can choose a basic 30 minutes or a lengthy and detailed 75 minutes consultation.

Metabolism Testing

The metabolism is the amount of calories your body burns to sustain life. A slow metabolism can result in weight gain, slow digestion, dry skin, low energy levels, low blood pressure, mental and physical fatigue, weak immune system and cold hands and feet. Using a computerized machine we can measure your metabolism and recommend nutritional and lifestyle changes to allow your body to be at peak performance and healthy.

BODY THERAPIES

Traditional Yoga Therapy

This ancient healing art has its roots in Yoga, Ayurvedic Medicine and Meditation. It is a unique and powerful therapy that combines rhythmic massage, acupressure, stretching, twisting and energy work. Yoga therapy simulates and balances the energy within the body that results in a

feeling of happiness, well-being and deep relaxation. It is performed on a comfortable mat on the floor with the guest dressed in comfortable clothing.

Sports Massage

This full body massages works deep on the muscles, with special attention on the problem areas. The therapist uses advanced massage techniques, so tightness and tension can be removed and specific stretches are used to complete the healing of the muscles. It is recommended for anyone and especially for highly active individuals.

Physical Therapy

This treatment may be for anyone with an injury or postural problems. We will start with an evaluation of the problem, and then with a postural and movement analysis. The treatment will vary from individual to individual and your therapist will be using a wide range of massage and stretching techniques to get your body into a fit state. You will also be able to get a number of rehabilitation exercises that you can do anywhere in order to avoid reoccurring injury. Follow up treatments may be needed.

Body Firming

This treatment will help to firm the body and targets cellulite. In the first 60 minutes you will be performing a series of Pilates exercises that will target particular areas and then you will indulge in a White Algae Body Cocoon. The algae has a natural tightening and firming effect, and helps to get rid of toxins and water retention. After all this, a full body therapeutic massage will improve lymphatic and blood flow, ease muscle aches and helps the body to eliminate toxins.

Private Classes

We offer private **Yoga, Meditation, Pilates & Weight Training Sessions**. Whether you are new to exercise or have been exercising for many years, you are an amateur or a professional athlete, you will find something that will take you to the next level to achieving your health and fitness goals. At Kinan Spa we incorporate body, mind and soul into our training. The result is a healthier, balanced and harmonious you.

KINAN SPA BAR MENU

Mud Bar

Kinan Spa offers a Mayan Mud Bar. This new service was created for those who prefer to self apply mud in the privacy of our luscious sauna and steam rooms. Choose from the four different healing muds.

- Mayan clay provides moisture, nutrients and is purifying to the whole body. This clay is especially good for premature aging and expression lines. Remember to put in your hair as it is healing and restorative. Good for all skin types.
- Black mud is a combination of volcanic mud, arnica extracts, and eucalyptus. This black mud is an anti-inflammatory, anti-septic, heals scars and is extremely hydrating. Very good for dry skin and sun-damaged skin.
- Red Mud is mainly used to refresh the skin and to calm any skin irritations. The red mud also acts as an analgesic, so it is very beneficial for sore, hurting muscles. Good for all skin types.
- Green Mud is the most astringent of all of our mud and is excellent for oily and acne skin. This mud has many healing properties that act as an antiseptic for external wounds.

Aromatherapy Bar

Personalized Massage Blend

***includes consultation with certified aroma therapist*

Our Aromatherapy Bar is a unique Kinan Spa service which offers you a special custom treatment. The service will begin with a consultation from our Certified Aroma-therapist. After an in depth consultation, we create a personalized blend for you to use in the comforts of your home, giving optimum benefits for body, mind and spirit.

KINAN WORKSHOPS Minimum of 4 people are required 120 minutes

Ancient Healing

Includes learning how to fly using Kinan's ancient healing, Massage demonstration and Copal Cleansing are included.

A minimum of 4 people are required

Couples Relaxing Massage

Let Kinan help you connect with your partner and accomplish the gift of giving and receiving of oneself through massage. Deepen your connection to one another through touch.

Includes Homecare Kit: Blended massage oil, eye pillow, candle and relaxing Kinan music CD.

SALON DE LA BELLEZA

Reflexology

30 minutes

50 minutes

Reflexology helps the body to restore and maintain its natural equilibrium, and encourages healing. Tensions are eased and circulation is improved. Reflexology is a theory of healing based on massaging reflex areas on the feet that are linked to other areas and organs of the body within the same zone. Congestion or tension in any part of the foot is mirrored in the corresponding part of the body. Walk out of a Reflexology session and you will walk to difference.

OO'C Foot Beauty Ritual

50 minutes

Close your eyes and dip your toes into a warm bath, and feel the sensation of barefoot bliss enter your feet and climb up your body, and be consumed in deep relaxation. Feel gentle fingers rub nourishing scrub between your toes and onto every curve and crevice of your feet, leaving you soft and smiling. Next, a cooling gel and an ultra-hydrating mask envelop your feet as they are prepared to receive a soothing massage with essential oils. Complete with a nail painting using the color of your choice.

K'AA (Hand) Healing

50 minutes

Pamper and soothe your hands with botanical healing agents that work wonders for your skin and senses. A natural cleansing and stimulating soak softens and relaxes, followed by an exfoliant to gently eliminate dead skin cells, refine the texture of your hands and help diminish dark spots. Experience the beauty of a hand mask that leaves skin silky and moist, while nourishing your nails and cuticles. This deep hydration will be sealed with a light massage and the new glow of your hands will be enhanced with a nail painting of your choice.

Classic Manicure	30 minutes
Classic Pedicure	45 minutes
French Manicure	35 minutes
French Pedicure	45 minutes
Polish Change	25 minutes

MED SPA

WE SHAPE YOUR DREAMS WITHOUT PUTTING YOUR HEALT AT RISK+

FACIAL TREATMENTS

Botox, Fillers and Facial Intradermic Multi-Vitamins

BODY TREATMENTS

Ours treatments should be applied two to three times per week. Patients can return to normal activity immediately after treatment. A specialized Med Spa therapist administers the process. All the technology used at our Med SPA is CE and FDA approved.

Anti-cellulite 60 min. Combined Bi-Polar Frequency Energy and Continuous Wave Infrared Light Technology Bi-Polar Radio Frequency Technology uses cutting edge Elos technology. The only FDA approved technology that combines energy and medical aesthetics. The application consists of using bi-polar radio frequency combined with light to reach and target the tissue through a deep massage. The synergy of all three components provides an effective treatment and results in the only available medical solution for the treatment of cellulite.

How does this function?

Conductive Radio Frequency increases the diffusion of intracellular oxygen by heating the adipose tissue to a depth of 5-15 mm. Infrared Light increases elasticity of the skin and heat subcutaneous fat to a depth of up to 5mm, while safeguarding the skin to facilitate safe and efficient energy delivery. Tissue mobilization is facilitated by rotating, self-cleaning electrodes to ensure excellent coupling with the skin.

Body Reshaping 90 min.

Using High-Intensity Ultrasound Technology

This world pioneering cutting edge technology is the first medical non-surgical procedure, which eliminates fat cells permanently. The obvious advantage is the elimination of anesthetic risks, incisions and scars. The treatment takes less than 90 minutes. The results in specified and targeted areas are similar to those obtained through liposuction

Lipo-dissolve with Enzyme Technology

The Lipo-dissolve treatment consists of injecting a fat dissolve agent called phosphatidylcholine. It is Safe and effective treatment for reducing localized fat deposits. The fat dissolving solution is applied through a series of microinjections. These injections are applied directly to the targeted areas such as the fats deposits around the flanks, back, hips, stomach, etc.. Results are considered permanent if the patient adheres to a proper nutrition program combined with a regular fitness routine.

OPENING HOURS

Spa	Monday to Sunday	9.15 am - 8.00 pm
Fitness Center:	Monday to Sunday	6.00 am - 10:00 pm
Spa Boutique:	Monday to Sunday	8:00 am - 9:00 pm

Extended hours available by special appointment, extra fees incurred.