



Wellness Program

The Kinan Wellness Programs are designed to offer a complete solution to your health and well-being. Choose 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, 3, 6 or 12 days. Allow us to take your well-being expectations to a new level! It's what we do best!

Mayan Rejuvenation

Yoga - Mayan breakfast - nutritional counseling - Mayan organic drink - daily spa treatment - Mayan meal.

Detoxification

Yoga - spa breakfast - nutritional counseling - daily spa treatment - detoxifying organic drink - Mayan mud mask - spa meal.

Anti-Aging

Yoga or Pilates - spa breakfast - nutritional counseling - anti-oxidant rich organic drink - daily spa treatment - spa meal.

Relaxation

Yoga - spa breakfast - nutritional counseling - relaxing organic drink - daily spa treatment - spa meal.

Spiritual Journey

Yoga - spa breakfast - nutritional counseling - guided meditation - daily organic drink - daily spa treatment - spa meal

Burn Fat Fast

Yoga or Pilates - spa breakfast - nutritional counseling - personal training - organic drink - daily spa treatment - sauna & steam chamber - spa meal.

