



## **MAROMA RESORT AND SPA ACTIVITIES**

### *Explore Ancient Civilizations While Rediscovering Inner Peace*

Hard as it is to resist lazing in Maroma's hammocks all day, guests would be remiss not to explore beyond resort grounds as many archeological treasures are nearby, including Tulum, Coba, and the otherworldly Chichen Itza. These three most famous Maya sites are splendid remains of a culture rich in astronomy (priests used the tops of temples and pyramids as observatories), mathematics (the Maya had a calendar and were among the inventors of the concept of zero), and spirituality.

Offering excellent infrastructure and a climate with both winter and summer daytime temperatures in the 80s (F), as well as on-shore breezes, the Caribbean coast of the Yucatan is a delightful recipe for holidays. Costs are relatively low by comparison to other Caribbean destinations, air access is better than ever with Cancun's expanded airport, and the government's investment in a four-lane express highway along the coast, well back from the beach resorts, ensures excellent access to many attractions. Plus, the entire peninsula is composed of limestone, which has eroded to form extensive cavern complexes where the water is crystal clear, affording a unique attraction for divers.

Tulum is a pleasant half-day trip just a one-hour drive from Maroma. Known as the "city of dawn," the story of Tulum unfolds in its silent stones covering a grassy sprawl that ends in cliffs overhanging the Caribbean. In a once-imposing castle that sits on a promontory above the sea, a torch was placed to signal the only opening in the reef enabling friendly boats to come ashore.

Coba is the oldest, and once biggest, city in the Yucatan, located inland in a dense jungle. A two-hour guided tour covers several of the most impressive stone structures that soar so high they seem heaven bound.

Chichen Itza, the most complete of the three sites, offers a marvelous sound and light show that highlights some of its principal structures, including the famous El Castillo, the pyramid with stepped ramps to the top on all four sides, as well as the ancient playing field. For those who wish to avoid the three-hour drive, the hotel can arrange to fly guests to Chichen Itza, providing lunch en route.

Guest Services arrange beautiful tours to Sian Ka'an, a protected reserve located to the south of the Quintana Roo state, a diverse ecosystem of wetlands and jungle is highly recommended. The friendly hospitality staff also arranges tour to swim with dolphins, adventure tours, ecotours like the whale shark tour.

But many options to spend their days relaxing, or swimming in the sea or shady pool in the garden. Long stretches of empty beach invite long meditative walks dotted with simple joys such as watching sandpipers and chatting with the occasional fisherman. Even in high season few are ever on the beach with its white colored powdery sand that's constantly replenished from the world's second longest barrier reef just 100 yards off shore. Maroma's waters are superb for snorkeling, scuba and deep sea diving, and resort staff can arrange any type of outing.

Despite the relaxed atmosphere at Maroma, there is quite a lot to do, if one is so inclined. In addition to a plethora of spa treatments and pampering massage, facials and other rejuvenating treatments at Kinan Spa, a multimedia theater offers an extensive library of video and DVD movies and performances. The library, television room and billiards table provide other opportunities for carefree down time.

Regardless of how adventuresome guests are, Maroma's Temazcal is a must. An ancient sweat lodge combining a steam bath and mud, it is a cleansing ritual designed to pay homage to the inner child. Utilizing heat from volcanic stones, it is ideal for cleaning pores and clearing the mind. The 60-minute natural treatment begins with a therapist who marks the beginning of the ritual by blowing into a conch shell. Once inside the Temazcal, which is shaped like a pyramid, guests form a circle and the door is closed.

As the Temazcal becomes hot the body immediately begins to release toxins, inviting the transformation to begin. After 50 minutes, a bowl of cleansing mud is passed around for guests to slather on their bodies. Then the Temazcal is opened, and guests are led into the ocean, leaving bodies and minds refreshed.

Visitors can also head for the thatched-roof hut on the beach where a menu of leisure activities ranges from snorkeling, diving, sailing, windsurfing, fishing and kayaking to indulgent spa treatments, including various forms of massage, mud-baths, Reiki and shiatsu. Browsing Maroma's boutique for beautiful cotton wear, jewelry, Mexican crafts, original art, resort wear and sundries, is always pleasurable, while a visit to the resort's salon for manicures, pedicures and hair styling is an indulgent diversion.

Located in the Riviera Maya, Maroma Resort and Spa is a 65-room and a four bedroom Villa rustically luxurious hideaway built by hand in the tradition of the Mexican haciendas where personal service, warm hospitality and privacy are unsurpassed. Known for its residential feel, it is among the most sought after on the Riviera Maya as its unspoiled beach and lush jungle provides the utmost in privacy and natural beauty.

For reservations and information, please contact Orient-Express Hotels (toll-free) at 866-454-9351 or [reservations@maromahotel.com](mailto:reservations@maromahotel.com). Additional information is available at [www.maromahotel.com](http://www.maromahotel.com).

# # #

**Media Contact:**

Kristen Vigrass / Julia Barnes | The Brandman Agency | 212.683.2442 | [firstname@brandmanpr.com](mailto:firstname@brandmanpr.com)