



BLUE DIAMOND

LUXURY BOUTIQUE HOTEL

*****GL

RIVIERA MAYA - MEXICO



Wellness Retreats

THE IDEAL HARMONY BETWEEN BODY AND MIND.



*Where nature, art and tradition
come together to harmonize
body, soul and mind.*

BLUE DIAMOND LUXURY BOUTIQUE HOTEL^{*****GL}
RIVIERA MAYA · MEXICO

Escape to a world of unrivaled luxury and tranquility at **Blue Diamond Luxury Boutique Hotel^{*****GL}**, located in the breathtaking Riviera Maya of Mexico. Indulge your senses with our **exquisitely designed suites**, which seamlessly blend contemporary elegance with natural elements to create a unique and unforgettable experience.

Our commitment to **holistic wellness** is evident in every aspect of our resort, from the moment you arrive. Our expansive 29062.56ft² **SPA** offers a diverse range of wellness treatments, inspired by the Mayan and Asian cultures. With 11 individual cabins, a hydrotherapy circuit, and a swimming pool, you can immerse yourself in a serene environment **designed to rejuvenate your mind and body**. Our unique offerings, such as the **Temazcal**, an ancestral healing ritual aimed at purifying the soul, or our retreat programs focused on disconnecting from the daily grind, are not to be missed.

TEMAZCAL · RITUALS AND TREATMENTS · HYDROTHERAPY · KINESIS · SPA · RETREATS
YOGA SESSIONS · YOGA ROOM · PERSONAL TRAINER · GYM

Luxury Tailor-made Retreats Programs

THE PROGRAM THAT FITS YOU

Health is a journey and every step to achieving physical, mental and emotional stability depends on the needs of each person. **Blue Diamond Luxury Boutique Hotel *****GL** offers personalized packages for groups or individuals designed to provide the best experience of full self-discovery, relaxation and growth.



Individual Retreat

3-DAY PROGRAM *

Immerse yourself in our facilities and enjoy our Individual programme to connect body and mind. Embark on a unique environment combining personalized techniques incorporating Mayan philosophy with Asian healing results for immediate relief from everyday stresses along with a wonderfully unique experience of peace, wellness and healthy food.

* Conditions apply

DAY I

Welcome-wellness Orientation Session	60 min
Personal Training	60 min
SPA Thermal Circuit with Sauna	30 min
Lymphatic Drainage	80 min
PERSONALIZED LUNCH AND DINNER	

DAY II

Hatha Yoga & Pranayama Breathing	60 min
Healthy Food Class	60 min
Personal Kinesis Training	60 min
SPA Thermal Circuit with Sauna	30 min
Deep Tissue	30 min
PERSONALIZED BREAKFAST, LUNCH AND DINNER	

DAY III

Hatha Yoga & Meditation	60 min
Personal Training	60 min
SPA Thermal Circuit with Sauna	30 min
Temazcal	60 min
Closing Session	60 min
PERSONALIZED BREAKFAST AND LUNCH	

PRICE \$ 2850 ^{USD}

Group Retreat

3-DAY PROGRAM *

Embark on a unique experience and enjoy our group retreat programme with personalized sessions. Each one is designed to bring you into harmony and serenity, in the middle of the jungle, with people who are on the same wavelength as you.

* Conditions apply



DAY I

Welcome-wellness orientation session	60 min
Personal training	60 min
SPA Thermal Circuit with sauna	30 min
Lymphatic Drainage	80 min
PERSONALIZED LUNCH AND DINNER	

DAY II

Hatha Yoga & Pranayama Breathing	60 min
Healthy Food Class	60 min
Personal Kinesis Training	60 min
SPA Thermal Circuit with Sauna	30 min
Deep Tissue	30 min
PERSONALIZED BREAKFAST, LUNCH AND DINNER	

DAY III

Hatha Yoga & Meditation	60 min
Personal Training	60 min
SPA Thermal Circuit with Sauna	30 min
Temazcal (UP TO 12 PEOPLE)	60 min
Closing Session	60 min
PERSONALIZED BREAKFAST AND LUNCH	

PRICE \$ 7250^{USD} 8 PEOPLE | PAX EXTRA \$ 2100^{USD} 9 - 12 PEOPLE

Day Pass

PROGRAM *

Experience a day with a difference at our exclusive resort and enjoy this personalized programme with access to our facilities, restaurants, Spa and sessions to revitalize your mind, energize your body, and balance your soul.

* Conditions apply



SENSE PACKAGE INDIVIDUAL

SPA Thermal Circuit with Sauna <i>(individual treatment, per person)</i>	30 min
Lymphatic Drainage Massage <i>(individual treatment, per person)</i>	80 min

ACCESS TO FACILITIES AND RESTAURANTS

PRICE \$ 380 USD

NAMASTE PACKAGE INDIVIDUAL

Yoga Session	60 min
SPA Thermal Circuit with Sauna	30 min
Deep Tissue Massage	80 min

ACCESS TO FACILITIES AND RESTAURANTS

PRICE \$ 499 USD

MIND PACKAGE GROUPAL 4PAX

Yoga Session	60 min
SPA Thermal Circuit with Sauna	30 min
Temazcal	60 min

ACCESS TO FACILITIES AND RESTAURANTS

PRICE \$ 1459 USD



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The ideal harmony between body and mind.

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Adults only

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 **BlueDiamondLuxuryBoutiqueHotel**

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TERMS & CONDITIONS

Reservations must be made with a 50% deposit in advance, full amount to be paid prior to arrival. · In case of no show the deposit is not refundable. · Book at least 7 days in advance subject to availability. Cancellations free of charge up to 30 days before the activity date. · Inclusions are not interchangeable and/or transferable. · In the case of group retreats there is a minimum and maximum number of participants. · In case of not concluding the retreat the payment is non-refundable and/or transferable. · The health form must be filled out correctly. · Inclusions are subject to availability of schedules.