



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 <sup>\*\*\*\*\*GL</sup>  
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 29062.56ft<sup>2</sup> **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.

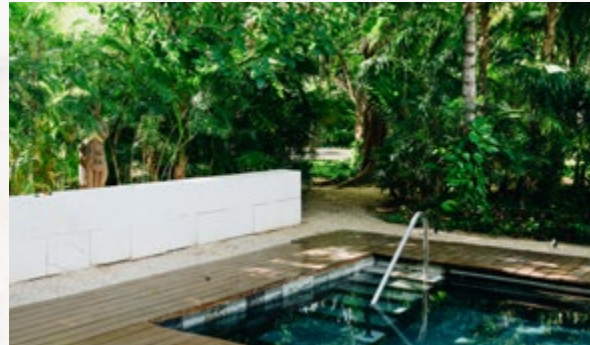
TEMAZCAL · RITUALS AND TREATMENTS · HYDROTHERAPY · KINESIS · SPA · RETREATS  
YOGA SESSIONS · YOGA ROOM · PERSONAL TRAINER · GYM



# 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. The **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 |        |

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PRICE \$ 2850 <sup>USD</sup>



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*The ideal harmony between body and mind.*

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**Adults only**

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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.