

Wellness



GUERLAIN
PARIS

MAROMA SPA BY GUERLAIN

Contents

| | |
|----|-------------------------------|
| 3 | WELCOME |
| 5 | WELLNESS EXPERIENCES |
| 9 | MAROMA SPA BY GUERLAIN |
| 13 | LOCALLY INSPIRED |
| 17 | FACIAL |
| 21 | MASSAGE & BODY |
| 25 | COUPLES |
| 27 | YOUNG SPA |
| 29 | ENHANCEMENTS |
| 33 | SPA GUIDELINES |
| 35 | FITNESS |
| 37 | MOVEMENT AND VITALITY |
| 40 | CLASSES |
| 42 | CONTACT |



Welcome

Maroma Spa by Guerlain uniquely blends Mayan traditions, offering a holistic Riviera Maya experience where ancestral rituals, natural ingredients, and advanced skincare science converge for complete well-being. Guerlain's bee emblem finds a reflection in the Mayan's Melipona bee, celebrating both French well-being and Mayan healing through the elements of water, fire, air, and earth.

This reverence for nature crafts an unforgettable journey. Guerlain transforms well-being into a science, providing a personalized, innovative, and holistic approach to nurturing body, mind, and soul.



Wellness Experiences

Wellness Experiences

Maroma Spa by Guerlain offers a deeply personalized wellness journey. Recognizing that your path to well-being is unique, we tailor each experience to your individual needs, desires, and aspirations. Inspired by ancient Mayan traditions and elevated by Guerlain's artistry, our personalized wellness experiences empower you to achieve optimal health, inner peace, and lasting beauty, harmonizing with the essence of the Belmond narrative.

TEMAZCAL 90 MINUTES

Immerse yourself in a traditional Mexican temazcal ceremony, a sweat lodge led by a shaman in a dome symbolizing the womb. Through four "doors," heated volcanic stones and herbal steam purify the body. Shamanic drumming and meditation guide you towards detoxification, mental clarity, and grounding. Conclude with a refreshing seawater cleanse in the ocean, a Mayan-inspired rebirth on the shores of Maroma.

HEALING FREQUENCIES FROM NATURE'S HIVE 90 MINUTES

Discover the Melipona, a stingless bee sacred to the Mayans, and its relaxing buzz benefits for mind and body. This wellness ritual elevates the experience with sound healing, stimulating the brain and balancing energy. Enjoy this unique sensory journey in our secluded Melipona's Center, connecting with ancient Mayan wisdom.

CACAO RITUAL 90 MINUTES

Discover the Mayan tradition of cacao as the ceremony begins. Set intentions with songs and sound healing while savoring an exquisite pure cacao drink. This healing experience expands your heart's energetic field, inviting you to connect with your inner peace and the wisdom of the Mayans.

APOTHECARY 60 MINUTES

Unlock ancient healing knowledge in our apothecary. Learn to classify, identify, harvest, and store herbs, understanding their therapeutic preparation and uses. Create ancestral recipes with our experts, connecting to the elements. Embrace distillation, forging a sensory link with Mayan culture, botanicals, and nature's healing power.



Maroma Spa by Guerlain



Maroma Spa By Guerlain

Immerse yourself in a world of sensory delight. Our spa therapists offer luxurious massages, transformative facials, and unforgettable experiences for families and couples, all designed to nourish your body and soul.



Locally Inspired

BEE HEALING RITUAL - EARTH ELEMENT

120 MINUTES

Indulge in Guerlain's honey-based wellness ritual, renowned for its effective healing powers. This experience offers facial and body exfoliation, a soothing massage using warm herbal pouches, and a deeply regenerative scalp ritual. An enveloping ritual that calls on the sublime treasures of our Abeille Royale collection.

MAYAN POWER - FIRE ELEMENT

90 MINUTES

This muscle relief expertise is crafted to soothe and revitalize tired and tense muscles. Through a combination of specialized massage techniques and the warmth of hot spheres, muscular tension and knots are released and blood and lymphatic circulation improve muscle recovery. The body is alleviated and relaxed, reigniting the fire that had gone out.

SPIRIT OF MAYAN MUSIC - AIR ELEMENT

60/90 MINUTES

Deeply connect with Mayan energies as your body and mind vibrate with the sounds of Riviera Maya nature during a restorative massage. Embark on a unique journey where the unconscious takes over the conscious, immersing you in a truly unique and transformative experience. Lift your spirit up in the air.

PURIFYING CENOTE - WATER ELEMENT

120 MINUTES

Guerlain takes its inspiration from the mystical cenotes of the Riviera Maya to develop a purifying and moisturizing experience. Starting with a gentle footbath and well-focused exfoliation, accompanied by ice bubbles on the legs to activate blood circulation and a tailored face and body massage, using multiple rhythms and temperatures. This deep ritual immerses you in a unique experience to intensely soothe and profoundly nourish the skin.





TAILOR-MADE RITUAL/EXPERIENCE

60/90/120 MINUTES

Guerlain's tailor-made signature ritual, rooted in 80 years of expertise, offers infinite personalization. This specialized experience combines Guerlain products, innovative techniques, and rituals from Eastern and Western masters. A consultation covers wellness, nutrition, movement, sleep, and mindfulness, allowing the expert to design perfect face and body pairings addressing your unique needs, beyond pre-set routines.

IMPERIAL FACE SCULPT

60 MINUTES

Thanks to meticulous facial and morphological diagnosis and a series of expert gestures, this high-tech sculpting aesthetic massage brings firmness, radiance, and youthfulness to your skin. Its deep muscle work helps redefine the contours of the face, lift the cheekbones, open the eyes, and smooth out wrinkles. The power of the gesture at the service of your face for a revolutionary lifting effect to look younger for longer.

FOCUS RITUALS

30 MINUTES

Complement your spa experience with a focus service, choose from scalp massage, foot massage, neck and shoulder massage, or face massage.

AGE REVERSE INDULGENCES

ULTIMATE BLACK ORCHID AGE REVERSE

90 MINUTES

The masterpiece of Guerlain luxury experience is a rare and precious luxury where the symbiosis of gestures and the power of Black Orchid work together to support the skin's self-preservation mechanisms. It is the ultimate talisman for preserving and prolonging youth, renewing the skin that glows with health and flawlessness.

IMPERIAL AGE REVERSE

90 MINUTES

Guerlain is inspired by the prodigious longevity of the orchid to create its most complete exceptional anti-aging ritual, with highly regenerating and re-densifying powers. Transforming the skin to a youthful radiance, all the visible signs of aging diminish more quickly and thoroughly. A well-kept secret of sensory pleasure and beauty.

AURA NOBILE

90/120 MINUTES - PROGRAM OF 4 OR 8 SESSIONS

Thanks to the prodigious powers of the Gold Nobile orchid, endemic to the Himalayan region, this anti-aging facial brings light and youth to the skin. It combines the art of digitopressure with the ancestral power of gua sha to sculpt the face, oxygenate the skin, and revitalize cells. The draining and detoxifying facialist techniques deliver immediately visible results: infinitely lifted features, a radiant and flawless glow, and a youthful aura that shines brightly.

ROYAL HONEY REPAIR & RENEW

90 MINUTES

The Abeille Royale range offers all the healing benefits of bee products. By combining microdermabrasion with a purifying massage using warm plant-infused pouches, it intensely repairs the epidermis and illuminates the face. A true youth catalyst that acts on key skin reconstruction processes to create a smoothing and repairing effect.

ENERGIZING FACIAL FOR MEN

60/90 MINUTES

Sometimes the skin deserves a boost! This facial includes a scrub, face massage, mask, and eye contour care to restore freshness and comfort.



Massage & Body

IMPERIAL RELAXING MASSAGE

60/90 MINUTES

Paying tribute to Eau de Cologne Imperial, this signature Guerlain massage arouses all the senses. It stimulates circulation, promotes oxygenation, and brings about irresistible relaxation. The 90-minute session is complemented with a glow mask and scalp massage to lift your senses.

DEEP MUSCULAR MASSAGE

60/90 MINUTES

Melt away stress and revitalize your body with our deep muscular massage. This deeply restorative ritual alleviates muscle soreness, reduces inflammation, and improves range of motion. Experience the rejuvenating benefits of deep tissue manipulation, leaving you feeling refreshed and renewed.

BLISSFUL MUM MASSAGE

60/90 MINUTES

Designed to improve the skin's elasticity and stimulate circulation, this massage can be performed after the first trimester of pregnancy or at the beginning of motherhood.

ROYAL HEAD RITUAL

30/60 MINUTES

This holistic massage deeply soothes the scalp, relieves muscular tension, and invites relaxation. A ritual imbued with a serenity that repairs, protects, and sublimates the hair for a silky touch and infinite shine.

IMPERIAL BODY SCULPT

60/90 MINUTES

Powerful and immediately effective, this slimming ritual sculpts the silhouette, reduces cellulite, and drains toxins. The deep and intense motions of drainage and kneading stimulate the metabolism for lasting results. The body is naturally reshaped with more harmonious curves.

INTENSIVE BODY EXPERIENCE

120 MINUTES

Purify your body with a delightful scrub and nourish your skin with a highly moisturizing wrap, followed by a customized massage. This exquisite ritual is a sensorial experience that deliciously enhances the body.

BODY POLISH

60 MINUTES

An exfoliating and hydrating ritual on the entire body to leave the skin clear and refined, as soft as silk. An invitation to well-being.



BONDING BLISS
90 MINUTES

Enjoy your choice of Guerlain experiences matched to your family preferences, as you spend precious time with loved ones.

NIGHT CONSTELLATION MASSAGE
60 MINUTES

A soulful invitation to stargazing in a romantic atmosphere, this relaxing duo body massage, performed with warm shells, will allow you to immerse yourself in a world of exquisite well-being. Combining gentle and long gestures, this ritual will leave you feeling relaxed, light and with a deeper sense of connection to your companion. This sensorial ritual can take place either on the terrace of your room or in Maroma Spa by Guerlain.

AMONG FRIENDS
90 MINUTES

Happiness shared is happiness multiplied. The Among Friends journey gives you a sense of belonging and helps boost happiness levels by selecting your own Guerlain experience.



SWEET SECRETS OF THE BEE

45 MINUTES

A symbol of Guerlain, the bee invites children to explore its kingdom. Pleasant massages for the scalp, hands, and feet. Discovery of the benefits of honey and its role in nature, the Sweet as Honey experience promises gentle pampering and an indulgent, fun experience.

MY FIRST GUERLAIN MOMENT

45 MINUTES

A pretty moment where fragrance meets makeup to gently introduce oneself to the beauty signed by Guerlain.

REFRESHING FOOT

15 MINUTES

Revitalize tired feet with this soothing treatment designed to refresh, hydrate, and relieve fatigue.

ANTI-AGING HANDS

15 MINUTES

Restore youthfulness to your hands with this rejuvenating treatment designed to hydrate, smooth, and diminish the signs of aging.

INTENSIVE REPAIR MASK

15 MINUTES

Deeply nourish and restore your skin with this intensive mask, formulated to repair, hydrate, and revitalize.

MAKE-UP TOUCH

30 MINUTES

Perfect your flawless finish with a complimentary touch-up following your makeup application. Designed to refine details and ensure lasting radiance throughout your day or evening.

ELEVATE YOUR SPA JOURNEY WITH OUR CAREFULLY CURATED SELECTION OF ENHANCEMENT ADD-ONS. THESE EXCLUSIVE OFFERINGS ARE DESIGNED TO COMPLEMENT AND ENRICH YOUR EXPERIENCES, PROVIDING AN EXTRA LAYER OF LUXURY, RELAXATION, AND PERSONALIZED CARE.

PARAFFIN WAX

15 MINUTES

Deeply hydrating treatment using warm paraffin wax to soften skin, relieve joint pain, improve circulation, and enhance relaxation and comfort.

NAILCARE

COMPLETE HAND OR FOOT INDULGENCE

60 MINUTES

Achieve flawless nails! Includes gentle scrub, cuticle repair, moisturizing massage, paraffin bath, and polish. Hands or feet perfectly pampered.

REGULAR POLISH

30 MINUTES

Traditional nail polish application with a wide range of colors to choose from. Perfect for a polished, finished look.

GEL POLISH

30 MINUTES

Long-lasting gel polish application with a high-shine finish that lasts up to two weeks without chipping.

GEL REMOVAL

30 MINUTES

Careful gel polish removal performed with precision to ensure your natural nails remain strong and healthy.

WAXING

A sensorial hair removal experience that leaves skin soft, polished, and effortlessly refined.

30 MINUTES

Upper lip / Under arm / Eyebrows

45 MINUTES

Chest / Back / Half-Leg / Half-Arm / Bikini

THE ART OF MAKE-UP

MAKE-UP APPLICATION

60 MINUTES

For a special occasion or simply to be perfect and irresistible every day, treat yourself to a makeup session that combines expertise and pleasure.

HAIR

SHAMPOO & BLOW DRY

60 MINUTES

Our Shampoo & Blow Dry cleanses and expertly styles, reviving your hair's natural shine.

HAIR STYLING

60 MINUTES

Discover the artistry of hair styling at our spa. Our skilled team will work with you to create a personalized look, from classic styles to contemporary trends, helping you achieve your dream hairstyle.

BRIDAL HAIRSTYLE & MAKE-UP

180 MINUTES

Your wedding day, your perfect look. Our bridal hair styling and make-up services are tailored to your unique vision, creating a stunning and personalized style that reflects your individuality.

WE'RE DELIGHTED YOU WILL BE JOINING US. OUR SPA IS AN OASIS OF CALM, AND WE THEREFORE ASK THAT YOU HELP US MAINTAIN A PEACEFUL AMBIENCE BY SPEAKING IN A SOFT VOICE AND TURNING OFF YOUR CELL PHONE.

APPOINTMENTS

As spa experiences are subject to availability, we strongly recommend scheduling your appointments before your arrival. Appointments for minors (children under 16 years of age) must be made by a parent or guardian, who must also check them in. Minors booked in for closed-door spa experience must have a guardian in the room for the duration of the service.

CANCELLATIONS

We ask that you make any cancellation or change to spa experience at least 24 hours before your appointment to avoid being charged the full fee.

ARRIVAL

We invite you to arrive at least 30 minutes before your appointment to allow adequate time to change. For your comfort we provide a robe, towel, slippers and other amenities. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the spa experience or service will still be charged.

WELLBEING

For your comfort and safety, we ask you to mention any conditions you may have, such as injuries, illnesses or allergies, when booking your appointment as certain spa experience may not be advisable. In addition, before your spa experience begins, please let your therapist or aesthetician know of any medical concerns.

PRECAUTIONS

We recommend eating and drinking in moderation and avoiding alcoholic beverages prior to your spa experience or exercise class. If you need to shave (particularly beardless men receiving a facial), please do so at least two hours before your appointment. Please don't shave your legs prior to a body scrub ritual. Sunburn may limit enjoyment of your spa experience; please be vigilant and use sun protection.

JEWELLERY AND VALUABLES

Most therapies flow more easily without the interference of jewellery. We recommend removing neck and wrist ornaments. Please leave all valuables in your room safe.



Fitness

YOGA

60 MINUTES

From Vinyasa postures to guided relaxation practices, enjoy a routine of Yoga movements with our in-house instructor at our Movement Room. Private sessions are available.

MAT PILATES

45 MINUTES

Low-impact modality, with strengthening and lengthening exercise that focuses on your core muscles while also training your arms and legs.

RESTORATIVE WORKOUT

45 MINUTES

Improve your muscular strength, endurance, and balance with low impact exercises that focus on improving the strength and function of the body while incorporating either healing or preventative techniques into the program.

PERSONAL TRAINING

60 MINUTES

Achieve the best training results in the most effective and safe way. The private and personalized workout session is adapted to the objectives and personal capabilities of the guest.

Movement & Vitality at Maroma

Your journey to a healthier you starts here. Explore our Fitness Menu and discover personalized programs to help you achieve your unique wellness goals.



UNDERWATER MEDITATION

45 MINUTES

Discover the impact of sound waves on your body, get in touch with water, reconnect with your inner peace. And let yourself be guided through meditation. The practice takes place in the pool.

FULL MOON MEDITATION

45 MINUTES

Clear your mind and get more in tune with the energy of the moon. Guided visualization is used to focus on the experience of the full moon, its light, its energy, and its presence.

SOUND HEALING

60/90 MINUTES

The sound healing technique helps the body, and particularly the brain, to reach deep relaxation, reducing stress and anxiety through the frequencies of crystals or Tibetan bowls.

Classes

SUNRISE SALUTATIONS

20 MINUTES

The purpose of the Sun Salutation is to warm up the spine and improve the body's energy flow. During Sun Salutation, you will activate your muscles, regulate breathing and centre your thoughts.

MELIPONAS JOURNEY

30 MINUTES

Explore the unique sanctuary of the Melipona bee. Discover how these amazing creatures work together and learn about the numerous benefits they bring to our ecosystem.

AROMATIC SALTS

30 MINUTES

Learn the Art of making aromatic and Therapeutic Salts at our apothecary.

ART AS A PATHWAY TO WELLNESS

45 MINUTES

Discover inner peace. Begin with a labyrinth ritual, explore a meliponarium, and paint bee hives, connecting art with well-being.

Contact

MAROMA SPA BY GUERLAIN

MAROMA, A BELMOND HOTEL, RIVIERA MAYA

Telephone (from room): Ext. 473

Telephone (external line): +52 984 370 0400

BELMOND