



THE SPA AT  
PRANA MAYA

SURRENDER TO TRANSFORMATION \_\_\_\_\_



## THE SPA AT PRANA MAYA

Infuse a moment of peaceful rejuvenation with a soothing massage, a refreshing facial, or a blissful sound journey at The Spa at Prana Maya. Inspired by our local Maya culture and traditions as well as the island resort's natural surroundings, our expert therapists infuse organic and healing products with cutting edge techniques to restore tranquility and balance. With six spacious treatment rooms, including a couple's massage room, private ocean views as well as a sound therapy lounge, The Spa at Prana Maya offers a stunning setting to retreat and relax.

Many of our treatments incorporate copal, an aromatic tree resin that can be infused into oils or burned as incense. Used in Central America for thousands of years, copal smoke is believed to purify and clear energy.





TRANSFORMATIVE  
TREATMENTS



## SEA & SOUL MASSAGE

60 minutes | \$200 USD

90 minutes | \$250 USD

The Sea & Soul Massage is Prana Maya's hallmark treatment, a Belizean-inspired experience that blends fluid massage techniques with the ancient cleansing powers of copal. Flow like the sea, ground like the earth, and breathe in the soul of Belize. This healing treatment harmonizes body, mind, and spirit, inviting deep relaxation, renewal, and spiritual balance.





HEALING MESSAGES



## BELIZEAN STONE MELT MASSAGE

60 minutes | \$200 USD

90 minutes | \$250 USD

Smooth heated river stones are placed on key points for the body to melt away tension and ease sore muscles. Combined with the flowing massage techniques, this deeply relaxing treatment draws on the warmth and rhythm of Belize's natural elements to leave you grounded, calm and renewed.

## RAINFOREST DETOX TREATMENT

90 minutes | \$250 USD

Experience the healing power of Belize's lush jungle with this full-body herbal treatment. We use a blend of traditional local herbs known for their natural detoxifying and soothing properties. Your body is gently wrapped in herb-infused plant oils to draw out toxins, relax your muscles, and nourish your skin. You will release stress and built-up tension, leaving you feeling lighter, cleaner, and more balanced. This is more than just a spa treatment - it's a deep, natural cleanse, rooted in Belizean tradition and the healing gifts of the land.





## ISLAND RADIANCE HYDRATION FACIAL

60 minutes | \$190 USD

Inspired by the lush, healing beauty of Belize, this hydration-focused facial restores moisture, soothes sun-kissed skin, and leaves skin glowing. Aloe vera deeply hydrates and calms the skin, gentle exfoliation removes dullness, and a cooling botanical mask replenishes moisture and boosts elasticity.

Every step of the facial honors the rhythms of nature, blending traditional Belizean wellness practices with pure, skin-loving ingredients. Whether you've been out in the sun or simply want to revive your natural glow, this facial is your skin's tropical getaway.

## BALAM VITALITY FACIAL

60 minutes | \$215 USD

Channel the strength and renewal of the balam, the ancient Maya Jaguar spirit and guardian of the jungle, with this revitalizing facial designed to awaken your natural glow. This nourishing facial uses a blend of locally sourced botanicals to deeply hydrate, tone, and revitalize the skin. Gentle exfoliation clears away buildup while a cooling herbal mask soothes inflammation and restores balance – perfect for our tropical climate. This facial honors the wisdom of the land and the resilience of our youth, leaving your skin fresh, radiant, and full of life, like the jungle after rain.

## SACRED SOUND FLOW

60 minutes | \$200 USD

90 minutes | \$250 USD

This relaxing experience uses gentle vibrations and sound waves to help your body feel at ease, clear your mind and bring a sense of balance. Special-frequency calming sounds relax muscles, ease stress and leave you refreshed, clear, and deeply relaxed—like floating in the sea or resting in the shade.



## MAYAN COPAL REFLEXOLOGY RITUAL

60 minutes | \$175 USD

This grounding foot therapy is inspired by Belizean healing traditions. Your journey begins with a warm herbal foot wrap, followed by reflexology using copal-infused coconut oil to restore balance and release tension. This ritual is completed with a soothing compress and the sacred cleansing of copal, leaving you feeling renewed, centered, and deeply relaxed.

## SEASONAL HERBAL POULTICE

Add On | \$25 USD

Discover the healing power of the botanicals of Belize. Our warm, aromatic poultices are crafted from fresh herbs, roots, and barks each season to shift with nature's rhythm to soothe, restore, and renew. The gentle heat of the poultice melts away tension, relieves aches and pains, calms inflammation, and supports natural detox through the feet. Each session offers deep relaxation and a connection to the lush landscape of Belize.





## SPA POLICIES

- Please arrive at least 15 minutes before your confirmed appointment. Adjustments may not be made for late arrivals. As a courtesy to all guests, mobile devices are not permitted in The Spa. All prices are subject to change. A 20% gratuity will be added to each service upon checkout.
- Guests must be 18 years or older to enjoy The Spa at Prana Maya and amenities. Our resort pool, fitness center and yoga areas are reserved for resort guests only.

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The Spa at Prana Maya is committed to providing our guests with an appropriate and safe environment. Please inform your Spa Therapist if you are pregnant, have high blood pressure, heart ailments or any condition that may prohibit you from enjoying the elements of these therapies. Please disclose any allergies or medications you are currently taking prior to your service to ensure your safety. We discourage the consumption of alcohol prior to or immediately following spa treatments.

# UNPRECEDENTED RELAXATION

## HOURS OF OPERATION

The Spa at Prana Maya – Appointments and

Hours | Daily – 9am- 5pm

The Spa Reception and Boutique | Daily – 9am-5pm



BELIZE

PRANA MAYA

ISLAND RESORT

[pranamayaresort.com](http://pranamayaresort.com)