



Recovery Menu

As we celebrate, our bodies and minds also need time to rest. Our recovery offerings balance the festive energy with a curated menu designed to restore and reset, a quiet refuge inviting you to integrate.

Ice Bath

Cold therapy is a well-known treatment for reducing inflammation and toning the nervous system. Cold exposure can revive and reset the connection between mind and body, enhancing how we feel and function. This fully guided experience is led by a facilitator to ensure safety and avoid any contraindications.

Benefits: Reduces inflammation, boosts energy, and alleviates hangover headaches.

Sound Healing

Sound healing uses specific tones and vibrations from each instrument to create a connection through sound, guiding the mind and, in turn, the emotions. Some instruments have the ability to quiet the brain, leading to a deeper state of relaxation and reflection. This practice offers a ceremonial space to relax, disconnect, and potentially gain future insights.

Detox Herbal Baths

Water submersion is one of the best ways to relax muscles and invigorate blood circulation. With mineral-rich Epsom salts and carefully selected herbs known for their natural properties, your body will feel renewed and rested for the days ahead. Herbs like peppermint, rosemary, chamomile, and other blossoms will leave you feeling refreshed and fully recovered.

Energy Balancing Session

The Energy Balancing Session combines Reiki, Pleiadian Energy, and Pranic Healing, unifying Earth and Star Medicine within the physical body. For those who resonate with spiritual healing, this session focuses on your aura, energy, and realignment. It supports vitality, deep healing, and expanded awareness.

Body Treatments

Lymphatic Massage



Lymph is a vital fluid in the body, supporting both the immune system and the removal of excess fluids. In this gentle massage, you'll experience soft, targeted techniques that stimulate lymphatic flow, helping to reduce water retention, swelling, and puffiness in the face and skin.

Thai Massage

A dynamic, floor-based treatment combining assisted stretching, deep pressure, and rhythmic movements to release tension and restore natural energy flow. Ideal for easing fatigue after late nights and recharging for the evening ahead.

Stretching Session

One of the best ways to create space between muscles, ligaments, and tendons. Assisted stretching often reaches deeper than stretching alone. In this session, you'll experience sport-grade techniques designed to enhance openness and flexibility throughout the body.

Speak to our Journey Designers to learn more:

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