



THE CRYSTAL TEMPLE THE LIGHT AND CRYSTALLINE ENERGY SPA

The soothing powers of crystal energy begin as soon as you walk into the Crystal Temple and experience a visual and melodic concert of light and sounds. Rays of sunlight reflecting on shimmering quartz crystals and stones create a magical dance of prisms and colors while you are enveloped by the deeply soothing sound vibration that comes from the skillful playing of the crystal signing bowls.

The Crystal Temple signature ritual: 3 ½ hours \$175.00 per hour

Includes an Aromatherapy Gem Bath. Adding crystals and gems to water is both visually appealing and healing. As the water and aromatherapy become infused with crystalline energy, they provide effective remedies on a spiritual, emotional and physical level. Your body and mind relax as you enjoy an aromatherapy massage followed by a radiance beauty facial treatment.

In the Crystal Temple we recommend you experience the massage therapies listed below, or you may select any of our massage options listed on our "A la carte" massage menu.

Hot & Cold Stone massage ritual
Holistic Raindrop Ritual
Craniosacral Therapy
Reiki

Mukul sessions include a Calm time as nurturing as the treatment themselves. Enjoy the difference.

Duration: 180 minute treatment time & 30 minute refreshments and relaxation.



HEALING HUT THE "ASIAN FUSION" SPA

With the Healing Hut, we have built a bridge that joins two worlds – East and West. It unites ancient wisdom with modern luxury. It spans physical indulgence and mental relaxation. It leads to wellness of body, mind and spirit in exquisite harmony, creating the balance of all that makes us whole. Choose between Ayurveda Bliss, Traditional Thai or Balinese Ancient Remedies, Signature Journeys.

AYURVEDA: This 5,000 year-old system of medicine from India is the science of a balanced life, health and rejuvenation. Ayurveda concentrates on total mind and body wellness and renewal by using the five elements of life: Space, Fire, Air, Water and Earth.

Ayurveda Absolute Bliss signature journey: 3 1/2 hours \$175.00 per hour

The experience begins with an herbal steam to prepare you for the therapeutic journey that combines a Bindi herbal body exfoliation, followed by a blissful "Abhyanga" massage and culminates with a calming "Shirodhara," a Champi Indian head massage and a Marma point facial. (Marma points, similar to acupuncture points that "open" channels of Prana, or life force.

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Enjoy the difference.

*Duration: 180 minute treatment time & 30 minute refreshments and relaxation

TRADITIONAL THAI: The ancient Thais believe "the absence of illness is the best blessing."

Thai well-being signature experience: 3 1/2 hours \$175.00 per hour

The experience begins with a traditional Thai herbal steam bath to prepare the body and mind for the gentle body scrub that follows. After the skin is refreshed choose one of the following options: "Luk Pra Kob," a hot herbal poultice compress massage to relieve deep tissue soreness and inflammation or a traditional Thai or Ashisu massage complete this restorative treatment.

Mukul sessions include a Calm Time as nurturing as the treatment themselves.

Enjoy the difference.

*Duration: 180 minute treatment time & 30 minute refreshments and relaxation

THE RAIN FOREST THE THALASSOTHERAPY SPA

The Rain Forest is the perfect setting for enjoying beauty and wellness treatments that utilize the healing properties of the water and plants that come from the sea. These include a variety of hydrotherapy and aromatherapy experiences featuring a salt water plunge pool, a waterfall Vichy Shower and a tropical Monsoon multi-jets shower. In the Rain Forest we use exclusive products from Phytomer that are made with pure seawater, seaweed and other marine elements. A visit to the Rain Forest is an invitation to ease tension, relieve pain and soreness, reduce inflammation of joints, relax muscles and recharge as your body absorbs the proven benefits of sea minerals and of pure organic essential oils. Choose between The Thalassotherapy or Aroma Hydrotherapy Signature Circuit

THE THALASSOTHERAPY SIGNATURE AGUA CIRCUIT: 3 hours \$175.00 per hour

The Thalassotherapy circuit consist of relaxing and stimulating steps designed to detoxify, re- energize, and hydrate the skin. The treatment begins with an immersion in the warm seawater treated pool to improve microcirculation and promote deep relaxation. Following a marine body mask application you are cocooned to stimulate detoxification and remineralization, as you fall into a meditative state your face is treated to radiance facial. The marine body mask is washed away from your body by the rhythmic waterfall of the Vichy Shower. This therapeutic session ends with a lymphatic drainage massage to purify and improve general health and complexion.

Mukul sessions include a calm time as nurturing as the treatment themselves. Enjoy the difference
Duration: 150 minute treatment time & 30 minute refreshment and relaxation

THE AROMA - HYDROTHERAPY SIGNATURE CIRCUIT: 3 Hours \$175.00per hour

This circuit combines the proven benefits of essential oils and hydrotherapy. Treatment begins with a traditional European dry brushing to remove impurities and dry cell skin, followed by time spent in the warm salt water pool to ease tension and allow your body to absorb the therapeutic benefits of salt water. A Green Moor mud and essential oils mask is applied and cocooned to detoxify, rejuvenate, firm and remineralize your skin. while you fall into a blissful state your face is treated to radiance facial. The Moor Mud is washed away by the rhythmic waterfall of the Vichy Shower followed by Mukul's purification signature massage leaving you renewed, uplifted and feeling lighter.

Mukul sessions include a calm time as nurturing as the treatment themselves. Enjoy the difference.
Duration: 150 minute treatment time & 30 minute refreshment and relaxation.

**** Please wear a bathing suit for all water therapies

THE SECRET GARDEN THE WATSU POOL SPA

The Secret Garden is a sheltering womb-like setting for Mukul's specially designed Watsu Pool. In this peaceful sanctuary you are invited to "let go" and forget the outside world.

What is Watsu? A unique massage therapy performed in a warm water pool encourages complete relaxation through a combination of water and Shiatsu massage. The under-water pressure-point massage helps lubricate joints, lessen edema and arthritic swelling, and increase lymphatic drainage. The level of relaxation and mobility achieved from Watsu is deeper and more therapeutic than the typical Shiatsu massage. The daily stress, aches and toxins are eased away as breathing becomes stabilized and fatigued muscles unwind, circulation is improved and harmony of mind, body and spirit is achieved.

THE SECRET GARDEN SIGNATURE EXPERIENCE: 3 hours \$ 175 per hour

A holistic, spiritual and totally relaxing experience while floating and being held, stretched and massaged in the arms of your therapist. After coming out of the pool you are lulled into sleep during a "Walk in the clouds" hydrating Aroma wrap which envelops your body in a heavenly soothing cocoon while you receive Aromapothecary's 15 exotic oil blend hair and scalp conditioning treatment. A seawater peel hydrating facial completes this one of a kind experience.

***Please wear a bathing suit for all water therapies.

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Enjoy the difference.

Duration: 150 minutes treatment time & 30 minute refreshments and relaxation

MUKUL THE "SECRET SPA"

Mukul, the "Secret" Spa, is perched high on the hillside and features such incredible vistas of the ocean, beaches and sky, that it seems to bring heaven and earth together. The wellness and healing practices of ancient Mesoamerica have inspired the treatments in Mukul. In Pre-Columbian times the native people of what is now Nicaragua were culturally similar to the Aztecs and Mayans. Nicaraguans have long carried on many of their ancestral traditions, including the ecologically sound use of native plants and herbal potions in healing, and a deep respect for the earth and the ocean. In Mukul, we use a "living pharmacy" of locally grown medicinal plants, spices, regional flowers, volcanic clay, sea salt, sugar and herbs to create unique and regional healing treatment recipes and protocols.

MUKUL SPA –THE INDIGENOUS SIGNATURE EXPERIENCE: 3 ½hours\$175perhour.

A regional volcanic clay is first applied to detoxify, the skin and the body. As the mineral-rich clay infuses the skin, muscles are relaxed and impurities are drowned from the system. After the clay has dried and you have showered off, you are guided to experience a traditional "Florecidas" or flower bath to relax, and cleanse the body and spirit. Follows a wrap and a traditional facial mask to allow the powerful healing floral essences to be absorbed by the body. A full body massage using local coco oil packed with moisturizing Vitamin E ends one of our suggested Indigenous experience.

Other Indigenous Signature Experience can be formulated and selected from our "A la carte" treatment options they include:

Mukul Detox Ritual

Lavender, Milk & Honey Salt Glow

Aloe and Lavender Wrap

Ocean Citrus Bath

Herbal Bath

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Enjoy the difference.

Duration: 180 minute treatment time & 30 minute refreshments and relaxation

THE TRADITIONAL MOROCCAN HAMMAM SPA

In creating Mukul's Hammam, which means "spreader of warmth" in Arabic, we studied the sensual history of the Orient and its ancestral beauty traditions. Guests walking into the Hammam will feel as if they are walking through time as they enter the spacious and ornate sanctuary, a quiet retreat in an atmosphere of half-light, seclusion and heat. Silence is an integral part of the cleansing process and helps the body and spirit liberate itself from excess and the superfluous. Guests come out of the Hammam session with a glow of sublime peace and euphoria.

The traditional Hammam Ritual: The Signature: 3 ½ hours \$175.00 per hour

The Hammam traditional ritual is simple but involves several steps to cleanse and help you relax.

First your body is seasoned with heat while lying on the "mother stone". Once your body and limbs are relaxed you are stretched by your therapist to take away aches and pains. As one of the world's most ancient tradition, a black-soap massage followed by a cascading water rinse prepares your skin for the scrub using the traditional Kessa mitt which leaves your skin soft and free of accumulated toxins and impurities after another rinse a Ghassoul mask of Moroccan volcanic clay is applied to the body, face and hair. After the Ghassoul has been washed off you are enveloped by a sensual and refreshing mist of floral rose water. The last step of this sensual centuries-old- practice of purification is the relaxing massage using pure Argan oil Morocco's precious youth elixir.

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Enjoy the difference

Duration: 180 minute treatment time & 30 minute refreshments and relaxation

The Hammam Spa is opened during specific hours for men, woman or couples to enjoy together the steam, the warm mother stone, the pool or your choice of Mukul's Hammam "A la carte" treatment menu options.

Hammam for Ladies: 9:00 a.m. – 1:00 p.m.

Hammam for Men: 2:00 p.m. - 6:00 p.m.



ARRIVING TO SPA MUKUL

To make the most of your spa experience, we recommend that you arrive on time for your appointment, so you can enjoy our facilities. We will send a golf cart to pick you up ten minutes before your appointment and take you to the spa.

HOW TO DRESS

Whatever you like, since the spa will provide you what is necessary for your comfort during treatment. For using the steam room or pool please bring swim suit.

JEWELRY AND MOBILE PHONES

Your therapist will ask you to remove all jewelry before your treatment. We recommend that you leave it in the safety deposit box located in your villa or bohio. As a courtesy to other guests, please keep your phone off while you are in the spa.

DELAYS

In case you arrive late for your appointment, we will make every effort to give you a full treatment. However, please note that if this is not possible, your treatment time will be reduced, because there may be another appointment booked following yours.

CANCELLATIONS

Please be advised that appointments must be cancelled a minimum of six hours prior to service, in order to avoid being charged

WE LOOK FORWARD TO WELCOMING YOU TO THE SPA MUKUL.