

# WELLNESS

*made for you*

## DISCOVER TULUM



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# CRAFT YOUR PERFECT DAY

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Embrace a journey where luxury meets authenticity, and every moment becomes a story worth sharing.

At Colibri Boutique Hotels, booking your wellness experience goes far beyond relaxation—it's an invitation to immerse yourself in handcrafted, exclusive rituals that awaken your senses and restore your inner balance.

From intimate sound healing journeys to holistic therapies designed to nurture body, mind, and spirit, our curated wellness offerings promise to transform ordinary moments into extraordinary renewal. Whether meditating to the rhythm of the Caribbean sea, engaging in transformative healing practices, or surrendering to the serenity of nature, every detail is thoughtfully designed to celebrate the magic of living fully in the present.

Booking wellness experiences at Colibri Boutique Hotels means stepping into a sanctuary where your desires guide your path, supported by a passionate team dedicated to making your escape as seamless as it is unforgettable. Here, the fusion of luxury, mindfulness, and authenticity elevates your retreat from a pause to a lasting inspiration.

Begin your bespoke wellness journey and discover the true essence of curated self-care—a mosaic of vibrant practices crafted just for you.





# WELLNESS *Experiences*



## **Meet Chara and Marc, our Wellness Directors!**

With years of experience in personal training, group fitness, retreat planning, nutrition and health coaching, Chara and Marc bring their contagious energy and expertise to our properties. Heading our retreats and wellness program, they also offer bespoke programs and itineraries catering to our guests fitness and wellness goals.



# OCEANFRONT *Yoga*



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# Morning Flow Yoga

Morning Flow is a slow-building Vinyasa class designed to awaken your body and mind. We'll start with gentle movements to ease into your practice, then gradually increase intensity as you find your flow, building strength and balance. Great for all levels!

*Join a drop in class or book a private group session.*

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**Duration:** 75 minutes

## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Power Flow

Power Flow is a more dynamic than meditative yoga practice that wakes up your body and mind and makes you sweat!

This practice is a great choice for everyone looking to build strength as it provides a good physical workout.

*Join a drop in class or book a private group session.*

**Duration:** 75 minutes

## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Vinyasa Flow

Vinyasa is a breath-initiated practice, that connects every action of our lives with the intention of moving towards what is sacred or most important to us.

You will coordinate movement with breath to flow from one pose to the next allowing your body to reach a deep state of relaxation.

*Join a drop in class or book a private group session.*

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**Duration:** 75 minutes

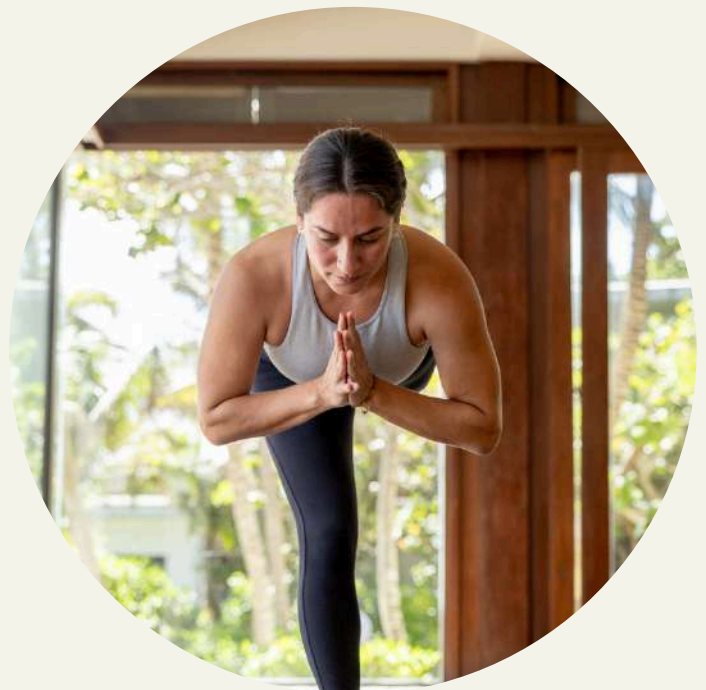
## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*





# Candlelight Yin

A deeply restorative practice held in a serene, softly lit space to promote relaxation and inner peace. Through long-held, gentle poses, this class targets deep connective tissues, releasing tension and increasing flexibility. Great for beginners or those craving a deep, slow nourishing stretch and relaxation.

*Join a drop in class or book a private group session.*

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**Duration:** 75 minutes

## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Slow Flow Yoga

Slow Flow Yoga combines elements from Hatha and Vinyasa yoga, offering a serene and balanced practice. This style of yoga encourages practitioners to move mindfully through each pose, allowing for a deeper connection to body and breath. levels. Perfect for beginners or those wanting a slower practice.

*Join a drop in class or book a private group session.*

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**Duration:** 75 minutes

## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Ashtanga Yoga

Ashtanga Yoga is a traditional practice from Mysore, India, built around a fixed sequence of postures that link breath with movement in a flowing meditation. Rooted in discipline, it is guided by three key pillars: ujjayi breathing, bandhas (energetic locks), and drishti (gaze) to cultivate concentration. Together, these elements build strength, flexibility, stamina, and inner awareness, making Ashtanga both a physical workout and a moving meditation.

*Join a drop in class or book a private group session.*

**Duration:** 75 minutes

## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Tantra Vinyasa

This practice blends the fluidity of Vinyasa with the mindfulness of Tantra, creating a deeply transformative practice.

This class focuses on connecting breath, movement, and intention, allowing you to cultivate inner awareness and balance

*Join a drop in class or book a private group session.*

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**Duration:** 75 minutes

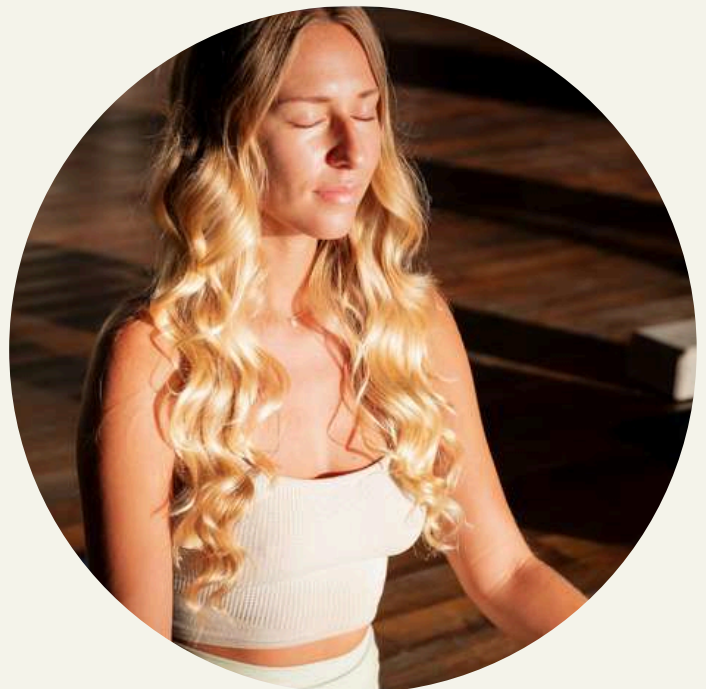
## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Krama Vinyasa Flow

Krama Vinyasa Flow is a mindful and progressive yoga class that breaks down sequences step-by-step, allowing you to explore each pose with greater depth and intention.

Perfect for all levels, this flow offers a balance of challenge and relaxation.

*Join a drop in class or book a private group session.*

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**Duration:** 75 minutes

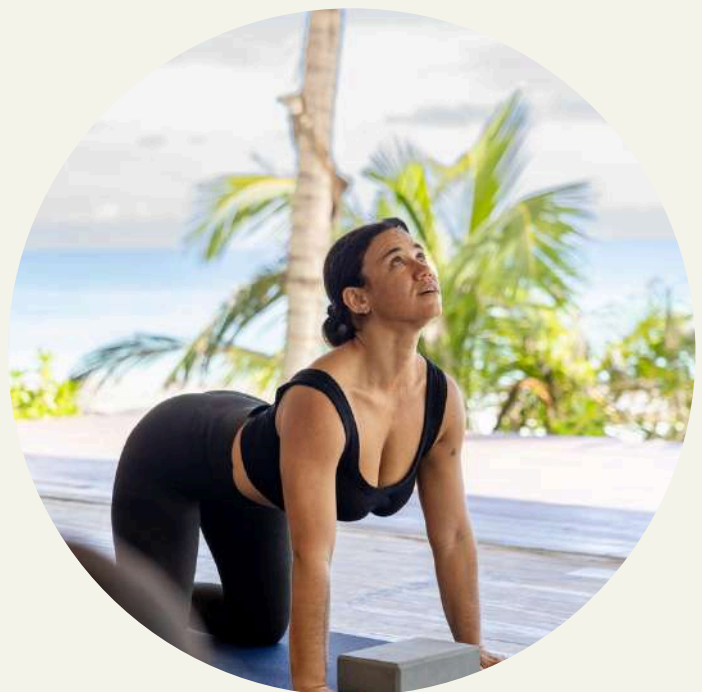
## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Candle Lit Stretch & Reset

Set yourself up for a deep, restful sleep with this restorative class designed to **melt away tension and reset your body and mind**. Perfect after a long travel day, a big workout, or if you're not quite ready for yoga, this session focuses on gentle stretching and lengthening.

*Join a drop in class or book a private group session.*

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**Duration:** 75 minutes

## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*





# BEACHSIDE *Fitness*



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# Pilates Mat

Pilates Mat focuses on core strength, flexibility, and alignment through precise movements and controlled breathing. Ideal for all fitness levels, this class offers a full-body workout designed to tone muscles and improve posture

*Join a drop in class or book a private group or personal training session.*

**Duration:** 75 minutes

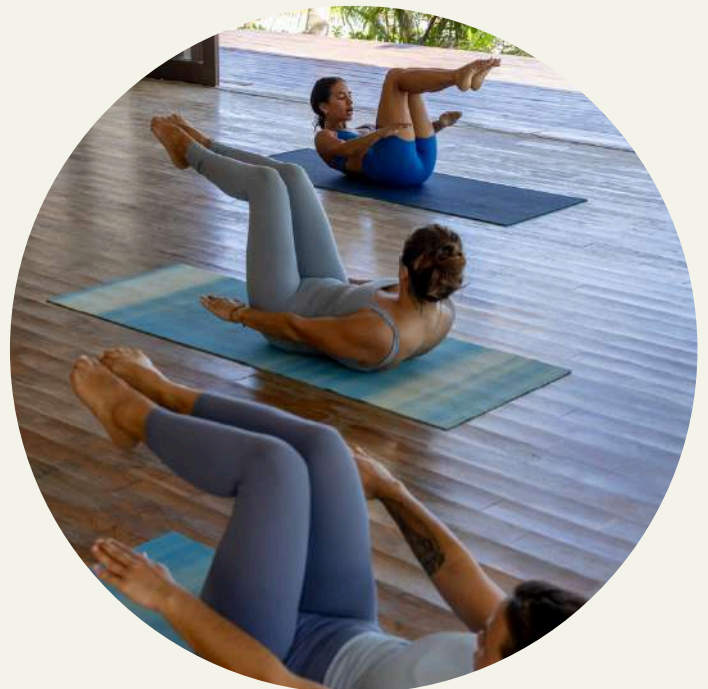
## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Jungle Gym Circuit

A fun and dynamic circuit class set in our beachside jungle gym. This 45-minute session blends high-intensity strength and cardio intervals with unique jungle-inspired equipment for a full-body challenge. Experience functional fitness surrounded by the energy of nature! All levels welcome.

*Join a drop in class or book a private group or personal training session.*

**Duration:** 75 minutes

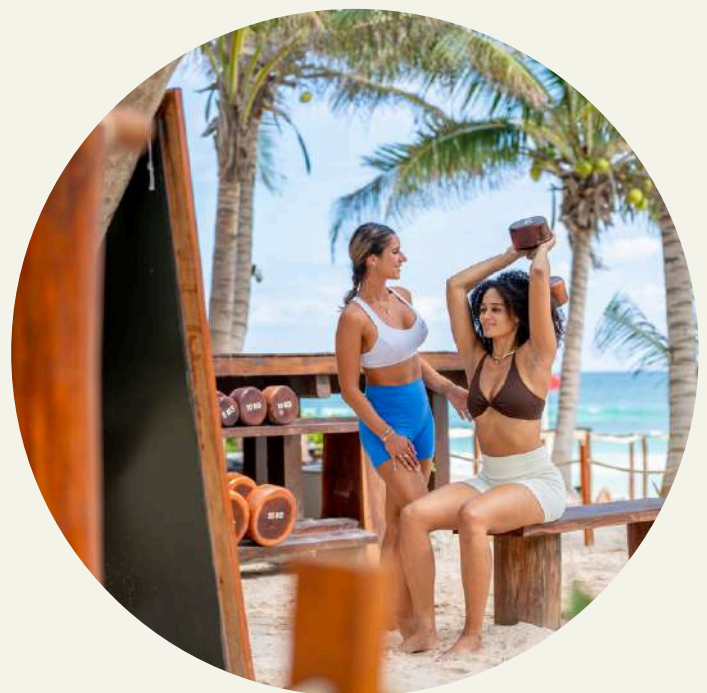
## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Box Fit

Box Fit is a fun, high-energy workout that combines full-body conditioning with shadow boxing to the beat of the music. No gloves or experience needed—just show up, move, and let the rhythm guide you. You'll leave class feeling stronger, more confident, and fully empowered.

*Join a drop in class or book a private group session.*

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**Duration:** 75 minutes

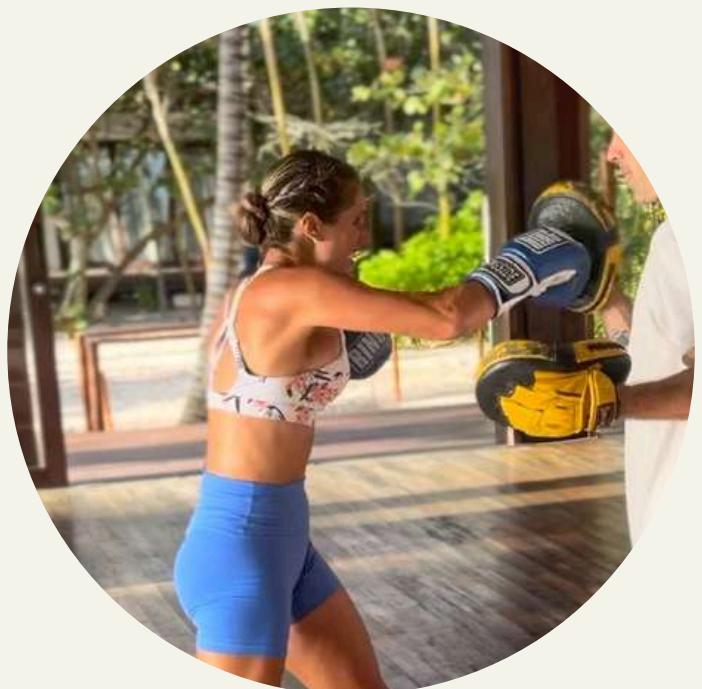
## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Boxing Fundamentals

Join our experienced boxing coach for a 45-minute fundamentals-driven class that blends skill and sweat. You'll learn proper form, throw combos, and hit the pads—building endurance with every round.

Whether you're brand new or experienced, our coach meets you where you're at, leaving you stronger, sharper, and more confident.

*Join a drop in class or book a private group session.*

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**Duration:** 75 minutes

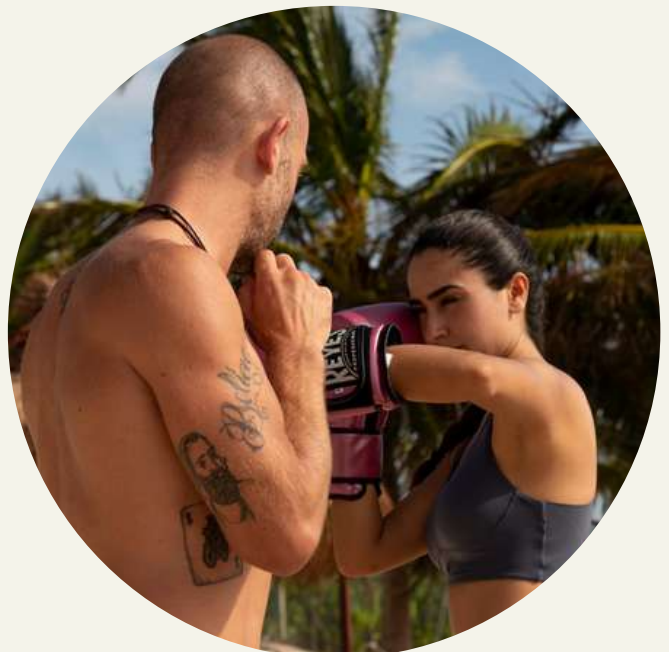
## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Functional Fitness

Our Functional Fitness class takes you through full-body circuits designed to build strength, mobility, and confidence in every move. With a focus on proper form, you'll not only get a great workout but also learn how to move safely and effectively—helping you avoid injury and support your long-term fitness journey. Walk away feeling stronger, smarter, and fully worked out.

*Join a drop in class or book a private group session.*

**Duration:** 75 minutes

## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Beach Workouts

Take your workout straight to the sand! Our beach workouts mix bodyweight and weighted movements in a fun circuit format that lets you move at your own pace—whether you're ready to push hard or just happy you showed up. With the ocean as your backdrop and the support of your classmates, you'll sweat, laugh, and leave feeling stronger and proud of yourself. All are welcome, and fun is guaranteed.

*Join a drop in class or book a private group session.*

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**Duration:** 75 minutes

## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Body in Motion

This 45-minute, music-driven workout uses nothing but your bodyweight to deliver a powerful full-body burn. With simple yet effective moves, it's designed for all levels—so everyone can sweat, move, and feel the rhythm. It's the perfect class to clear your mind, reset, and have some fun while getting your sweat on.

*Join a drop in class or book a private group session.*

**Duration:** 75 minutes

## RATES

Group class  
**\$22 USD pp**

Private session  
**\$100 usd**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10, please inquire*







# Personal Training

Get one-on-one guidance with our personal training sessions, designed to help you build strength, endurance, and confidence. Your trainer will focus on proper form, tailor each exercise to your level, and push you safely toward your goals —so you leave stronger, more capable, and motivated.

*Book a private group or personal one on one training session.*

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**Duration:** 60 minutes

## RATES

*Private session*  
**\$100 USD**





# MOVE TO THE *Rhythm*



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# Sunset Salsa

Join our salsa class and move to the rhythm while soaking in the stunning sunset over the ocean. Perfect for all levels, whether you're just starting out or looking to sharpen your moves, our experienced instructors make every step fun, energizing, and unforgettable. A must-experience class while visiting!

*Join a drop in class or book a private group or one on one session.*

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**Duration:** 60 minutes

## RATES

Group class  
**\$22 USD pp**

Up to 2: **\$150**  
Up to 4: **\$240**  
Up to 8: **\$350**  
Up to 10: **\$400**

*For more than 10,  
please inquire*





# Bachata

Step into the rhythm of bachata, a sensual and smooth dance that contrasts salsa's fast-paced energy with close, flowing movements.

Perfect for all levels, our instructors will guide you as you sway to the music with the sunset over the ocean as your backdrop.

*Join a drop in class or book a private group or one on one session.*

---

**Duration:** 60 minutes

## RATES

Group class  
**\$22 USD pp**

Up to 2: **\$150**  
Up to 4: **\$240**  
Up to 8: **\$350**  
Up to 10: **\$400**

*For more than 10,  
please inquire*





# BREATH & *Sound*



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# Oceanfront Sound Bath Sessions

Come unwind to a beautiful, meditative, and therapeutic concert using world ethnic musical instruments. Allow the natural sound of the waves paired with deep vibrations like crystal bowls, gong, didgeridoo, shamanic drum, mouth harp, and native flutes relax you and provide a sense of calm and healing throughout your entire body.

*Join our drop in classes or book a private sessions, perfect for treating your group to a grounding, restorative experience.*

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**Duration:** 75 minutes

## RATES

Group class  
**\$33 USD pp**

Up to 4: **\$200**  
Up to 7: **\$320**  
Up to 10: **\$400**

*For more than 10,  
please inquire*







# Floating Sound Bath Sessions

Drift into deep relaxation with our floating sound baths. As you float effortlessly on a mattress in our pool, soothing vibrations and harmonic tones wash over you, melting tension and restoring balance to your body and mind. It's a truly immersive experience that leaves you feeling calm, renewed, and deeply rejuvenated.

*Join our drop in classes or book a private sessions, perfect for treating your group to a grounding, restorative experience.*

---

**Duration:** 75 minutes

## RATES

Group class  
**\$33 USD pp**

Up to 4: **\$200**  
Up to 7: **\$320**  
Up to 10: **\$400**

*For more than 10,  
please inquire*





# Yoga Sound Bath w/Healing Touch

Flow in a **restorative yoga class** to the sound of live hand-pan and sound bowls before settling into your mat for a guided meditation with some light hands-on healing touch with our incredible gifted guides.

*Join a drop in class or book a private group or one on one session.*

---

**Duration:** 75 minutes

## RATES

Group class  
**\$27 USD pp**

Up to 4: **\$200**  
Up to 7: **\$300**  
Up to 10: **\$400**

*For more than 10,  
please inquire*







# Breathwork

Breathwork is the conscious practice of connecting with your breath to restore balance, release tension, and energize your body and mind. By guiding your breathing patterns, our sessions help reduce stress, improve focus, support emotional release, and boost overall wellness. Whether you're seeking calm, clarity, or a powerful reset, breathwork offers a gentle yet transformative way to reconnect with yourself, harmonize your energy, and feel fully alive.

*Join a drop in class or book a private group or one on one session.*

---

**Duration:** 60 minutes

## RATES

Group class  
**\$27 USD pp**

Up to 4: **\$200**  
Up to 7: **\$320**  
Up to 10: **\$400**

*For more than 10,  
please inquire*





# ICE BATH & *Ceremonies*



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# Seaside Ice Bath

Dive into the ultimate reset with our beachfront ice baths—the perfect way to reduce inflammation, speed up recovery, and awaken your senses.

Our experienced coaches are here to guide you every step of the way, holding your hand through breathwork and a guided meditation to help you move into the cold with ease and intention.

*Join a drop-in class, or book a private group or one-on-one session for a fully supported experience.*

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**Duration:** 30 minutes

## RATES

Group class  
**\$22 USD pp**

Private session  
**\$75 USD**

Up to 4: **\$160**  
Up to 7: **\$240**  
Up to 10: **\$300**

*For more than 10,  
please inquire*







# Temazcal

Step into the sacred world of the Temazcal, a traditional Mexican sweat lodge ceremony practiced for centuries as a ritual of purification and renewal. Guided by an experienced shaman inside a dome-shaped lodge symbolizing the womb of Mother Earth, you'll experience the cleansing power of steam infused with herbs and volcanic stones. Through heat, chanting, and the rhythm of the drum, the ceremony invites you to release toxins, quiet the mind, and reconnect with your true self.

The ritual unfolds in guided rounds dedicated to the elements of nature, creating space for reflection, presence, and transformation. Emerging from the lodge, many describe feeling lighter, deeply cleansed, and energetically reset — as though reborn. It's a powerful journey of body, mind, and spirit that offers connection, clarity, and healing in its most ancient form.

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**Duration:** 120 minutes

**Various locations offered**

**Inquire for pricing**







# Cacao Ceremony

Experience a Cacao Ceremony on our rooftop, where the day melts away into the most breathtaking sunset and the sky transforms into a canopy of stars. This ancient ritual opens the heart and nourishes the soul.

Sip ceremonial cacao, rich in natural compounds that uplift and energize, as you are guided through meditation, intention-setting, and meaningful connection with yourself and others. Leave feeling present, joyful, and deeply aligned.

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**Duration:** 75 minutes

## RATES

Up to 4: **\$200**  
Up to 7: **\$310**  
Up to 10: **\$400**





# RETREATS

## *Join or Host*



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# Host or Join a Retreat

Step into a sanctuary of wellness where curated retreats bring together movement, healing, and connection. Whether you're looking to join one of our expertly designed retreats or rent our space to host your own!

**Join a Retreat:** Immerse yourself in a thoughtfully crafted experience led by amazing instructors. From yoga and fitness to holistic healing and self-discovery, our retreats offer a journey to a sustainable wellness lifestyle

**Host Your Own Retreat:** Looking for the perfect venue? Our luxury boutique hotel offers beachfront accommodations, a stunning yoga shala, a world-class spa, top-tier wellness amenities, and a dedicated Retreat Director to help bring your retreat vision to life.

Contact us today to inquire: [wellness.lula@colibriboutiquehotels.com](mailto:wellness.lula@colibriboutiquehotels.com)





# SEASIDE *Spa*





# Full Body Massages

Relax, restore, and rejuvenate with Lula's massage experiences. From deep tissue to soothing Aromavedic or reflexology, each session is tailored to your body's needs, leaving you balanced, refreshed, and blissfully cared for

**Duration:** 60 or 80 minutes

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## Lula Luxury

Treat yourself to ultimate relaxation with an 80-minute massage featuring hot stones, aromatherapy, and a rejuvenating face mask, followed by a 60-minute Max Relax massage. Tension melts away, leaving you completely renewed and glowing.



## Aromavedic Massage

A deeply restorative treatment that blends the ancient wisdom of Ayurvedic techniques with the soothing power of essential oils. This massage harmonizes body and mind, balances energy, and melts away stress while nourishing the skin with aromatic botanicals.



## Hot Stone Harmony

A soothing massage that uses warm, smooth stones to melt away tension and restore balance. The heat penetrates deeply into muscles, easing stiffness, improving circulation, and leaving you in a state of pure relaxation and harmony.





# Targeted Area Massages

Focus on what feels good with our targeted area massages. Choose from foot, head, or deep tissue treatments, each designed to release tension, relieve stress, and leave you feeling instantly refreshed

**Duration:** 60 or 80 minutes

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## Knot Today

Say goodbye to stubborn tension with this targeted massage designed to release tight spots and melt away knots. Perfect for overworked muscles, it blends firm pressure with soothing techniques to restore ease, flow, and comfort.



## Headspace Haven

A calming massage focused on the head, neck, and shoulders to release mental tension and quiet the mind. Perfect for melting stress and inviting clarity, leaving you light, clear, and deeply relaxed.



## Sole Serenity

A deeply soothing foot massage designed to release tension, improve circulation, and ground your energy. Perfect after long days of exploring, it leaves your feet refreshed and your whole body restored.





# Lula Spa Packages

Indulge in the ultimate Lula Spa experience with our curated packages. From targeted relief for your back, neck, and feet, to full-body Aromavedic massages and rejuvenating face rituals, each treatment is designed to melt away tension, restore balance, and leave you feeling relaxed, radiant, and renewed

**Duration:** 60 or 80 minutes

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## Crown to Ground

The perfect reset from head to toe. Enjoy 30 minutes of targeted back, neck, and shoulder relief, followed by 30 minutes of reflexology to restore balance and leave you feeling grounded and renewed.



## Max Relax

Indulge in the ultimate 90-minute escape: a 60-minute Aromavedic massage to soothe body and mind, followed by a 30-minute face mask ritual. Enhanced with aromatherapy, this helps melt away tension and leaves you feeling relaxed, radiant, and renewed.



## After Sun Renewal

Refresh and rejuvenate with a 60-minute full body relaxation massage, followed by a 30-minute face mask ritual. Enhanced with soothing aloe and botanical treatments, this experience restores your skin, and leaves you feeling nourished and renewed.



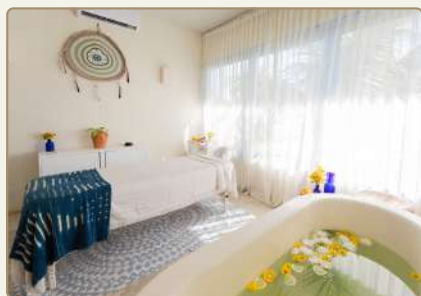


# Couples Massages

Reconnect and unwind together with a Lula Spa couples massage. Share the experience of soothing Aromavedic, deep tissue, or reflexology treatments side by side, designed to melt away tension, restore balance, and leave both of you feeling relaxed, renewed, and deeply connected

**Duration:** 60 or 80 minutes

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## Mystical Couples

Share a deeply relaxing experience together with a 60-minute full body massage, a 30-minute botanical bath, face mask ritual, and moisturizing facial massage, enhanced with hot stones. A luxurious, intimate journey designed to restore, rejuvenate, and connect.



## Romantic Ritual

Indulge in a blissful 90-minute experience with a 30-minute body exfoliation followed by a 60-minute full body massage enhanced with hot stones. Perfect for relaxation, connection, and a touch of luxury.



## Amor a Dos

Enjoy a soothing full body couples massage with medium pressure, enhanced with aromatic essential oils. A serene and intimate experience designed to relax, restore, and reconnect together.





# Facials

Refresh and nourish your skin with Lula Spa facials, crafted with natural ingredients like cacao, honey, aloe, and jojoba. Each treatment hydrates, soothes, and revitalizes, leaving your complexion glowing, soft, and radiant.

**Duration:** 60 or 80 minutes

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## Cacao Glow

Indulge in a nourishing facial featuring cacao, honey, aloe vera, and jojoba oil. This treatment hydrates, revitalizes, and leaves your skin glowing with natural radiance.



## Honey & Hydration

A soothing facial infused with aloe, honey, cucumber, chamomile, and jojoba oil. This treatment deeply hydrates, calms, and refreshes the skin, leaving it soft, nourished, and radiant.



## Avocado Bliss

A rich, nourishing facial featuring avocado, honey, coconut oil, and jojoba. This indulgent treatment restores moisture, soothes the skin, and leaves your complexion soft, glowing, and revitalized.





# Spa Add On's

Enhance your spa experience with our indulgent add-ons. From floral soaks and nourishing masks to soothing head and hand massages or elevated cold therapy, each treatment relaxes the mind, nourishes the skin, and leaves you feeling refreshed and recharged.

**Duration:** 60 or 80 minutes

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## Botanical Baths

Soak in a calming blend of flower petals, mineral salts, herbs, and essential oils. A hint of citrus refreshes as botanicals relax the mind and nourish the skin.



## Face Mask Ritual

A warm cleanse, nourishing mask, and soothing head & hand massage for radiant skin and total relaxation.



## Quantun Ice Bath

An Elevated cold therapy infused with a water harmonizer to enhance the water frequency, leaving you more recharged and elevated.





# SEE YOU HERE *soon!*



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