

## WHAT IS KOMBUCHA TEA?

More than 2,000 years ago, the ancient Chinese discovered the health benefits of Kombucha tea, and they called it an “immortal health elixir.”

Today, this tea has gained recognition around the world as a potent health beverage. Kombucha tea is made from the fermentation of a mixture of sweetened tea and probiotics. It is known to be effective in reducing the risks of certain health problems and promoting overall health.

### SOME BENEFITS INCLUDE:

DETOXES THE BODY, CANCER PREVENTION,  
ALKALIZE THE BODY, BOOSTS IMMUNE SYSTEM,  
INCREASES ENERGY LEVEL, PROMOTES WEIGHT LOSS

Locally made based on availability

Right now,  
**BREATHE, RELAX,  
AND RENEW**

in Belize Wellness



# OUR TREATMENTS

## Signature

### MAYAN ABDOMINAL MASSAGE

A technique for thousands of years having been passed down through an unbroken chain of midwives, healers and shaman to treat reproductive, digestive and detox the system. This is a non-invasive, external, massage technique. The technique works by relieving congestion and blockages to improve the flow of chi and fluids of the circulatory, lymphatic and nervous systems, improving organ function by releasing physical and emotional congestion from the abdomen.

## Traditional

### SWEDISH MASSAGE

Uses relaxing traditional European techniques to unwind you, stimulate blood circulation and eliminate toxins.

### DEEP TISSUE MASSAGE

Focuses on specific areas and tense muscles using deeper pressure and more firm techniques, this improves muscle flexibility and stress relief.

## Renewal

### SPORTS MASSAGE

Our Sports Massage is designed to prevent and relieve injuries and conditions that are associated with exercise or overuse of muscles.

### REFRESHER FACIAL

This facial partners well with a massage and is just about as relaxing as one. Your face will feel refreshed and rejuvenated.

### DEEP CLEANSING FACIAL

This facial will have you set on skin care for the next month. All your stress and worries will melt away under the steamer. It is a luxurious facial that includes cleanser, exfoliate, face mask and lip mask along with an amazing facial and scalp massage. We finish up with a nice serum and high frequency application to calm and soothe your beautiful skin. Your skin will thank you later!

### GENTLEMEN'S FACIAL

This one will make the ladies jealous. Indulge in a decadent facial and scalp treatment with products just for men. This facial gives you a wonderful cleanser, exfoliate, face mask and we finish up with a lip mask and spf treatment.

## Reprieve

### SUNBURN SOOTHER

Over exposure to the sun causes skin to burn and dehydrate. Relax and treat the skin in chamomile lotion with light strokes and a cool Aloe Vera facemask.

### MOSQUITO BITE TREATMENT

Soothe your itches and swollen skin with our in house, warm, and healing paste. Removed with warm towels followed by soothing stokes over affected areas with ice rapped in a cloth which numbs the affected area to continue that soothing feeling.

### PEDICURE

### MANICURE

## Yoga

### UP TO TWO PERSONS

Private sessions are held at our on-site yoga pavilion. Guests receive personal instruction in Vinyasa flow and Hatha Yoga from a certified instructor. Your practice will be tailored to your level and needs. Incorporating yoga postures, breath-work, and meditation, classes work on strengthening and balancing the bodies muscular, skeletal, and metabolic systems to bring about a healthy and invigorated body. All connecting the mind, body and spirit.

Inquire about group or private sessions at nearby ruin, Xunantunich.