



EXPERIENCES

LIVE THE EXPERIENCE

Tulum is a place to embark on a journey to connect with yourself, humanity and Mother Nature.

Here at LA VALISE we have designed immersive experiences to entice the senses, engage the body, uplift your soul, and connect you to your origins. When your journey with us is complete we want you to feel changed, inspired, lighter, with a new appreciation for life.

NATURE | WELLNESS | ENERGY | GASTRONOMY



EXPEDITIONS | CONNECT WITH YOUR ORIGINS

Explore the Riviera Maya's natural and ancestral heritage, rich jungle flora and fauna, or sail and snorkel the Caribbean Sea and experience all the region has to offer.



SNORKELING EXPEDITIONS

Explore and snorkel a crystal-filled cave, an open water cenote, and a tropical fish-filled ocean inlet.

MUYIL ADVENTURE

Ride through the ancient Mayan canals and enjoy floating down its “lazy rivers” followed by a sunset picnic overlooking the lagoon.

SAILING EXPERIENCE

Explore the Caribbean Sea with a sunset cruise or coastal snorkeling tour on a luxury yacht.

COBA JUNGLE & MONKEY RESERVE

Hike the Mayan jungle filled with Howler and Spider monkeys, kayak the lagoon, bike, and explore the Mayan ruins of Coba and enjoy lunch cooked by a local Mayan family.

TULUM RUINS + UNDERGROUND RIVER

Visit the archeological site, explore a cave and finish the day eating at the best taco place in all of tulum.

CHICHEN ITZA & VALLADOLID

Explore one of the 7 wonders of the world, the Mayan's most sacred City followed by lunch in the beautiful Colonial City of Valladolid.

AQUATIC SANCTUARY

Escape to a private cove in the middle of a lush mangrove to experience the regional flora and fauna from a paddleboard and/or kayak, followed by a healthy on-site lunch as you take in this unique location.

XIBALBA INDUCTION ATV

Seeking a bit of an adrenaline rush? Take a seat on our ATV tour as our guide leads you through an unparalleled experience and tells you about the mysterious Mayan underworld.



WELLNESS | ENGAGE THE BODY

Invigorate, soothe and harmonize your body with a private yoga class or meditative breath work by Samadhi Studio's world-class instructors. We can customize our variety of classes to your specific skills and needs.



ASHTANGA YOGA

A strengthening & detoxifying power sequence.

YOGA VINYASA FLOW

Harmonious movements synchronized with your breath.

YOGA GANNON POWER VINYASA

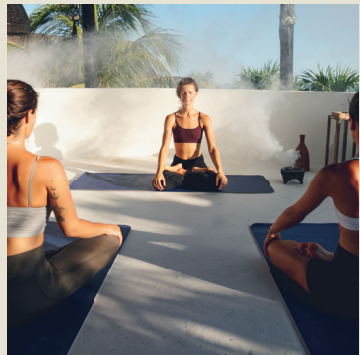
A fast past blend of vinyasa & ashtanga to break a sweat.

YOGA RESTORATIVE FLOW

A slow profound rhythmic sequence.

YOGA PRANAYAMA MEDITATION

A meditative yogic breathwork.





SPA | UPLIFT YOUR SOUL

Join us for a sensorial journey with healing hands and the earth's elements to engage the body, mind, and soul. Our collection of massages, body wraps, and facial treatments can be booked independently but work well together as an immersive experience.

Choose self-care your way: within the hotel property and/or at our La Valise SPA.



ON-SITE SPA TREATMENTS

Indulge in an array of SPA treatments and massages across the hotel property and/or within the comfort of your suite. Our on-site wellness programming is catered to your comfort.



DEEP TISSUE MASSAGE

This massage focuses on the deeper layers of muscles and connective tissues. It uses firm pressure to release tension and relieve muscle aches. Slow movements and deep pressure. Relieves stress, improves posture, reduces muscle tension, and promotes deep relaxation.

RELAXING MASSAGE

Chocolate massage to enjoy as a couple, you will need movements that activate your blood circulation, but relax our body, a romantic memory under the Caribbean sky.

HOLISTIC MASSAGE

This massage addresses both the body and the mind, balancing vital energy. It combines massage techniques with aromatherapy. Varied techniques focused on body and mind harmony. Promotes deep relaxation, relieves emotional stress, and enhances the feeling of well-being.



LA VALISE SPA

Relax, unwind and rest at La Valise SPA with its therapeutic atmosphere and extended SPA offerings. Spend the day bathing in the various pools, indulge in finely-tailored treatments, and lend your body, mind, and soul to the hands of utter relaxation.

REFLEXOLOGY MASSAGE

This massage focuses on reflex points on the feet that are related to different parts of the body. It helps balance energy and promote healing. Pressure on specific points of the feet. Relieves tension, improves circulation, and promotes relaxation.

PRENATAL MASSAGE

A therapeutic massage designed for pregnant women that focuses on relieving physical discomfort and tension associated with pregnancy. This massage is adapted to address the specific needs of expectant mothers, considering their pregnancy stage (performed only between weeks 14 - 30 of gestation). Relief of muscle tension, reduction of stress and anxiety, improvement of blood circulation, and relief of back and hip pain.

DEEP TISSUE MASSAGE

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RELAXING MASSAGE

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LA VALISE SPA (SUITE)

Relax, unwind and rest at La Valise SPA with its therapeutic atmosphere and extended SPA offerings. Spend the day bathing in the various pools, indulge in finely-tailored treatments, and lend your body, mind, and soul to the hands of utter relaxation.



FACIAL TREATMENT

A customized facial treatment that includes cleansing, exfoliation, and masks. It adapts to the specific needs of each client's skin. Improves skin texture, promotes radiance, and provides a rejuvenated appearance.

MUD WRAP

A treatment that involves covering the body with nutrient-rich mineral mud. It helps detoxify the skin and revitalize tissues. Cleanses and exfoliates the skin, improves circulation and leaves the skin soft and radiant.

ALOE AFTER SUN

A gentle and relaxing technique designed to soothe irritated or reddened skin after sun exposure. This type of massage focuses on calming and refreshing the skin, as well as deeply hydrating it with the beneficial properties of aloe vera. Reduces skin redness and irritation, provides deep moisture, aids in skin recovery and healing, and offers immediate comfort and freshness.

COCOA WRAP

This treatment uses a blend of cocoa and other natural ingredients to hydrate and nourish the skin. It also has antioxidant properties. Hydrates the skin, promotes relaxation, and leaves a delightful aroma.



ENERGY | ENGAGE THE BODY

Ceremony was the Mayan's way of healing, growing, connecting, giving thanks and tool of personal transformation. Explore these practices to open your heart, move past what doesn't serve you & align with your purpose and destiny.



PRE-HISPANIC SOUND HEALING

Explore the sounds of the elements, & connect with the song of your spiritual guides.

CACAO CEREMONY

A heart-opening ceremony to connect with all of your being and humanity at large.

FORGIVENESS CEREMONY

Connect with your inner guides, shadow, and higher spiritual self to align with your destiny.

CHAKRA HARMONIZING CEREMONY

Through the use of sound, color and magnets release inner blocks and align & charge your energy centers.

SEEDING A NEW WORLD CEREMONY

Remove old seeds and plant the new seeds of your dreams, exploring the art of giving and receiving, and aligning with destiny.

MUD RITUAL

Our Mud Ritual is a 2-hour journey to join your spirit with the energy of the earth to encourage inner harmony and outer joy.

COUPLES LUNAR CEREMONY

Enjoy a mystical couples massage by night evoking the energy of the moon.

COUPLES FIRE CEREMONY

Renew the flames of your love with a cacao couples massage and vows of intention.

MAYAN WEDDING CEREMONY

Celebrate your love in a ceremony guided by a Mayan Shaman embraced between jungle and sea.

MAYAN HEALING

Celebrate one of the Mayan culture's most effective healing ceremonies in a local village's Temazcal sweat lodge next to a cenote. A near rebirth sensation follows post-experience with a hosted authentic Yucatecan diner and snacks to revitalize the body.

AKASHIC RECORDS READING

Explore the compendium of your lifetimes to discover your soul purpose, mission, and vision.

HUMAN DESIGN

Human Design combines traditional wisdoms and quantum physics to map your unique energy system, and show you how best make decisions for yourself and live a life of purpose. A couples reading can help you understand each other better and the dynamics that form the relationship.



GASTRONOMY | ENTICE THE SENSES

Explore bold native flavors, and local exotic fresh ingredients while learning, practicing and tasting modern Mexican cuisine and artisanal mezcal.



MEZCAL TASTING WORKSHOP FOR TWO

Join artisanal handcrafted Nakawé Mezcal in exploring the history, culture, and tasting techniques of the sacred agave drink.

PRIVATE DINING EXPERIENCE

Enjoy a special dinner with friends, or a romantic couples dinner, at a privately designed table overlooking the sea.





NAMRON
HOSPITALITY



LA · VALISE
TULUM

For further information
or to book an experience
contact your concierge.

WWW.LAVALISE.COM

