

ÓOL

Wellness
nurtured
through *your*
senses

SPA

Find *Your* Equilibrium

Sense *of* Self

H O L I S T I C T H E R A P Y F O R M I N D A N D B O D Y

Tucked beside the pool and embraced by the lush Belizean jungle, Óol Spa is a sanctuary where nature and wellbeing meet. Inspired by the holistic belief that mind, body, and spirit are deeply interconnected, our spa invites you to experience the art of self-care in its purest form.

“Óol”—a word rich with meaning—reflects the many emotional states that shape our inner world. At Óol Spa, we honor this complexity with personalized treatments designed to guide you back to balance. Each ritual draws from natural elements and ancient healing traditions, creating a pathway to relaxation, renewal, and harmony.

Surrounded by birdsong, warm breezes, and verdant green, your journey begins here—where self-care becomes sacred, and every part of you is seen, held, and restored.

Signature

MAYAN ABDOMINAL MASSAGE

A technique that's been passed down for thousands of years through an unbroken chain of midwives, healers and shamans to treat reproductive, digestive and detox the system. This is a non invasive and 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. While improving organs function by releasing physical and emotional congestion from the abdomen.

60 min US\$ 125 90 min US\$ 140

Traditional

SWEDISH MASSAGE

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

60 min US\$ 125 90 min US\$ 155

DEEP TISSUE MASSAGE

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

60 min US\$ 144 90 min US\$ 174

Add Hot Stones US\$ 35

Renewal

SPORTS MASSAGE

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

60 min US\$ 132 90 min US\$ 175

Facials

REFRESHER FACIAL

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

US\$ 90

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 cleansing, exfoliating, facemask and we finish up with a lip mask and SPF treatment.

US\$ 104

Reprive

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.

45 min US\$ 67

MOSQUITO BITE TREATMENT

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

30 min US\$ 65

Yoga

UP TO TWO PEOPLE

Private sessions are held at our on-site yoga pavilion. Guests receive personal instruction in Vinyasa flow and Haltha Yoga from a verified 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 to the mind, body and spirit.

60 min US\$ 90 | 90 min US\$ 117 | 120 min US\$ 138

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

All prices are in US\$ and subject to 10% service charge and 12.5% government tax.

Kombucha

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."

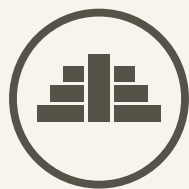
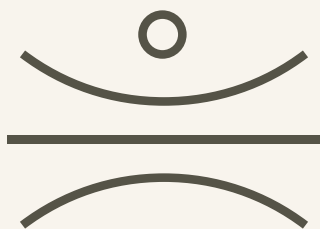
Today, this tea has gained recognition around the world as a potent health beverage. Kombucha tea is made from the fermentation of a mixture of sweetened tea and probiotics. It is known to be effective in reducing the risk of certain health problems and promoting overall health.

BENEFITS

Detoxes the body
Cancer prevention
Alkalize the body
Boosts immune system
Increases energy level
Promotes weight loss

Locally made and based on availability.





KA'ANA

SAN IGNACIO, BELIZE