



DELEK
TULUM

MENÚ WELLNESS

A close-up photograph of a hand pouring a golden liquid from a small glass bottle onto another hand. The background is dark, and the lighting highlights the texture of the skin and the liquid being poured.

ABOUT US

OUR TREATMENTS

At Delek, we can help bring you to a state of balance with massages, therapies, and treatments that promote healing and holistic wellness. With authentic treatments performed by healers and local therapists, you can immerse yourself within a true cultural experience.

We offer special treatments and therapies to correct any type of imbalance, improve mental clarity and revitalize your body by stimulating physical, mental, and emotional health that will leave you immersed in a complete feeling of peace and relaxation.

MASSAGES

THE ART OF RELAXATION



Relaxing Massage

Experience a soothing and gentle massage that will take you to a relaxing state of mind with gentle movements and essential oils. This massage helps you release muscular tensions and improves circulation while it stimulates your mind, body, and soul.



Deep Tissue

This powerful massage focuses on deep and strong movements to ease muscular tension, soreness, and tired joints to take you to a deep state of serenity and relief.



Holistic Massage

Delek's favorite massage, utilizing multiple techniques such as relaxing massage, crystals for alignment and unlocking, deep pressure to release tensions, all to restore profound relaxation to mind, body, and spirit.

SPECIAL MESSAGES

THE ART OF RELAXATION



Mayan Massage

Unique ancestral healing massage rooted in traditional Mayan medicine, formulated to help ancient Mayan warriors with the stretching of the joints. This massage focuses on the abdominal area to promote a healthy stomach, and also focuses on spine and hip release.



Thai Massage

Thai Massage descends from a long line of therapeutic healing tradition. This is a floor massage technique that uses pressure and stretching through the body meridians to free your energy flow, inner balance, and profound sense of wellness for body, mind, and spirit.



Hot Stones

Experience the heavenly feeling of heated stones that deeply relax the muscles and the nervous system giving you a great sense of harmony and relaxation; release your body from physical and mental exhaustion.

+ MASSAGES

THE ART OF RELAXATION



Exfoliation + Massage

This treatment helps to clean dead cells from the skin with our natural exfoliate secret recipe, followed by a relaxing massage to make you feel like new.



Mayan Clay + Massage

This treatment incorporates a powerful Mayan clay that hydrates, detoxes, and regenerates cells, followed by a relaxing massage that will leave you rejuvenated.



+ MESSAGES

THE ART OF RELAXATION

Ceremonial Healing Massage

Using medicinal plant oils, copal and cleansing herbs, and different therapeutic techniques you will receive a unique approach to your healing journey! Let us bring you back to your center.

ANCESTRAL RITUALS

POWERFUL



Temazcal

A powerful ancestral ritual in Mesoamerica. It is a pre-Hispanic steam bath, which purifies your body and mind, can cure sickness, and creates a spiritual refuge for women seeking to conceive. It is performed with stones, previously heated, which are introduced in the center of the Temazcal. Next, an herbal infusion is added for purification and detoxification.



Spiritual Union

Experience a spiritual union through a Temazcal, our spiritual healer will call your ancestors to let them know you are a couple.



Herbal Cleansing

A pre-Hispanic ritual, a healer is helped by various instruments to achieve purification, healing, and protection of the patient.

A local healer will work the cleansing with “popochcomiti” or sahumador adding copal, rosewood and cedar. Afterward, the process will continue with a bouquet of three power herbs (basil, rosemary and mint) bathed in cologne water. In this way, the energy channels, called chakras or “cucueyos” in Nahuatl are cleaned.

TRADITIONAL RITUALS

POWERFUL



Private Yoga Class

Experience a private yoga class near the beach, ask Frontdesk for Yoga classes schedule.

Sound Healing

One of the oldest and most natural forms of healing, which uses the power of sound to restore the mind, body, and spirit to a state of balance. This experience is inspired by the indigenous cultures of America that communicate with the spirits through the purest vibration that resides in the depths of our being. It is expressed through music and singing.

Sound healing goes beyond a guided meditation, it is a bath of vibrations and songs that will take you to the depths of your heart to enjoy a beautiful experience on the seashore. By entering this space, you can find the answers you have been looking for, as well as peace, balance, and clarity. It also uses the medicine of the quartz crystals that align the chakras.



PRICES

WELLNESS SERVICE

PRICE LIST

GET THE REAL DEAL

Traditional

Relaxing Massage 60 min
\$2,800 MXN

Relaxing Massage 90 min
\$3,200 MXN

Deep tissue 60 min
\$3,200 MXN

Deep tissue 90 min
\$3,800 MXN

Special

Holístico 90 min
\$3,800 MXN

Mayan Massage 90 min
\$3,800 MXN

Thai 90 min
\$ 3,800 MXN

Hot Stones 60 min
\$3,800 MXN

Plus

Exfoliation + Massage 90 min
\$3,800 MXN

Mayan Clay + Massage 90 min
\$3,800 MXN

Ceremonial 90 min
\$4,200 MXN

Couple Ceremonial 90 min
\$7,800 MXN

NOTES

*Prices are in Mexican Pesos.

*Taxes included.

*Delek Tulum Hotel exchange rate applied if paying in dollars.

PRICE LIST

GET THE REAL DEAL

Ancestral Rituals

Temazcal 6 px 90 min

\$5,000 MXN*

*Extra person (Max.10) \$800 MXN

Spiritual Union 90 min

\$4,000 MXN*

Herbal Cleansing 60 min

\$2,500 MXN*

Public Temazcal 90 min (Max.10 ppl)*

30 USD Visitors / \$350 MXN Locals

*Prior reservation

Traditional

Sound Healing 60 min

\$3,200 MXN*

Extra person (Max.8) \$1,200 MXN

Private Yoga Class

Per person \$400 MXN*

NOTES

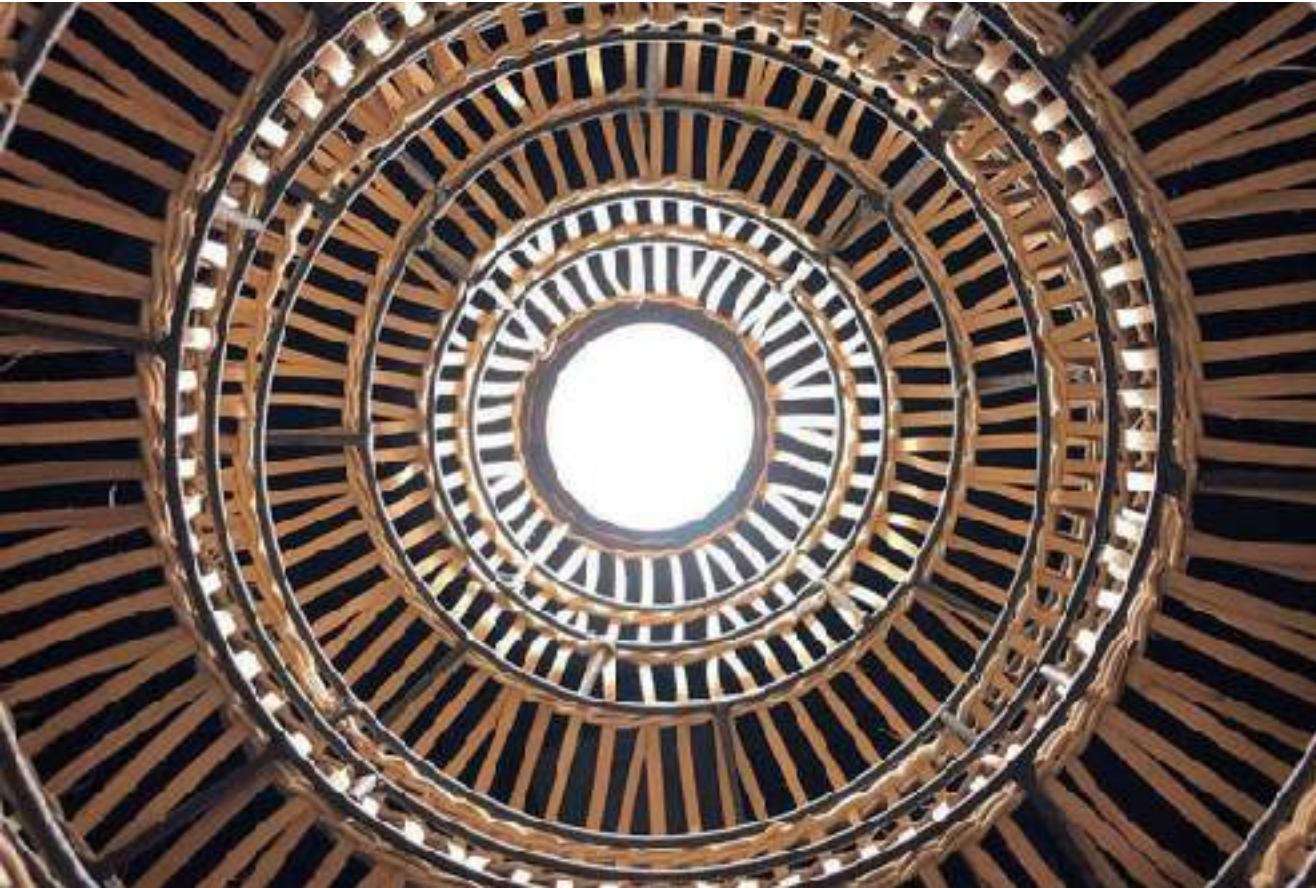
*Prices are in Mexican Pesos.

*Taxes included.

*Delek Tulum Hotel exchange rate applied if paying in dollars.

CONTACT

A FEW SPEECH



BOOK AT THE FRONT DESK
WELCOME TO THE BEST EXPERIENCE

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TASHI DELEK



DELEK
FUELS