



By Mrs. Isabel Barbachano, Photos courtesy of Yaxkin Spa

HERITAGE

HACIENDA CHICHEN A SOULFUL GREEN DESTINATION

Entering the grounds of the 16th Century Hacienda Chichen at the ancient Mayan site of Chichen Itza is to enter a magical world.

The imposing Kastelan tuk palms (*Cocos nucifera*) or the colorful native Chak Kuyche trees (*Bombax ellipticum*) filled with birdsong and the impressive Yaaxche trees (*Ceiba pentandra*), sacred to the Maya people since ancient times, all welcome you with their vivid lush tropical beauty as fireflies dance and native frogs chant at night among the flowering bushes near your cottage terrace. What better place, then, to have a relaxing communion with Mother Nature and find a spa dedicated to offering traditional Mayan wellness care and massage using organic holistic healing treatments—from cacao to corn to native wild honey to Mayan medicinal herbs and flowers—gathered by Mayan healers and shamans who know intimately the healing properties of the gifts of the jungle.

“Generosity. If I had to choose one word to describe the spirit of Hacienda Chichen and Yaxkin Spa it would be this. Let this green hotel spirit embrace you and introduce you to the magic of Mayan culture, healing practices, and amazing reverence for our beautiful planet.” ~ Stephanie Davies, New York Writer

Hacienda Chichen is an ideal base for exploring the Mayan archeological sites of Yucatan, Mexico, especially the impressive ancient city of Chichen Itza and the newly reconstructed archeological zone of Ek Balam, plan to visit colonial towns such as Izamal and Valladolid, swim in cenotes— natural sinkholes filled with cool fresh water—such as the one in nearby Yodznot, run by a cooperative of Mayan women. And if you slow down enough—and believe me, you will—you’ll find plenty to do without ever leaving the enchanting hacienda grounds where Mayan Healers and Shamans have created a Maya Wellness Paradise for visitors to experience the healing power of their holistic therapeutic gift of healing not only the body, but your whole being; restoring the entire self to sound health, cleansing your whole being from toxic energies that stress the body and mind.

Traditional preparation of natural healing treatments at Hacienda Chichen and Yaxkin Spa.





Yaxkin Spa is all about you, your integral wellness and your connection with Mother Earth and the Cosmos. It is a beautiful serene place where much reverence and love is felt. And, what better place to find yourself gently swinging in a hammock relaxed in the hands of an experienced Mayan Healer caring for your wellbeing with her gentle Mayan holistic harmony therapy, allowing your whole being to cleanse by getting rid of toxic stress and emotions.

Indeed, it is a surprise to find this little Maya paradise decorated with such gentle care and deep respect to life and the purifying energy of love integrated to the healing blessings of Mother Earth, instead of your typical Spa where much emphasis is placed in architectural deluxe design and decor but little attention given to help you feel reverence and a deep connection to the healing power of nature.

It is in this little Spa-Wellness Center where Mayan Healers celebrate life and health, and you find a deep connection with nature and the spiritual world of the Maya, a captivating experience that detox your inner-self and restores your serenity, and well being. Here, the Maya healers transform you with their purifying rituals and Mayan healing prayers, blessing each step of their work to reconnect you with the Cosmos, Mother Nature, and your true self.

Maya Healers at Yaxkin Spa are trained in the ancient holistic healing arts of their ancestors. Their unique communion with Mother Nature goes beyond herbal medicine, their healing traditions include a hologram of complex understandings about human nature, Mother Earth, the Cosmos, and the inner connections of the Universe, the Spiritual World that embraces us all and our body.

Mayan Shamans and Healers are respectfully called J'Men (males) and Ix'Men (females); both are trained by at an early age by a master Senior Shaman and Healer who recognizes the healing spirit in the child and starts teaching them the complex art of identifying each medicinal plant, teaching them how to use each element and its power. It is a long process to undertake and shamans continually observe the developing skills of the next generation healers, who have to excel in spiritual integrity and deep desire to help their fellow man.

Maya Senior Healer Beatriz Correa has shared with us some basic understanding of the Maya Holistic Healing Arts and the essential elements integrated in Mayan sacred rituals to restore sound healthy energy flow to a person multiple body fields: physical, mental, emotional, astral, spiritual. Maya Healers commonly use massage, herbal baths, rubs, organic wraps, gems, stones, sacred sounds, herbal cures and oils to treat physical, emotional, and spiritual ailments.

Treat yourself, with traditional Maya therapies amidst the lush forests of Hacienda Chichen Resort and Yaxkin Spa!

www.haciendachichen.com