

Mayan Magic

Once a base for ancient astronomers, NIZUC Resort & Spa promises pampering that's out of this world

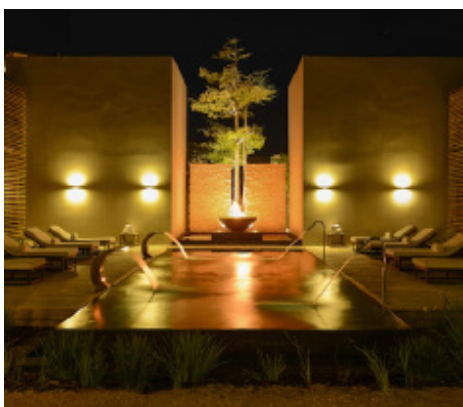
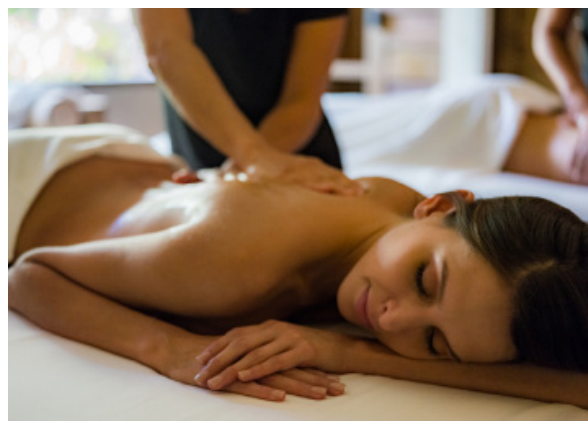
Clockwise from top: the spa pool; Mayan inspired signature therapies; the spa pool by night

ASK ANY SPA AFICIONADO ABOUT their most coveted destinations, and NIZUC Resort & Spa is sure to feature high on the list. The first ESPA-branded spa in the Mexican Caribbean is set in a secluded, 29 acre private beachfront estate surrounded by protected mangroves and the world's second-largest coral reef – a pocket of peace that you'll scarcely believe is 15 minutes from Cancun's airport.

Spectacular as the setting is, wellness enthusiasts flock here for more than just the view. With 30,000 square feet of treatment rooms, hydrotherapy areas and private spa villas, NIZUC Spa by ESPA has made a name for itself with a distinctive approach that centres ancient Mayan mindfulness – signature treatments include pure cacao oil massages, body wraps of local algae and marine mud and the NIZUC Renewal, which utilises warm gemstones revered for their restorative properties. Elsewhere, bespoke facials identify and address your personal skincare needs and couple's rituals create an atmosphere of indulgent romance.

This January saw the launch of the NIZUC MedSpa, where non-surgical, non-invasive aesthetic procedures such as skin-tightening

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TempSure and muscle-defining CoolTone promise an extra post-holiday boost.

And, of course, the spoiling doesn't end in the spa. The suites and villas offer sleek architectural splendour, while six world-class restaurants present elegantly elevated dishes (including authentic Mexican cuisine and vibrant Peruvian small plates), and exciting excursions such as archeological visits and kayaking tours make for a stay filled with adventure. Sipping a sunset cocktail and gazing up at the skies that so entranced ancient astronomers, it's impossible to feel stress here.

For more information, please visit nizuc.com @nizucresort @nizucresortandspa