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# WELLNESS PROGRAM AUGUST



## OCEAN TALKS: REMEMBERING TO SEE : PHOTOGRAPHY WORKSHOP

Enhance your observation and photography skills in the "Remembering to See: Photography Workshop." Through creativity, technical guidance, and hands-on field sessions, you'll capture stunning images with your phone, receive constructive feedback, and find new inspiration. Ideal for all skill levels, this workshop helps you deeply appreciate the visual world.

AUGUST 7TH

17:00 HRS

@MARESIAS



## OCEAN TALKS: QI : VITALITY AND LIFE FORCE

Analogy's and Guidance to achieve balance and vitality on our everyday life. Observation and understanding of energy flow as life force. The union of the 3 body's. Spiritual, Intellectual and Physical. The Integration and channeling of emotions and feelings in a harmonious way. finding meaning, purpose and driven for a life full of expression, expansion and joy.

AUGUST 14TH

17:00 HRS

@MARESIAS



# OCUMARE

TRADITIONAL MEXICAN FOOD

Ocumare takes traditional Mexican flavors and reimagines them with international flair. Celebrate the essence of Tulum's culinary scene one bite at a time with locally sourced ingredients and a commitment to sustainability.

## RESERVATION

[bookings@ocumaretulum.com](mailto:bookings@ocumaretulum.com)

+52 (984) 116 6077

[ocumaretulum.com](http://ocumaretulum.com)

## SCHEDULE:

Tuesday to Sunday from 6:00pm to 10:30pm

[VIEW MENU](#)



# YÄAN SPA SPECIALS

## AUGUST



### SUMMER RESCUE

Relaxing massage using the soothing power of a chamomile, aloe, and clay mask to calm sunburnt skin.

90 MIN / \$280 USD



### DETOX & FLOW

A sea salt exfoliation, algae mask and lymphatic massage that will help to get rid of retained liquid and boost your immune system.

120 MIN / \$370 USD



### HERBAL BLISS

Relax your nervous system with this warm pouch massage using the sacred properties of plants. Finish with a 30-minute firming and toning face massage.

120 MIN / \$370 USD



### MIDWEEK SPECIALS

Enjoy a special 15% savings on select, regularly-priced spa services to have you melt into bliss from head to toe.

MON – WED

You may combine any special with a deep tissue massage for an additional cost of 30 USD.

# MUSIC & SPECIAL EVENTS AUGUST



## BE SOUNDS: FLAMENCOS

AUG 8 TH 19:30 HRS @MARESIAS



## BE SESSIONS: JDMAYA

AUG 9 TH 14:00 HRS @MARESIAS BEACH



## WINE TESTING & JAZZ MUSIC

AUG 29 TH 19:30 HRS @MARESIAS LOUNGE



## BE SUN DAY: CARRASCO

AUG 25 TH 19:30 HRS @MARESIAS BEACH



## BE DAYLIGHT: FRANCESCA LOMBARDO

AUG 17 TH 14:00 HRS @MARESIAS BEACH

[VIEW MORE EVENTS](#)



HOTEL MAP







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