



Palmaia - The House of AiA, is a Wellness Resort where you live a Retreat Experience called AiA\Wellness.

Palmaia is the only high-end Wellness Resort in the world, where you can live a truly clean and healthy lifestyle while on vacation. You can fully relax and disconnect from stress with our specially curated program where everything is included.

Our AiA\Wellness concept is comprised of four pillars that allow you to experiment with health and healing at your own pace: Nutrition, Wellness Programming, Music, and Personal Growth.

## LOCATION

Strategically situated at the southern end of the most beautiful beach in Playa del Carmen, Mexico, and surrounded by more than 400 hectares of virgin jungle. Palmaia is a private, safe, and exclusive location that offers a sanctuary for guests seeking tranquility.



# FACILITIES



- 234 Oceanfront Suites • 4 À La Carte Restaurants
- Healthy Café • Food Truck • Beach Club • 2 Pool Bars • Jungle Spa • Jungle Gym • 5 Cenotes
- Private Club Building • Children's Club • Boutique
  - Podcast Studio • Mixology Lounge
  - Outdoor Event Spaces

## Beach & Pools

- 1km of Private Beach with Natural Dunes
- 4 Infinity Pools with Views of the Beach and Mangroves with an Adult-Only Section
- 2 Jacuzzi-style Pools in a Private Beach Section
- Balinese Beds at the Pools with Palapas on the Beach
- Beach Food Service • Kayaks and Paddle Boards

## Wellness Programming Spaces

An array of indoor and outdoor spaces where our Wellness Programming takes place:

- Rituals Deck • Mangrove Deck • Aisuru
- Gypsy Tent • Ocean Tent • Psychedelic Mushroom
  - Beach Temple



## ALL IN ONE RATE

We call it “The Gifting Lifestyle,” where you pay one rate, and everything is included. But it goes beyond that; we hope that by gifting you the Palmaia Experience, you can take what you learn and share it, giving back to the world.

### What’s Included?

- Architects of Life Holistic Program with more than 54 Activities
- Rituals of Sound Music and Sound Healing Sessions
- All Food & Beverages at our Healthy Restaurants/Cafés/Food Truck
- 24-hour Healthy Room Service Options
- Premium Alcoholic and Non-alcoholic Mixology
- Mini Bar Stocked with Health Drinks and Snacks
- Informal Bike Sharing throughout the Property
- Fiber-Optic Wi-Fi
- Jungle Gym

## WHAT IS AïA\WELLNESS?

AïA\Wellness is Palmaïa's Retreat Experience that leads to healthy lifestyle habits and a journey of personal growth. Being at Palmaïa allows you to detoxify your body, purify your mind, and reignite your soul.



**AïA\Wellness** is rooted in our local traditions and cultures, specifically the ancient teachings of the Mayans. The sacred Mayan texts of the Popol Vuh refers to brothers traveling through different houses that guided their spiritual growth. There are four 'houses' that complete the AïA\Wellness retreat experience:



## THE HOUSE OF THE NOURISHING BIOME

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The Nourishing Biome is a unique food program available only at Palmaia, where every meal is designed for optimal health. We simply remove the most toxic ingredients from the modern food system.

Our menus consist of a healthy integrative food offering that promote various health benefits, including weight loss, reduced inflammation, stress relief and longevity. Each dish is always tasty, creative, and freshly prepared.

### Our promises

1. To use minimal amounts of processed or packaged foods.
2. No refined sugars.
3. No refined seed oils.
4. Include homemade fermented food options in all menus.
5. Most vegetables sourced from organic farms.
6. Prioritize use of seasonal fruit
7. All breads crafted with fermented sourdough starters and natural unbleached flours.

## Restaurants

**LEK** – A sophisticated twist on traditional Mexican Cuisine. Here you will discover the hidden gems of Mexican culinary culture that are not yet exported around the world. This cuisine goes beyond Tacos and Burritos.

**UME** – Set among a sophisticated jungle influenced interior, serving Oriental Cuisine with a strong connection to Japan. Premium Sake Menu Available.

**Mar de Olivo** - Mediterranean-inspired fresh healthy cuisine complemented by homemade pastas to indulge.

**Su Casa** – A Fresh blend of modern healthy cuisine combined with wood-fired cooking, amplifying the textures and flavors of the dishes.

**Plantissa – Healthy'er Café** featuring plant-based offerings such as smoothies, bowls, bakery items, sandwiches, house favorites, local soups, fresh juices, and the best coffee on the resort.

**Charly's Vegan Tacos Food Truck** – Once a star of the Tulum food scene, this eatery specializes in street tacos replicating the textures and flavors of meat, all made in-house.





## THE HOUSE OF THE ARCHITECTS OF LIFE

The Architects of Life programming includes more than 30 holistic and health activities carried out every week by our in-house and visiting guides. Activities take place in different locations, most among nature, throughout the resort.



### Visiting Guides

Guides that join while passing by to impart new experiences and share their healing wisdom.

### Private Sessions

In order to facilitate integration and delve deeper into an experience, guests can book 1:1 sessions with our guides, which are available at an additional cost. As part of our principles, Palmaia is aware of how important it is to make a productive contribution to the ecosystem of which it is a part.\*



\* All profits from 1:1 sessions go to our community support program called DEPTH.





## THE HOUSE OF THE RITUALS OF SOUND

No Wellness concept would be complete without an element that included sound, frequency, and vibration. There's nothing quite like the sensation of being barefoot on the beach, at sunset or at night, while gathering among the tribe and listening to deep beats.

Rituals of Sound are curated music events held at beautiful locations that lead to integration, gathering and connection.





## THE HOUSE OF AÏA

AiA brings awareness to what is hidden from us. She unifies the divide between what we perceive as reality and what we sense as an invisible guiding force. In other words, we connect to AiA when we become aware. AiA is your true home, your house, the place where you feel comfortable, gravitating toward her during every step of your journey.

The fourth house requires patience and work for many. Some are already connected to AiA, some will require time to connect. Regardless of your journey through the houses, the path you're on is precisely where you need to be at this very moment. Only you will know when you have entered the fourth house - The House of AiA - because nothing will ever be the same again.





## ATLANTIS SPA

Perfectly integrated into a unique jungle and cenote ecosystem, Atlantis is more than a Spa, it is a place to discover and feel the power of healing energy. Centered around ancestral traditions and natural healing methods, our team of medicine men & women impart their knowledge and skills in a unique natural environment that fosters connection to nature and ultimately, relaxation.



# AWEN

At Awen, the 'kids club', we believe that children's interaction with the world should accompany their natural growth cycles. From a young age, children need the freedom to express themselves naturally and to express their creativity without boundaries or limitations.



Our program is designed to provide a fun and interactive experience for children while teaching them about the core principles we are guided by at Palmaia, primarily emphasizing connection to nature and respect for others.

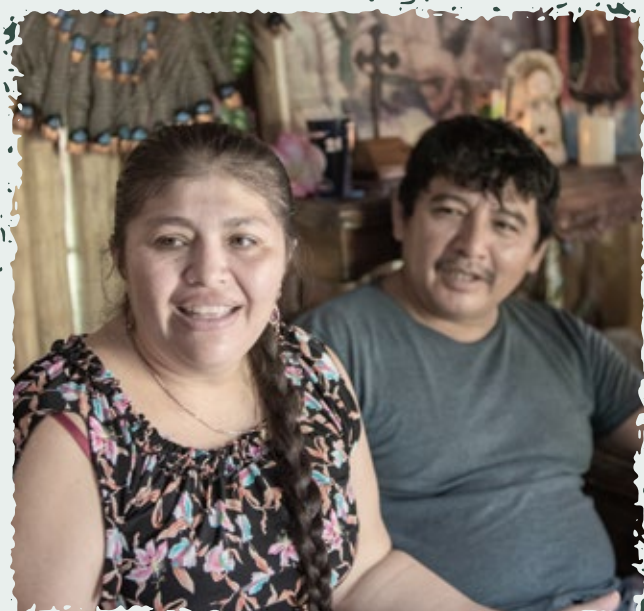
We take pride in being a digital-device-free environment, ensuring that children will never interact with a digital screen during their time with us.



## DEPTH

Depth is our community program that supports Mayan villages by funding entrepreneurial endeavors. Local people propose projects, and we fund the creation of businesses that enrich the communities. There are no debt obligations whatsoever, ensuring that all wealth created from the businesses remains within the communities.

When guests do 1:1 session at Palmaia, 100% of the profit goes to the DEPTH program. Therefore, guests indirectly contribute to the betterment of local communities as they invest in their own personal growth at Palmaia.



## RETREATS & FESTIVALS

Palmaia was created with the vision of becoming a gathering place for communities seeking personal growth and healing. While it operates as a resort, its concept and design have always been aimed at evolving into a year-round retreat and festival experience.

We already host world-renowned festivals, events and retreats, and with our “all-inclusive” model, we develop customized proposals to allow retreats & group leaders to focus on connecting and guiding their attendees. By attending or organizing one of these events, you can experience the best of what Palmaia has to offer.



## Accommodations

234 oceanfront suites with 16 different configurations are available at Palmaia, offering various options such as upper-floor suites, those with and without bathtubs swim-ups suites, meditation suites, family suites, among others. All materials in the rooms adhere to Palmaia's principle of non-violence, ensuring they are cruelty free.

## Suite Features

- 50" SMART TV • 24-hour Room Service • Minibar
- Vanity Mirror • Hair Dryer • Nespresso Coffee Machine • 100% Biodegradable Cruelty Free Locally Produced Amenities • Tea Kettle • Individual Control for Air Conditioning • Iron & Ironing Board
- Bathrobe and Slippers • Premium Bed Linen
- Laptop Size Safe Box • Nightly Turndown Service
- Music Network via Bluetooth • Private Terrace
- Unlimited Calls to Mexico, the United States and Canada • High-speed Wi-Fi



## SUITES

With a total of 234 oceanfront suites, each with a private balcony, Palmaia offers 10 different designs, ensuring they cater perfectly to the tastes and needs of each guest.

### **FAMILY MASTER SUITES (Ocean View Available) FAMILY MASTER SWIM-OUT**

- Master bedroom with king-size bed, living room and private balcony • Master bathroom with double sink, shower, luxury bathtub and toilet • Secondary bedroom with bunk bed for 2 • Secondary room with sink, shower and bathroom • Max Occupancy: 2 adults and 2 children • Room size: 66 m<sup>2</sup> / Balcony size: 11 m<sup>2</sup>



Family Master Suite Ocean View

### **FAMILY KING SUITES (Ocean View Available)**

- Room with king-size bed, bunk bed for 2 children, sitting area and private balcony • Bathroom with 2 showers, 2 sinks and toilet • Max Occupancy: 3 adults and 2 children or 2 adults and 3 children
- Room size: 50 m<sup>2</sup> / Balcony size: 10 m<sup>2</sup>



**KING SUITES W.BATHTUB (Ocean View Available)  
+ 18 in ADULTS ONLY BUILDING**

- Room with king-size bed, living room, and private balcony • Bathroom with shower, bathtub and bathroom • Max Occupancy: 2 adults • Room size: 50 m<sup>2</sup> / Balcony size: 10 m<sup>2</sup>



**King Suite with Bathtub**

**KING SUITES (Ocean View Available)  
(+ 11 in ADULTS ONLY BUILDING)**

- Bedroom with king-size bed, living room and private balcony • Bathroom with 2 showers, 2 sinks and toilet • Max Occupancy: 2 adults • Room size: 50 m<sup>2</sup> (538 ft<sup>2</sup>) / Balcony size: 10 m<sup>2</sup> (107 ft<sup>2</sup>)

**QUEEN SUITES (Ocean View Available)  
+ 6 in ADULTS ONLY BUILDING**

- Room with two queen-size beds with a sitting area, a sofa-bed, and a private balcony • Bathroom with 2 showers and 2 sinks • Max Occupancy: 2 adults and 1 child or 1 adult and 2 children or 3 adults • Room Size: 50 m<sup>2</sup> / Balcony Size: 10 m<sup>2</sup>

## **KING SUITES WITH BATHTUB, SWIM-OUT + 6 in ADULTS ONLY BUILDING**

- Guest room with king-size bed, living room and private balcony situated directly on one of the hotel's 4 infinity pools • Bathroom with shower and luxury bathtub • Max Occupancy: 2 adults • Room size: 50 m<sup>2</sup> / Balcony size: 10 m<sup>2</sup>



King Suite w/Bathtub Garden View Swim Out

## **QUEEN SUITES SWIM-OUT + 4 in ADULTS ONLY BUILDING**

- Room with two queen-size beds with a sitting area, a sofa-bed, and a private balcony located directly in one of the hotel's 4 infinity pools • Bathroom with 2 showers and 2 sinks • Max Occupancy: 2 adults and 1 child or 1 adult and 2 children or 3 adults • Room size: 50 m<sup>2</sup> / Balcony size: 10 m<sup>2</sup>

## MEDITATION SUITES (ADULTS ONLY BUILDING)

Suites specially designed to elevate your daily practice, transforming your stay into an authentic yoga retreat.

- Master bedroom with king-size bed, living room and private balcony
- Master bathroom with double sink, shower, luxury bathtub, and toilet
- Secondary room with a secluded and harmonious space ideal for meditation or yoga
- Secondary bathroom with sink, shower, and toilet
- Max Occupancy: 2 adults
- Room size: 66 m<sup>2</sup> / Balcony size: 11 m<sup>2</sup>



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