

Grand Velas Riviera Maya Signature Spa Review

The Grand Velas Riviera Maya is a luxury all-inclusive resort that opened in 2008, and the Grand Velas Signature Spa — named a Leading Spa of the World in 2009 — is one of the most memorable, world-class spas I've visited: signature treatments, massage, body wraps, facials, manicures, flotarium (a bathtub that allows you to float as if there were zero gravity), romantic couples rituals and much more.



At 89,305 square feet and 40 treatment rooms (including a spa fish pedicure!), the Grand Velas Spa has been recognized by the Leading Hotels of the World and Virtuoso as one of the best.

Many business travelers know the importance of finding a bit of spa time when they are on the road, and the Grand Velas Spa lives up to its reputation with an excellent range of services and attentive attendants.

The Grand Velas Spa Hydrothermal Journey

Separate wet areas for exist for men and women, and they're massive in size. Arrive 90 minutes early so that you can fully experience the:

- Sauna
- Color therapy steam
- Clay room
- Ice room
- Experience showers
- Whirlpool
- Polar Pool

There's also an experience pool (warm chlorine-free) includes a sensory pebble walkway for your feet (hot and cold), waterfalls, water bubble beds, bubble volcano and cervical neck jet. To be honest, the pressure of one of the water jets is fantastic – I felt like I was experiencing the pressure of a fire hose to my lower and middle back. (How can I get this installed in my home, please?) And this was just the wet areas experience.

The Grand Velas Riviera Maya Spa Services

There's an extensive range of spa service packages and collections of spa journey services, including several massage options, facials, aroma therapies, rituals, couples treatments and other options. The treatments are inspired by rituals found on all seven continents.

I followed the advice offered by spa director Leticia Fernandez and experienced the Nik Te Ha Aquatic Massage. Nik te ha in the Mayan language means water lily. It begins with a Mayan ritual, followed by a unique underwater massage (80 minutes) that is guided by a spa therapist.

Your muscles relax when you're submerged in water and the spirit flows in harmony with the energy of the universe. To be honest, I actually fell asleep at one point during the floating portion of my treatment. It's one of the more popular options for business travelers.

There's also a full range of bridal and beauty treatments.

(Review based on May 2012 visit.)