

Created by: Debra C. Argen

## Spa del Mar, Cancun Mexico



Spa del Mar invites guests to relax at Le Meridien Cancun Resort & Spa.

Spas should be a place to relax, to regenerate and escape at least for a few hours, and the 15,000 sq. foot Spa del Mar offers that and much more.

Guests enter Spa del Mar by walking down an elegant marble staircase from the full-service Fitness Center. It is a European spa with Elemis products, where guests are put at ease from the minute they enter the beautiful reception area decorated with fresh yellow roses, and cobalt pitchers of refreshing Jamaica Hibiscus flower water, chlorophyll and water were lined up on a bar for Spa guests to enjoy.



Edward F. Nesta and I decided to indulge ourselves with some Spa pampering during our stay at the hotel in May 2005, and after changing into our Spa robes and slippers in the locker rooms, we went to wait in the circular Spa Waiting Room which had live plants, and a fountain in the center of the room that was filled with fresh rose petals. The room was calming with its low lighting, and lightly scented aromatherapy. While we waited in the comfortable chairs, we savored a cup of tea from a large selection of available teas.

Spa del Mar has 14 treatment rooms and a full-range of holistic treatments available. We decided to try their signature aromatic Spa del Mar Couples Balance Massage, which combines European and Asian massages. Although we are veterans of massages, this was our first couple's massage. We were led to a large treatment room decorated with tall candles and with two massage tables draped with attractive patterned coverlets. Ms. Gabriela Moltano, Edward's therapist, and Ms. Rosaria Cardozo Ramirez, my therapist worked in tandem, as they began our Balance massage with a footbath, which is a Spa del Mar signature, where they exfoliated and stimulated our nerves in our feet. Once we positioned ourselves on our massage tables, looking down through the face openings we noticed that there were fish bowls filled with Beta fish on the floor that we could watch. Although they were interesting,



I preferred to close my eyes, breathe in the scented air, listen to the soft music and let the tension drain from my body as my therapist worked out my kinks. After an hour massage, we were gently awakened by Tibetan singing chimes, which signaled the end of our session. Once again, we returned to the relaxing Waiting Room, where we had another cup of tea, before experiencing the other Spa elements. While Edward relaxed, I entered the steam room for a few minutes, followed by a quick dip in the cold plunge

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pool. Thoroughly relaxed, I decided to bypass the waterfall in the outdoor hydro pool, but it did look inviting. After refreshing cool glasses of the Jamaica Hibiscus flower water and detoxifying chlorophyll, we walked up to the Fitness Center where the Personal Trainer was putting guests through their paces. Although exercise is always good, we decided that we would get enough exercise making two afternoon dives scuba diving in the Caribbean Sea. Read about diving in our **Events** section.

We did have the opportunity to meet with Ms. Lea Cordon, Spa del Mar Manager in Le Rendez-Vous Bar where we learned about some of her new ideas for the Spa, one of which she has already begun is their Spa del Mar signature footbath. She will be launching their new Mayan Wrap with Elemis products and Mayan mud which will be



their new signature wrap, as well as initiating new special packages which combine fitness and wellness (Spa massage and Pilates or yoga, etc), as well as a new Spa menu. Spa del Mar welcomes families with their parent and child treatments, which encourage bonding through sharing the Spa experience, and there are special treatments that cater to the male clientele. We look forward to returning and experiencing the new Spa additions.

You may also enjoy our other articles on Cancun in the **Destinations, Hotels & Resorts, Restaurants, Chefs' Recipes, Liquor Cabinet, Travel News** and **Events** sections.

For additional information on Cancun, please visit the [Cancun Convention & Visitors Bureau](#).

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