

Maya Massages & Facials

Amalia Ixmalé Forest



Treat yourself, or a loved one, to special Maya Healing Massages & Rejuvenating Facials

Amalia Ixmalé, 4th generation Maya healer, continues the hands-on healing traditions of her lineage of healers. Her great skills bring relief & renewal for replenishment of your body & spirit.

Contact: Patricia Worth ~ nmregistrations@redwindcouncils.org ~ 505-429-0529

NEW ~ Short Maya Massages

FOR MEN & WOMEN

Stress relief & restful
\$40 for 35 min

Receive a soothing massage of **head, neck, shoulder & arms** with Amalia's special Maya balms.

Deep Maya Massages

FOR WOMEN only

Relaxing, regenerative & restorative
\$75 for 1 hr & 10 min

Treat yourself to this amazing healing treatment to the sound of **ancient Maya music** to energetically re-balance your entire being & profoundly soothe your emotional self & spirit.

Done with high-quality bee wax, aloe vera or sesame oil **Maya balms** containing any of the following essences: Calendula, arnica, spruce, cinnamon, lemon grass, myrrh, citrus, lavender, grapefruit, bergamot, petit grain &/or verbena.

Rejuvenating Facials

Rejuvenating, hydrating & purifying
\$55 for 60 min

All Maya Facials include a Mexican Nopal exfoliation, your choice of Facial below & a Honey/Rose facial cream with a light massage to end your treatment.

Make your choice of the following facials:

Maya Chocolate Mask w/ Honey, Rose & Grapeseed Oil

Benefits: An anti-oxidant & soothing mask which lifts your spirit, rejuvenates your skin & helps with cellular oxygenation. It detoxifies & firms your face for a smooth, glowing look.

Maya Clay Mask w/ Olive oil, Honey & Herbal essence

Benefits: An anti-oxidant mask which provides deep nourishment & hydration for tired skin. It cleanses pores for a purified, fresh look. Your choice of herbal oil: Basil, Rosemary, Rose, Sage or Lavender.

Mexican Avocado Mask

w/ Yogurt, Honey & a touch of Almond oil

Benefits: This wonderful mask helps improve dull skin & enliven your skin tone. It is deeply nourishing, clarifying & hydrating.