

AGENDA

SEPTEMBER 18–20TH

ESENCIA
WELLNESS



7:00 hrs.

Sunrise Yoga

Gazebo at Playa Norte

Start the day with a peaceful beachfront yoga session as the sun appears over the ocean. Surrounded by the soothing sound of the waves and the warm colors of the morning sky, this experience helps improve flexibility, balance, and mindfulness while creating a deep connection between body and mind in a truly serene sunrise setting.

8:30 hrs.

Ocean Breeze Spinning

Gazebo at Playa Norte

Energize your day with a high-intensity spinning class designed to boost endurance, strengthen the body, and elevate your mood. A dynamic workout experience guided by expert instructors in a vibrant oceanfront setting.

9:00 - 12:00 hrs.

Wellness Ritual

Esencia Wellness Hall

Indulge in one of our signature spa rituals. Guests can enjoy a relaxing shiatsu back massage, a soothing hand ritual & revitalizing foot relief massage, or a refreshing facial touch-up for a moment of pure relaxation and renewal.

10:00 hrs.

Wellness Bootcamp Session

Terraza (Nayade/Costera/Verde)

Energize your day with a high-intensity functional class designed to boost endurance, strengthen the body, and elevate your mood. A dynamic workout experience guided by expert instructors in a vibrant and motivating atmosphere.

13:30 hrs.

My Skin Care

Fitness Center Class Room

Discover the secrets of skincare in this interactive facial masterclass. Learn professional techniques for cleansing, hydration, and self-care while performing your own mini facial ritual using premium spa products.

15:00 - 18:00 hrs.

Wellness Ritual

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