

AGENDA

SEPTEMBER 18–20TH

ESENCIA
WELLNESS



Friday 18th | 8:30 hrs.

Functional Fitness and Wellness

Terraza Agua Madre

Energize your day with a high-intensity functional class designed to boost endurance, strengthen the body, and elevate your mood.

Friday 18th | 11:30 hrs.

Glow Party

Café Inés

Mini self-care experience: light cleanse, skincare tips and quick glow ritual.

Saturday 19th | 8:00 hrs.

Yoga: Stretching

Beach

Yoga session to activate energy, breathing and mobility.

Saturday 19th | 10:00 hrs.

Sound Healing

Relaxation Room Esencia Spa

Restore your energy with the sound of bowls

Sunday 20th | 10:00 & 10:30 hrs.

Ice Bath

Jardín Pacífico

Discover the benefits of cold-water immersion. A recovery experience designed to reduce muscle inflammation, improve circulation, accelerate recovery, and leave you feeling refreshed and energized.

