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## How To Relax And Revive In Cancun

By Justin Burch

You probably already know about Cancun's reputation as a tropical beach paradise, complete with

luxurious resorts and decadent nightclubs. What you may not know is that when the party is over, relaxation options are not limited to merely sunbathing or shopping for trinkets. From sightseeing to spa treatments, Cancun's Mayan heritage colors all aspects of the area's recreation and relaxation.

### Mayan Historic Sites

For instance, in the center of Cancun's Hotel Zone are the Ruinas del Rey (Ruins of the King), a Mayan site dating to 200 BC. Thought by some to be an ancient observatory, remains found at the site also suggest it could have been a royal burial ground. With two plazas featuring well-preserved frescoes and a small pyramid topped with a vault, Ruinas del Rey is an excellent introduction to the intrigue of an ancient civilization.

For tourists with time and a greater penchant for history and exploration, the awe-inspiring Mayan site, Chichen Itza, lies about 125 kilometers west of Cancun. As the most visited archeological site in Mexico, this four-square mile city has long been a popular daytrip for Cancun's visitors. Tourists can climb the esteemed Castillo and visit the largest remaining court from the Mayan civilization. For your convenience, several tours are available through hotels and resorts.

### Mayan-Inspired Spa Treatments

The spirit of the Mayans is also captured in a number of unique spa treatments available throughout Cancun. With the beauty of the Mexican Caribbean as a backdrop, local spas and resorts blend ancient techniques with innovative technology. Therapeutic treatments, such as thalassotherapy (the use of seawater to relax and rejuvenate) and traditional hot stone massage, offer great opportunities to decompress at the beginning or end of your vacation. Many spas also utilize a fantastic array of sea greens, herbs and minerals indigenous to the region in their treatments. Furthermore, despite the elegance of these boutique spas and resorts, spa visits in Cancun are generally much less expensive than comparable experiences in the United States.

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Cancun also boasts the largest spa in all of Latin America, the three-level, 35,000-square foot paradise at JW Marriott Cancun Resort and Spa. Offering a full range of Mayan-inspired treatments, incorporating materials such as crystal, stone, mud, exotic fruit and milk, this spa is certainly unlike anything you'll experience at home.

For travelers looking for a distinctively native spa experience, Temazcal is an indigenous Aztec steam bath treatment intended to renew the body, mind and spirit. Performed on hot stones with aromatic herbs, the Temazcal treatments are performed in cloth huts on the beach at sunset. As a traditional form of therapy, Temazcal could be likened to certain aspects of the Turkish bath, Finnish sauna or Arabian hammam. Having been practiced for centuries by tribes throughout North and Latin America, the term "Temazcal" is derived from the Nahuatl (Aztec) terms, "temaz" (bath) and "calli" (house). Several beach resorts also offer more conventionally romantic moonlight massages in outdoor cabanas or secluded terraces, allowing guests to enjoy services in a private environment with spectacular ocean ambience and vistas.

Lastly, to ensure that your relaxation plans don't become stressful, it is advisable to make a reservation when planning a visit to one of Cancun's pampering spas. Guests should also try to arrive 15-30 minutes early and inform spa personnel of any health concerns.

This article was written by Justin Burch. Justin writes select pieces about travel in Cancun Mexico and other

<http://marriott.com/property/propertypage/CUNMX>

### **Adult Only All Inclusive Cancun Resort The Best Getaway For Adults**

**By John Morris**

Almost all of us live in a big city with a stressful job. Wouldn't it be nice to be able to get away, even for a few short days? The adult only all inclusive Cancun resorts are highly recommended. You really can get the best bang for your buck, but only if you opt for an all-inclusive package.

Planning is very important for your holiday. Cancun Island offers several adult only all inclusive Cancun resorts. The majority of these are restricted to male or female couples, while other are open to all adults. Generally, these adult only all inclusive Cancun resorts differ by hotel. There is a wide range to select from so that you can go on a terrific holiday of your life time. Listed here for your convenience are two of highly recommended adult only all inclusive Cancun resorts to choose from.

#### 1. Blue Bay Getaway and Spa

Blue Bay Getaway and Spa adult only all inclusive Cancun resort is notably known for its unrestrained ambience for grown up fun. At this adult only all inclusive Cancun resort, activities and sexy games of a wide range are available. All adults can select activities suits them best. Additionally, the Blue Bay Getaway and Spa has the most supreme restaurants in the town where guests can delight in the taste

of around-the-globe specialties.

In addition, there are some bars, spas, salons, and fitness center. All of these facilities are located right on its premises, making it very convenient. The Blue Bay Getaway and Spa adult only all inclusive Cancun resort has rooms that have great views of the nearby attractions.

### 2. Golden Crown Paradise Spa

With an outstanding indoor mini golf and more than 150 Deluxe and 60 Crown Clubrooms, the Golden Crown Paradise Spa is another very popular adult only all inclusive Cancun resort. This adult only all inclusive Cancun resort offers the great amenities that include two freshwater pools, three restaurants, four bars, nightly entertainment, a disco, tennis, and a fitness facility equipped with sauna and steam room.

Additionally, this adult only all inclusive Cancun resort has a beauty salon and spa, a shopping gallery, a car rental, as well as travel agency; all are located just on the premises. The needs and wants of any adult can be met at this resort. This adult only all inclusive Cancun resort has rooms that offer fantastic views of the ocean or lagoon; creating a very interesting holiday spot for adults. Each room is also discerningly decorated to ensure the comfort and convenience of the guests.

You have special privileges as a member of the all inclusive Cancun resort if you bring your partner. This is because the Golden Crown Paradise Spa specifically caters to couples, honeymooners, and singles. Cancun resorts are truly unforgettable so be sure to set your sights on Cancun today.

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