



Introducing our new VITALITY Day Experience at Atelier Playa Mujeres

Experience a day of connection and revitalization with the new VITALITY Day Experience at Atelier Playa Mujeres. This activity offers a specially designed full itinerary hosted by our wellness experts.

For guests who enjoy taking care of their mind, soul and body anywhere and anytime. Our VITALITY programme and its experiences focus on the 3 pillars of wellness.

PROGRAMME

7:30am – Private Energy Sunrise / Balance and Stretching

09:00 – Power Energetic Healthy Shake at Suspiro

10:00 – Super Fitness Beach Boot Training at the beach

11:30 – Nutritional Coaching with the Fitness Experts

12:30 – Lunch at ALBA: A culinary experience guided and suggested by our Executive Chef

14:00 – NUUP Spa VITALITY Experience:

- Hydrotherapy circuit
- Relaxing body massage (45 minutes)

17:00 – End of VITALITY Day Experience