

An Escape to Mayu Spa, Sacred Valley of the Incas

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My name is: Pamela Aguirre Santos.

I'm known for being: Inkaterra's corporate spa coordinator. I'm from Cusco and currently live there. Recently, I was named an ambassador for Global Wellness Day in Peru.

I'm talking about: The Mayu Spa at Inkaterra Hacienda Urubamba in the Sacred Valley of the Incas, in Cusco, Peru.

This is special because: One of the things that makes the Mayu Spa stand out is definitely its location. Nestled in Peru's Sacred Valley of the Incas, the Mayu Spa features an exceptional view of the hotel's farm and the surrounding mountains. The colorful landscape can be seen from the therapy rooms; the view looks like something out of a painting.

The spa's "Healing Garden" is also extremely unique. Each guest has a chance to speak with our herbalist prior to their treatment to discuss what might be bothering them. Our herbalist teaches them more about the traditional healing properties of the herbs growing in our garden and, together, they decide what will be used during the upcoming treatment. Alongside the herbalist, the guest then actually picks a combination of fresh herbs with their own hands, which the therapist will incorporate. This ensures total customization and personalization and creates an interactive experience that's truly unforgettable.





When it comes to well-being, we're all about: With this type of location in such a beautiful environment, we encourage the integration of nature throughout our spa and our various treatments. We believe that this holistic approach helps to reinforce that idea of natural beauty and wellness. So, we use natural products, have our guests harvest herbs for treatments specific to their ailments and we integrate methods and ingredients that our ancestors have used for centuries.

One thing you can't miss is: After long walks and hikes, we recommend that our guests experience a foot wash therapy with an infusion of their chosen herbs, so they may continue their adventure in the Sacred Valley in comfort.

The foot treatment room has an incredible view of the farm and, once a treatment is completed, spa guests are welcome to stay and relax. They can enjoy the our various drinks or even meditate while taking in the view.



My favorite secret detail is: We have two hydration stations that our guests are encouraged to use throughout their time at the spa:

Cold Water Station: Along with freshly squeezed orange juice, guests can choose from a variety of waters that have been infused with special herbal blends. We have three types: Tropical Detox, Vital Green and Red Antioxidant.

Hot Water Station: The hot water station is stocked with freshly picked herbs from our garden that can be steeped in hot water for a soothing tea. We have a chamomile infusion, mint infusion and a rosemary infusion. Guests can also add honey and lemon to their tastes.

Your body will thank you because: The body needs a moment of rest and reflection—and what better way to get that than to spend a few hours in the spa, where head-to-toe personalized attention will ensure that you leave regenerated and relaxed?





While you're in the neighborhood, you must try: The Healing Garden is an absolute must for anyone who visits the spa. Guests have a chance to learn about ancient methods of Incan healing techniques and can gain a better understanding of the natural power of herbs and spices, which have been used in holistic treatments for generations.

Escaping should be part of your process because: In today's fast-paced world, sometimes it's easy to overlook taking care of your body and mind. This can take a toll on your well-being later on in life. It's important to disconnect and relax every once in awhile, ignoring outside distractions and to really listening to what your body needs.

Escaping is part of my process because: Taking care of myself is just as important as taking care of our guests. Ensuring I'm feeling like my best self means I can ensure the absolute best service and treatments for our clients.

Photographs courtesy of Inkaterra Hotels

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