



AQLLA SPA, A PLACE WHERE THE BODY AND SOUL FIND HARMONY

During their stay at the Sumaq Machu Picchu Hotel, guests find its AQLLA Spa to be one of its most important features. The spa offers a variety of services, including massages, hydrotherapy and sauna to eliminate stress or discomfort using essences from natural herbs grown there, which can be complemented with music therapy or color therapy, all of which make this place mystical and invigorating.

Most of the products used in the treatments are made with natural herbs and essences known for their invigorating and curative properties. All products used by the Aqla Spa are prepared in-house at the hotel and are guaranteed biodegradable.

The well-planned design and layout of the AQLLA Spa are the result of the originality of its sauna, with its structure similar to the Temazcal or Ínipi used long ago by Central Americans, something like a rustic steam room for the purpose of purifying the body and soul. At Sumaq, we have imitated the model, taking into account the modern hygiene and safety standards expected by today's guests.

Among the types of massages offered at AQLLA is the special head-to-toe Aqla massage, which is recommended to relieve stress and other internal ailments. There is also the Neo-Swedish massage, which lasts 50 minutes and reduces muscular pain. Other services include reflexology and massages with Andean stones, both of which last approximately 60 minutes.

Along the same lines, hydrotherapy with color therapy consists of applying water externally, using natural essences to relax, energize and invigorate the body.

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Relaxation and beauty. Aqlla Spa stays abreast of new trends in bodily health.



Pure Nature. Aqlla products and amenities are biodegradable.