Shift your path toward greater wellbeing in a serene coastal locale.

SENSEI
AT ZADÚN
A RITZ-CARLTON RESERVE

Where rolling dunes meet the crystal-clear waters of the Sea of Cortés, Sensei unveils its first international outpost and beachfront locale, a place of exceptional beauty where culture and tranquility coalesce. Here, above untouched mile-long beaches and beside our Sensei Guides, we invite you on the path toward lifelong wellbeing.

BEGIN YOUR EXPERIENCE >



The Sensei Way

Sensei brings to life a vision created around one essential purpose: to help people live longer, healthier lives. Set in some of the most secluded and inspiring destinations in the world, Sensei wellbeing retreats feature best-in-class minds and practitioners in wellness.

The Sensei Way philosophy is our evidence-led approach to wellbeing distilled into three simple paths for everyday living: Move, Nourish, and Rest. Each path, connected and enriched by one another, forms an essential balance to build a lifetime of wellbeing. Our highly-trained team of Sensei Guides and wellness practitioners hold advanced degrees in their fields, from exercise physiologists and nutritionists to mindfulness experts. Leading with heartfelt intention, our team uses innovative technology, data, and evidence-led practices to support your wellbeing journey and help you meet your wellbeing goals.





Move

How we interact with our environment

Explore movement practices through body, breath, strength, and flexibility to establish healthy habits and feel more connected to your physical self.

Nourish

What fuels us

Balance the ingredients that make up your life through practices that energize the mind and nourish the whole body - from discovering what nutrient-rich foods help you feel your best to deepening your personal connections.

Rest

How we recover and grow

Learn important practices like mindfulness and meditation to wind down and tune into your body. Intentional downtime is essential to our mental and physical recovery process, leading to greater creativity and productivity.

Our Packages

The luxury of choice is yours with curated packages designed to meet you where you are.



Whether you are looking to establish lifelong practices, build upon measurable wellness goals, or focus on a mindful reset, your personalized itinerary will integrate enriching experiences aligned with your intentions. Our introductory packages are more self-guided in nature while our more structured **Optimal Wellbeing Program** invites you to discover how innovative technology and heartfelt guidance from our expert team can help strengthen your overall wellbeing.

Discover Sensei Experience



Explore what inspires you most with our introductory experience, featuring a 60-minute spa or wellness service of your choice, access to our daily classes, and the freedom to explore our coastal oasis.

typical length
3-Night Minimum Stay

Access to
- Daily rotating wellness classes
- Optional 30-minute Body Composition analysis or Functional Movement Screen
- One 60-minute spa or wellness service of your choice

for those
Who would like to discover our beachside sanctuary at their own pace, designing their days as they see fit.

Guided Wellness Experience



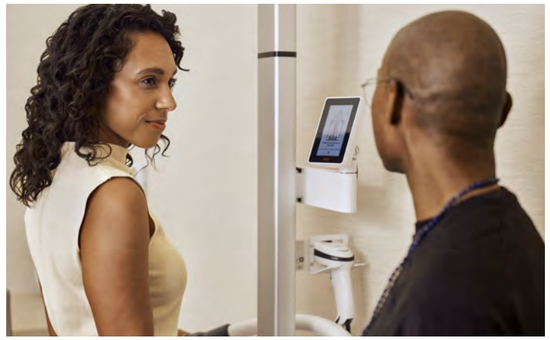
Tranquility awaits on a journey tailored to your interests and developed with your Sensei Guide. Enjoy daily private sessions in fitness, nutrition, yoga, mindset or meditation and $150 in nightly Spa Credit.

typical length
3-Night Minimum Stay

Access to
- Daily rotating wellness classes
- My Intention session to assess Body Composition and blood pressure and perform a Functional Movement Screen
- Daily private sessions in fitness, nutrition, yoga, mindset or meditation *(exluding arrival and departure days)*
- $150 nightly Spa Credit
- Optional concluding My Plan session

for those
Who are seeking one-on-one insight in the areas of wellness that interest them most. Whether you're looking to recommit to or refine a particular practice, this package offers flexibility and ample downtime.

Optimal Wellbeing Program



Explore our structured, evidence-led program to align action with intention. Your Sensei Guide will develop an itinerary tailored to your goals— whether that's peak fitness performance or healthier eating practices.

typical length
5-Night Minimum Stay

Access to
- Whoop 4.0 Wearable delivered to your home
- Daily rotating wellness classes
- My Intention session to assess Body Composition and blood pressure and perform a Functional Movement Screen
- My Wellbeing session to assess vertical jump, gait and more
- Three private sessions on mindset, nutrition and fitness
- One 120-minute featured spa treatment of your choosing
- One 60-minute spa or wellness service of your choosing
- Concluding My Plan session and two post-stay calls with your Guide

for those
Who would like to learn healthy lifestyle practices to set the stage for a new chapter of life, are seeking support for a specific training goal, or want to maximize their output.

Rest and Reset Program



Slow your pace as you cultivate a mindful reset. With support from our Sensei Guides and Wellness Practitioners, learn to manage daily stressors and implement evidence-based strategies to improve sleep.

typical length
5-Night Minimum Stay

Access to
- Whoop 4.0 Wearable delivered to your home
- Daily rotating wellness classes
- My Intention session to assess Body Composition and blood pressure and perform a Functional Movement Screen
- My Recovery session to assess heart rate variability
- Three private sessions sleep, sensory eating and mindful movement
- Two 90-minute spa treatments
- Concluding My Plan session and two post-stay calls with your Guide

for those
Who are feeling overwhelmed by personal responsibilities, struggling to overcome a personal challenge or are curious about leading a life with less stress. This package may be the perfect opportunity to slow down and build skills to move forward with renewed energy and purpose.

Spa and Wellness Amenities



Lap Pool



Hydrotherapy Pool



Temazcal Experience



Movement Studio

Spa Treatment Rooms

Sync Rooms

Savasana Room

Movement Studio

Fitness Center

Hydrotherapy Circuit

Steam, Sauna, Plunge Pool and Hot Tub

Daily Classes

Lap Pool

El Mirador

Temazcal Experience

Please note, some amenities are by reservation only and may incur an additional cost. We invite you to contact us for more information.

Sensei Guides





Your Partner in Growth

One-on-one private sessions with highly-trained Sensei Guides and wellness practitioners help to enhance your daily practices. Comprised of nutritionists, exercise physiologists and performance psychologists, the Sensei Guide team holds advanced degrees in their respective fields to support you every step of the way in reaching your goals.

Guide Sessions

From setting your intention and honing in on your wellbeing goals, to creating an actionable wellness plan for after your return home, your Sensei Guide is with you every step of the way. (Included in the following packages: Guided Wellness Experience, Rest and Reset Program and Optimal Wellbeing Program).

1:1 Sessions

Private one-on-one sessions in fitness, nutrition, yoga, mindset and meditation are offered for guests seeking to deepen their knowledge and enhance their practices.

Exclusive Experiences

Wellbeing is not a destination, but a journey with knowledge at its core.

Wellbeing Consultations

My Intention
Meet your Guide in a private orientation session to discuss your wellbeing intentions and collect health data using a body composition analysis machine to set the foundation for your journey. Our Guide team will continue to support your stay along the way at Sensei.

60 Min - MXN 5,693

My Wellbeing
This private wellbeing conversation invites you to delve deeper into your pursuit of personal optimization with your Sensei Guide. Along the way, each new insight will allow our team of exercise physiologists, coaches and practitioners to seamlessly customize your journey.

60 Min - MXN 5,693

My Plan
Reflect on your experience in a final session with your Guide. Discuss new lifestyle practices that resonate with you and how to apply them to your daily life. This concluding experience will help inform your Guide to Growth, a take-home wellness report built from your goals, intentions, data and expert analysis.

60 Min - MXN 5,693

My Recovery
Explore the range of your body's stress responses as you are guided through gentle cognitive exercises, measuring key biomarkers in real-time such as heart rate variability and heart rate

60 Min - MXN 5,693

Fitness 1:1
This tailored, private session examines your movement patterns and overall mind-body connection to craft a workout routine that's right for your body. Along the way, your practitioner will reveal techniques for improved strength, flexibility, endurance and movement competency.

60 Min - MXN 5,693

Mindset 1:1
Explore your mental framework with a Mindset Guide. Within this session, you will identify thought patterns, learn strategies to better manage your stress, and deepen your mental resilience..

60 Min - MXN 5,693

Nutrition 1:1
This custom session takes a closer look at your daily habits, specifically honing in on the role of nutrition. Consult with a Nutrition Guide to build strategies for optimizing your energy levels, immune function, and athletic performance.

60 Min - MXN 5,693

Fitness 1:1 with Biomarkers
Together with your practitioner, discover the efficiency of your cardiovascular and metabolic system through a maximal effort cardiovascular assessment (V02 max) on a treadmill. Walk away with tools for improved training by discovering your heart rate baseline and max.

75 Min - MXN 8,223

Mindset 1:1 with Biomarkers
During this session, we'll measure your heart rate variability (HRV) and show you how your emotional state impacts your heart rhythm, respiration and nervous system. Leave this session with focused breathwork and guided imagery techniques to better self-regulate your nervous system.

75 Min - MXN 6,958

Nutrition 1:1 with Biomarkers
Empower your nutrition choices to optimize your overall wellbeing. Following an assessment on a body composition analysis machine— which uses a low-level electrical current to collect key metrics— a Nutrition Guide will interpret multiple data points focused on muscle, fat and hydration status and help you to identify proven lifestyle modifications.

75 Min - MXN 6,958



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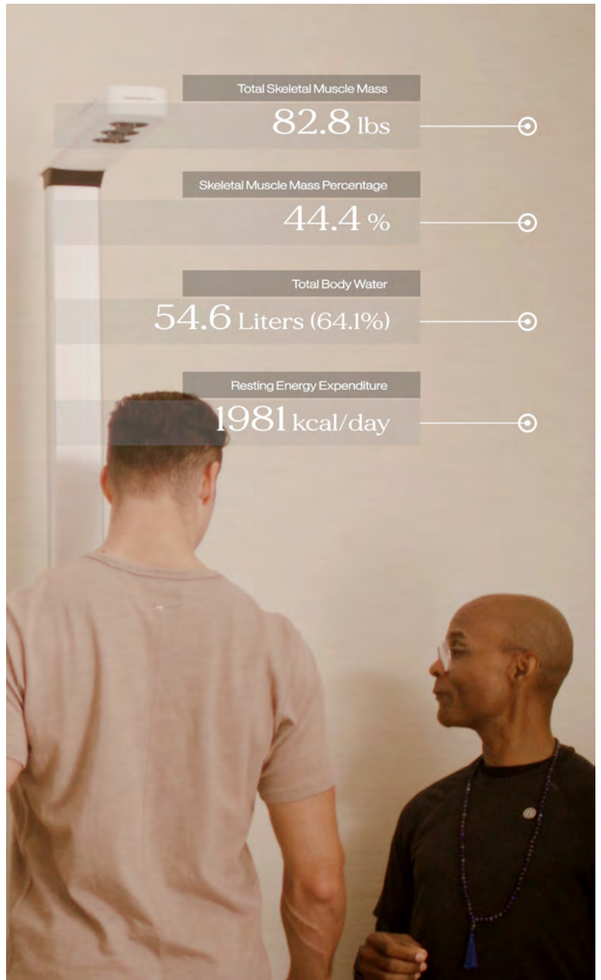
24-hour cancellation policy applies to all services.

Wellbeing Consultations

Meditation 1:1

Access the power of meditation in this guided session specifically designed around the challenges and opportunities you face in daily life. Through this practice, you'll build skills and uncover the confidence you need to incorporate meditation into your life at home.

60 Min - MXN 5,693



Yoga 1:1

Expand your knowledge of yoga postures, breathwork, and alignment. This private session will bring new awareness to your practice, uncovering insights to deepen how you flow while safely considering and working around any limitations.

60 Min - MXN 5,693

Sleep 1:1

Our sleep, if not cultivated, can be eroded by life's stresses and habits. In this session, your Guide will explore what's impacting your sleep, using data from your personal life and wearables. Through this process, you will be equipped with strategies to reclaim restorative sleep.

60 Min - MXN 5,693

Functional Movement Screen

Gain a deeper understanding of how your body moves in space through a series of seven functional movement assessments. Your Guide will identify areas of reduced mobility and strength, and deliver actionable tips to practice during your time at Sensei and in life beyond your stay.

30 Min - MXN 3,795

Body Composition

Gain valuable insight and a deeper understanding of your health through body composition analysis. After stepping onto our state-of-the-art SECA machine, your Guide will interpret body metrics including muscle mass, body fat, and hydration, and deliver recommendations to help you achieve your goals.

30 Min - MXN 3,795

Sensory Eating 1:1

Fueled by local cuisine, learn to harness all five senses to still the mind, spark gratitude and prepare for nourishment. Led by a Nutrition Guide, you'll learn the importance of a restful state during mealtime to promote appetite, facilitate digestion and beget healthy eating habits.

75 Min - MXN 8,223

Traditional Temezcal Ritual with Mindset 1:1

Cultivate intention through challenge with a "house of heat" experience rooted in Mesoamerican traditions. In an enclosed dome, radiating warmth and humidity promote circulation and perspiration, while a traditional ritual honoring the elements supports your focus through the challenge. Conclude with a 30-minute Mindset 1:1 with a Sensei Guide to help you marry your experience within Sensei's evidence-based approach.

*Please note, this experience involves high heat and humidity in an enclosed space. Guests with medical conditions including cardiovascular or respiratory issues, blood pressure concerns, pregnancy, dehydration or claustrophobia should consult with their healthcare provider before participating. Sensei may modify or discontinue the session at any time for guest safety.

120 Min - MXN 15,054

Prenatal Fitness 1:1

Discover the power of personalized guidance as we help you tailor your fitness practice for pregnancy. Deepen your mind-body connection through breathwork, mobility, stability and strengthening movements. Learn techniques to help you become more resilient during this special season of life.

60 Min - MXN 5,693

Prenatal Yoga 1:1

This practice is designed to address common symptoms associated with pregnancy. With an emphasis on breathing, stamina, pelvic floor, restorative poses and core strength, this session can help you become more resilient during and after pregnancy.

60 Min - MXN 5,693

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Sensei Featured Experiences



Move - Invigorating Poultice and Massage

A stimulating treatment provides nutrient-rich renewal. Locally sourced poultices infused with chamomile, arnica, menthol, and rosemary to soften tension while expert hands guide you through stretches and full-body strokes. Cooling stones atop the eyes and a rosemary and linseed scalp therapy awaken the senses.

120 Min - MXN 15,054

Nourish - Cacao Scrub, Massage and Bath

Nourish your body and senses with a treatment rooted in one of Mexico's most storied ingredients. Begin with an invigorating cacao scrub, then taste gourmet chocolates as you soak in a coconut milk-infused bath. A warm oil massage follows, leaving you in pure tranquility.

120 Min - MXN 15,054

Rest - Savasana Sound Experience and Massage

Relax into a treatment blending sound and bodywork. In our transportive Savasana Room, experience a combination of Rebozo— a traditional Mexican technique using woven shawls to release tension— and Thai massage with yoga-inspired stretching to improve blood flow, ease muscle tension, and promote restful sleep. Conclude with an immersive Savasana Sound Experience, where music fills the room around you and soothing vibrations emanate from the floor.
*Please note, guests will be dressed in comfortable Thai clothing for the experience.

120 Min - MXN 15,054

Spa Services

The Art of Massage: A Couples Master Class

Mastering the Art of Massage is a highly engaging and interactive experience designed specifically for couples seeking to deepen their connection through the art of touch. With the expert guidance of a trained therapist, couples will engage in open communication, cultivate active listening skills, and learn the fundamentals of body massage through demonstration and practice on their partner - all while having a fun and enjoyable experience learning skills to bring home. This 120 minute experience includes 90 minutes of instruction and 30 minutes of time in the couples suite. Price is per couple.

90 Min - MXN 20,114

Couples Massage

Heal and harmonize in a synchronized, tandem custom massage alongside a loved one. Many treatments on our menu of experiences can be performed side-by-side.

60 Min -MXN 9,867
90 Min - MXN 12,296
120 Min - MXN 15,636

Zadún Stone Massage

Warm basalt stones are applied on the body in slow and focused strokes in this deeply soothing massage practice. Experience profound relaxation as the heat from the stones penetrates your muscle tissue, stimulating circulation.

90 Min - MXN 12,296



Custom Massage

Intuitively customized to your specific preferences and developed together with your therapist, your custom massage will include a combination of modalities best suited to alleviate stress and tension in specific areas while working on your entire body.

60 Min -MXN 9,867
90 Min - MXN 12,296
120 Min - MXN 15,636

Recover & Renew Sports Massage

Experience a blend of restorative massage techniques designed for active individuals. Following a functional assessment, unwind with a scalp massage to stimulate circulation. Move from gentle stretches to deeper strokes, restoring balance and melting away tension from overworked muscles.

60 Min -MXN 9,867
90 Min - MXN 12,296
120 Min - MXN 15,636

Calming Body Cocoon

Enjoy the nourishing effects of active, engaging breathwork before easing into a calming full-body warm candle oil massage infused with avocado oil, coconut extract, and shea butter. The nourishment continues with a warm cocoon, rendering you blissfully replenished.

90 Min - MXN 12,296

Grounding Foot Massage

A restorative foot treatment combines point work and nurturing massage to melt away tension from the ground up. Begin this harmonizing experience with a refreshing foot cleanse and scrub, followed by targeted pressure point therapy and massage to ease tension and restore balance.

60 Min - MXN 9,867

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Spa Services

Table Thai

Access increased flexibility through an ancient massage practice comprised of deep compression and tissue stretching. This dry massage uses yoga-inspired positions to allow the entire body to find a more comfortable resting state.

90 Min - MXN 12,296

Thermal Body Mapping

Glean insights about your body in this data-driven experience led by a Sensei Guide. Begin with a 7-step movement analysis and detailed thermographic imaging to identify areas of tension and muscular imbalance. Then, tend to these areas with a custom massage designed to improve mobility, relieve tension and support recovery.

120 Min - MXN 15,054
150 Min - MXN 17,584

Prenatal Massage

Thoughtfully designed to support both expecting mother and baby, this nurturing massage focuses on easing stress, tension and discomfort specifically from pregnancy.

60 Min - MXN 9,867
90 Min - MXN 12,296

Exfoliating Body Renewal

This invigorating full-body scrub opens with breathwork and a gentle exfoliation made up of raw sea salt, sea algae, spirulina, shea butter and essential oils that leaves you with smooth, supple skin. Finish with a hydrating body massage using oils and creams to lock in moisture.

90 Min - MXN 12,296





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Spa Services

Zadún Facial

A personalized facial promotes deep relaxation while delivering visible results. During your treatment, your practitioner will apply a targeted series of serums to hydrate, nourish, and rejuvenate. Emerge with skin that feels wholly revitalized and glows with natural radiance.

60 Min - MXN 11,536
90 Min - MXN 16,090

Zadún Sculpting Facial

Artful technique and advanced skincare come together to lift and firm the skin. Through the use of sculpting tools and techniques borrowed from Japanese Kobido massage, this treatment boosts circulation, tones facial muscles, and rejuvenates the skin, resulting in a refreshed appearance.

90 Min - MXN 15,028

Zadún Cold Therapy Facial

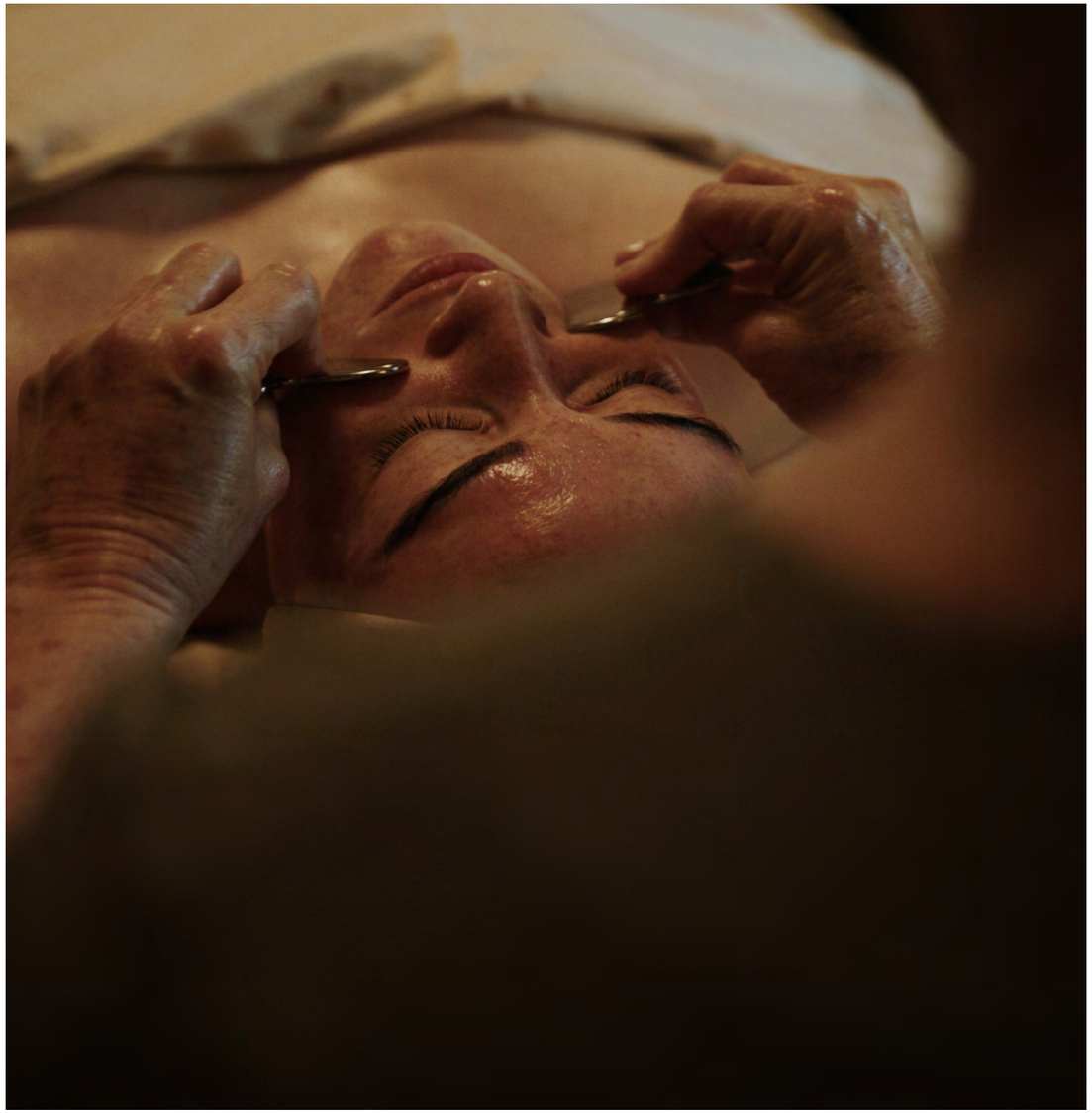
This facial blends cryotherapy with advanced skincare formulas to address your skin's specific needs, delivering immediate results. Cooling techniques paired with potent antioxidants refresh, hydrate, and revitalize, leaving your skin visibly clearer and restored.

90 Min - MXN 15,028

Zadún Gua Sha Facial

Innovative brightening formulas work in tandem with soothing Gua Sha massage to illuminate and refresh the skin. As you relax into this treatment, multiple targeted masks and advanced techniques will work to tone and tighten, restoring a natural glow and leaving your skin refreshed.

90 Min - MXN 15,028



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Salon Services



Bridal Styling Studio
MXN 6,072

Haircut for Women
MXN 3,187

Haircut for Men
MXN 2,125

Hairstyle Up Do
MXN 4,705

Shampoo and Blowout
MXN 4,402

Blowout
MXN 1,973

Hair Treatment
MXN 4,402

Express Manicure
30 Min MXN 1,746

Classic Manicure
60 Min MXN 3,491

Gel Manicure
60 Min MXN 4,553

Pearl Radiance Manicure
60 Min MXN 4,098

Classic Pediucre
60 Min MXN 3,795

Gel Pedicure 60
60 Min MXN 4,857

Zadún Pedicure
60 Min MXN 4,554

Makeup

Special Occasion Makeup
MXN 4,857

Natural Makeup
MXN 3,643

Eye Makeup
MXN 2,277

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Contact

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