Wellness Passport



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Small choices. BIG IMPACT.

Simple moments of wellbeing to help you feel your best during your stay and beyond.

Hydration Station



Staying hydrated throughout the day can help support concentration, energy and overall wellbeing.

Take a moment to pause, refresh and recharge with chilled water, complemented by the uplifting aroma of TEMPLESPA´s Feel Good Joyful Mist. For an added wellness boost, upgrade to a coconut water, collagen water or a protein drink.

Nourish to Flourish



True wellness is about balance.

Our nourishing smoothies, featuring antioxidant-rich berries, wholesome oats and probiotic yoghurt, help support wellbeing from within, while a freshly baked cookie offers a moment of mindful indulgence.

Together, they reflect the restorative balance at the heart of the Aztec Hotel & Spa experience.

Disconnect to Reconnect



Spending just 20 minutes away from screens and immersed in nature can help reduce mental fatigue, improve focus and promote a greater sense of wellbeing.

Whether it´s a mindful walk through the local countryside or a moment of relaxation at the spa, taking time to disconnect from daily demands allows you to reconnect with yourself.

Take a Break



Discover our spa treatments and wellness experiences or take a refreshing walk and explore the beautiful surroundings of Aztec Hotel & Spa.

Visit Three Brooks Local Nature Reserve, only a 5-minute drive away!