

# HEALING HOTELS OF THE WORLD

## **Palmaia – The House of AiA joins Healing Hotels of the World** *Mexican plant-based healing retreat offers transformational experiences*



Palmaia - The House of AiA is located between a white sand beach and an undisturbed jungle

**Cologne, Germany, 09 December, 2021** -- Palmaia – The House of AiA, a progressive wellbeing retreat in Mexico’s Riviera Maya, has become the latest resort to join Healing Hotels of the World. Nestled between a white sand beach and the jungle, the resort is focused on reconnecting guests to the natural world – emotionally, physically and spiritually. Its Architects of Life program, led by mind and body guides from around the world, allows for personal exploration through mind and movement classes, ceremonies, rituals and mystic practices.

“Palmaia is a retreat that goes beyond definition to create new categories of integrated, natural experiences,” says Anne Biging, Co-Founder and CEO of Healing Hotels of the World. “This is exactly the kind of resort we look at to join our collection – one that provides true healing and touches people on a deeper emotional level.”

Unique therapies and treatments on offer at Palmaia include a temazcal ceremony, biomagnetism therapy, sound healing, gong baths, dance therapies, cacao ceremonies, art classes, pranayama, Tai Chi, shamanic talks, and gratitude rituals.

“Palmaia – The House of AiA is a mystical place, born from the effervescent complexity of contemporary Mexico, where ancient roots and sacred rituals come together to clear the spirit and nourish the heart,” says Alex Ferri, Founder and CEO of Palmaia – The House of AiA. “We have built a retreat that goes beyond definition, and in Healing Hotels of the World, we’ve found a partner that understands our mission to help people experience profound personal exploration and transformation.”

Animal welfare is key at Palmaia, so the entire resort is cruelty-free. The many restaurants all feature exquisite plant-based cuisine, although there are some meat and fish options available. Children are welcomed, and the kids’ club, run by qualified educators, offers technology-free experiences inspired by Waldorf principles.

“Everything that we do in Palmaia is done with a purpose, with a special meaning,” says Markus Laahanen, General Manager at Palmaia – The House of AiA. “We want all our guests to enjoy a progressive wellness stay and to have the opportunity to keep practicing everything that they learned here at home, from breathing and meditation



techniques to delicious plant-based recipes. We want guests to become part of our community – a place where we want to change the future of society together in a positive way.”

### **About Healing Hotels of the World**

Healing Hotels of the World is the pioneering global brand committed to healing hospitality. Founded in 2006 by Anne Biging and Dr. Elisabeth Ixmeier, the member-based collection of 90+ of the best Urban and Resort Healing Hotels around the world brings holistic healing travel based on specific Healing Excellence Standards to life. Member hotels are Healing Certified ensuring that the wellbeing of each guest is taken to a deeper dimension through their holistic program offering. Healing Hotels of the World provides expert consulting and training empowering hoteliers to fully embrace the healing guest experience. With the online magazine JUST BREATHE MAG and the yearly HEALING SUMMIT, the leading event for the healing hospitality and holistic lifestyle community, Healing Hotels of the World has found unique ways to express and share its vision of enabling travel guests to become whole in body, mind and soul.

### **About Palmaia – The House of AiA**

Palmaia - The House of AiA is focused on connecting guests to nature, themselves and the sanctity of life offering one-of-a-kind immersive jungle and beach experiences on the coast of Mexico’s Riviera Maya. The progressive wellness retreat goes beyond definition to create new categories of integrated, natural experiences nestled between the sandy shores of the Caribbean and the heart of the Mayan jungle, where the spa, Atlantis, is located. Mind and body guides from around the world offer holistic practices and rituals in the “Architects of Life” program. Music is a key component to the guest experience with the “Rituals of Sound” program. Palmaia - The House of AiA was founded by Alex Ferri in 2020 and emphasizes environmental health in its progressive wellbeing philosophy. <https://healinghotelsoftheworld.com/hotels/palmaia-the-house-of-aia/>

To find selected photo material accompanying this press release, please click [here](#).

For further information, please contact: Sibylle Kratzke, [s.kratzke@healing-hotels.com](mailto:s.kratzke@healing-hotels.com)

Healing Hotels of the World  
50672 Cologne  
Germany  
Phone: +49 221 20531175

[www.healinghotelsoftheworld.com](http://www.healinghotelsoftheworld.com)  
[www.healingsummit.org](http://www.healingsummit.org)  
[www.justbreathemag.com](http://www.justbreathemag.com)