



milnm



TRANSFORMATIVE WELLNESS ESCAPES IN MAGICAL TULUM



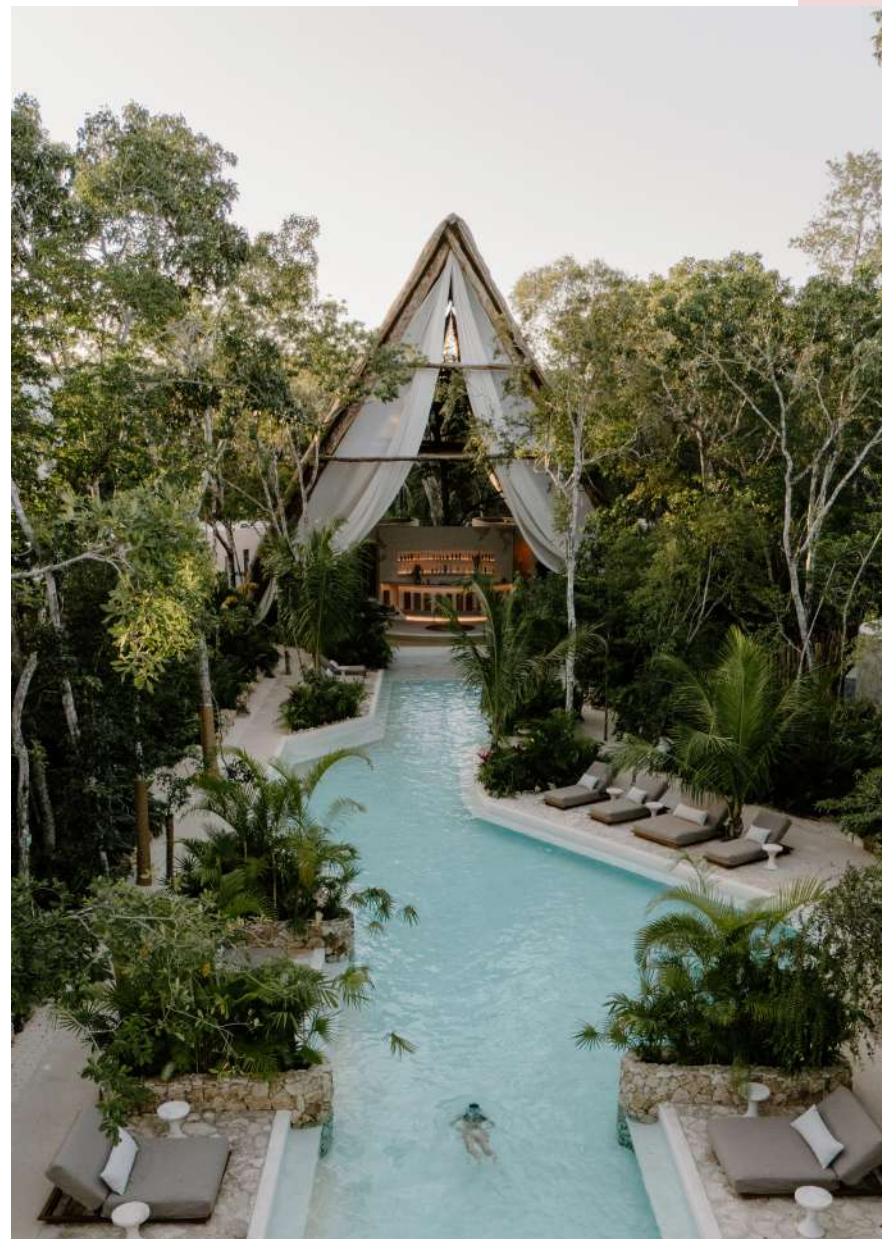
A PLACE OF AWAKENING

WELCOME TO TULUM, A LAND WHERE ANCIENT ENERGY AND NATURAL BEAUTY CONVERGE.

Nestled deep within the lush jungle, Milam is your retreat — a space where time expands, and the outside world fades into stillness.

Tulum, long revered for its mysticism and raw allure, offers the perfect setting for a transformative wellness journey. Surrounded by tropical greenery, sacred cenotes, and the rhythm of the Caribbean, you'll find the ideal backdrop to realign your mind, body, and dreams.

At Milam, every retreat is intentionally crafted to reconnect you with your inner world, inviting you to rest, reflect, and awaken in a place where the dreamer within you comes alive.



DISCOVER A WORLD OF
INNER STILLNESS AND RENEWAL
IN THE HEART OF TULUM'S JUNGLE.



AT HOTEL MILAM, WE INVITE YOU ON A
TRANSFORMATIVE JOURNEY
WHERE THE SACRED ENERGY OF THE LAND
MEETS TIMELESS WELLNESS RITUALS.



A SANCTUARY FOR YOUR
MIND, BODY, AND DREAMS —

Blending natural beauty, holistic practices, and soulful hospitality.

Immerse yourself in the magic of Tulum, where ancient wisdom and jungle serenity awaken your spirit and reconnect you with your true essence.

Our wellness experiences include rejuvenating yoga sessions, powerful temazcal ceremonies, restorative sound healing, and invigorating ice bath therapy, among others.

All curated to guide you back to balance, clarity, and deep inner connection.



ACCOMODATIONS

DISCOVER YOUR SANCTUARY AT HOTEL MILAM, WHERE TIMELESS DESIGN MEETS THE DREAMLIKE ENERGY OF TULUM.

Tucked away in the jungle, our boutique retreat features 26 private villas and 3 spacious residences — each one thoughtfully designed to awaken stillness, connection, and the dreams that live within you.

At Milam, we believe your space is more than a place to stay — it's a portal to presence, reflection, and inner transformation.

Whether you choose a tranquil jungle-view villa or a secluded private residence, you'll find yourself immersed in nature's rhythm and the quiet magic of a



VILLAS



- 60m² with private plunge pool and terrace
- King-size bed with organic linens
- Indoor-outdoor rain shower
- Air conditioning, minibar, Wi-Fi, in-room safe
- Ideal for 1 or 2 guests



4 BEDROOM RESIDENCES





- 4 bedrooms with private bathrooms
- Capacity for up to 8 guests
- Private plunge pool and full kitchen
- Large common areas and outdoor living space
- Perfect for private group retreats or families



NOURISHMENT

Our menu is designed to nourish your body with local ingredients and healthy options, creating a perfect synergy between diet and well-being.



VENUES



YOGA SHALA

Tucked within the jungle canopy, Milam's open-air Yoga Shala is a space where breath meets stillness and movement becomes ritual. Designed to hold both intimate and collective practices, it welcomes everything from sunrise flows to moonlit sound journeys.

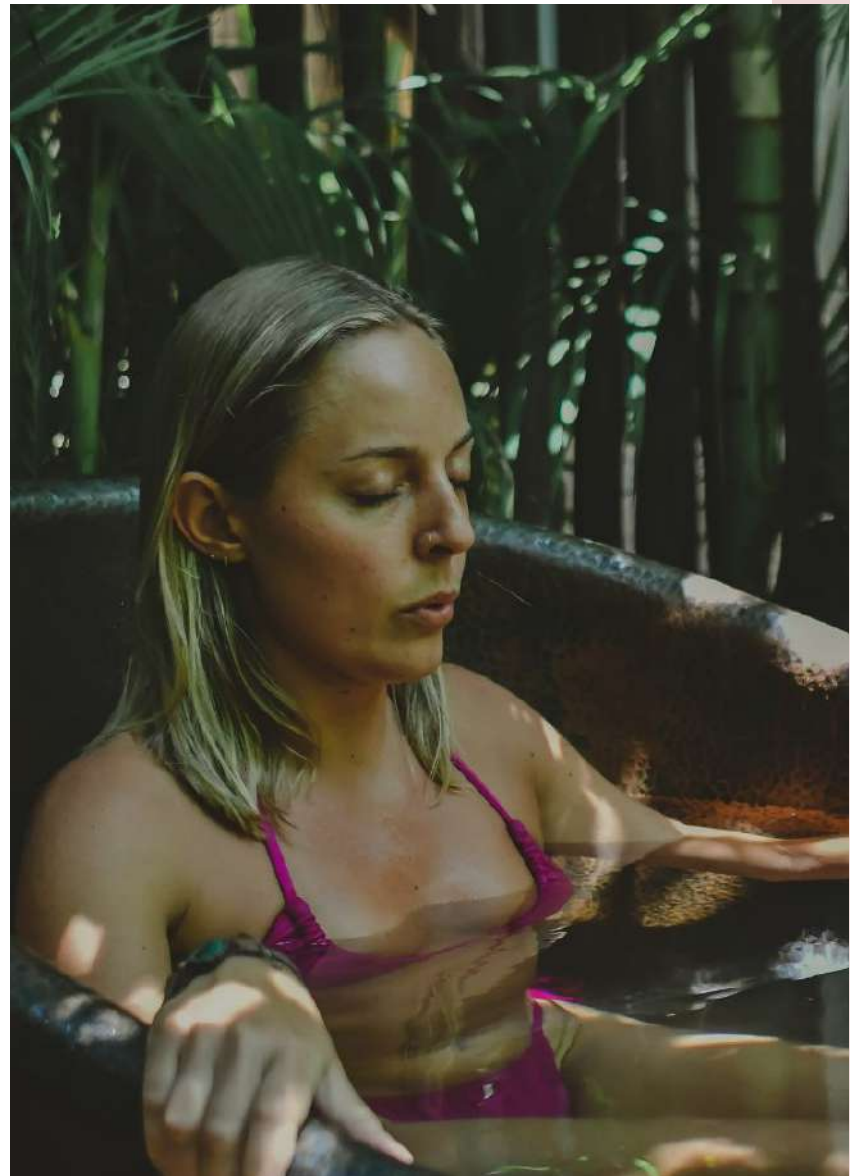
Surrounded by nature and tuned to its rhythms, the shala becomes a container for presence — a place to expand, realign, and remember what it means to feel fully alive. Ideal for yoga, meditation, breathwork, and ceremonial gatherings, this space invites deep reconnection with self and source.



ICE BATH

A space designed for transformation through contrast and presence. Surrounded by jungle stillness, our Ice Bath Deck invites guests to explore cold immersion as a path to clarity, resilience, and nervous system reset.

Each session is supported by guided breathwork and integration practices. Whether you're seeking physical recovery or emotional release, this elemental space offers a powerful gateway to reconnect with your body and inner strength — one breath at a time.





TEMAZCAL

Ancestral healing rituals guided by local practitioners, held in our sacred temazcal space. These ceremonies invite deep purification and connection with the elements through heat, breath, and intention — a powerful journey of physical and spiritual renewal.



A PARADISE WITHIN THE JUNGLE.

TUCKED DEEP WITHIN THE LUSH TULUM JUNGLE, MILAM OFFERS
AN ENCHANTING ESCAPE FROM THE EVERYDAY.

Surrounded by towering palms and the soothing sounds of nature, our
stunning architectural pool invites you to unwind in serene elegance.



Sip refreshing drinks poolside, enjoy quiet moments of reflection, or
gather with your group in a space designed for stillness and inspiration.

MILAM



THIS IS MORE THAN JUST A PLACE TO RELAX — IT'S AN EXPERIENCE.
HERE, NATURE TAKES CENTER STAGE.

Whether you're here to reconnect with yourself or celebrate with others, Milam's jungle sanctuary and tranquil pool provide the perfect backdrop for **rest, renewal, and soulful connection.**

