

Triada Wellness - Professional Massages

Balance your being – Feel, breathe, and be reborn

General Information

Therapist: Francisco Prado

Specialty: Therapist trained in various massage techniques

Location: Retorno Centella Mz 3 Lt 7 SM 18, Cancún, Quintana Roo

WhatsApp: 458-1019800 (By appointment: Website / WhatsApp)

Services Offered

Ayurvedic Massage

Traditional Indian medicine that uses medicated oils and specific movements to balance vital energies (doshas), detoxify the body, improve circulation, and promote deep relaxation and rejuvenation.

Benefits: Balances the body's vital energies, detoxifies and purifies, improves blood circulation, promotes deep relaxation, rejuvenates the skin and tissues.

Swedish Massage

A classic massage technique that uses long and fluid strokes, kneading, friction, tapping, and vibration to relax muscles, improve circulation, relieve tension, and promote overall relaxation.

Benefits: Deep muscle relaxation, improved blood circulation, relief of tension and stress, reduction of muscle pain, promotion of overall well-being.

Chiromassage

A manual technique that uses various manipulations of the body's soft tissues to relieve muscle pain, improve circulation, reduce stress, and promote general well-being.

Benefits: Relieves muscle and joint pain, improves flexibility and mobility, reduces muscle tension, stimulates circulation, promotes relaxation.

Shiatsu Massage

A Japanese manual therapy that uses finger and palm pressure on specific points of the body to balance vital energy (Ki), improve overall health, relieve pain, and reduce stress.

Benefits: Balances the body's vital energy, relieves pain and tension, improves overall health, reduces stress and anxiety, strengthens the immune system.

Craniofacial Massage

A specialized technique focused on the head, face, neck, and shoulders. It helps relieve tension, stress, headaches, and migraines, improving circulation and promoting deep relaxation.

Benefits: Relieves headaches and migraines, reduces facial and neck tension, improves circulation, promotes deep relaxation, helps with insomnia.

Champi Massage (Indian Head Massage)

A traditional Indian technique focused on the head, neck, and shoulders. It helps relieve tension, stress, and headaches, improves scalp circulation, and promotes hair growth.

Benefits: Relieves head and neck tension, improves scalp circulation, promotes hair growth, reduces stress and anxiety, induces a deep state of calm.

Sotai Massage

A Japanese therapy that seeks to correct postural imbalances and relieve pain through gentle, guided movements led by the therapist.

Benefits: Corrects postural imbalances, relieves chronic pain, improves joint mobility, re-educates natural movement, strengthens the mind-body connection.

Holistic Massage

A comprehensive approach that considers the individual as a whole—body, mind, and spirit. It combines various massage techniques to promote harmony and well-being.

Benefits: Balances body, mind, and spirit; promotes harmony and well-being; addresses both physical and emotional aspects.

Contact and Location Information

Massage Studio located at Retorno Centella Mz 3 Lt 7 SM 18, Cancún, Quintana Roo.

Relaxing and professional environment designed to provide the best experience.

Home Service available with an additional fee for travel time and transportation.

WhatsApp: 458-1019800 (By appointment: Website / WhatsApp)

Facebook: Triada Bienestar

Instagram: @bienestartriada

Google Maps: Retorno Centella Mz 3 Lt 7 SM 18, Cancún, Quintana Roo

Booking Process

Steps to schedule: Fill out the form on the website or contact via WhatsApp to confirm your appointment. You will receive preliminary information and payment options through WhatsApp. Arrive on the agreed date and time to enjoy your session.

Triada Wellness Philosophy

At Triada Wellness, we believe in the integral balance of the human being. Our approach is based on three pillars: Body, Mind, and Spirit.

Certified Professional

Francisco Prado is a certified therapist with extensive experience in therapeutic massage techniques.

Hours and Availability

Massages can be scheduled through the website form or via WhatsApp. Available Monday to Friday from 9 a.m. to 7 p.m., and Saturdays from 9 a.m. to 3 p.m. For appointments outside regular hours, home service, or specific inquiries, please contact via WhatsApp.