



# WELLNESS MENU



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### YOGA CLASS

Our classes are open to our guests, locals, and visitors who want to further their yoga practice. We cater to all levels and offer Vinyasa, Hatha and Meditation classes. See our yoga schedule for class timings.

**60 Min \$20**

### MOTHER EARTH HOLISTIC MASSAGE

Relax physically and mentally through acupressure and deep tissue techniques that promote well-being by stroking, kneading or pressing the soft tissues of the body.

**60 Min \$90 | 90 Min \$130**

### SIGNATURE RELEASE MASSAGE

Combination of therapeutic and deep tissue massage, acupressure and cupping helps loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly.

**75 Min \$115**

### HOT STONE MASSAGE

Hot stones with massage techniques allow the muscles to become warm more quickly and allows a deeply relaxed state. The heat penetrates the soft tissues of the body which has a balancing effect on our body and mind.

**60 Min \$130**

### REAWAKENING FACIAL & MASSAGE

Revive your facial circulation through stimulating movements, followed by an exfoliating and detoxifying locally sourced mud masque, and a gentle application of refreshing aloe vera and chilled cucumber masque. Great for circulation, anti-ageing and leaving you feeling brand new.

The flow: 30 min shoulder and back massage, followed by cleansing + exfoliating mud masque while massaging your arms and legs, ending with a refreshing cucumber masque.

**90 Min \$130**



**All prices are in USD and are subject to 13% tax & 10% service charge.**



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ADD THIS TO YOUR MASSAGE —



### AFTER SUN HYDRATION FACIAL

Gently hydrating your skin via natural remedies such as fresh aloe vera and a refreshing organic cucumber facial mask + light massage to stimulate healing

The flow: chilled cloths, with an aloe & chilled cucumber masque, natural oil

**30 Min \$45**



### CUPPING

Traditional Chinese method of cupping creates an air vacuum that can be moved to massage your body to relieve tension, reduce inflammation and release toxins. Cupping can lead to temporary round markings on your back, please speak to your practitioner about this option.

**15 Min \$15**

### REIKI

Reiki is a Japanese form of energy healing that treats the whole person, focusing on the body, emotions, mind, and spirit. By directly channeling the internal wisdom and higher self of the recipient, this form of energy work creates the space for recalibration, clarity, mental and emotional release, peace, detox, relaxation, and overall wellbeing. Reiki is a combination of light touch and universal light projection.

**60 Min \$105**

### REIKI WITH GUIDED MEDITATION

Receive all the benefits of a Reiki session with the addition of a guided meditation to help your mind stay at peace bringing you to a state of allowance and relaxation. Great for those with a monkey mind that need a little more help reconnecting to the space of the heart.

**60 Min \$115**



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### SHADOW WORK & INNER HEALING

Be guided into your subconscious and reintegrate fragmented aspects of yourself. Heal past trauma and replace detrimental beliefs for beneficial ones to create your best life. This is truly transformative work that will help you to raise your frequency and maintain it.

**60 Min Single \$105**

### SOUND JOURNEY

Gongs, Himalayan singing bowls, and other ritual instruments with vibrational frequencies will take you on journey of feeling 'bathed' or carried away into space, leading you to a deep meditative state often accompanied by rich imagery and visions, or feeling of timeless, nothingness and bliss.

During the session the brainwaves are altered to the state that is self-healing and has balancing benefits on the body and mind. You will feel refreshed and recharged for a few days after the session.

**60 Min Single \$90 | 60 Min Couple \$120**

### SACRED SOUND CEREMONY

Two practitioners will take you on a sacred sound scape of gongs, Himalayan singing bowls, and other ritual instruments with vibrational frequencies. You will begin with an energetic cleansing, dynamic breathwork, and opening techniques that will help prepare you for ultimate integration of the benefits of sound bathing.

**90 Min Couple \$222 | Group (min 4pax) \$40 pp**

### GUIDED MEDITATION + ENERGY CLEANSE

Our holistic life coach will guide you to create alignment and develop body and mind awareness through guided visualizations and meditation - helping you to become more in tune with your abilities and your needs. The session will include an energy cleanse with medicinal herbs, dynamic breath work, guided meditation, and tools that you can implement into your daily life.

**60 Min Single \$90 | 60 Min Couple \$120**

