



WELLNESS

Luminaries in Bloom

DAVID SEED

The Reset: Meditative Fire & Ice Ritual



ONLY DURING THE MONTH OF JUNE

David Seed, breathwork and contrast therapy specialist, guides a 90-minute immersive experience designed to calm the nervous system, release tension, and restore inner balance.

Surrounded by nature, the ritual begins with a subconscious breathwork journey, inviting you to truly switch off and create space for a deeper sense of presence. From there, the practice flows through three rounds of fire and ice, combining the heat of the sauna with the revitalising intensity of the ice bath.

Rooted in age-old practices, this ritual gently guides body and mind into a state of renewal, clarity, and calm. An experience to release, reset, and return to a natural feeling of lightness and wellbeing.

€400 p.p. VAT inc.

To book: ☎ 3 / (+34) 952 822 211 wellness@marbellaclub.com