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[ WELLNESS CENTER ]

BY:

CALA BOUTIQUE  
HOTEL  
LUNA



“A space to feel,  
A space to transform”

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Welcome to the mystical Lahari Wellness Center at Cala Luna Boutique Hotel, where the vibrant energy of the jungle meets the healing waters of the ocean. We are a full-service holistic center where we hold the space and intention for renewal, relaxation, recovery, balance, and alignment with your Higher Self. You are your own greatest healer.

We see you. We see all of you, and our intention as a holistic center is to nourish and support your entire being, body, mind, and spirit. We are energy, we are vibration, and we are the elements.

You were born with an innate healing ability. Our philosophy is rooted in the ancient wisdom of Traditional Chinese Medicine, where your body is an integrated entirety; each part is a necessary and integral part of the whole. Your connectedness to nature is absolute; elements are part of our bodies, reflecting natural changes. Our bodies are energy; we have 72,000 energy Nadis in our bodies. There are 12 main energetic Channels that we work within our therapies. To open up the energy flow and restore balance to the organ and emotion associated with each, bringing harmony and balance to mind, body, and spirit.

Our energetic body consists of seven major energy centers, or Chakras, through which our life force energy flows. Each Chakra is located in a different part of the body and is responsible for specific organ and emotional functions.

With love and intention, our holistic therapists offer beautiful sessions that include a variety of unique techniques and tools to heal and transform your being physically and energetically. Soothing touch brings you to experience deep levels of relaxation, peace, surrender, and transformation. We invite you to indulge and delight your senses as our therapists work their magic with various sounds and vibrations, essential oils, and herbs.

Our Master Holistic Practitioner, Marianela Ortiz, trained all our therapists to design and develop this beautiful program. Marianela has over 40 years of experience mastering the healing arts, wellness studies, bodywork modalities, yoga/holistic movement, and transformational music performance. She is a visionary creator, pioneering founder, and revolutionary leader in Holistic Wellness and as a Wellness Manager.

As a Holistic Health Coach, she offers consultation for those who may have questions or are interested in creating a customized and personalized holistic healing program suited for your specific physical, mental, and emotional needs.

**More info: <https://www.marianelaortiz.com/>**



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# The Touch

## Reiki

A Japanese form of energy healing where Reiki, universal energy, is channeled through the hands of the therapist as they place them on different body parts; most of them are related to our Chakras. The essence of Reiki is based on love and encourages healing on a physical, mental, and emotional level.

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## Oceanic Massage

A relaxing combination of Shiatsu, Californian, Swedish massage, using special oils and essences related to the emotions to be transformed.

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## Acupressure

A Healing ancient art based on the Traditional Chinese Medicine technique, in which pressure is placed on specific acupoints in the body to open up the energy to flow freely. Releases muscle tension and promotes blood circulation.

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## Facial Tapping

Healing technique using the fingertips to tap on potent face energy points. Encourages lymph drainage and improves oxygen flow. It brings a feeling of complete relaxation and peace.

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## Shiatsu Breema Thai

Bodywork combination of Shiatsu, Breema, and Thai massage techniques; Breema activates the body's self-healing mechanisms using rhythmic movements, percussion, tapping, stretches, and "lean and hold" releases. Thai massage is a series of passive body extents. Shiatsu is pressure applied to different acupoints on the body. These three techniques altogether beautifully balance the energy in the mind and body.

## Shiatsu

The Shiatsu Massage Technique is a smooth and intense pressure applied to different reflex points in the body. Combined with stretching from Thai Massage, it helps relieve stress, anxiety, and depression; releases muscle tension, ensuring harmony in body and mind.

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## Ampuku

A traditional Japanese abdominal massage is applied using acupressure on different belly acupoints. It improves digestion, assists in emotional healing, and Detox programs.

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# The Sounds

## Luo Feng Gong

The powerful vibrations of this "baby gong" cleanses the energetic body, removes active parasites, and seals the entire energetic field. The Luo Feng Gong changes the frequency of the brainwaves and opens and expands consciousness.

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## Wave Drum

Let your emotions flow as the soothing sounds of the wave drum moves the water in the body, healing and balancing our emotions.

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## Timbalo

One of our most mystical and musical instruments, it gives an energetic shower, entering through the crown Chakra and moving through the spine towards the sacrum, the base of the Sushumna Nadi. Balancing the Chakras calms the mind of excessive thinking and racing thoughts. Water vibrations in the brain stimulate the connection between the neurotransmitters, equilibrating the left and right brain hemispheres.

## Koshi & Oscillation Chime

These beautiful chimes are known as softeners of the heart; the sweet and soft vibrations gently quiet and open the heart Chakra.

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## Diapason Tuning Fork

Tuning fork placed on potent acupoints related to our twelve energetic channels, restoring balance in mind, body, and spirit; works on the nervous system, the tissues, and the subtle energies of the entire system.

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## Tibetan Singing Bowls

One bowl for each of the seven Chakras, the frequencies of these bowls bring balance to mind, body, and spirit. Enhances the nervous system relaxation, and emotional release, changing the brain waves by creating a unique vibration of peace.

## Shamanic Drum

The deep, rhythmic sounds of the drum represent our heartbeats, vibrations that stimulate the heart Chakra, our immune system, and help us connect with grounding energies, our roots.

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## Full Sound Bath

A transformational sound experience using ALL of our sacred instruments.

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## Basic Sound Bath

Each session includes an essential sound bath for mind, body, and spirit relaxation. Three Tibetan Singing bowls produce a sublime sound sequence that stimulates the energetic triangle of peace and mental clarity, koshis and special bells.

# The Scents

## Tea Tree

A natural disinfectant that helps clear and cleans our aura of any energetic parasites, restoring and reclaiming your energy. The Tea Tree assists in the opening of the heart and the diaphragm. Embracing and accepting your feelings and removing any toxic sensation, allowing you to be free, empowered, and present.

**Affirmation: "I am free, empowered, and whole. My energetic boundaries are strong."**

## Lemongrass

A powerful energy cleanser that assists the body in entering a state of healing and cleansing. An excellent antidepressant increases feelings of self-confidence, joyfulness, and enthusiasm. Boosts the immune system, lowers high blood pressure, improves circulation levels, and reduces muscle pain and achy joints.

**Affirmation: "I am self-confident, energized, and healthy."**

## Peppermint

Energizes and revitalizes, stimulating mental clarity and focus. Helpful for digestion on a physical and emotional level, aiding you to digest life and process all that is happening around and within you. Hold the energy of the forwarding movement, propelling you to where you need to go.

**Affirmation: "I breathe deeply and know all is well."**

## Frankincense

This fragrance aligns you with higher consciousness and feelings of compassion, inner peace, tolerance, and love. It clears the mind of racing thoughts, grounding you in the present moment, bringing a sense of calm and inner peace, and aligning us with our truth. It acts as an antidepressant, awakening feelings of joy.

**Affirmation: "I am in alignment with a higher consciousness. I am peace and compassion."**

## Geranium

Well-known as an emotional healer and powerful remedy for the heart. Soothing and balancing intense emotions fosters receptivity to human love and connection. Geranium helps open the heart so that love may flow freely, leading us away from the logical mind and into the warmth of the heart.

**Affirmation: "My heart is open to give and receive love."**

## Ylang Ylang

It aids in seeing love, feeling love, being love, and encouraging love thoughts for yourself and others. This oil helps you work through and calm intense emotions by relieving the pain of emotional blocks. The loving vibrations of Ylang Ylang help relieve symptoms of depression, improves self-esteem, and encourage states of euphoria. Lowers blood pressure, also improves sleep patterns, and reduces the feeling of being overwhelmed.

**Affirmation: "I am grateful for everything I have."**

# The Scents

## Eucalyptus

The scent helps to be conscious of the breath, clearing the mind and respiratory passages. Eucalyptus has a cooling quality and assists in releasing intense emotions such as anger and frustration. The refreshing scent activates a cleansing of physical, mental, and emotional processes.

**Affirmation: "I am healthy in mind, body, and spirit."**

## Lavender

Comfort the heart, soothing intense emotions. The scent of Lavender clears and calms the mind, bringing mental clarity and relief from mental exhaustion, stress, and anxiety.

**Affirmation: "I am healthy, whole, and complete."**

## Sage White

Sage is used in cleansing and purifying the energy inside a physical space and within our energetic field, releasing negative vibrations.

## Moxa

A herb used in Traditional Chinese Medicine and usually burned close to different body potent acupoints. This process draws out excessive heat and opens up energetic inner channels activating our internal healer.

## Copal

An aromatic burned resin that cleanses and purifies the environment equilibrates the mind and helps initiate states of meditation while providing energetic protection.

## Palo Santo

"Holy Wood" is an aromatic wood from the Amazon burned as incense to cleanse, seal, and protect the energy of a space.





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# Holistic Treatments

## GENERAL BENEFITS OF THE

# Holistic Treatments

*Complementary and alternative therapies usually take a holistic approach to physical and mental health; in 2010, holistic therapies were considered complementary medicine by the World Health Organization (OMS). They regarded all aspects of your physical and emotional well-being rather than treating particular symptoms separately.*

- Reduces stress
- Decreases levels of cortisol
- Relieves tension
- Reduces many chronic health concerns
- Restores energy
- Increases relaxation
- The nervous system is calmer and at peace
- Boosts the immune system
- Reduces pain and muscle soreness, and pressure
- Reduces insomnia or sleeping disorders
- Reduces inflammatory issues
- Stimulates oxytocin, the well-being hormone
- Increases blood flow around our body, giving us more energy
- Increases the amount of oxygen in your whole body
- Decreases anxiety, depression, and slow heart rate
- Stabilizes blood pressure
- Lowers risk of stroke
- Promotes emotional well-being
- Encourages a more positive sense of health
- It clears our minds aiding positive thinking, concentration, memory, and decision making

## HOLISTIC TREATMENTS



### Lahari Signature Treatment

Swedish-Californian and Deep Tissue  
90 minutes | \$170 + Tax

The ultimate act of self-care. Enter a complete bliss while receiving a full-bodied Oceanic Massage for ninety minutes. A Full Sound Bath combined with Shiatsu, Acupressure, and Reiki elements, has magical vibrations that balance mind, body, and spirit. You choose your preferred Affirmations and Aromatherapy scents and use them throughout the session to support and cultivate the state desired. A Shamanic Drum awakes the central energetic channel of your body. The Diapason stimulates the opening of the twelve potent acupoints and releases the healing vibrations throughout your entire being. Through Shiatsu and Acupressure, Facial Tapping, and a full neck and shoulder release, enter a deep state of relaxation. This treatment brings feelings of peace, rejuvenation, and wholeness.

- Lowers the back, neck, and shoulders pain
- Improves circulation
- Lowers heart rate and blood pressure
- Improves immune system by reducing cortisol levels
- Elevates energy levels
- Carries blood and nutrients to the body
- Eliminates toxins
- Increases blood flow
- Increases flexibility



### Deep Transformation Therapy

By our Holistic Health Coach Marianela Ortiz  
90 minutes | \$204 + Tax

Marianela embodies your feelings through a significant conversation, establishing a reliable atmosphere for you. Her intuition will escort the selection of the most beneficial healing experience related to your needs. This original holistic practice combines Shiatsu, Swedish, Californian massages, and Deep Tissue if required. It also combines Acupressure, Gaia, Reiki, and Sound therapies with Aromatherapy. Thus, identifying the imbalances in your body and their relation with emotions. Deep Transformation Therapy adapts and personalizes a remarkable experience of energy recovery and emotional harmony for each person. Tibetan bowls, Koshis, Gong Luo Feng, the Shamanic Drum, the Rain Stick, and the energetic Timbalo will play a magical role in this session. Our Health Coach's voice expression, and the precise handling of essential oils, will guide you with love and compassion towards a profound state of inner harmony and integration. It encourages a state of connection with your authentic being and motivates you to live from the inspiration and creativity of your heart.

- A significant and sacred space for connection
- Deep connection with your higher self
- Deep connection with your truth
- Deep connection and confidence with your path
- Deep connection with your heart
- It gives you the support and strength to follow your needs
- and the manifestation of your dreams.
- A safe space surrounded with love and peace where your deepest feelings can be expressed and listened to from a place of love and acceptance
- You and Marianela will select the treatment that is most satisfactory and acceptable for you

# HOLISTIC TREATMENTS



## Harmony

Swedish-Californian and Deep Tissue  
60 minutes | \$123 + Tax

Achieve harmony in mind, body, and spirit with a combination of Oceanic, Deep Tissue, Swedish massage, and Shiatsu on three parts of the body determined by your needs. For an energetic and emotional balance, the Lavender-Geranium Aromatherapy. Enter a deep state of relaxation with Facial Tapping and a neck and shoulder tension release with Acupressure. Receive the healing energy of Reiki for emotional balance. Includes Basic Sound Healing with the addition of the Luo Feng baby, Gong.

- Relaxes and energizes
- Reduces anxiety and depression
- Decreases muscle pain in the areas chosen
- Temporomandibular relaxation, joint pain known as bruxism



## Vitality

60 minutes | \$123 + Tax

Increase your energy and raise your pulse. Stimulate your inner fire, improve vibrancy levels, and awaken your creativity and passion for life using Moxa, a traditional Chinese heater, on the potent revitalizing acupoints in the body. Aromatherapy with Peppermint and Lemongrass fuels and energizes mind, body, and spirit. Extend feelings of joy, passion, and creativity through the healing beatings of the Tibetan Singing Bowls, Timbalo, and Luo Feng during a unique Sound Bath on the Hara, the ocean of vitality, the sacral Chakra at the abdomen.

- Increases energy levels
- Nourishes adrenal glands
- Stimulates serotonin hormones, states of joy
- Reduces depression

# HOLISTIC TREATMENTS



## Connection

60 minutes | \$123 + Tax

Shiatsu, Thai, and Breema massage create a space for peace and deep relaxation in your body, mind, and spirit. Through constant connection with the therapist, learn to trust, release, and surrender. Open the twelve principal energy meridians to aid the release of toxins in the body and stimulate the energy field expansion. You will love the deep passive stretches, producing the secretion of endorphins and evolving a whole feeling of wellness. This treatment softens, opens, and expands the heart Chakra with the healing vibrations of Basic Sound Healing. Aromatherapy with Lemongrass and Geranium supports the energies of cleansing, opening, and connecting with the heart.

- Decreases stiffness and back pain and increases range of motion
- Increases neurotransmitters in the brain, serotonin, and dopamine, reducing anxiety
- Stimulates circulation
- Stretches increase the flexibility of different areas of your body
- Reduces constipation
- Reduces back pain
- Relieves joint stiffness and pain
- Decreases depressive symptoms



## Alignment

60 minutes | \$123 + Tax

With a Gaia Reiki Treatment, cleanse, balance, and realign your Chakras related to the endocrine, hormones, and the entire energetic system. Indulge the senses with the healing vibrations of the Timbalo, Shamanic Drum, and Koshi chimes. Experience deep relaxation with a neck and shoulder release using Shiatsu and Acupressure. Aromatherapy with Lavender and Geranium supports the energy of emotional balance and alignment with your higher self and truth. Bioenergetics balance and passive stretching move the water in your body related to sentiments, aligning the physical and emotional bodies.

- Aligns and balance the seven energy centers called Chakras
- Each Chakra has a role in balancing some aspects of our life, physically, emotionally, mentally, or spiritually
- The Chakras are related to energy healing
- Balance the Endocrine system
- Reduces stress

## HOLISTIC TREATMENTS



### Purify

90 minutes | \$170 + Tax

Detox processes purify the mind, body, and spirit through a Japanese Abdominal Hara massage. Internal organs therapeutic rub encourages health and equilibrates the digestive and gastrointestinal systems. Benefits digestion, bladder and liver problems, detoxification, insomnia, fatigue, better blood circulation, more flexibility and range of motion, and longevity. It tackles psychological and emotional issues and trauma release. Moxa application on potent body acupoints related to the internal organs is involved. The healing energy of Reiki conveys emotional balance and strengthens the immune and endocrine systems. Release tension with neck and shoulder acupressure. Aromatherapy with Peppermint reinforces the energies of cleansing, purifying, and digesting life. Sustains habit changes and accelerates the body's natural detox and healing functions.

- Headaches and migraines
- Detox processes
- Stimulates bowel movements
- Liver, colon, diaphragm, small intestine, and gallbladder stimulation
- Increases blood and oxygen flow to improve organ functions
- Improves the efficient release and removal of waste products



### Energetic Clearing

30 minutes | \$101 + Tax

Releases energetic and emotional attachments, expanding your aura and sealing your vibrant field. The frequencies and beats of the Timbalo, Luo Feng Gong, and the Shamanic Drum cleanse, seal, and protect the central energetic channel and the entire body-light, bringing feelings of lightness, clarity, and expansion. A beautiful Tibetan Singing Bowls sequence amplifies the aura, expanding your energy dimensions. A sage-burning ceremony cleanses the energy of any heaviness and energetic attachments. Aromatherapy with Lemongrass, Eucalyptus, and Tea Tree essential oils supports energy cleansing, protection, and active boundaries, revitalizing mind, body, and spirit.

Burning sage is one of the oldest and purest methods of cleansing a person, group of people, or space and getting rid of unwanted spirits or feelings. Energetic clearing rituals offer rapid delivery to the brain and efficient absorption to the body. Burning sage releases negative ions linked to putting people in a positive mood.

- Sage clears bacteria in the air
- It gives wisdom clarity and increases spiritual awareness
- Uplift mood
- Improved sleep
- Removes tension
- Clearing increases positive energy

# HOLISTIC TREATMENTS



## Stillness and Peace

60 minutes | \$123 + Tax

An energetic Gaia Reiki energy healing massage that invites stillness and peace into your entire being, mind, body, and spirit. Soothe, calm, and ground the emotional and energetic bodies with the magical vibrations of Basic Sound Healing and the Luo Feng Gong. Discharge tension in the body with a Shiatsu and Acupressure neck and shoulder release and a delicious Facial massage. Aromatherapy with Lavender supports the energies of calmness, peace, and centeredness. This session is excellent for recovery from shock and emotional crisis.

- Endocrine balance (hormonal issues)
- Promotes harmony and balance on all levels
- Balances energy levels
- Reduces anxiety and depression
- Reduces stress and cortisol levels
- Aids better sleep
- Accelerates the body's self-healing ability as it starts to return to its natural state
- Compliments medical treatments and other therapies



## Love Couple Session

Thai stretches, neck and shoulder swedish massage, shiatsu, and facial acupressure.

Couple Session | 60 minutes | \$236 + Tax

This unique session for couples is all about creating and cultivating the energetic connection between two individuals in a relationship. The therapy begins with a beautiful ritual creating a container of love, communion, and intention. Chakra balancing through the healing touch of Reiki brings emotional, vibrant, and mental equilibrium within each individual while strengthening the intention of affinity between the two. Encourage and strengthen your energetic tie with the vibrational magic of a Full Sound Bath. Aromatherapy with Geranium nurtures, recovers, and opens the heart, creating an atmosphere of authentic love and bond.

Blessed is your marriage or committed partnership and must be treasured, celebrated, and maintained. It helps to build up a long, loving, and prosperous relationship. Throughout history, sacred love has been preserved and honored by rituals.

- Creates a feeling of peace and spiritual bliss
- Enhances the positive, loving energy around
- It brings more romance
- Honors and strengthens your relationship
- Recognizes the significance of love

## HOLISTIC TREATMENTS



### Balance

60 minutes | \$146 + Tax

Combines the Aroma Touch Technique® with delicious Reiki, Shiatsu, and Sound Healing protocols and becomes a great experience with the application of essential oils to the back and feet. This approach integrates the unique benefits of human touch with the power of these vital essences to create an overall wellness experience. The vigorous mixture used in this therapy depends on their individual and blended aromatic properties. They act at cellular levels influencing the biochemistry of our cells. Decreases in heart rate, mean arterial pressure, diastolic blood pressure, stress scores, and salivary cortisol levels are immediate results after the first application of the Aroma Touch Technique. Essentially, the practice stems from an experienced application that integrates a gentle touch with powerful blends. The Aroma Touch Technique stimulates homeostasis and relaxation, reduces stress, and supports overall wellbeing.

- Through different essential oils
- Relaxes the nervous system
- Reduces stress levels
- Reduces inflammatory issues
- Balances the parasympathetic and sympathetic body functions



### Abundance

Swedish-Californian and Deep Tissue  
60 minutes | \$236 + Tax

Pamper yourself, experience fullness and bliss with our four-handed Oceanic massage, a combination of Swedish, Reiki, Acupressure, and Shiatsu elements. Release body and mind control as two therapists shower you with a corporal abundance and love therapy. Enjoy the healing vibrations of a Basic Sound Bath, bringing balance to mind, body, and spirit. Aromatherapy with Peppermint conveys joy to the heart and soul, supporting the vitality of cleansing the energetic system and aligning with our higher selves experiencing the significant wellspring of the soul.

- It puts your mind into a total state of relaxation because it engages both hemispheres of the brain. The balanced and synchronized massage movements are felt on both sides of the body, setting the mind into a whole ease condition.
- When your brain can't keep up with the sensations, it lets them go, and your senses enter a worry-free state of mind. Then mind and body start to relieve themselves from stressful thoughts of anxiety.



## HOLISTIC TREATMENTS



### Happiness Body Scrub

60 minutes | \$146 + Tax

Rejuvenate mind, body, and spirit with an invigorating Full Body Scrub. Guests may choose between decadent cacao, Blue Zone. It is used for removing dead skin cells, leaving your skin smoother and more even, allowing your skin to absorb moisturizer better. Stimulating and opening energetic channels with Facial Tapping and a Quartz Facial Scrub brings in feelings of peace and calm.

- Allow your skin to absorb moisturizer better. Any moisturizer applied afterward will soak into the skin more thoroughly by doing dead skin cell buildup.
- Unclog pores and prevent ingrown hairs. You'll unclog your pores by regularly using a body scrub, preventing razor bumps and ingrown hairs.
- They leave your skin smoother and even
- By removing the dead, dry cells, you should have smoother and more even skin



### Joy Facial Scrub and Mask

(Quartz Scrub) | \$123 + Tax

Our face is the mask that we present to the world. Connect with your authentic self and emotions as we lovingly take off the facade layers with a healing quartz crystal scrub. Some of the benefits of this treatment are unclogging pores, helping fade spots and scars, allowing your skincare to absorb faster, and helping fight signs of aging. Quartz crystal is considered a "master healer" with its ability to amplify, absorb, store, and regulate energy. This stone also boosts the immune system and equilibrates your entire energetic body. A cooling rose mask moisturizes the skin and soothes the emotions. Enter a state of relaxation with Facial Tapping utilizing Lavender essential oil, Reiki, and Facial massage. Open energetic channels with the Diapason vibrations (tuning fork), enhancing emotional and energetic balance and being completely honest about how we relate to life. When done correctly, exfoliating your skin with a facial scrub may offer the following benefits:

- Smoother skin
- Exfoliators help get rid of dead skin cells
- Provides a smoother, brighter, more even complexion of skin
- Improved circulation
- Boost blood flow
- It helps in giving your skin a healthier glow
- Unclogged pores
- Remove dead skin cells and oils
- Better absorption
- Skin can absorb other products more effectively

# HOLISTIC TREATMENTS



## Rising Vibration

Advance Sound Bath Session

60 minutes | \$123 + Tax

A full Sound Bath massage for energetic blockages, inducing a state of ease and harmony in the body. It synchronizes brain waves to achieve profound states of relaxation, restoring the regular vibratory frequencies in our body cells scheme. Sound baths increase mental and emotional clarity. Stimulate the immune system, and relax our nervous system. Calm our emotions, and allow peace and silence through Metal Singing Bowls, Ocean Drums, Gongs, and Koshis. It creates a significant atmosphere for your whole wellbeing.

- Tibetan singing bowls are one of the most vital musical instruments for healing with sound therapy and vibrations.
- Produces alpha waves in our brain, giving a deep relaxation
- Open energy flows around our bodies
- Improves concentration
- Stimulates stress relief on all levels
- It calms and clears the mind
- Reduces levels of cortisol and adrenaline
- Boosts production of serotonin and dopamine
- Boost production of oxytocin - the well-being hormone
- Stabilizes blood pressure
- Renews the functioning of the adrenal gland
- Stimulates the immune system
- Atoms, molecules, cells, tissues, and organs function more synchronized
- Cleansing of Chakras and Nadis
- A higher frequency reaches our innermost essence, boosting our energy and vibrational level
- It opens the path to a more intense and higher vibration of love
- Through the gong's vibration, the kundalini energy rises along the spine

# Other Services

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# Workshops



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# Holistic Yoga



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# Sound Bath GROUP SESSIONS



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# Services

- Sound Bath - Guided Meditation - Breathwork (At Cala Luna)
- Kirtan & Cacao Activation (Music For The Soul Cala Luna)
  - Kirtan & Farm To Table (La Senda)
    - Silent Meditative Labyrinth
      - Holistic Yoga
      - Hatha Yoga
      - Prenatal Yoga
    - Ecstatic Dance & Body Painting
- Avatar Transformation Experience With Blue Clay & Sun Gazing Meditation
  - Drum Circle
  - Magical Cacao Activation
- Kids Mindfulness Holistic Program
  - Detox Holistic Program
  - Assimilation Holistic Program

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