



WELLNESS

*Rejuvenate your mind,  
body and soul*

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with **Coco Maruno**  
International Holistic Healer

## COCO MARUNO

Holistic therapy rooted in ancient Eastern healing, yogic science, energy reading and timeless wisdom.

A subtle yet powerful approach that helps elevate energetic frequency, clear emotional blocks and welcome the clarity, balance and positivity needed to move forward with intention.

From the very first session, Coco supports deep inner shifts—gently realigning beliefs, habits and perspectives to create space for renewed energy and a more connected way of living.



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## UNIQUE EXPERIENCE

### Coco's Signature therapy

#### THE ULTIMATE ENERGY HEALING

Ancient energy therapy such as Reiki that combines various healing techniques to clear blockages, release old patterns and promote emotional well-being.

**40 min.** EUR 295 **60 min.** EUR 385

**75 min.** EUR 480 **90 min.** EUR 575

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#### DE-STRESS & UNWIND RITUAL

Holistic renewal with sound healing and the vibrational touch of the Tibetan bowl, promoting calmness in the nerves and brain relaxation.

**105 min.** EUR 595

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#### TIBETAN SOUND HEALING THERAPY

Ancient sound healing regenerates and relaxes the brain, relieving stress and improving sleep for mental clarity and inner peace.

**15 min.** EUR 150 **30 min.** EUR 195

**45 min.** EUR 295 **60 min.** EUR 390

**For couples:** **30 min.** EUR 295 **45 min.** EUR 440 **60 min.** EUR 590

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## HARA ACTIVATION

#### HARA ACTIVATION (INTERNAL ORGANS MASSAGE)

Shiatsu and Anma use fingertip pressure to restore balance by manipulating Qi. This technique improves gut and digestive health and helps release pent-up emotions. For men, hara massage also supports overall prostate health.

**15 min.** EUR 150 **30 min.** EUR 295

**45 min.** EUR 440 **60 min.** EUR 590

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#### SACRED WOMB HARA HEALING MASSAGE

Unique therapy that releases stagnant energy and emotions in the uterus, improving circulation, hormonal balance and support during menopause, while boosting creative energy and empowering women.

**15 min.** EUR 150 **30 min.** EUR 295

**45 min.** EUR 440 **60 min.** EUR 590

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## REIKI

Japanese healing that enhances the body's self-repair, bringing serenity and well-being.

**45 min.** EUR 295 **60 min.** EUR 365

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## LIFE TRANSFORMATION

### COCO'S SIGNATURE ENERGY READING

A focused session offering insight into current challenges and personal direction. By working with energetic patterns, Coco helps uncover emotional blocks, limiting beliefs and repeating behaviours—while revealing strengths, untapped potential, career guidance and tools for navigating conflict with confidence and perspective.

**15 min.** EUR 150 **30 min.** EUR 295 **60 min.** EUR 365

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## YOGA & MINDFULNESS

### DISCOVER KUNDALINI YOGA

Channel your energy centres and transform your life through ancient practices. Incorporating breathwork enhances energy flow.

**30 min.** EUR 195 **60 min.** EUR 250

**Additional person 30 min.** EUR 135 **60 min.** EUR 175

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### KUNDALINI EXPRESS

A quick and powerful practice that revitalises positive energy. An effective way to clear mental clutter and reduce anxiety.

**30 min.** EUR 195 **45 min.** EUR 250

**Additional person 30 min.** EUR 135 **45 min.** EUR 175

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## MOTHER TO BE

### PRENATAL REIKI THERAPY

Through calming and relaxing effects of REIKI helps create a loving and balanced space for the baby to grow.

**40 min.** EUR 295 **60 min.** EUR 365

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### PRENATAL SOUND HEALING

This therapy promotes emotional and physical wellbeing, while enhancing the bond between mother and child.

**45 min.** EUR 295 **60 min.** EUR 390

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## RITUAL

### SUNRISE RITUAL FOR NEW BEGINNING

Morning sunlight rejuvenates and heals. Dynamic breathing, yoga, affirmations, and chanting meditation guide you to connect with your inner self and nourish your soul.

**75 min.** EUR 395 **For couples:** EUR 670



VAT included / Lessons in English

*Call (+34) 952 82 22 11 or email: [wellness@marbellaclub.com](mailto:wellness@marbellaclub.com)*