



WELLNESS

*Rejuvenate your mind,
body and soul*

with **Coco Maruno**
International Holistic Healer

COCO MARUNO

Do you need a shortcut to raise your vibration and attract all the positivity you aim in life?

There are simple shifts you can make with Coco Maruno therapy to begin vibrating at a higher lever from the first session.

Coco is an international holistic healer and a mindset & wellness coach. Harnessing traditional healing and yogic science, she guides clients to dispel negativity and faster personal and spiritual growth. Her expertise includes Reiki, Tibetan sound healing, Kundalini chakra healing, and Sacred womb hara healing massage.

Coco provides the guidance and tools to break free from old habits and embrace a life of abundance and joy.



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 365

75 min. EUR 460 **90 min.** EUR 550

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 225 **60 min.** EUR 275

For couples: **30 min.** EUR 295 **45 min.** EUR 365 **60 min.** EUR 425

HARA ACTIVATION

SACRED INTERNAL ORGANS HARA MASSAGE

Coco's Hara Massage combines Japanese shiatsu and acupuncture to eliminate gas, energy blockages and past emotions, promoting weight loss, relaxation and digestive and hormonal balance.

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

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

REIKI

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

60 min. EUR 295

LIFE TRANSFORMATION

COCO'S SIGNATURE ENERGY READING

The purpose of energy reading is to gain insight for growth, guidance on life challenges, and understanding for deeper issues to overcome current situations. That involves connecting with the vibrations of your energy and perceive patterns, emotions, and potential blockages that may be affecting your physical, emotional, or mental well-being.

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

YOGA & MINDFULNESS

DISCOVER KUNDALINI YOGA

Ancestral practice that helps you to channel your energy centres and transform your life.

Online follow up support 1 week EUR 150

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

Additional person 30 min. EUR 100 **60 min.** EUR 130

KUNDALINI EXPRESS

It helps reduce anxiety, depression, fear, fatigue, anger and sadness and makes you feel happier, more positive and energetic.

30 min. EUR 195

Additional person 30 min. EUR 100

KUNDALINI MEDITATION

Active meditation using various techniques to move energy up through the 7 chakras.

40 min. EUR 195 **60 min.** EUR 250

Additional person 40 min. EUR 100 **60 min.** EUR 130

MOTHER TO BE

PRENATAL KUNDALINI YOGA & MEDITATION

Embrace your pregnancy as a stimulant for radiant health, well-being, and transformation.

40 min. EUR 195 **60 min.** EUR 250

Additional person 40 min. EUR 100 **60 min.** EUR 130

PRENATAL REIKI THERAPY

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

60 min. EUR 295



VAT included / Lessons in English

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