

Fully committed to my work of bringing peace and balance to people's lives. We will create a roadmap for you to understand the spiritual process you are going through. Move forward without fear and connect with your full potential.

INDIVIDUAL SESSIONS:

AURA READING AND BACH FLOWER REMEDIES

Individual therapy for energetic cleansing and healing including a reading of your electromagnetic field and a kinesiology test. You will receive very useful information about the spiritual meaning of the personal process you are going through and the unconscious patterns that limit your life. Connect with your compass and intuition, so you can make better decisions and reclaim your place in your life. A 21-day follow-up is included.

1 h 20 min. EUR 240

LOMI LOMI HAWAIIAN MASSAGE

A very deep massage where, through rhythmic movements using the forearms, a deep disconnection and relaxation are created. The hot coconut oil, the movement of the pareo over the body, the music...make the massage a gift for the senses.

1 h 20 min. EUR 210



GROUP SESSIONS (Min. 2 pax):

NIDRA YOGA

A conscious sleep session where we open ourselves to enjoy a space of rest and deep relaxation of body and mind, we access the subconscious where our beliefs and mental patterns that control our behaviour and vision of life rest. We plant new seeds to create a new life (this session is equivalent to sleeping four hours of restful sleep).

60 min. EUR 60

VOICE YOGA

Naad Yoga is the sound of the universe that also exists within us, and the goal is to experience this union through singing. In this session, sound is integrated into a sequence of postures and Taoist techniques are used to balance emotions in the organs. We end with a chanting of mantras with Harmonium.

60 min. EUR 60

FACIAL YOGA

A session of self-massage and strengthening of facial muscles. The goal is to drain toxins, smooth wrinkles, and achieve a fresher face naturally through this self-care routine.

40 min. EUR 60

MEDITATION

Meditation techniques according to Buddhist, Taoist, and Yogic traditions where you will learn simple tools to regain peace.

40 min. EUR 50



VAT included

To book (+34) 952 82 22 11 | wellness@marbellaclub.com