



WELLNESS



A Refined Reset Where Calm Becomes Direction

Private wellness experiences for moments of transition

with **Coco Maruno**
International Holistic Practitioner

COCO MARUNO

Wellness Practitioner

Working internationally for two decades, Coco Maruno is known for her discreet, transformative work during moments of transition.

Her work supports those navigating change, emotional exhaustion, and the quiet feeling of no longer fully recognising who they truly are.

She is the creator of the Cosmic Rejuvenation Method™ and The Inner Compass Method™ — refined methodologies created for life transitions, emotional clarity, and a deeper reconnection with oneself.

The work begins with the body.

As the nervous system settles, inner stillness emerges. Clarity returns. What matters most becomes easier to recognise, what no longer fits becomes easier to release, and direction begins to reveal itself naturally.

A calmer body.

A clearer inner life.

A more authentic next chapter.

A quiet invitation to reconnect with yourself.



COCO'S SIGNATURE THERAPY

COSMIC REJUVENATION™

NERVOUS SYSTEM RESTORATION

A deeply restorative experience designed to calm the nervous system, release tension, and restore inner steadiness.

40 min. EUR 295 **60 min.** EUR 385 **75 min.** EUR 550

PERSONALISE YOUR EXPERIENCE

HARA ACTIVATION™

A grounding experience devoted to emotional centering and inner calm.

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

TIBETAN SOUND INTEGRATION

A restorative sound experience designed to deepen relaxation and inner quiet.

15 min. EUR 150

QUIET INSIGHT™

A private moment of reflection, clarity, and perspective.

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



DEDICATED EXPERIENCES

HARA ACTIVATION™

Returning to Your Center

In Japanese tradition, the Hara is regarded as the body's center of balance, presence, and inner strength.

This restorative experience supports emotional grounding, nervous-system calm, digestive ease, and reconnection to the wisdom held within the body.

30 min. EUR 395 **45 min.** EUR 595 **60 min.** EUR 795

THE QUIET CLARITY™

Intuitive Insight Session

A private space for reflection, greater clarity, and authentic direction.

30 min. EUR 395 **45 min.** EUR 595 **60 min.** EUR 795

THE DAILY RESET PRACTICE™

Calm That Continues

A restorative integration practice devoted to emotional steadiness, nervous-system regulation, and lasting inner renewal.

30 min. EUR 295 **60 min.** EUR 385 **75 min.** EUR 550

Shared Experience 30 min. EUR 650 **60 min.** EUR 795

CURATED JOURNEYS

THE RESET SEQUENCE

A personalised experience designed to restore nervous-system calm, emotional balance, and a deeper sense of inner steadiness.

Cosmic Rejuvenation™ + Hara Activation™

75 min. EUR 685

THE CLARITY SEQUENCE

A personalised experience designed to support emotional clarity, self-trust, and authentic direction. Cosmic Rejuvenation™ + The Quiet Clarity™

90 min. EUR 835

SUNRISE RESET RITUAL

A private sunrise experience devoted to stillness, renewal, and intention beside the sea.

75 min. EUR 685

Shared Experience 75 min. EUR 895

BESPOKE TIBETAN SOUND JOURNEYS

A restorative sound experience devoted to energetic renewal, inner harmony, and a deeper sense of lightness and ease.

45 min. EUR 385 **60 min.** EUR 550

Shared Experience 45 min. EUR 685 **60 min.** EUR 835

Family available upon enquiry.

MOTHER TO BE

Supporting calm, comfort, and emotional well-being throughout pregnancy. Available upon consultation.



VAT included / Sessions in English

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