



Guiding your inner journey
to wholeness
with KIM VAN HELEN

HARMONIZEN

60 MIN, €90 ^{VAT inc.} (per person, minimum 2 people)

Using e-harmonizers made from zinc, copper and crystals, it gently supports the alignment of your body's energy. This deeply relaxing experience helps release tension, balance your chakras, and restore a natural sense of vitality. You'll leave feeling lighter, recharged, and more in tune with yourself.

INNER HEALING

90 MIN, €555 ^{VAT inc.} (for 3 sessions)

Inner Healing offers a space to release the emotional weight you've been carrying. Through gentle energetic work, layers of stress begin to dissolve, allowing body and mind to settle into deep relaxation. This treatment is designed to restore emotional and energetic balance, bringing mental clarity and a lasting sense of wellbeing.

CANVAS CALM

90 MIN, €100 ^{VAT inc.} (per person, minimum 2 people)

Canvas Calm invites you to explore your creativity and connect with your emotions in a gentle, mindful way. The session begins with a guided meditation that helps you turn inward, followed by a painting practice where you can express what words often cannot. This creative process encourages emotional release and brings a deep sense of calm and fulfilment. You'll leave with your own artwork – a personal reflection of your inner journey.

HEALING CIRCLE

120 MIN, €425 ^{VAT inc.} (for 5 people, €60 per additional person)

The Healing Circle is a unique group experience that blends the HarmoniZen and Canvas Calm sessions. In this shared space, you'll be invited to connect with yourself and with others, healing and growing together through gentle energetic and emotional work. The circle offers a calm, supportive environment where you can unwind, release and reconnect. To close the session, you'll have time to reflect and write in your personal journal – a moment to anchor the experience and integrate everything you've felt.

Kim van Helen is a certified coach in inner healing and positive mindset. With a calm, grounded approach, she helps you reconnect with yourself and shape a life that feels more balanced and fulfilling. Trained in techniques such as e-harmonizers and healing coaching, Kim offers gentle support to release emotional blocks, find inner calm, and rediscover the joy in everyday life.

Lessons in English

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