



## BODY AT PEACE SPA

Relish in a unique healing experience at our tranquil open-air spa where we use all natural ingredients. Our highly intuitive and expertly trained, skilled, and experienced massage therapists, healers, and medicine women will leave you feeling nourished, renewed, and deeply nurtured.

### PEACE PACKAGE | \$118

Choose **TWO** of the following treatments to receive consecutively for a 90-minute spa experience.

#### PEACE MASSAGE

Our signature treatment! See description below.

#### OATMEAL HONEY FACIAL

This nourishing, your skin will reap the hydrating and anti-aging rewards of antioxidant-rich oatmeal and honey.

#### HAND, FOOT & HEAD MASSAGE

Based on the premise that our hands and feet correspond to all organ systems, this focused treatment promotes overall body healing & well-being. Especially beneficial for those who experience high anxiety, digestive or nervous system issues, and auto-immune disorders.

#### COFFEE BODY SCRUB

Exfoliate from head to foot with this invigorating natural blend of coffee, chocolate, sugar, and coconut oil. This will leave your skin feeling revitalised. Discouraged for those with sunburn.

#### PAPAYA BODY WRAP

This cooling papaya treatment is nourishment from tip to toe. Deeply healing and hydrating to the skin, you'll leave with a new glow. Perfect relief for rash or sunburn.

#### OATS 'N MILK BODY MASK

This soothing, gently exfoliating mask will leave your body feeling calm, revived, and nourished. Supports blood and lymphatic circulation.

### MASSAGE TREATMENTS

Choose **ONE** of the following treatments to receive for a 90-minute spa experience.

#### PEACE MASSAGE | \$118

Our signature full body massage focuses on reducing stress, relieving pain, and soothing tired muscles. Customize your massage by specifying areas of concern and level of preferred pressure.

#### ABDOMINAL MASSAGE | \$158

This powerful ancient treatment for the internal organs of the abdomen stimulates and regulates metabolism, digestion, elimination, and hormonal balance. You will receive an external, non-invasive massage that applies pressure on specific points of the abdomen, relieving emotional blockages, activating energy centers, and dissolving toxins that are held in the body.

Prices do NOT include tax or tips.

Please check in at the reception desk 15 minutes prior to your appointment time.

Cancellations within 24 hours will incur a 50% fee of treatment price.

Missed appointments will be charged 100% of treatment price.



## BODY AT PEACE SPA

Whether or not we're still menstruating, women go through cyclical phases of creation, death, and rebirth every month and throughout our lives. Our **Women's Health Treatments** offer deeply integrative and transformative healing experiences that support women of all ages in their cycle.

(Full descriptions on the next page.)

### YONI PACKAGE | \$178

Combine Yoni Steam + Womb Massage for a powerful 90-minute experience

#### YONI STEAM

Remove toxic emotional and physical energy, and bring balance, harmony, and honor to your womb space. Sitting discreetly on a wooden yoni steam box, the detoxifying herbal steam will permeate your vagina and open your uterus in this time-honored female ritual.

#### WOMB MASSAGE

Receiving this massage regularly can address, and even reverse, states of chronic fatigue, anxiety, intestinal disorders, menstrual issues and more. A womb massage is an intense, intimate, and fascinating experience. (Full description on page 1)

### 4-STEP WOMEN'S RITUAL | \$248

Receive all four treatments in one transformative 2-3 hour experience.

#### 1. ENERGY-RELEASING MASSAGE

A massage to locate nodules, tension, fear, and stored, encapsulated energy that needs to be released and relieved from the body's grip.

#### 2. HERBAL BATH \*OR YONI STEAM

Many women's dis-eases and emotional conditions are from having a hard, cold center in the uterus and abdomen. This hot herbal bath returns heat that the woman may have lost during the process of childbirth, trauma, and/or life transitions.

#### 3. SWEAT

You'll be covered in blankets like a cocoon (nose exposed) to encourage the body to sweat and release stored energy and emotions.

#### 4. REBOZO WRAP \*OR WOMB MASSAGE

Seven bodily points (head, shoulders, ribs, hips, thighs, calves, and feet) will be tightly wrapped with long cloth strips. Simulating a swaddled baby after birth, this provides deep and powerful relaxation, comfort, safety, integration, and reconnection to your center.

\*Specify treatment choice at the time of booking - see treatment details on Page 3

Prices do NOT include tax or tips.

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# WOMEN'S HEALTH TREATMENTS

## EXPLAINED

### **YONI STEAM**

This ancestral balancing self-care practice is done by women worldwide to support wellness, deep wisdom, and reunion with the feminine body and relationship to your sexuality. Through a synergistic combination of homegrown flowers and herbs, she'll sit on a yoni steam box, allow the warmth of the steam to gently permeate the vagina, open the uterus, and remove energetic cords and emotional and physical toxins.

### **WOMB MASSAGE**

This experience releases emotions and energy stored in the womb and lower abdominal area. It may soothe fatigue, anxiety, intestinal disorders, digestive issues (especially due to travel), menstrual pains and more.

### **ENERGY-RELEASING MASSAGE**

A message to locate nodules, tension, fear and energy that has been stored in the women's body which needs to be released and relieved.

### **HERBAL BATH**

This traditional style bath uses a pitcher and basin by which the hot herbal infusion will be poured from the head down. As it runs down the body and fills the tub little by little, she'll absorb the essence of the medicinal plants. Intended to return heat that might have been lost during childbirth, or any life transition, the hot bath immersion and plants will warm up the body and uterus. While the tub fills, Berenice uses fresh branches and herbs to hit the skin; stimulating blood circulation and catharsis so that she can cleanse the woman of any harbored emotions.

### **SWEAT**

The woman is covered from head to toe, even her face (nose exposed), like a cocoon, with blankets so that she can sweat for 15-20 minutes. This sweating process releases toxins, detoxifies the body and purifies the mind.

### **REBOZO WRAP**

Rebozo is a cotton textile from Mexico and is the tool for this traditional integration wrap. The textile will be wrapped around seven points of the body (heads, shoulders, ribs, hips, thighs, calves, and feet) with some pressure. This squeeze, from head to foot, stimulates a natural birth experience that integrates the body and regulates the nervous system.