



BODY

AT PEACE

Spa Menu

Peace Massage

90 min - \$98

Soothe your tired muscles and integrate your body into deeper states of relaxation and healing with this full body massage. Our signature treatment.

OR choose two of the following for a 90 MINUTE CORAZON PACKAGE:

Papaya Body Mask

Nourishment from head to toe; soothing and cooling, this superbly healing fruit will bring forth new glow and deep hydration to the skin.

Oatmeal Facial

Cleanse, hydrate, and renew; both gentle and exfoliating, your skin will reap the rewards of hydrating and antioxidant rich oatmeal.

Coffee Body Scrub

Exfoliate from head to toe with this invigorating natural blend of coffee, chocolate, sugar and coconut oil that revitalizes and repairs skin.

Foot Reflexology

Ground yourself with deep and effective pressure point therapy. This treatment goes beyond the feet and soothes body pain, promotes digestion, elevates mood, and regulates the nervous system.


Massage

Full Body Massage

Corazón Package

\$118

Choose any two treatments above to receive consecutively





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Yoni Steam

Yoni Steaming can support you if you experience irregular periods, heavy bleeding, absent periods, PMS pain, fibroids, uterine cysts, recurrent UTIs, PCOS, infertility, clotting, genital itch or dryness-infections, lack of (or low) libido, feeling out of touch with your root, roots or sacral chakra, or if you simply desire to awaken your divine feminine energy. You will sit on a yoni steam box, allowing the warmth of the herbal steam to permeate the vagina, open the uterus, remove energetic cords, emotional and physical toxins and bring balance and harmony.

**Read Contraindications for Yoni Steam below*

Womb Massage


Passed down from traditional midwives, benefits of an abdominal (womb) massage can be perceived immediately. 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 that Berenice describes as "going far into the ocean and touching the essence of life itself."



Yoni Package

\$128

Receive both treatments
consecutively for a 90 minute
Yoni Package



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4-Step Women's Ritual

Every month, and throughout our lives, women go through cyclical phases of creation, death and rebirth again. This 4-step Women's Ritual is a 3-hour deeply integrative, intense, and transformative experience that women in all stages and processes of their life can benefit and heal from. Traditional methods and homegrown herbs, plants and flowers are used which are known to reveal intense sensations & transformative emotions.

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.

2 Herbal Bath *or Yoni Steam

Women's dis-eases and emotional conditions come from having a hard, cold center of the uterus and abdomen. The hot herbal bath returns heat that the woman may have lost during childbirth, trauma, or life transition and process.

3 Sweat

After the bath, you'll be covered in blankets like a cocoon (even your face, nose exposed) so you can sweat profusely. The heat and darkness is the key to transformation of body and beliefs.

4 Rebozo Wrap *or Womb Massage

Cotton textiles will be used to put pressure on seven points of the body (head, shoulders, ribs, hips, thighs, calves, and feet) to support grounded relaxation, integration & connection.

Ritual Package

\$248

Receive all four steps in one
transformative 3 hour
experience

**specify preferred treatment*



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Women's Ritual in Detail




1 Energy-Releasing Massage

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

2 Herbal Bath

You'll drink an herbal tea infusion before entering the tub to cleanse and stay hydrated. You can be fully dressed, lightly dressed, or nude in the bath tub. This traditional style bath uses a pitcher and basin by which the hot herbal infusion will be poured from your head down. As it runs down your body and fills the tub little by little, you'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 of "hot" quality will warm up your body and uterus. While the tub fills, Berenice uses fresh branches and herbs to hit the skin; stimulating blood circulation and catharsis so that you can cleanse yourself of any harbored emotions. As the infusion level rises in the tub, and reaches the level of the vagina, Berenice makes some agitated movements in the water with her hand so that the infusion penetrates the vagina; offering you the healing and cleansing benefits of the warming herbs.





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Women's Ritual in Detail




2 or Yoni Steam

This ancestral balancing self-care practice is done by women worldwide to support wellness, deep wisdom, and reunion with your body and your sexuality. Through a synergistic combination of homegrown flowers and herbs, you'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.

**Important: Read contraindications below*

3 Sweat

After the herbal bath, the woman is covered from head to toe, even her face (nose exposed), like a cocoon with enough blankets so that she can sweat profusely for 15-20 minutes. You're encouraged to lie still and comfortably in the darkness, breathe deeply and feel safe and calm. You're welcome to sip tea (through a straw) to stay hydrated. This sweating process releases toxins, detoxifies your body and purifies your mind. At the end of the sweating stage, the wet blankets will be removed slowly, and clothes put back on. A dress is easiest to slip on and you can bring socks to keep your feet warm.





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Women's Ritual in Detail



4


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 your body (head, shoulders, ribs, hips, thighs, calves, and feet) with some pressure. This squeeze, from the head to the feet, simulates a natural birth experience and is very grounding for the body and deeply relaxing for the nervous system. This step allows the entire body to regain its integrity after the treatment and is considered a "rebirth" of sorts.

4

or Womb Massage

Benefits can be perceived immediately. Receiving this massage regularly can address, and even reverse, states of chronic fatigue, anxiety, intestinal disorders, menstrual issues and more. Abdominal (womb) massage is an intense, intimate, and fascinating experience that Berenice describes as going far into the ocean and touching the essence of life itself.





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Yoni Steam Contraindications

If you're pregnant you cannot steam.

If you have an intrauterine device, hormonal or any metal implant, avoid steaming.

If you have an open wound or sore around your vagina, or an active vaginal infection, an herbal cold sit (no steam) will be better for you. Please let us know beforehand so that we can prepare it.

