

# WOMEN'S HEALTH

AT

BODY AT PEACE SPA



## **ENERGY-RELEASING MASSAGE**

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

## **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, 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.

## **HERBAL BATH**

She will drink an herbal tea infusion before entering the tub to cleanse and stay hydrated. She 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 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 of "hot" quality 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. 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 the healing and cleansing benefits of the warming herbs.

## **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. She is encouraged to lie still and comfortably in the darkness, breathe deeply, and feel safe and calm. The woman is welcome to sip tea to stay hydrated. This sweating process releases toxins, detoxifies the body and purifies the 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 she can bring socks to keep her feet warm.

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## 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.

## 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 the feet, stimulates 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.