



# Body



AT PEACE

## *Corazon Package*

**CHOOSE TWO OF THE FOLLOWING  
TREATMENTS - 90 MIN - \$118**

### PAPAYA BODY MASK

Nourishment from tip 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 hydrating and anti-aging rewards of antioxidant-rich oatmeal and honey.

### PEACE MASSAGE

Our signature treatment! See description under "Massage Treatments".

### 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 and repaired. *Discouraged for those with sunburn.*

### FOOT REFLEXOLOGY

A holistic treatment based on the premise that reflex zones in the feet and hands correspond to all body systems. Pressure is applied to different zones to promote healing and overall well-being.

## *Massage Treatments*

**EACH TREATMENT BELOW IS A 90 MIN  
EXPERIENCE \$118**

### PEACE MASSAGE

Reduce stress, relieve pain, and soothe tired muscles with a grounding, relaxing, and therapeutic full body massage by our experienced and knowledgeable therapists.

### ABDOMINAL MASSAGE

An ancient treatment of the internal organs of the pelvis; stimulating and regulating metabolism, digestion, elimination, and hormonal balance. Clients receive external, non-invasive pressure on specific points of the abdomen to relieve emotional blockages, activate energy centers, and dissolve toxins that are held in the body.

### THAI MASSAGE

This technique, originating from Thailand and Traditional Chinese Medicine, focuses on pressure points, range of motion, passive stretching and palpation along the energy channels. Clients remain clothed for these sessions which are done on a Thai massage mat on the floor without oil or lotion.



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Every month, and throughout our lives, women go through cyclical phases of creation, death, and rebirth. These Women's Health treatments offer deeply integrative and transformative experiences that women of all ages can benefit, and heal, from. Please speak with our staff about which treatment is right for you.

## *Yoni Package*

**RECEIVE BOTH TREATMENTS BELOW  
90 MIN - \$128**

### YONI STEAM

You will sit on a yoni steam box; allowing the warmth of the herbal steam to permeate your vagina, open your uterus, remove toxic emotional and physical energy, and bring balance and harmony to your womb space.

### 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.

Cancellations within 24hrs will incur a 50% fee of treatment price. Missed appointments will be charged 100% of treatment price. Please arrive 15min before your appointment time. Prices do NOT include tax or gratuity.

## *Women's 4-part Ritual*

**RECEIVE ALL FOUR STEPS BELOW IN  
ONE TRANSFORMATIVE EXPERIENCE -  
2 TO 3 HOURS - \$248**

### 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.

### 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.

### SWEAT

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

### 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, support, integration, and reconnection to your center.