



BODY AT PEACE SPA

CORAZÓN 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 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.

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.

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.

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 | \$118

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

PEACE MASSAGE

Our signature, full body message treatment that reduces stress, relieves pain, and soothes tired muscles. Specific problem areas and level of pressure can be customized by client.

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, 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.

Prices do NOT include tax or gratuity. 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

Every month, and throughout our lives, women go through cyclical phases of creation, death, and rebirth. This **Women's Health Treatment Menu** offers deeply integrative and transformative experiences that women of all ages can benefit, and heal, from.

YONI PACKAGE | \$128

An approximately 90-minute experience

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.

4-STEP WOMEN'S RITUAL | \$248

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

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.

SWEAT

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

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.

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.

*Specify treatment choice - see treatment details on the following page

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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 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.

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.

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.