

Massages



Deep Tissue Massage

Slow movements and direct, strong pressure all over the body with focus on points of tension and pain.

Duration: 60 minutes

Duration: 90 minutes

Include; Aromatic Tea

Relaxing Massage

Gentle, superficial maneuvers with a slow and constant rhythm, releasing tension in muscles and tissues.

Duration: 60 minutes

Duration: 90 minutes

Include; Aromatic Tea

Relax in a Stone Tub with Medicinal Plants

After your chosen therapy you can immerse yourself in a luxurious floral and medicinal plant bath, it is an incredible way to detoxify your body. Flowering flowers and herbs have incredible healing properties and when added to a tub full of warm water, it is very beneficial for your physical and mental well-being.

Duration: 30 minutos: 1 persona

Duration 30 minutos: 2 persona

SPA



Massages

Ancestral treatments



Choco therapy

The benefits that this therapy provides are combating signs of aging, hydrating the skin, reducing or preventing the appearance of cellulite, improving cellular oxygenation and improving blood circulation.

The aroma of chocolate stimulates the production of endorphins. With choco therapy you will make your skin look rested, relaxed and fresh.

INCLUDED;

Full body exfoliation.

Complete relaxing massage

Aromatic tea

90 minutes

Mud Therapy

This therapy provides benefits such as exquisite relaxation thanks to the warm and soft mixture of the mud, detoxifies the body by eliminating toxins and impurities, relieves muscle and joint pain and softens the skin.

INCLUDED;

Full body exfoliation.

Complete relaxing massage

Aromatic tea

90 minutes

Bamboo therapy

Exotic massage that uses the elasticity and robustness of bamboo trunks to transport you to a state of absolute relaxation capable of dissipating all accumulated tensions. It is based on a technique that reactivates blood circulation, tones the body, helps drain the lymphatic system, making it effective in combating cellulite and stimulates body energy.

INCLUDED;

Aromatic tea

90 minutes

Coconut massage

Manual technique with polished coconut accompanied with vegetable oils and aromatherapy, through soft and deep circular movements on the muscles that stimulate circulation, promoting the drainage of toxins, energizing the body and allowing oxygenation and nutrition of the tissues.

INCLUDED;

Full body exfoliation.

Complete relaxing massage

Aromatic tea

90 minutes

Massages

Ancestral treatments



Scented candles massage

Exquisite relaxing massage made with organic, aromatic, nutritious, relaxing and delicious candle oil, performed with marked movements to achieve complete relaxation of mind and body. The benefits they bring us are to deeply nourish our skin, the ingredients rich in vitamins help skin problems with vitamin deficiency.

INCLUDED;
Aromatic tea
60 minutes

Pindas of harmony Extremely relaxing massage

it is performed with pindas filled with natural plants that relax the muscles and tendons, producing a sensation of well-being and practically instantaneous relaxation. In addition, this superficial thermotherapy balances your energy and improves the state of your bones and muscles, helping to reduce your pain, it helps the skin to open its pores with the heat of the steam so that the oils and herbs cleanse you inside and out while the aromas relax your mind, it is hydrating and detoxifying for the skin, it maintains elasticity and toning and eliminates dead cells through gentle exfoliation

INCLUDED;
Full body exfoliation.
Complete relaxing massage
Aromatic tea
90 minutes

Hot Vulcanic Stones

Holistic massage performed with volcanic stones throughout the body, in an atmosphere of absolute peace and harmony complemented with aromatherapy and music therapy, achieving benefits in the body and mind such as: improves the functions of our body, reduces chronic pain especially bones and muscles, helps balance the nervous system, helps us relax, because through the correct flow of energy, we harmonize our body, mind and spirit.

INCLUDED;
Aromatic tea
90 minutes

Therapies



Fruit therapies

This fruit-based therapy is a technique that bases its study on its medicinal and nutritional substances. With the assistance of this treatment, the body is a theme of beauty and health. You will be stimulated. Helping to prevent, ailment and care and rejuvenating the appearance of the skin among others.

INCLUDED;
Aromatic tea
90 minutes

Sea Salt Therapy

The nutrients contained in sea salt are useful in increasing the production of antibodies by the immune system. Its consumption, in minimal doses, helps prevent colds, flu and other viral infections that attack the body. To activate poor circulations in the body, it serves to relax all bad energies and heal.

INCLUDED;
Aromatic tea
90 minutes

Chiropractic

Treats health problems through the alignment of the posture with decontracting movements. Accompanied by relaxing massage.

INCLUDED;
Aromatic tea
60 minutes

Foot Reflexology

Alternative medicine that uses the application of pressure on specific points of the toes and feet to promote energy balance and health.

INCLUDED;
Aromatic tea
60 minutes

Therapies



Yin Yoga Therapy

Manual practice that incorporates deep stretching, using hands, knees, legs and feet to move you in a series of yin stretches. Also applies deep muscle compression, joint mobilization and tension release at pressure points.

1 person: 60 minutes
2 persons: 90 minutes
Included: Aromatic tea

Sports Massage

Deep practice with the hands. Moving the joints, deep stretching and movements that stimulate inactive muscles. Reduces stress and tension, for those with a high activity lifestyle.

Duration: 90 minutes
Included: Aromatic tea

Reiki Massage

Energetic healing through hands on the body with massage of back. Releases tension, relieves pain, unblocking and balancing chakras and promote general well being.

Duration: 60 minutes
Duration: 90 minutes
Included: Aromatic tea

Lymphatic Drainage

Stimulates the lymphatic system to release fluid retention, stomach problems, stomach liquid retention, accumulated fat and improve the immune system.

Duration: 60 minutes
Included: Aromatic tea

Therapies



Aromatic and relaxing therapies in a stone bathtub with medicinal plants

Duration: 30 minutos: 1 persona

Duration 30 minutos: 2 persona

Relaxing bath

- *Manzanilla*
- *Lemon balm*
- *Sage*
- *Calendula*
- *Clitoria*

Baño Romántico

- *Flowers (pea flower, calendula, red flower, Cayena)*
- *basil*
- *pronto olivio*
- *cinnamon*

Addition of champagne bottle:

JP Chenet

Chandon

Family treatment

- *Calendula*
- *Pea flower*
- *Camomile*
- *Lemongrass*
- *Lemon balm*

Heat rush / Skin care

- *Mataration*
- *Balsamina*
- *Oats*
- *Aceite de coco*
- *Calendula*

Detox bath

- *Ginger*
- *Epson salt*
- *Soursop leaf*
- *Aceite de coco*
- *Sage*
- *Curcuma*

Woman Bath

- *Ginger*
- *Sea salt*
- *soursop leaf*
- *Coconut oil*
- *Sage*
- *Turmeric*

Baño de vapor Yoni (para cuidar uteros)

- *Mango bark,*
- *avocado*
- *leaves,*
- *limoncillo,*
- *guarumo. ,*
- *pronto alivio,*
- *lime leaf,*
- *venturosa,*
- *red flower*

Therapies



Consultation for women

Duration: 60 minutes

Included; Aromatic Tea

Sylvie Decaillet, traditional midwife, has worked for more than 20 years on the path of healing, related to her deep connection with nature and ancestral knowledge.

He lives in the Sierra Nevada de Santa Marta, Colombia, collaborating with the main indigenous communities of this sacred territory – Kogis, Arhuacos and Wiwas – and with other indigenous communities around the world.

She works as a midwife, studying traditional obstetrics practices and shares this knowledge both in Colombia and abroad. Being a mother of five children, born through loving births in nature, is her inspiration for the deep work with women and families, with Mother Earth and the web of life.

She dedicates her life to loving service and the reconciliation of human beings with the original wisdom of nature and spirit.

Reconciliation with the cycles of life through Sobos for the restoration of the pelvic neural system to heal:

- *fibroids*
- *Dysfunctions of the lunar or menstrual cycles*
- *Dysfunctions of sexual energy*
- *Depression*
- *Sleep and eating disturbances.*
- *Infertility*
- *Treatments accompanied by the use of medicinal plants from the region*
- *Regnancy, childbirth, postpartum and conscious breastfeeding workshops*
- *Accompaniment to childbirth*
- *Sobos for pregnant women and women who have already given birth*
- *Questions about the cycles*