

HOLISTIC WELLNESS

Offering high quality in Holistic therapies, improving and developing your physically, emotionally, mentally and spiritually state




Focussing on your essence, no matter if it affects your body or another level of reality



CONTACT

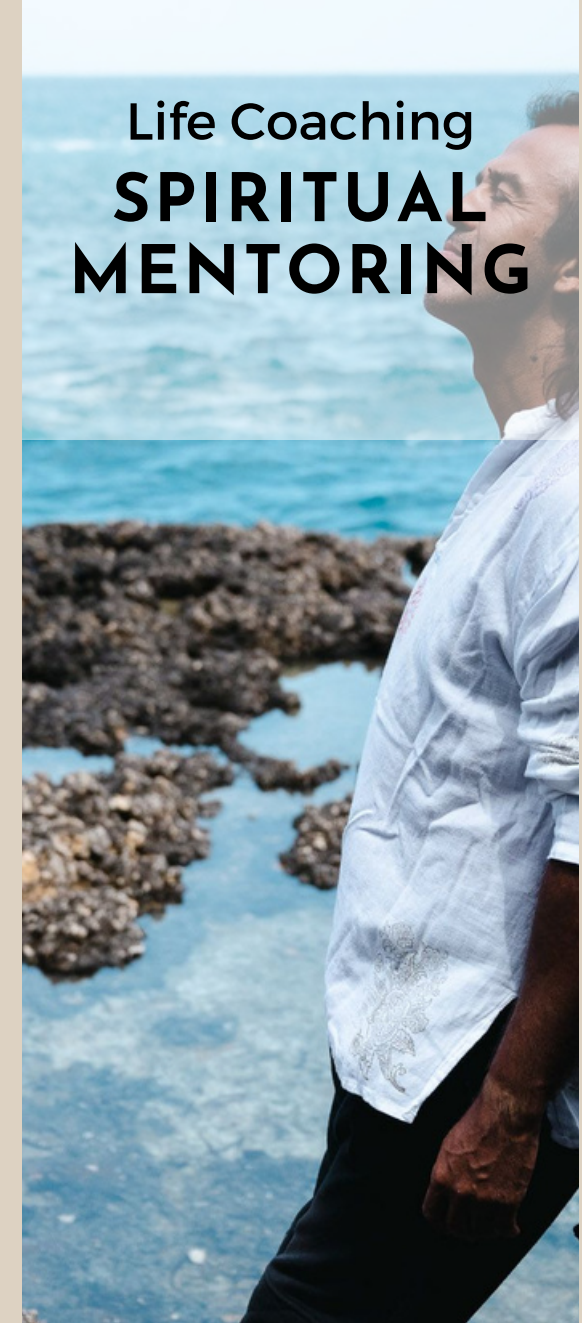
 All around Ibiza

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Life Coaching
SPIRITUAL MENTORING



Putting the light where something is not clear and disturbs your inner balance and peace

BODY BALANCE



YOGA

Postures, breathing, strength, balance, focus, relaxation for all levels of experience, working body and mind



MASSAGE

Offering different kind of techniques as Holistic, Deep, Relaxing, Californian, Hawaiian Tantric, Reflexology

LET'S FEEL JOY
AND CELEBRATE
LIFE FEELING
GOOD

MEDITATION



Mental training using breathing, guided for all levels of experience, simple and powerful to connect with your essence

MANY REASONS TO EXPERIENCE WELLBEING

Open to anyone who wants to increase their health and energy

- 1 English or Spanish Sessions
- 2 Many years of experience to share
- 3 Many ways to connect with your inner health
- 4 All year in Ibiza and online sessions

Price List

MASSAGE

	1 H	1&1/2 H
RELAXING	€90	€120
DEEP TISSUE	€120	€150
CALIFORNIAN	€100	€130
HAWAIIAN	€100	€130
REFLEXOLOGY	€90	€120
HEAD NECK & SHOULDERS	€90	
RELAXING + REFLEXOLOGY		€120

ENERGETIC HEALING

REIKI / ENERGY HEALING	€100
MEDITATION	€90

BODY MIND

YOGA	€90	€120
COUNSELLING	€100	