

Holistic Therapy



*Claudia
Gavi*

Rediscover Your Essence

60 min session 90€

Package of 4 sessions 60 min each 300€

Embark on a journey of personal transformation with sessions designed to balance your body, mind, and spirit. These sessions are specifically crafted to promote a deep reconnection with yourself, addressing both everyday and subtle aspects of your life.

This therapy is for you if:

- 🌿 You feel disconnected from yourself and seek a deep reconnection on all levels.
- 🌿 You are going through a period of change or uncertainty and wish to find internal stability.
- 🌿 You are interested in a healing approach that encompasses all aspects of your being, from the physical to the spiritual.
- 🌿 You want to learn techniques and practices that help you manage your emotions, improve your wellbeing, and live more fully and consciously.

During the session, you will:

- ✨ Connect deeply with your body and listen to the signals it sends you.
- ✨ Heal blocked emotions and release accumulated tension.
- ✨ Discover limiting mental patterns and transform them to create new empowering beliefs.
- ✨ Balance your energy to feel more in harmony with yourself and your surroundings.
- ✨ Explore meditation tools, conscious breathing, and energy techniques to manage stress and anxiety.
- ✨ Awaken your self-healing capacity through practices that reconnect you with your essence.

What's included:

- 🌿 A 1-hour individual session where we will explore the areas of your life that need attention and healing.
- 🌿 Support material with personalized exercises to continue your healing and growth process beyond the session.



Massage Raindrop Technique

A gift for your body, mind & soul

50 min Raindrop Massage 120€

70 min Raindrop Massage combined with Reiki 150€

Add on Raindrop Roll-on to take away 30€

Package 4 sessions Raindrop Massage 400€

The Raindrop Technique is a unique and holistic relaxation massage that aims to promote overall well-being by combining various techniques and the application of high-quality essential oils.

It is a relaxation massage that combines, on the one hand, the movements of the vita flex technique in the feet, in the reflex zone of the spine and head.

And on the other hand, they leave fall drop by drop 9 high-quality essentials oils on the spine from certain height, helping them penetrate the skin through the effleurage technique inspired from the Lakota Indians, ensuring that their benefits reach all bodies (physical, mental, emotional and etheric), complementing it with specific back massage movements.

The purpose is to promote your integral well-being:

- **Relaxation:** The combination of these massage techniques with the essential oils aims to induce a state of deep relaxation, helping to alleviate stress and tension.
- **Rejuvenation:** The therapeutic properties of the essential oils used in the Raindrop Techniquem contribute to the rejuvenation of both the body and mind.
- **Alignment:** By working on reflex points and applying essential oils along the spine, the technique aims to support physical alignment and energetic balance.
- **Harmonisation:** The holistic approach of the Raindrop Technique seeks to harmonise the physical, mental, emotional, and etheric aspects of an individual, promoting a sense of overall well-being.
- **High vibrational energy :** The use of specific essential oils and massage techniques is intended to raise the vibrational frequency, fostering a positive and uplifting experience.

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