

The background of the entire image is a close-up photograph of three copper bowls. Each bowl has a long, thin wooden stick resting inside it. The bowls are arranged on a woven mat made of palm leaves. The lighting is warm and soft, creating a serene and natural atmosphere. The text is overlaid on the central bowl.

# lahari

[ WELLNESS CENTER ]

BY:

CALA BOUTIQUE  
HOTEL  
LUNA



“A space to feel,  
A space to transform”

*lahari*

[ WELLNESS CENTER ]

The logo for Lahari Wellness Center features the word "lahari" in a flowing, cursive script. The letters are a light, warm color, possibly a pale gold or light brown. The 'l' and 'h' have long, elegant flourishes that extend to the left and right respectively. The 'a' and 'i' are smaller and more compact. The overall style is soft and artistic.

[ WELLNESS CENTER ]

Welcome to the mystical Lahari Wellness Center at Cala Luna Boutique Hotel, where the vibrant energy of the jungle meets the healing waters of the ocean. We are a full service holistic center , where we hold the space and intention for renewal, relaxation, recovery, balance and alignment with your Higher Self. You are your own greatest healer.

We see you. We see all of you, and our intention as a holistic center is to nourish and support your entire being, body, mind, and spirit. We are energy, we are vibration, we are the elements.

Our philosophy is rooted in the ancient wisdom of Traditional Chinese Medicine where your body is seen as an integrated whole, with each individual part being a necessary and integral part of the whole. You are completely connected to nature, our bodies are made of the elements, and changes in nature are reflected in our bodies. You were born with a natural healing ability. Our bodies are energy, we have 72,000 energy Nadis, in our bodies and there are 12 main energetic Channels that we work with in our therapies to open up the energy flow and restore balance to the organ and emotion associated with each one of them , bringing harmony and balance to mind, body, and spirit.

Our energetic body consists of 7 major energy centers, or chakras, through which our life force energy flows. Each chakra is located in a different part of the body

and is responsible for the function of certain organs and emotions.

With love and intention, our holistic therapists offer beautiful sessions that include a variety of unique techniques and tools to heal and transform your being physically and energetically. We invite you to indulge and delight your senses as our therapists work their magic with various sounds and vibrations, essential oils and herbs, and soothing touch to bring you to experience deep levels of relaxation, peace, surrender, and transformation.

This beautiful program was designed and developed by our Master Holistic Practitioner Marianela Ortiz, who trained all our therapists as well. Marianela has dedicated over 40 years mastering the healing arts, wellness studies, body work modalities, yoga/holistic movement, and transformational music performance. She is a visionary creator, pioneering founder and revolutionary leader in the world of Holistic Wellness and as a Wellness Manager as well.

As a Holistic Health Coach she offers consultation for those who may have questions or are interested in creating a customized and personalized holistic healing program suited for your specific physical, mental, and emotional needs.

**More info:** <https://www.marianelaortiz.com/>



# The Touch

## Reiki

A Japanese form of energy healing where Reiki, universal energy, is channeled through the therapist's hands as they place them on different parts of the body, most of them related with our chakras. The essence of Reiki is based on love and encourages healing on a physical, mental and emotional level.

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## Oceanic Massage

Relaxing combination of Californian ,Swedish and deep tissue massage, with a delicious combination of shiatsu and acupressure,using special oils and essences, related with the emotions that are wanted to be transformed.

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## Acupressure

An ancient healing art based on the Traditional Chinese Medicine technique . Pressure is placed on specific acupoints in the body to open up the energy so that it may flow freely. Releases muscle tension and promotes blood circulation.

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## Facial Tapping

Healing technique where the fingertips are used to tap on potent energy points on the face. Encourages lymph drainage and improves oxygen flow. Brings a feeling of complete relaxation and peace.

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## Shiatsu Breema Thai

Bodywork combination of Shiatsu, Breema, and Thai massage techniques. Breema activates the body's self healing mechanisms using rhythmic movements, percussion, tapping, stretches, and lean and hold releases. Thai massage is a series of passive body stretches. Shiatsu is pressure applied to different acupoints on the body. These three techniques together beautifully balance the energy in mind and body.

## Shiatsu

Massage technique where soft and strong pressure is applied on different reflex points in the body. Combined with stretching from Thai Massage, helping to relieve stress, anxiety, and depression, releases muscle tension, ensuring harmony in body and mind.

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## Ampuku

Traditional Japanese abdominal massage with acupressure on different acupoints in the belly. Improves digestion ,assists in emotional healing and Detox programs.

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# The Sounds

## Luo Feng Gong

The powerful vibrations of this “baby gong” cleanses the energetic body, removes energetic parasites, and seals the entire energetic field. The Luo Feng changes the frequency of the brainwaves and opens and expands consciousness.

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## Wave Drum

Let your emotions flow as the soothing sounds of the wave drum moves the water in the body, healing and balancing our emotions.

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## Timbalo

One of our most mystical instruments, gives an energetic shower, entering through the crown chakra moving through the spine towards the sacrum, the base of the Sushumna Nadi. Balances the chakras and calms the mind of excessive thinking and racing thoughts. Moving the water in the brain, the vibrations stimulate the connection between the neurotransmitters, and balance the left and right brain hemispheres.

## Koshi & Oscillation Chime

These beautiful chimes are known as “softeners of the heart”. The sweet and soft vibrations are used for gently softening and opening the heart chakra.

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## Diapason Tuning Fork

Tuning fork placed on potent acupoints related with our 12 energetic channels in the body to restore balance in mind, body, and spirit. Works on the nervous system, the tissues, and the subtle energies of the body.

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## Tibetan Singing Bowls

One bowl for each of the seven chakras, the frequencies of these bowls brings balance to mind, body, and spirit, nervous system relaxation and emotional release, changing the brain waves creating a special vibration of peace.

## Shamanic Drum

The deep, rhythmic sounds of the drum represents our heartbeat. These vibrations stimulates the heart chakra, our immune system and helps us to connect with grounding energies, our roots.

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## Full Sound Bath

A transformational sound experience with ALL of our sacred instruments.

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## Basic Sound Bath

Each session includes a basic sound bath for the Relaxation of the mind, body, and spirit with a sublime sound sequence using three of the Tibetan Singing bowls stimulating the energetic triangle of peace and mental clarity , koshis and special bells.

# The Scents

## Tea Tree

is a natural disinfectant and helps clear and clean our aura of any energetic parasites, restoring and reclaiming your energy. Tea tree assists in opening the heart and diaphragm in order to embrace and accept your feelings, clears out any toxic feelings, allowing you to be free, empowered and present.

**Affirmation: “I am free, empowered and whole. My energetic boundaries are strong”**

## Lemongrass

is a powerful cleanser of energy and assists the body to enter a state of healing and cleansing. An excellent antidepressant, increases feelings of self confidence, joyfulness and enthusiasm. Boosts the immune system, lowers high blood pressure, increases circulation and reduces muscle pain and achy joints.

**Affirmation: “I am self confident, energized, and healthy”**

## Peppermint

is energizing and revitalizing, stimulating mental clarity and focus. Helpful for digestion on a physical and emotional level, aiding you to digest life and process all that is happening around and within you. Peppermint holds the energy of forward movement, propelling you to where you need to go.

**Affirmation: “I breathe deeply and know all is well”**

## Frankincense

aligns you with higher consciousness and feelings of compassion, inner peace, tolerance, and love. The scent of frankincense clears the mind of racing thoughts, grounding you in the present moment, bringing a sense of calm and inner peace. Aligns us with our truth and is also used as an antidepressant, awakening feelings of joy .

**Affirmation: “I am aligned with higher consciousness. I am peace and compassion”**

## Geranium

is a powerful remedy for the heart, known as the emotional healer. Soothing and balancing intense emotions, it fosters receptivity to human love and connection. Geranium assists in opening the heart so that love may flow freely. Geranium leads us away from the logical mind and into the warmth of the heart.

**Affirmation: “My heart is open to give and receive love”**

## Ylang Ylang

Aids in seeing love, feeling love, being love, and encouraging loving thoughts for yourself and others. This oil helps you work through and calm intense emotions by relieving the pain of emotional blocks. The loving vibrations of Ylang Ylang help relieve symptoms of depression, improves self-esteem, and encourages states of euphoria. Lowers blood pressure, improves sleep patterns, and reduces feeling of being overwhelmed.

**Affirmation: “I am grateful for everything I have”**

# The Scents

## Eucalyptus

helps you to be mindful of the breath and allows for clear respiratory passages as well as a clear mind. Eucalyptus has a cooling quality and assists in the release of intense emotions such as anger and frustration. The refreshing scent activates a cleansing of physical, mental and emotional processes.

**Affirmation: “I am healthy in mind, body, and spirit”**

## Lavender

Lavender is comforting to the heart, soothing and calming intense emotions. The scent of Lavender clears and calms the mind, bringing mental clarity and relief of mental exhaustion, stress and anxiety.

**Affirmation: “I am healthy, whole, and complete”**

## Sage White

White sage is used to to cleanse and purify the energy within a physical space as well as within our energetic field, releasing negative energy

## Moxa

An herb used in Traditional Chinese Medicine that is burned close to different potent acupoints on the body to draw out excessive heat, opening up the energetic channels of the body activating our inner healer. White sage is used to to cleanse and purify the energy within a physical space as well as within our energetic field, releasing negative energy.

## Copal

An aromatic resin that is burned to cleanse and purify the environment, balance the mind, aids in entering states of meditation, and offers energetic protection.

## Palo Santo

“Holy wood” An aromatic wood from the Amazon that is burned as incense to cleanse, seal and protect the energy of a space.





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# Holistic Treatments

# HOLISTIC TREATMENTS



## Lahari Signature Treatment

90 minutes | \$170

The ultimate act of self care. Enter a complete bliss while receiving a 90 minute full body Oceanic Massage (Swedish-Californian and deep tissue) combined with shiatsu, acupressure and reiki, as the magical sounds of a Full Sound Bath bringing balance to mind, body, and spirit. Affirmations and Aromatherapy are chosen by the client and used throughout the session to support and cultivate the state of being that is desired. Awaken the central energetic channel and connect with your heart through the powerful vibrations of the Shamanic Drum. Stimulate and open the 12 potent acupoints with the Diapason and feel the healing vibrations throughout your entire being. Enter a deep state of relaxation with facial tapping and a full neck and shoulder release through Shiatsu and Acupressure. This treatment brings feelings of peace, rejuvenation, and wholeness.



## Deep Transformation Therapy

By our Holistic Health Coach Marianela Ortiz

90 minutes | \$204

Marianela embraces your feelings through a lovely and special conversation creating a safe atmosphere just for you. Her intuition will choose between all kinds of therapies the best for you according to your needs. This distinctive holistic treatment integrates Shiatsu, Swedish, Californian massage, and deep tissue if necessary, along with Acupressure, Gaia Reiki, Sound Therapy and Aromatherapy; making it a unique style of session that identifies the imbalances in your body and their relationship with the emotions. Deep Transformation Therapy adapts and personalizes a different experience of energy healing and emotional balance for each person. With the company of magical healing instruments such as the Tibetan bowls, Koshis, Gong Luo Feng, the Shamanic Drum, the Rain Stick and the powerful timbalo. Her Voice, and the delicate use of essential oils, our Health Coach guides you with love and compassion towards a deep and pure state of inner peace, tranquility and harmony. It fosters a state of connection with your authentic being and motivates you to live from the heart's inspiration and creativity.

## HOLISTIC TREATMENTS



### **Harmony** 60 minutes | \$123

Achieve harmony in mind, body and spirit with a combination of Oceanic, deep tissue, Swedish massage and Shiatsu on two parts of the body chosen by your needs. Aromatherapy with Lavender and Geranium is used for energetic and emotional balance. Enter a deep state of relaxation with facial tapping, and release neck and shoulder tension with acupressure. Receive the healing energy of Reiki for emotional balance. Includes Basic Sound Healing with the addition of the Luo Feng baby Gong.



### **Vitality** 60 minutes | \$123

Increase your energy and raise your vibration. Stimulate your inner fire, increase energy levels, and awaken your creativity and passion for life with the use of Moxa (Chinese traditional heater) on the potent energizing acupoints in the body. Aromatherapy with Peppermint and Lemongrass energizes and revitalizes mind, body and spirit. Increase feelings of joy, passion and creativity through the healing vibrations of the Tibetan Singing Bowls, timballo and Luo Feng during a special sound bath on the Hara, the ocean of vitality, the sacral chakra at the abdomen.

## HOLISTIC TREATMENTS



### **Connection** 60 minutes | \$123

Shiatsu ,Thai and Breema massage , Creating space for peace and deep relaxation in your body, mind and spirit .Through constant connection with the therapist, learn to trust, release, and surrender . Opening the 12 principal energy meridians to aid in the release of toxins in your body and stimulating the expansion of your energy field. You will love the deep passive stretches , stimulating the secretion of endorphins and creating a whole feeling of wellness. This treatment softens, opens and expands the heart chakra with the healing vibrations in a Basic Sound Healing. Aromatherapy with Lemongrass and Geranium supports the energies of cleansing, opening, and connection with the heart.



### **Alignment** 60 minutes | \$123

Cleanse, balance, and realign your chakras, also related with your endocrine system,giving support to our hormones and entire energetic system with a whole Gaia Reiki treatment. Indulge the senses with the healing vibrations of the Timballo, Shamanic Drum, and Koshi chimes. Experience deep relaxation with a neck and shoulder release using Shiatsu and Acupressure. Aromatherapy with Lavender and Geranium supports the energy of emotional balance and alignment with your higher self and truth. Bioenergetic balancing and passive stretching are used to move the water in your body, which is related with emotions, bringing our physical and emotional bodies into alignment.

## HOLISTIC TREATMENTS



### Purify

60 minutes | \$146

Detox massages, purifying the mind, body and spirit through a Japanese Abdominal Hara Massage. A therapeutic internal organs massage with the aim to promote healthy and balance digestive and gastrointestinal system, supports digestion, bladder and liver problems, detoxification, insomnia, fatigue, better blood circulation, more flexibility and range of motion and longevity. Addresses psychological and emotional issues and trauma release. Moxa is used on potent acupoints in the body related with the internal organs involve. The healing energy of Reiki brings emotional balance, and strengthens the immune and endocrine systems. Release tension with neck and shoulder acupressure. Aromatherapy with Peppermint supports the energies of cleansing, purifying, and digesting life. Supports habit changes and accelerates the body's natural detox and healing processes.



### Energetic Clearing

30 minutes | \$101

Release energetic and emotional attachments, expanding our aura, and sealing your energetic field. The frequencies and vibrations of the Timbalo, Luo Feng Gong, and the shamanic drum cleanse, seal, and protect the central energetic channel as well as the entire light body, bringing feelings of lightness, clarity, and expansion. A beautiful sequence with the Tibetan Singing bowls amplifies the aura, expanding your energy field. A sage burning ceremony cleanses the energy of any heaviness and energetic attachments. Aromatherapy with Lemongrass, Eucalyptus and Tea Tree essential oils supports the energies of cleansing, protection, and energetic boundaries, revitalizing mind, body and spirit.

# HOLISTIC TREATMENTS



## Stillness and Peace

60 minutes | \$123

An energetic massage that invites stillness and peace into your entire being, mind, body and spirit with a full body session of Gaia Reiki energy healing. Soothe, calm, and ground the emotional and energetic bodies with the magical vibrations of a Basic Sound Healing along with the Luo Feng Gong. Release tension in the body with a neck and shoulder release with Shiatsu and Acupressure and a delicious facial massage. Aromatherapy with Lavender supports the energies of calmness, peace and centeredness. This session is excellent for recovery from shock and emotional crisis.



## Love Couple Session

Couple Session | 60 minutes | \$236

This very special couples session is all about creating and nurturing the energetic connection between two individuals in a couple. The session begins with a beautiful ritual creating a container of love, connection, and intention. Chakra balancing through the healing touch of Reiki brings emotional, energetic, and mental balance within each individual, while strengthening the intention of connection between the couple. Nurture and strengthen your energetic connection with the vibrational magic of a Full Sound Bath. Aromatherapy with Geranium nurtures, heals, and opens the heart creating an atmosphere of authentic love and connection.

## HOLISTIC TREATMENTS



### Balance

60 minutes | \$146

Combines The AromaTouch Technique® with a delicious reiki, shiatsu, and sound healing protocol, making it an amazing experience with the application of essential oil to the back and feet. This technique combines the unique benefits of human touch with the power of essential oils to create an overall wellness experience. The essential oils used in the AromaTouch Technique were chosen for their individual and combined aromatic properties. Essential oils are active at the cellular level of our bodies. Better said, essential oils affect the biochemistry of our cells. Decreases in heart rate, mean arterial pressure, diastolic blood pressure, stress scores, and salivary levels of cortisol immediately were checked after the first AromaTouch Technique. The technique is an essential oil application that combines a moderate touch procedure with powerful oils and blends. The AromaTouch Technique was designed to promote homeostasis and relaxation, reduces stress and support overall wellbeing.



### Abundance

60 minutes | \$236

Pamper yourself and experience pure abundance and bliss with our four handed Oceanic massage, combined with swedish massage, Gaia Reiki, acupressure and Shiatsu. Release control of the body and mind as two therapists shower you with an abundance of love massaging different parts of the body at the same time. Enjoy the healing vibrations of a Basic Sound Bath, bringing balance to mind, body and spirit. Aromatherapy with peppermint brings joy to the heart and soul, supporting the energies of cleansing the energetic system and aligning with our higher selves so we can experience true abundance of the soul.

## HOLISTIC TREATMENTS



### Rising Vibration

Advance Sound Bath Session

60 minutes | \$123

Full sound bath massage used for energetic blockages inducing a state of ease and harmony in the body, synchronizes brain waves to achieve profound states of relaxation, restoring the normal vibratory frequencies of the cells in our bodies. Sound baths increase mental and emotional clarity, stimulate the immune system, relaxes our nervous system, calming our emotions and allowing peace and silence through metal singing bowls, ocean drums, gongs and Koshis, creating a special atmosphere for your whole well being.

### Happiness Body Scrub

60 minutes | \$146

Rejuvenate mind, body, and spirit with an invigorating full body scrub. Guests may choose between a decadent cacao, Blue Zone or red fruit scrubs. Used for removing dead skin cells, leaving your skin smoother and more even, allowing your skin to absorb moisturizer better. Stimulating and opening energetic channels with facial tapping and a quartz facial scrub bringing in feelings of peace and calm.

### Joy Facial Scrub and Mask

(Quartz Scrub) | \$123

Our face is the mask that we present to the world. Connect with your authentic self and true emotions as we lovingly take off the layers of the mask with a healing quartz crystal scrub. Some of the benefits of this treatment is to unclog pores, it helps fade spots and scars, helps your skin care absorb faster and it helps fight signs of aging. Quartz crystal is considered a “master healer” with its ability to amplify, absorb, store, and regulate energy. This stone is also claimed to boost the immune system and balance out your entire energetic body. A cooling rose mask moisturizes the skin and soothes the emotions. Enter a state of relaxation with facial tapping with Lavender essential oil, reiki, and facial massage. Open energetic channels with the vibrations of the Diapason (tuning fork) bringing emotional and energetic balance being completely honest in the way we relate with life.



# Other Services

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# Workshops



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# Holistic Yoga



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**Sound Bath**  
**GROUP SESSIONS**



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