



REPLENISH

MASSAGE-MEDITATION-DANCE

GIVE YOUR
BODY A
LOVING TREAT,
SO YOUR
SOUL ENJOYS
LIVING IN IT!

RECHARGE
FROM THE
FOLLOWING
HARMONIC
INTERACTIONS
OF BODY,
MIND AND
SOUL

ALKALINE MINERAL MASSAGE & BODY CARE

- ✿ stimulates the breakdown & elimination of harmful substances (toxins)
- ✿ provides natural & nutritious ingredients (alkaline ph levels) for your skin
- ✿ reinforces cellular regeneration and self-hydration of body tissue
- ✿ can be seen as health prevention

BACK MASSAGE CUPPING

Treat your back to an alkaline mineral salt scrub, followed by a circulation enhancing vacuum massage (massage cupping), and finishing with an alkaline wrap. Can be combined with a deep relaxing facial nerve point massage. Say goodbye to back tension! ✿ *60 minutes*

CELLULITE TREATMENT: CHOICE OF COOL OR WARM PROCESS

Enjoy an alkaline mineral salt body scrub, followed by an intensive circulation enhancing rubdown (massage cupping), and finishing with a herbal phyto extract body wrap. Lighten & lift your belly, hips, thighs and buttocks! ✿ *90 minutes*

WHOLE BODY TREAT

Relax into a whole body oil mineral salt scrub followed by an alkaline wrap. Let go and unwind while listening to spherical soundscapes. ✿ *75 minutes*

DEEP RELAXATION...

BIO DYNAMIC MASSAGE (Gerda Boyesen technique)

Boyesen's approach is directed towards gradually melting visceral, tissue and muscle armour, allowing what has been repressed to re-emerge.

Replenish and reconnect to your core. This rejuvenating treatment assists with the expansion of your whole being by receiving gentle, deep, relaxing touches, allowing you to let go and let your tension melt away. Bio dynamic massage has a harmonizing impact on the autonomic nervous system. The energy flow of the body and mind can be organically reconnected. ✿ 90/120 minutes

PAMPER MYSELF

A combination of breath-body awareness (exercise), massage and meditation, individually tailored to your needs. The process begins by being aware of your surroundings and then spirals down to the center of your being thus promoting self-realization and relaxation. Connect with the jewel inside of you.

✿ 90/120 minutes

... AND CENTERING

HARA MEDITATION

Especially successful with releasing stress, hara meditation helps to deepen the connection with your inner qualities of relaxation, strength and serenity.

For individuals and groups.

DANCE

Guided by our breath, rhythm and a wide variety of music, we move free of judgement from moment to moment. Experience our boundaries and grow. Let yourself be taken through this dance experience to let go, expand, rejuvenate and have fun.



TIARA MANA

- ONE OF A KIND -

+ 49 176 96 33 81 47

info@tiaramana.com

www.TIARAMANA.com