

Menu

6.18.2024

• LAVENDER STEAM •

A unique sensory experience with lavender essential oils that calm the mind and spirit

• AYURVEDIC SELF MASSAGE •

Self-massage practice to melt away tension and stress from the muscles

• LUCID DREAMS HERBAL TEA •

Enjoy a soothing, caffeine-free, anti-inflammatory, adaptogenic turmeric-tulsi-tea

• DEEP SLEEP RELEASE •

Bedtime meditation to release tension throughout your body

with love

JOIE DE VIVRE