



RECOVERY MENU

Feel rejuvenated and refreshed after giving it your all in the celebration. Balancing how you feel and giving back to your body is important to us. Enjoy our curated, invigorating recovery menu designed to nourish every aspect of you.

You deserve to celebrate and recover in style!

DETOX HERBAL BATHS

Water submersion is one of the best ways to relax muscles and invigorate blood circulation. With mineral-rich epsom salts and carefully selected herbs known for their natural properties, your body will feel renewed and rested for the days ahead. Herbs like peppermint, rosemary, chamomile, and other blossoms will leave you feeling refreshed and fully recovered.

STRAIGHT UP MAGNESIUM SALT BATH

Magnesium is well known for penetrating the skin's layers to relax muscles. It's an excellent aid for muscle recovery, easing soreness and reducing inflammation.

ICE BATH

Ice therapy is a well-known treatment for reducing inflammation and toning the nervous system. Cold exposure can revive and reset the connection between mind and body, enhancing how we feel and function. This fully guided experience is led by a facilitator to ensure safety and avoid any contraindications.

Benefits: Reduces inflammation, boosts energy, and alleviates hangovers headaches.

BODY TREATMENTS

LYMPHATIC MASSAGE

Lymph is a vital fluid in our body, supporting both the immune system and the removal of water waste. In this gentle massage, you'll experience soft, targeted techniques that stimulate lymphatic flow, helping to reduce excess water retention, swelling, and puffiness in the face and skin.

ACUPUNCTURE SESSIONS

Acupuncture and classical Chinese medicine are thorough, comprehensive sciences that address a range of internal medicine issues, from chronic headaches and pain to digestive and stomach concerns. This approach offers an effective way to relieve symptoms while harmonizing various bodily functions, supporting overall health and well-being.

Benefits: Eases headaches, reduces nausea, and restores energy balance.

THE HUNG-OVER REMEDY

To counteract hangover toxicity, it's essential to promote blood flow and oxygenate the tissues. In this 60- to 90-minute protocol, we integrate acupuncture, aromatherapy, and movement to oxygenate your body. For enhanced detoxification and mental clarity, you also have the option to add a B Complex or B12 shot to support liver function and amplify the treatment's benefits.

DEEP RENEWAL

Recovering our muscles allows them to reshape and restore their natural fibers. Using tension techniques like deep tissue and myofascial release, we achieve this restoration. Additionally, we apply a specific blend of oils to reduce soreness and accelerate the recovery process.

RECOVERY CONTRAST THERAPY

On this massage technique the therapist alternates temperatures with hot and cold stones improving the circulation to bring oxygenation, reduce inflammation and swelling, this massage energizes, stimulates and it is a great aid for an instant physical recovery.

MORNING AFTER GLOW TREATMENT

Designed to remove all impurities and fade away the damages caused by pollution, our comprehensive experience takes a full spectrum approach by caring for your skin and holistic wellbeing. After analyzing skin type and needs, the application of a gentle exfoliating scrub and several hydrating and detoxifying masks, we tone and replenish at a deep cellular level to regain a new radiance.



STRETCHING SESSION

Stretching is one of the best ways to create space between muscles, ligaments, and tendons. Assisted stretching often reaches deeper than stretching alone. In this session, you'll experience sport-grade techniques designed to enhance openness and flexibility throughout your body.



ENERGY BALANCING SESSION

The Energy Balancing Session combines Reiki, Pleiadian Energy, and Pranic Healing, unifying Earth and Star Medicine within the physical body. For those who resonate with spiritual healing, this session focuses on your aura, energy, and realignment. vitality, supports deep healing and expanded awareness.



SOUND HEALING

In this melodic sound journey, featuring guitar and ceremonial chants, you'll uplift your spirit, relax, feel at ease, and connect with the natural forces around you. Rooted in South American culture, this sound experience offers a profound connection to tradition and nature.



Speak to our Journey Designers to learn more about our tonics and recovery drinks plan.

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NOMADE

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