

*Spa &
Healing Arts
Menu*



SHOU SUGI BAN HOUSE

Philosophy

Our bodies and minds are enigmatically linked to the earth, the ocean and to each other. When we can reconnect to our bodies and the nature around us, we realign ourselves and restore balance. We yearn to heal and be whole, for a return to the simplicity of self.

Rooted in the connection to the natural world around us, our spa and healing treatments draw from the inherent wisdom and curative properties of the ocean, local pine forests, wild flora and indigenous herbs. Following the natural rhythm of the elements, surrounding waters and their unique and complex alchemy, each therapy is crafted to create a space for guests' individual desires for exploration, transformation and harmony through body and mind.

Spa & Healing Arts Menu

Hydrotherapy Facilities

Infrared Sauna
Dry Sauna
Aromatic Steam Room
Plunge Pools
Flotation Bath
Experience Shower
Ice Fountain

Massage & Body Work

Edge of the Woods Massage
Clear the Path Massage
Deep Within Body Massage
Roots Unbound Abdominal Massage
Open Channel Leg Massage with
Reflexology
Just Like Moons Prenatal Massage

ALTERNATIVE MODALITIES

Craniosacral, Reflexology, Thai Massage

ADD-ONS

CBD Topical, Cupping Therapy, Dry Brushing

Body Treatments

Body & Face Lymphatic Treatment
with Dry Brushing
Fire Within Body Treatment with Soak,
Scrub & Massage
Purity of the Moment Body Treatment
with Soak, Body Wrap & Massage
Marine Extracts Body Treatment
Firming & Toning Body Treatment
Earth & Sea Body Scrubs and Wraps

Facials

Of the Flowers Facial
Fresh Collagen & Light Facial
Restore & Lift Facial with Sculpting Machine
Cryo-Illuminating Facial
Pure Radiance Facial
Micropuncture Lab
Second Skin Facial

ADVANCED FACIAL ADD-ONS

Remodeling Face Machine

Hydrotherapy Treatments

Wellness Baths
Watsu Therapy

Healing Arts

Aromatherapy for the Spirit
Crystal Healing
Reiki
Quantum Biofeedback
Sacred Sound Journey
Vibroacoustic Therapy
Shamanic Healing
Shiatsu
Shinrin-Yoku

Hydrotherapy Facilities

Hydrotherapy has been used across cultures and throughout time to purify and fortify both body and spirit.

INFRARED SAUNA

Far-infrared heat penetrates the skin at a low and slow pace, raising core body temperature to improve blood flow, muscle recovery and overall immunity. In a calming environment, temperatures ranging between 120° and 130°F support your lymph system and nervous system to heal and eliminate cellular waste.

DRY SAUNA

Traditional dry, therapeutic heat set in a wooden cabin that stimulates circulation and cleansing while decompressing the mind and muscles. The high temperature and dry air enable the body to release toxins without overheating the skin. Temperatures range between 140° and 200°F.

AROMATIC STEAM ROOM

Warm, high-humidity aromatized vapor envelops the body, seeping through the epidermal tissue and increasing blood flow for internal healing. Hydrate your tissues, open up your lungs and alleviate inflammation at therapeutic temperatures between 100° and 110°F.

PLUNGE POOLS

Three contrast therapy saltwater pools composed of structured water re-create the natural effects of the ocean and thermal springs. Long revered for its therapeutic and detoxification benefits, contrast water therapy, or alternating between hot, warm and cold water, can boost circulation and help dilate the vascular system.

FLOTATION BATH

Bathing as hydrotherapy is believed to be effective in alleviating fluid retention, minimizing digestive and sleep issues, and improving overall health.

The zero-gravity flotation tub creates a meditative moment of relaxation with a stimulating water massage, air jets and a warm neck bath to assist in decreasing stress, reducing blood pressure and easing muscular tension.

EXPERIENCE SHOWER

Water, light, color and sound are the elements of this full-sensory shower experience. Featuring an overhead cascading waterfall and rainfall showerhead, this unique experience has temperature contrasts to help increase circulation and visual LED chromotherapy to purge tension and stress.

ICE FOUNTAIN

Ice flakes applied directly onto the body as a compress stimulate the skin and awaken the circulatory system. The contrast in temperatures between body and ice reinforces the cardiovascular and immune systems while providing pain relief, muscle healing and reducing inflammation.

Massage & Body Work

Intentional, functional massage therapies crafted to restore balance and inner strength.

EDGE OF THE WOODS

60 | 90 mins · \$200 | \$300

Therapeutic Swedish massage nourishes life force by blending golden organic jojoba, rosehip, yuzu and cedar Atlas oils. Herbal compresses steeped in warm elderflower, mugwort and willow tea relax muscle tissues and calm the mind. Recommended for insomnia, anxiety, stress and emotional fatigue.

HYDROTHERAPY PAIRINGS

Pre-treatment: aromatic steam to soften and hydrate tissues

Post-treatment: circuit of warm and cold plunges to soothe, then tonify

TONIC PAIRING

Blue Lotus Flower of Intuition Tonic

CLEAR THE PATH

60 | 90 mins · \$200 | \$300

A hybrid of movements from both Western and Eastern massage modalities ignites energetic movement from within by shifting stagnant energy and inspiring mental clarity. A brisk hemp-glove exfoliation prepares the mind and body for an invigorating massage using a vitalizing, warm oil blended with organic sesame with hinoki, grapefruit and rosalina essences.

HYDROTHERAPY PAIRINGS

Pre-treatment: dry sauna, to stimulate circulatory flow

Post-treatment: aromatic steam followed by cold plunge, to hydrate then tonify

TONIC PAIRING

Viridem Detox Elixir & Mineralizer

DEEP WITHIN

60 | 90 mins · \$225 | \$325

A full, mind-body deep-tissue massage from In Fiore, integrating hot stones, with a focus on accessing deeper muscle layers, releasing stress and promoting profound healing. Nourishing body balms harness the spirit-lifting properties of flower essence and stimulate structural proteins in the skin. Choose one of In Fiore's hand-blended aromatherapeutic balms in a base of grape seed oil, golden jojoba seed oil or essential fatty acids for deep conditioning.

BOIS DE ROSE: a euphoric blend of rose, geranium and hinoki

TANGIERS: a medicinal blend of lemongrass, ginger and tangerine

VETIVERT: a soothing blend of vetiver, bergamot and patchouli

HYDROTHERAPY PAIRINGS

Pre-treatment: aromatic steam, to soften and hydrate tissues

Post-treatment: circuit of warm and cold plunges, to soothe then tonify

TONIC PAIRING

Turmeric Muscle & Joint Tonic

Massage & Body Work

CONTINUED

ROOTS UNBOUND

60 mins · \$200

Highly therapeutic, site-specific massage of the abdomen, pelvis, lower back and glutes is the main focus of this full-body massage to nurture inner and outer holistic vitality. Gentle infra-red heat and a purifying blend of frankincense, hyssop, ginger and shea oils are used from the core to the extremities to work through blockages in the body and promote openness and flow throughout the mind. Ideal for digestive or immune issues, lower back pain, irregular sleep or lack of vitality and heat.

HYDROTHERAPY PAIRINGS

Pre-treatment: warm plunge, to soothe nervous system and stimulate smooth muscle movement

Post-treatment: warm plunge followed by cold plunge to tonify

TONIC PAIRING

Digestive Harmony Bitters

OPEN CHANNEL

60 mins · \$200

In Fiore's Firmante Elevating Leg Tonic, infused with black spruce, cypress and neroli essences, helps to ground your physical foundation and balance kidney yang. Using plant properties that warm the body and ignite the metabolic processes, this full-body massage focuses on aligning deep energy channels throughout the legs with a stimulating blend of reflexology, stretching, deep tissue and lympho-circulatory massage. Acupressure and kidney meridian work assist the body in detoxifying cellular waste, improving the appearance of veins, and minimizing cellulite.

HYDROTHERAPY PAIRINGS

Pre-treatment: dry sauna, to stimulate circulatory flow

Post-treatment: warm plunge, to soothe nervous system followed by cold plunge, to tonify

TONIC PAIRING

Turmeric Muscle & Joint Tonic

JUST LIKE MOONS

60 | 90 mins · \$225 | \$325

Soothing for the mind and spirit. Ease the physical discomforts and emotional transitions associated with pregnancy. Gentle dry brushing combined with warm towels infused with rice milk, honey and mandarin nourish and prepare the skin for a therapeutic prenatal massage using organic rice bran and jojoba oils with rose geranium, chamomile and myrrh essences. For the second and third trimester only.

HYDROTHERAPY PAIRINGS

Pre-treatment: Experience Shower, to soothe

Post-treatment: gratitude meditation

TONIC PAIRING

Blue Lotus Flower of Intuition Tonic

Alternative Modalities

Focused individual modalities and advanced massage techniques.

CRANIOSACRAL THERAPY

30 | 60 mins · \$125 | \$225

Using light pressure on various parts of the body, craniosacral therapy releases tension and rigidity in the muscles, membranes and fascia, helping ease stored injuries and emotions by awakening the body's ability to self-heal.

REFLEXOLOGY

30 | 60 mins · \$100 | \$200

Gentle kneading of pressure points located in the feet, hands and lower legs stimulates a healing response in corresponding organs and activates the flow of energy. Pressure-point massage also aids in nervous-system decompression.

THAI MASSAGE

60 | 90 mins · \$225 | \$325

An ancient form of healing that blends acupressure, meridian therapy and assisted yoga stretches in a slow, rhythmic motion to release muscular tension, improve flexibility and create a deep sense of calm. Massage pressure is fully customized, loose-fitting clothing is provided and the session is performed without oil.

Add-Ons

Supplemental therapies and tools to complement any massage or body treatment.

CBD TOPICAL

\$30

Enhance any massage with a whole-plant CBD oil infusion, extracted without the use of alcohol, CO2 or other toxic solvents. Whole-plant integrity results in the highest delivery of vitamins and minerals and maximizes the anti-inflammatory and pain-relieving benefits of the hemp plant.

CUPPING THERAPY

\$30

Silicone cups gently glide along muscle tissue to help increase range of motion, improve blood flow and reduce pain and tension. An effective therapy for enhancing the benefits of soft or deep-tissue massage. Mild to severe tissue redness or light bruising may occur.

DRY BRUSHING

\$30

Incorporate an invigorating, whole-body jute-brush exfoliation into your treatment, for increased blood circulation, lymphatic drainage and cellular renewal. The sustainably made dry brush is yours to take home.

Body Treatments

Whole-body therapies infused with water, air and earth elements for deep renewal and energetic cleansing.

BODY & FACE LYMPHATIC TREATMENT WITH DRY BRUSHING

90 mins · \$325

A full-body treatment by In Fiore begins with dry brushing to promote tissue rebuilding, before enjoying a slow lymph-release technique enhanced by a layer of Solution Botanique, In Fiore Body Balm and Matrix Rebuilding and Moisture Seal Cream. A facial cleansing, warm oil scalp massage and reflexology enhance the experience.

HYDROTHERAPY PAIRINGS

Pre-treatment: contrast shower of warm and cold, to boost circulation

Post-treatment: infrared sauna, to detoxify

TONIC PAIRING

Euphoria Heart & Circulation Tonic

FIRE WITHIN

120 mins · \$425

Grounding and energizing. A soak of chrysanthemum, chamomile and myrrh rekindles vital earth energy and unwinds the body and mind of any rigidity. A full-body exfoliation of yuzu, honey, sea salt and kukui nut oil clears and cleanses the skin, followed by a toning frankincense hydrosol. Hair and scalp are restored with Japanese camellia oil, and a 60-minute healing massage of warm organic sesame and pomegranate seed oils with bamboo, vetiver, cardamom and mandarin to nourish the whole body.

HYDROTHERAPY PAIRINGS

Pre-treatment: choice of steam or sauna, to boost circulation and soften tissues

Post-treatment: silent meditation

TONIC PAIRING

SOMA Essential Immunity & Adaptogenic Elixir

PURITY OF THE MOMENT

90 mins · \$325

Created to restore and purify the body's energy. A deep-cleansing soak of activated charcoal, Dead Sea salt, hinoki and dulse is accompanied by a remineralizing wrap of rosemary, nettle and shiso leaf with white kaolin clay, and a hydrating calendula hydrosol. A curative massage with warm, organic jojoba and sea buckthorn oils infused with rosalina, bay laurel and rosemary essences restores and stimulates physical and mental flow.

HYDROTHERAPY PAIRINGS

Pre-treatment: choice of steam or sauna, to boost circulation and soften tissue

Post-treatment: silent meditation

TONIC PAIRING

Viridem Master Detox Elixir

Body Treatments

CONTINUED

MARINE EXTRACTS BODY TREATMENT

60 mins · \$225

Restore elasticity and combat water retention and dehydration with an algae body wrap. Sea minerals and essential oils of wild thyme, lemon, peppermint and cypress provide a detoxifying and oxygenating effect, targeting excess adipose tissue, leaving the skin toned, firmed and lifted. A hydrating massage follows to replenish and regenerate the skin's hydrolipidic barrier.

HYDROTHERAPY PAIRINGS

Pre-treatment: hot plunge, to hydrate and soften skin

Post-treatment: dry sauna, to increase circulation and detoxify

TONIC PAIRING

Viridem Mineralizing Tonic

FIRMING & TONING TREATMENT

90 mins · \$325

Deep exfoliation with microcrystalline algae, silk extracts and natural amino acids eliminates dry skin cells, allowing the skin to absorb a hydrating and protective complex applied by bio-reflex massage. Skin feels immediately smooth while the body and décolleté are visibly toned and contoured.

HYDROTHERAPY PAIRINGS

Pre-treatment: far-infrared sauna, to warm tissue and detoxify

Post-treatment: cold plunge, to stimulate circulation and tonify

TONIC PAIRING

Viridem Mineralizing Tonic

EARTH & SEA BODY SCRUBS

45 mins · \$150

Skin is toned and hydrated with botanical hydrosol, then exfoliated with a handcrafted scrub of your choice for cleansing and renewal.

BALANCING: yuzu | honey | Dead Sea salt | organic camellia oil

TONIFYING: charcoal salt | Dead Sea salt | hinoki | organic sesame oil

HYDRATING: cane sugar | lingonberry | blue tansy | organic jojoba oil

INVIGORATING: pink Himalayan salt | shiso leaf | Japanese white pine | organic coconut oil

End with a hydrosol of your choice: frankincense, calendula, rose geranium or cucumber

HYDROTHERAPY PAIRINGS

Pre-treatment: warm or hot plunge, to hydrate and soften skin

Post-treatment: silent meditation

TONIC PAIRING

Euphoria Heart & Circulation Tonic

Body Treatments

CONTINUED

EARTH & SEA BODY WRAPS

60 mins · \$175

Body is enveloped in your choice of four prescriptive wraps and gentle infrared heat for deep purification. Complete with oil hydration for skin conditioning.

BALANCING: sea clay | nettle | organic jojoba oil

FIRMING: rhassoul clay | hibiscus | organic rosehip seed oil

HYDRATING: shea butter | aloe | honey | rice bran oil

PURIFYING: French green clay | dulse | organic sesame oil

End with hydrator of choice: organic sesame seed oil, organic jojoba oil or organic coconut oil

HYDROTHERAPY PAIRINGS

Pre-treatment: warm or hot plunge, to hydrate and soften skin

Post-treatment: silent meditation

TONIC PAIRING

Viridem Master Detox Elixir

Facials

Botanically active and effective skin-care therapies, designed in partnership with In Fiore, Faith Cosmetics and Biologique Recherche. Advanced techniques and formulations of whole-plant, marine and bioscience extracts are custom tailored to restore any skin imbalances and improve elasticity and natural radiance.

OF THE FLOWERS FACIAL

60 | 90 mins · \$225 | \$325

In Fiore's signature 4-2-4 cleansing method combined with rhythmic massage of face, neck and décolletage using Fleur Vibrante Solution Botanique increases blood flow and circulation, flushes out toxins, soothes and renews skin exposed to environmental stressors and strengthens the skin barrier. Treatment includes a double exfoliation for improved nutrient and mineral absorption, and finishes with arm-neck-shoulder compression massage.

HYDROTHERAPY PAIRING

Pre-treatment: warm plunge, to soothe nervous system and stimulate circulation

TONIC PAIRING

Curam Beauty Elixir

FRESH COLLAGEN & LIGHT FACIAL

60 · \$225

A deep-cleansing and restorative facial designed to provide radiance and clarity. Japanese nanocapsule technology delivers collagen below the surface of the skin to smooth texture and boost moisture retention for immediate, glowing results. After a double cleanse and ultrasonic exfoliation to gently loosen impurities, a restorative serum containing billions of fresh collagen capsules is applied to the skin.

The products used in this treatment are developed by Faith Cosmetics, a bioscience and skin-care company based in Osaka, Japan, with more than 30 years of research and development focused on creating pure, clean marine-based skin care.

HYDROTHERAPY PAIRING

Pre-treatment: warm plunge, to soothe nervous system and stimulate smooth muscle movement

TONIC PAIRING

Collagen Boost Tonic

RESTORE & LIFT FACIAL WITH REMODELING MACHINE

90 | 120 mins · \$450 | \$600

Designed to resculpt facial contours and address the gradual loss of volume and elasticity. This advanced treatment from Biologique Recherche combines a potent booster with the highly effective Serum Matriciel and bio-electrotherapy to provide volume, strengthen the epidermis, lift facial contours and improve skin tone. Benefits include healing, firming, lifting, and deep cleaning of the skin, allowing for the deeper penetration of products. Extended 120 minute version includes additional skin booster.

HYDROTHERAPY PAIRING

Pre-treatment: Experience Shower with chromotherapy, for regenerative stimulation

TONIC PAIRING

Collagen Boost Tonic

CRYO-ILLUMINATING FACIAL

90 | 120 mins · \$400 | \$550

A combination of advanced massage techniques and highly concentrated, bioactive, cold-formulated ingredients from Biologique Recherche soothes and nourishes the skin. After the oxygenating VIP O2 booster, a cold but energizing seaweed mask is gently massaged on the face with chilled cryosticks, reducing puffiness and the appearance of pores and tightening the skin. The result is a bright, hydrated and even complexion. Beneficial for dehydrated skin, redness, inflammation and early signs of hyperpigmentation. Recommended for all skin types. Extended 120-minute version includes sculpting treatment with Remodeling Face Machine.

HYDROTHERAPY PAIRING

Pre-treatment: warm then cold plunge, to aid circulation and oxygenation

TONIC PAIRING

Mangosteen-Hibiscus Skin Healer Tonic

PURE RADIANCE FACIAL

60 | 90 mins · \$250 | \$400

Following a thorough skin diagnosis, each step and product from Biologique Recherche for this classic facial is tailored to address individual hydration levels and skin concerns. A deep-cleansing massage, gentle exfoliation and an expertly layered customized blend of boosters, masks and serums combine to reveal a healthy, radiant glow. Extended 90-minute version includes treatment with Remodeling Face Machine.

HYDROTHERAPY PAIRING

Pre-treatment: warm then cold plunge to release skin toxins and stimulate circulation

TONIC PAIRING

Custom Skin Tonic

MICROPUNCTURE LAB

30 | 60 mins · \$150 | \$250

This stimulating facial treatment enhances the skin's capacity to regenerate itself. Activates collagen production through intraepidermal microstimulation. Helps fight against signs of premature skin aging.

HYDROTHERAPY PAIRING

Pre-treatment: warm then cold plunge, followed by gently patting crushed ice onto the face to prepare the skin for maximum absorption of nutrients and to minimize skin sensitivity

TONIC PAIRING

Relaxing Tonic

Facials

CONTINUED

SECOND SKIN FACIAL

60 mins · \$300

A cosmetic alternative to more invasive treatments, Seconde Peau accelerates cell renewal and regeneration for an immediately visible tightening effect. Composed of 80% hyaluronic acid, the electro-spun mask is layered with an active serum, supporting the bioavailability of the hyaluronic acid while lifting and smoothing. Great for healing post-op scars.

HYDROTHERAPY PAIRING

Pre-treatment: infrared sauna to aid in maximizing skin regeneration on a cellular level, along with a cool Experience Shower with chromotherapy to help support serum absorption

TONIC PAIRING

Collagen Boost Tonic

Advanced Facial Add-Ons

This targeted, efficacious technology can be included with your Biologique Recherche facial. Consultation with skin analysis needed.

REMODELING FACE MACHINE

+30 mins · \$200

State-of-the-art bio-electrotherapy featuring three types of electric currents that can be used separately or in combination for advanced customization: galvanic current, which improves the absorption of active ingredients; low- and medium-frequency current, which reshapes and tones; athermic pulsed high-frequency current, which revitalizes the epidermis. Precise adjustment of the parameters activates the remodeling process in skin and muscles for simply stunning results.

Hydrotherapy Treatments

Hydrotherapy treatments to purify and fortify both body and spirit.

WELLNESS BATHS

30 mins · \$100

A deeply therapeutic immersion in our zero-gravity tub incorporates a thoughtful curation of salts, oils, clays, and dried and fresh plants for holistic results. This flotation session decompresses joints and assists to release muscular and digestive stress, correct sleep irregularities and improve overall health.

CLARITY BATH

INTENT: cleansing, decongesting, fluid moving

INGREDIENTS: Dead Sea salt, activated charcoal salt, sea clay, fresh mint

ESSENTIAL OILS: hyssop and cedar

VITALITY BATH

INTENT: energizing, warming, tonifying

INGREDIENTS: pink Himalayan salt, nettle, fresh ginger, lemon

ESSENTIAL OILS: rosemary and rosalina

NOURISH BATH

INTENT: nourishing, reparative, healing

INGREDIENTS: rice milk, rice bran oil, honey, mugwort

ESSENTIAL OILS: myrrh and mandarin

EASE BATH *(Plus \$25)*

INTENT: relaxing, pain relieving, soothing

INGREDIENTS: magnesium flakes, Dead Sea salt, CBD oil, willow, chamomile

ESSENTIAL OILS: frankincense and lavender

WATSU THERAPY

60 | 90 mins · \$225 | \$325

Aquatic massage for deep decompression, inspiring fluidity and flexibility in body and mind through stretch work, joint mobilization and Shiatsu massage in a private, heated pool of structured salt water. Beneficial for any level of health, but especially recommended for muscle and joint pain, physical or mental stress and any sleep-related issues.

HYDROTHERAPY PAIRINGS

Pre-treatment: *far-infrared sauna, to warm tissue and detoxify*

Post-treatment: *silent meditation*

TONIC PAIRING

Turmeric Muscle & Joint Tonic

Healing Arts

Multisensory experiences for receiving light, deep healing and transformation.

AROMATHERAPY FOR THE SPIRIT

60 mins · \$225

Emotional balance is realigned using the energetic healing properties of essential oils. An in-depth consultation will guide the aromatherapist to the area within the spiritual body you are looking to bring awareness to. A custom synergistic oil blend will be created to address your unique intention.

CRYSTAL HEALING

60 | 90 mins · \$225 | \$325

A restorative experience to clear and balance the body and mind, combining reiki, sacred oil healing and powerful crystal stones. Whether it be to induce rest, energize or simply heal, our resident crystal expert individually selects and places crystals on the body to help to open inner pathways and restore equilibrium.

REIKI

60 | 90 mins · \$225 | \$325

A Japanese energy-balancing technique using our body's Qi, or universal life force. A practitioner places hands lightly on or over the body to facilitate the healing process, bringing physical, emotional and spiritual planes back to a state of well-being.

QUANTUM BIOFEEDBACK

60 | 90 mins · \$250 | \$350

Neutralize energetic imbalances of the mind, body and spirit on a submolecular level. A simple device detects the stressors in the energetic frequencies and supplies a balancing frequency, bringing the body into a state of calm. Requires a 48-hour advance request.

SACRED SOUND JOURNEY

60 | 90 mins · \$225 | \$325

An immersive, multisensory experience performed in a sacred space. Weaving together vibrational frequencies from tuning forks, gongs and Himalayan and crystal bowls, you are bathed in an ocean of sound. Balance is restored, bringing the body and mind back into alignment.

VIBROACOUSTIC THERAPY

60 | 90 mins · \$225 | \$325

A science-based treatment that uses various subtle frequencies to reduce stress and return the body to a balanced state. Vibroacoustic frequencies range between 30 and 120 hertz (pulses per second) and are applied directly to the body through a treatment table.

Healing Arts

CONTINUED

SHAMANIC HEALING

75 mins · \$350

Humankind's oldest form of healing, Shamanic healing has been in practice for over 100,000 years. Our resident Shaman works with restorative energies to align your body, mind and spirit and guide you to a state of sacred balance.

SHIATSU

60 | 90 mins · \$225 | \$325

A form of bodywork originated in Japan that combines deep acupressure and meridian point therapy, gentle stretching and guided breathing to restore the body's energy flow. This deeply calmative treatment is received wearing loose-fitting clothes and performed without oil.

SHINRIN-YOKU

90 mins · \$325

The Japanese art of forest bathing. A guided, meditative walk among the trees to enhance intuition and mental clarity. By slowing down and observing, you open your senses to receive what the forest and nature has to offer and inform. You will become aware of things you normally wouldn't notice, and receive the benefits of a guide who can talk about the local plants, trees and life around you. Suitable for all levels of health.