



Morning Wake-Up Options

(Available from 7 am to 11 am)

Enjoy the comforts of your boutique room and book a Holistic Healing Center Early Morning service designed to invigorate and increase Yang energy. The Holistic Healing Center providers will work hand-in-hand with you and your butlers to bring your intentions for the day to fruition.

Serenity Room guests receive a 10% discount on all options. All pricing is inclusive of gratuity.

Acupuncture Session: 45 minutes

\$162

Specific routine designed to increase yang and bring balance. Includes brief intake. Can also be a great introductory service to Acupuncture.

Morning Massage: 45 minutes / 75 minutes

\$180 / \$252

You may have your provider concentrate on an area of concern or choose a full-body invigorating massage with gentle stretches.

Energy Work Session: 45 minutes

\$162

Begin your day with a healing energy work session. May include modalities like Reiki or Qi Gong and sound therapy. May be seated or lying down.

Wake-Up Reflexology: 45 minutes

\$162

Revive the feet to wake up the mind and body during a full reflexology session and lower leg massage.

Private Morning Yoga Session: 30 minutes

\$72

Sun Salutations

Perform simple sun salutation routine with the guidance of a private yoga instructor in the comforts of your room. Great way to introduce yoga into your daily routine.

Vinyasa Flow Morning Yoga: 90 minutes

\$180

Ensure a positive day by bringing energy to your body and mind first thing in the morning. Allow our professional yoga instructors to assist you in an invigorating vinyasa flow routine focusing on the breath and the day's intentions.