



“True healing occurs when we reconnect with all aspects of ourselves— physical, emotional, mental, and spiritual. It is in embracing our complete selves that we find wholeness and restoration.”

Kezia Kaur - *Founder of Ashiana*

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# MINDFUL MESSAGES

Our mindful massages are not merely a retreat—they are a sanctuary for your body and soul. Each treatment weaves harmony into your being and renews your spirit, guiding you on a sublime voyage to serenity and rejuvenation.

## PURE REJUVENATION – INDIAN HEAD MASSAGE

30 min: €80

Feel the burdens of your day dissolving as skilled hands weave their magic across your head, neck, and shoulders. This Indian Head Massage invigorates circulation and clears away mental fog, leaving you refreshed and clear-headed. In just 30 minutes, embark on a journey to deep relaxation and renewed clarity like never before.

## RELAXING FLORAL HARMONY MASSAGE – UNWIND, LET GO & DRIFT AWAY

60 min: €170 | 90 min: €240

Close your eyes and let the stress melt away, whilst you are wrapped in a soothing floral embrace. Our Relaxing Floral Harmony Massage blends lavender, bergamot, and sweet orange oils to lead you into deep relaxation. Melt away stress and nurture your inner peace as you drift into a soothing new you.

## DEEP TISSUE MASSAGE – DEEP TISSUE RELIEF FOR MIND & BODY

60 min: €190 | 90 min: €260

Experience the transformative power of a deep tissue massage, designed to relieve tension, reduce muscle stiffness, and improve circulation. This specialised technique targets deeper layers of muscles and connective tissues, providing lasting relief from chronic pain, muscle strain, and stress.

## DETOXIFYING SEA BREEZE MASSAGE – CLEANSE, REVITALISE, RENEW

60 min: €190 | 90 min: €260

With each gentle motion, it feels as though the waves are sweeping away the stresses of the day, leaving you feeling lighter and renewed. Our Detoxifying Sea Breeze Massage begins with the uplifting fragrances of grapefruit, lemon, and juniper berry oils, transporting you to a tranquil coastal retreat.

# MINDFUL MESSAGES

## UPLIFTING CITRUS BLISS MASSAGE – ELEVATE YOUR MOOD

60 min: €170 | 90 min: €260

As you lay down for our Uplifting Citrus Bliss Massage, a fragrant blend of orange, ylang-ylang, and black pepper gently envelops you. With each stroke, the worries of the day melt away, and a warm, tingling energy begins to stir within. It is as if your spirit is being gently coaxed back to life, each movement igniting a spark that had dimmed.

## MAMA MOON MASSAGE – NURTURE, SOOTHE, GLOW

60 min: €180

Our Mama Moon Massage cradles expectant mothers in a soothing embrace, easing the weariness of pregnancy and melting away stress. Feel the gentle hands of care nurturing both body and soul, as you are renewed and prepared for the beautiful journey of motherhood that awaits.

# HEALING THERAPIES

Embark on a mystical odyssey of healing and self-discovery with our enchanting array of soul-nurturing services, carefully crafted to elevate not just your body, but your mind and spirit as well. As you cross the threshold into our sanctuary, you are transported to a realm where ancient wisdom intertwines harmoniously with modern practices, creating a tapestry of healing that transcends time and space.

## REIKI RADIANCE RENEWAL

50 min: €100

Welcome to Reiki Radiance Renewal, where ancient Reiki wisdom intertwines seamlessly with modern practices, creating a sanctuary of tranquility and rejuvenation. Embrace a space designed to restore balance, promote inner peace, and guide you towards holistic healing.

## REFLEXOLOGY BLISS

40 min: €80

Step into a tranquil oasis where every detail has been curated to nurture your body and soul. Imagine sinking into a plush recliner, the soft melody of soothing music drifting through the air. As you close your eyes, a gentle touch graces your feet, awakening the secret reflex points that dance in harmony with every organ and system within you.

## CHAKRA HARMONY

50 min: €110

Immerse yourself in a transformative experience where ancient wisdom meets modern healing. Picture a symphony of vibrant energy centres, each resonating in perfect harmony, awakening your spirit and invigorating your essence. At Chakra Harmony, we artfully blend a tapestry of diverse healing modalities, intertwining together the time-honoured practices of meditation, crystal therapy, and sound healing.

# HEALING THERAPIES

## COCOA CEREMONY – OPEN YOUR HEART, EMBRACE SACRED RITUAL

60 min: €55

Our Cocoa Ceremony is a sacred ritual that gently guides you into a state of openness and healing. The warm essence of cacao promotes emotional release, and each sip creates a connection. Surrounded by kindred spirits, you'll discover the beauty of deep connections, where hearts resonate and stories intertwine. Join us and let the cacao lead you to your heart's deepest truths.

## BREATHWORK ELEVATION – AWAKEN POTENTIAL, ELEVATE ENERGY

45 min: €110

At Breathwork Elevation, we invite you to embark on a transformative journey where the power of your breath unlocks the treasures of your inner world. Imagine a serene space where the gentle rhythm of your breath guides you through intentional patterns, unravelling layers of tension and stress. As you breathe deeply, feel the weight of the world begin to lift, revealing a vibrant connection to your true self.

## MEDITATION AND MINDFULNESS – CULTIVATE PRESENCE, FIND INNER PEACE

30 min: €60  
(private session)

Our Meditation and Mindfulness sessions guide you to heightened awareness and inner peace. Whether in the serenity of private reflection or the warmth of group practice, you will be surrounded by a nurturing atmosphere. In these moments, mental chatter quiets and your heart opens, allowing you to uncover wisdom and insights that have been waiting within.

30 min: €55  
(group session)

# BIOHACKING BEDS

Discover a unique fusion of cutting-edge technology and holistic healing in our serene sanctuary. Relax on our advanced healing beds, where the MLW Amphibia Welnamis Bed transforms you. Enjoy therapeutic vibrations and gentle rhythms that guide you into deep calm, nurturing both body and mind. Surrender to the RLX Satori Experience Bed, featuring Quantum Harmonics technology that harmonises your brain's rhythms with soothing sounds. Escape daily distractions and awaken your true self through profound stillness and focused meditation.

## MLW AMPHIBIA WELNAMIS BED

The MLW Amphibia Welnamis Bed transforms relaxation into an art form, offering a sanctuary of deep, restorative calm. Therapeutic vibrations and soothing sounds weave together, guiding you into profound serenity. Designed to manage chronic stress and align your body's natural rhythms, this advanced therapy leads you to a realm of tranquil rejuvenation.

### PROGRAMS:

**Stress Relief (~10 Hz):** Close your eyes and feel the soft hum of Alpha waves caressing your mind, lulling your worries into a gentle slumber. It's like being wrapped in a warm blanket of calm, where thoughts slow, breaths deepen, and the noise of the world fades into a soothing hush.

**Mindfulness (~6 Hz):** Drift deeper, where the Theta waves guide you into a meditative dance. Here, the conscious mind steps back, allowing the subconscious to rise like mist over still waters. It's a place of pure being, where you float effortlessly in a sea of inner peace.

**PowerNap (~4 Hz, 2-3 Hz):** Sink into the depths of Theta and Delta waves, where time bends and an hour feels like a full night's rest. It's as if you've found a secret passage to a hidden oasis of rejuvenation, where every cell is gently cradled and renewed.

**Awareness (~40 Hz):** Finally, rise to the summit of Gamma waves—a peak where clarity sharpens and the mind dances with light. It's a vibrant awakening, where thoughts align and the heart opens to a flood of compassion and joy, as if touched by the morning sun after a long, restful night.



# BIOHACKING BEDS

## RLX SATORI EXPERIENCE BED

Experience the RLX Satori Experience Bed, where cutting-edge wellness meets ancient healing principles. This isn't just a bed; it's a restorative journey. Designed with specialised programs that cater to relaxation, deep muscle release, and energy alignment, the RLX Satori harnesses healing vibrations, soothing heat, and gentle pressure adjustments to guide your body into profound calm. Whether seeking rejuvenation after a long day or deep restoration for mind and body, each session on the RLX Satori promises to leave you revitalised, balanced, and deeply restored.

### PROGRAMS:

**Breathe:** Inhale deeply and let the world fall away. This non-verbal journey is like a gentle breeze that sweeps through the trees, cleansing and grounding. Each breath is a brushstroke in a painting of serenity, where tension dissolves like morning mist.

**CHAKRA Alignment Meditation:** Embark on a silent pilgrimage through the body's energy centres, tuning each chakra like strings on a harp. As the vibrations align, balance emerges, resonating from the root to the crown, leaving you harmonised and whole.

**GAMMA Meditation:** Enter the realm of Gamma, where thoughts move like beams of light in a crystal-clear sky. It's a place where focus sharpens and creativity flows, where the mind expands into a boundless horizon of potential.

**Vibrational Wellness:** Float between guided and non-guided sessions, each a tide that carries you closer to wellness. It's a journey across the ocean of the self, with waves that heal, restore, and inspire.

**Meditation Energy:** Let guided voices lead you through landscapes of grounding, detox, and regeneration. Each session is a stepping stone along a river of transformation, where the water flows with the promise of renewal and rebirth.

# BIOHACKING BEDS

**Sleep Wave:** Drift into the arms of Delta, where dreams are woven in the quiet depths of night. It's a lullaby for the soul, a sanctuary where every note sings of rest, restoration, and the gentle embrace of sleep.

**Satori Sound Change:** Hear the echoes of freedom in this journey of letting go. Each session is a gentle push towards a life unbound, where the chains of old habits fall away, and new beginnings take root.

**Satori Sound Change – Weight Management:** A voyage of self-discovery and change. Here, sound is your compass, guiding you through the waters of transformation with a gentle hand, helping you find balance and harmony within your own skin.

|                        |      |
|------------------------|------|
| 30 min:                | €55  |
| 60 min:                | €85  |
| 6 Sesiones de 30 min:  | €280 |
| 6 Sesiones de 60 min:  | €460 |
| 12 Sesiones de 30 min: | €540 |
| 12 Sesiones de 60 min: | €880 |

# ADVANCED FACE & BODY TREATMENTS

Our advanced face and body therapies are not merely about beauty; they are a celebration of your essence. Meticulously crafted, they enhance your natural radiance and sculpt your body with precision, offering an experience that reveals your true splendour.

## COLLAGEN WAVE SKIN TIGHTENING – SCULPT AND REVEAL YOUTH

60 min: €200

Imagine the feeling of a rejuvenating wave sculpting and tightening with every pulse. Our Collagen Wave Skin Tightening treatment harnesses the magic of radio frequency to redefine your contours and restore youthful firmness. Beloved by celebrities for its striking results, this therapy transforms your skin into a smooth, firm, and beautifully contoured masterpiece, akin to a timeless work of art.

## DERMA CLEAR HYDRAFACIAL – A FRESH START FOR RADIANT SKIN

60 min: €190

A ritual where the art of renewal meets the science of transformation. This radiant treatment begins with a delicate balance of cleansing, exfoliating, extracting, hydrating, and protecting, each step flowing perfectly into the next like a perfectly choreographed dance.

## LPG FACE ENDERMOLOGIE – EMBRACE AGELESS BEAUTY

45 min: €160 | 6 Sessions: €860

Where technology meets a touch of wonder, LPG Face Endermologie used by celebrities worldwide. This advanced technique gently awakens your skin's inner magic, stimulating collagen like a skilled artist shaping a masterpiece. As each movement works its magic, you feel a natural lift taking place, your skin becoming firmer and tighter with every delicate touch.

## LPG BODY ENDERMOLOGIE – SCULPT AND REFINE YOUR SILHOUETTE

45 min: €190 | 6 Sessions: €1020

Our LPG Body Endermologie treatment, with its enchanted Alliance head, sculpts and refines stubborn areas like arms, stomach, and thighs. Tailored to your unique skin, this beautiful treatment achieves a toned, beautifully contoured figure turning your dreams of transformation into reality.

# IS CLINICAL FACIAL

Enter a world where advanced skincare meets true indulgence, embraced by celebrities around the globe. Experience the Just Be magic, an invitation to savor each moment and celebrate the joy of now. With iS Clinical Facials, scientific innovation merges with serene pampering, transforming your skincare routine into a luxurious ritual of self-care.

## FIRE & ICE FACIAL / RED CARPET – IGNITE YOUR GLOW, FREEZE TIME

60 min: €200

Get ready to step onto the red carpet with a complexion that radiates brilliance. Our Fire & Ice Facial combines the sizzle of warming treatments with the chill of cooling masks. Within just 60 minutes, you'll emerge with a refreshed, radiant glow to feel like you're on The Oscars.

## EXFOLIATING CLEAR SKIN – REVEAL YOUR INNER CLARITY

60 min: €190

Imagine a transformation where your skin breathes anew. Our Exfoliating Clear Skin Facial is like a deep cleanse for your inner soul. Gentle exfoliation meets soothing nourishment in a harmonious dance, balancing and purifying your skin from the inside.

## FOAMING ENZYME FACIAL – THE ART OF GENTLE RENEWAL

60 min: €180

Picture the lush tropical fruit enzymes of papaya and pineapple caressing your skin in a gentle exfoliation. Experience a deep cleanse that reveals a polished, radiant glow of renewal from a fresh new peel.

## HONEY ENZYME FACIAL – THE SWEET ESSENCE OF SMOOTHNESS

60 min: €180

A golden elixir softly melting into your skin, each drop a kiss of warmth and renewal. As it glides over your face, it whispers a soft symphony of sensations. Gentle exfoliation, deep hydration, and soothing massage merging together in a ritual of indulgence.

## IS CLINICAL & DÉESSE PRO LED EXPRESS FACIAL

30 min: €80

Imagine your skin embarking on a journey of renewal and radiance. As the Tri-Active Exfoliant Mask is gently applied, botanical extracts and exfoliating agents begin their transformative work. Layer by layer, your complexion is unveiled. Smoother, softer, and glowing with a newfound luminosity. The Déesse Pro LED Therapy targets acne, pigmentation, and aging, stimulating collagen and renewing skin tone for a visibly refreshed glow.

# ELLA BACHÉ FACIAL

Embark on a journey where Ella Baché's exquisite treatments reveal their magic beyond the surface. These rituals are not merely for your complexion but for your entire essence, guiding you through a realm of profound beauty and rejuvenation.

## THE THREE PEELING RITUAL – UNLOCK A NEW BEGINNING

60 min: €160

Experience the metamorphosis of your skin with our brilliant Three Peeling Ritual. Like a butterfly emerging from its cocoon, this bespoke peeling technique reveals a fresh, revitalised complexion. Perfect for starting anew or prepping for a grand occasion, it's your gateway to a beautifully transformed you.

## HYDRA REPULP – A DRINK FOR YOUR SKIN

60 min: €160

Quench your skin's thirst with a luxurious hydration infusion. The Hydra Repulp treatment delivers pure moisture to every layer, plumping and smoothing your skin like a lush oasis. Let your complexion drink in the revitalising essence, emerging dewy and radiant.

## SIGNATURE GLOW TREATMENT – ILLUMINATE YOUR RADIANCE

30 min: €110 | 60 min: €150 | 75 min: €190

Embrace the warmth of a sun-kissed glow with our Signature Glow Treatment. Infused with AHA and meso-peeling enchantments, this ritual smooths and brightens, bestowing a radiant complexion that dazzles with vitality. Whether you seek a swift refresh or a lavish indulgence, your skin will shimmer with luminous brilliance, reflecting the magic of true radiance.

## GREEN FILLER – NATURE'S LIFT

60 min: €200

The Green Filler treatment, with its blend of Maca Pro-Collagen and Spirulina Micro-nutrients, works its magic to diminish wrinkles and restore youthful firmness. This ritual harnesses nature's wonders to reveal revitalised, youthful skin from the very first session, as if the forest itself whispered its secrets of renewal to you.

## ESSENTIAL SKINTEX-LAB TREATMENTS – TAILORED PERFECTION

60 min: €180

The Essential SkinTex-Lab Treatments conjure five enchanted actions, hydration, nourishment, purity, and anti-redness. Each tailored to your unique needs. As the treatment unfolds, feel the magic of balance and rejuvenation embracing your skin, like a gentle caress revealing its true, radiant potential.

## ANTI-AGING SKINTEX-LAB TREATMENTS – DEFY TIME, EMBRACE RADIANCE

75 min: €220

Picture yourself stepping into an oasis of renewal, where up to seven powerful actions are set in motion to awaken your skin's true deepest potential. Each gentle step of the treatment smooths away wrinkles like waves erasing footprints in the sand, restoring the firm, youthful glow you thought had faded with time.

# ELLA BACHÉ BODY

Step into a world of enchanting self-care with Ella Baché body treatments. Each ritual is a magical journey, designed to soothe, renew and rejuvenate, your spirit. As you indulge, feel the transformation unfold, restoring balance and revealing your innate beauty, as if kissed by the grace of a fairy's touch.

## ROSE COLLECTION: THE GRAND TREATMENT – A SYMPHONY OF TRANQUILITY

120 min: €230

Embark on a mystical journey with our Rose Collection's Grand Treatment. This 120-minute serene offering combines face and body care into a seamless escape into peace. Let the finest techniques guide you to a realm of deep relaxation and harmony, where each moment feels like a gentle touch of a petal.

## BODY RITUAL – A HARMONISING ESCAPE

75 min: €190

This treatment envelops you like a warm, soothing embrace, as if nature herself has wrapped her arms around you. From the very first touch, tension begins to melt away, dissolving into nothingness, while each moment draws you deeper into a state of harmony.

## FACE AND BODY MASSAGE RITUAL – WHERE RELAXATION KNOWS NO BOUNDS

75 min: €190

This luxurious treatment wraps you in a cocoon, nurturing you from head to toe as if the world outside simply fades away. With each gentle, intentional stroke, stress melts effortlessly from your whole body, while a wave of renewal sweeps through your being. Every movement is designed to lull you into deep relaxation, weaving together the harmonious arts of facial and body care.

## DETOX COLLECTION: SLIMMING DETOX TREATMENT – REFINE AND RENEW

75 min: €190

Envision a sculpted silhouette as impurities are gently washed away with our Slimming Detox Treatment. This luxurious ritual focuses on slimming, firming, and detoxifying, shaping your body and enhancing your confidence. You'll leave feeling empowered, with a refreshed and toned figure that radiates renewed vitality.

# EXFOLIATION & BODY WRAPS

The path where enchantment and renewal entwine. Our Exfoliation and body wrap treatments are crafted to rejuvenate your essence. Surrender to the caress of invigorating scrubs and the embrace of deeply hydrating wraps, as soothing sensations and enchanting aromas guide you to unveil a luminous, velvety skin.

## DETOX SEA SALT SCRUB

45 min: €90

The ocean's whisper as sea salt gently sweeps across your skin, mingling with the uplifting scents of grapefruit, lemon, and juniper berry. This magical scrub dances over your body, weaving its detoxifying spell to smooth and rejuvenate, leaving your skin refreshed and glowing with newfound vitality.

## GRAPEFRUIT AND LEMON ENERGY SCRUB

45 min: €90

Envision being enveloped in the vibrant embrace of citrus sunshine, as the zest of grapefruit and lemon infuses your skin with an awakening burst of energy. As the treatment begins, the invigorating aromas swirl around you, transporting you to a sunlit grove where every breath is filled with the lively essence of fresh citrus. Our carefully crafted scrub, with its gentle yet effective exfoliation, polishes your skin, sweeping away the weariness of the day and revealing a complexion that glows with renewed vitality.

## LIME, GINGER, AND MANDARIN UPLIFTING SCRUB

45 min: €90

The tropical breeze gently caresses your skin, carrying with it the invigorating scents of lime, ginger, and mandarin, like a fragrant whisper from an exotic paradise. As the scrub is applied, you're transported to a sun-drenched island where the zesty tang of citrus mingles with the warming embrace of freshly grated ginger. This is no ordinary skincare ritual; it's a journey of the senses, where every movement, every scent, invites you deeper into a state of vibrant rejuvenation.

# EXFOLIATION & BODY WRAPS

## ROSE GERANIUM RELAXING SCRUB

45 min: €90

Surrender to the delicate embrace of rose geranium's floral essence, as you step into a sanctuary of true peace and rejuvenation. The soothing exfoliation begins, and with each gentle stroke, the luxurious scrub whispers serenity to your skin, enveloping you in a cocoon of tranquillity. The rich, velvety texture glides effortlessly, polishing away the stresses of the day, revealing a complexion that glows with softness and renewal.

## TROPICAL PARADISE WRAP – HYDRATING BODY WRAP

60 min: €120

Transport yourself into your personal paradise with our Tropical Paradise Wrap. Infused with exotic fruits and rich coconut oils, this hydrating treatment envelops your skin in deep moisture, leaving it luxuriously silky and radiant. Relish in the tropical bliss as your skin drinks in the hydration it craves, emerging with a dazzling, luminous glow.

## HERBAL DETOX WRAP – DETOXIFYING BODY WRAP

60 min: €120

Embark on a rejuvenating herbal journey with our Herbal Detox Wrap. Infused with detoxifying herbs and purifying clay, this treatment draws out impurities and restores your skin's natural radiance. Experience a profound sense of well-being as your body feels refreshed, revitalised, and renewed. This is your moment to connect to your true self and just be.



# FITNESS & WELLNESS ACTIVITIES

Celebrate the harmony of movement, nature, and personal growth with our curated wellness journey. Our fitness activities are woven to invigorate both body and spirit. From the exhilaration of outdoor adventures to the tranquil grace of yoga, each experience is crafted to awaken and uplift your entire being.

## YOGA AND MEDITATION

Begin your day with the sun's gentle embrace as you flow through a yoga session that awakens your spirit and stretches your body. Our Yoga and Meditation classes weave serenity and strength into a single, transformative experience. In this safe haven, each movement and breath guides you to inner peace and vibrant well-being, leaving you refreshed and renewed.

## OUTDOOR ACTIVITIES

As you stroll through awe-inspiring landscapes, every step deepens your connecting with nature. Our Outdoor Activities invite you on invigorating nature walks and thrilling hikes, offering a refreshing escape from the everyday. Each journey not only boosts your fitness but also rejuvenates your spirit, connecting you with the serene splendour of your surroundings.

## STRENGTH AND CONDITIONING

Your fitness goals take centre stage, guided by advanced equipment and tailored training plans. Our Strength and Conditioning programs are crafted to sculpt your physique, increase endurance, and elevate overall fitness. Immerse yourself in this dynamic environment and reach new heights, feeling both empowered and accomplished.

## GROUP FITNESS CLASSES

With every twist and turn, you feel your posture improving, your muscles stretching, and your heart pumping with newfound energy. Our Group Fitness Classes offer just that: a vibrant, exhilarating space where you can let loose, have fun, and get fit. Join us for a workout that's more than just exercise; it's a journey to a healthier, happier you.

## SPA ETIQUETTE

To maximize your experience at the Ashiana Holistic Spa by Boho, please adhere to some simple guidelines and house rules.

**Mobile Phones:** Please switch your cell phones off or switch them to silent to maintain the spa's atmosphere of tranquility.

**Punctuality:** Please plan on arriving at least 10 minutes prior to your appointment. This will allow you to complete our Health & Lifestyle Consultation Form.

**Late arrivals:** Arriving late will limit treatment the duration, reducing both its effectiveness and your enjoyment.

**Cancellations and No-Shows:** Please notify us 24 hours in advance. Cancellations made within 24 hours of the appointment time will incur a 50% of charge. No shows will be charged the full price of the service booked.

**Reservations:** Reservations are required and should preferably be made 24 hours in advance. You may visit us at Ashiana Holistic Spa by Boho, contact us through email at [ashiana@bohoclub.com](mailto:ashiana@bohoclub.com), or call us on 952157223

**Health Consultation:** You will be asked to complete our Health & Lifestyle questionnaire prior to your spa experience. Please communicate any potential concerns to your therapist- such as high blood pressure, allergies, physical ailments, special needs, or pregnancy- so that your spa experience can be tailored to meet your specific requirements.

When you leave our holistic spa, it's not just your skin that will glow, it's your entire being. You'll feel a sense of energy and peace, as your body, mind, and spirit align to reveal a glow that emanates from the inside out.

Let Ashiana be your safe haven and pathway to a radiant, balanced life.



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