



SAINT BARTHS WELLNESS RETREAT AND WORKSHOPS

FRIENDS + FAMILY GROUP WORKSHOPS

DECEMBER 2021

18 + years

After Party Detox Session (3 hours), Maximum 4

Partied a bit too hard and feel dissociated with yourself? Do you feel like your mind, body and soul need to reset? Or have you engaged in behaviors with friends, partners, or strangers that you regretted and feel lost?

We are 3 caring, loving and nourishing practitioners who are here to bring you back home to your body, soul and spirit.

We can help by integrating:

- Plant Based Cuisine, Elixirs, Tonics and Customized Meal Planning by Kristine Kelly
- Traditional Chinese Medicine Therapies by Jasmine Lister
- One on One Soul Empowering Session with Sex, Love and Relationship Mentor Juliet Lippman

What's Included:

- Plant Based Nutritional Cuisine, Tonic and Elixir Consultation (1 hr) with Kristine Kelly of Plant Based Daily
- Traditional Chinese Medicine (TCM) Consultation and Therapy (1hr) with Jasmine Lister (US Licensed Acupuncturist) of Bliss Bar
- Regain Your Power Mentorship with Juliet Lippman, Feminine Leadership and Sensuality Mentor (1 hr)

What to Expect:

Plant based consultation will go over easy to find ingredients that will help you power over that bad hangover.

TCM Consultation and therapy will go over key herbal care, acupressure points and provide auricular therapy (NADA Detox).

Mentally re-align yourself and create stronger boundaries with yourself and others.

Add On's

+Customized herbal blends for tonics available upon request and additional charge.

+Detox Fire Cupping is an additional charge.

+Heart Opening Meditation and Divine Feminine Essence/Highest Self Hypnosis is an additional charge.

COST

Please email sbhwelnessretreat@gmail.com for group quote