



SAINT BARTHS WELLNESS RETREAT AND WORKSHOPS

PARTNERS' WORKSHOPS

After Party Detox Session (3 hours), One Couple Maximum

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

1600 Euros

Eros and Sensual Awakening, (2 Hours)

Based on the ancient yin and yang theory, Jungian principles, mindfulness and Tantric practices you will learn:

- How to stay present while in full bodied contact.
- Discover, express and transform outdated beliefs about sexuality and spirituality
- Enable and express each person's erotic potential and gift to learn to relax into higher states of arousal and stay present with self and other.
- Express self with sounds, movements, touch , words and breath
- Raise energy in the body
- Enhance verbal and nonverbal communication skills

to have more fun

- Experience intimacy in the body
- Discover the common source of sexuality and spirituality
- Reconnect with one another in a more satisfying way
- Learn to be in charge of your charge

What's Included:

- Plant Based Nutritional Cuisine Centered on Stamina and Virility, Tonic and Elixir Consultation (1 hr) with Kristine Kelly of Plant Based Daily
- Traditional Chinese Medicine (TCM) Consultation and Therapy (1hr) centered on Sexual Wellness with Jasmine Lister (US Licensed Acupuncturist) of Bliss Bar

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.

We will bring you back into your ethereal, sensual self and help reignite the flame between you and your partner.

Add On's

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

+Moxibustion is an additional charge.

Cost

1000 Euros

