

Vitality & Vibrancy

Festive 2022-2023

TRANSFORMATIVE HEALING WITH JAVIER DE PRADO

“Let your gentle spirit be your guide, and transform you from within.”

Experience a seamless merging of Eastern and Western healing traditions with Javier De Prado, a master of craniosacral and Watsu therapy, visceral manipulation, and Osteothai.

Having travelled extensively and studied with therapeutic masters from diverse cultures, Javier brings a deep understanding of massage techniques. He supports guests through transformation from within, thus creating a state of comprehensive wellbeing.

JOALI BEING

CRANIOSACRAL THERAPY

Support your body's innate ability to balance, restore and heal itself. Drawing on his expertise, Javier "senses" areas of tension in the body and helps release the stress in a safe, comfortable environment. Emerge feeling calm and energised, with increased clarity of mind. A powerful yet gentle way to balance the nervous system, craniosacral therapy can resolve stress, old injuries and sleeping disorders. Suitable for everyone, from new-born babies to the elderly.

USD 350 per person

WATSU/AQUA CRANIO/LIQUID FLOW

Combining techniques from Watsu, acupressure and craniosacral therapy, Javier honours the therapeutic potential of water. Dynamic movements interspersed with moments of stillness and gentle hydro-massage spark transformation at the physical, mental and emotional level. Performed in heated water, Watsu/Aqua Cranio/Liquid Flow is helpful with arthritis, back and neck pain, fibromyalgia and other chronic pain diseases. It also has a positive impact on mood disorders like anxiety and PTSD, and spinal cord/brain injury due to trauma, stroke or degenerative disease.

USD 400 per person

OSTEOTHAI

Osteothai forms a bridge between East and West. Combining powerful Thai massage with the precise and gentle touch of osteopathy, Javier works along your energy lines to release muscle tension and enhance mobility. This creative form of bodywork relieves musculoskeletal problems, as well as lower back, shoulder or neck pain. It also improves your range of motion.

USD 400 per person

VISCERAL MANIPULATION

This manual therapy focuses on the vitality of organs. Using targeted application of force, Javier restores the inherent motion and synchronicity of organs, re-establishing the brain-body connection. Feel the return of free movement as bodily functions improve noticeably. This therapy is excellent for easing abdominal and back pain, constipation and menstrual cramps.

USD 350 per person

Please contact your Jadugar to book a session with Javier.

All prices listed in USD and subject to 10 percent Service Charge and 12 percent Government Tax.