



AE GEO

SIGNATURE JOURNEYS COLLECTION™

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2026

SIGNATURE JOURNEYS COLLECTION™

From Hippocrates
to Wellness as a Path™

“Φύσις νόσων ἰατρὸς . Nature is the physician of diseases.”

Inspired by Hippocratic philosophy.

Hippocrates (c. 460–370 BCE), the Greek physician widely regarded as the Father of Medicine, shaped the understanding of health as a dynamic state of balance between the body, the environment, and daily life.

Rooted in this philosophy is a fundamental principle: the human body carries an inherent capacity for self-regulation and restoration. The role of the practitioner is not to override nature, but to support it.

This idea later came to be known as *Vis Medicatrix Naturae*, the healing power of nature.

From this foundation emerges Hippocratic Wellness & Longevity™, a Greek approach to holistic wellbeing that brings together balance, prevention, nature, and personalisation into curated journeys of transformation.

At its core lies a living understanding: wellness and longevity are cultivated through rhythm. Through nourishment and movement. Through light, water, rest, and meaningful connection. Through daily choices that sustain equilibrium.

This is the origin of Wellness as a Path™, a methodology where every experience unfolds before, during, and beyond the ritual. Where balance is restored, resilience is strengthened, and longevity becomes continuity. AEGEO brings this philosophy into the present, translating Greek wisdom into a contemporary, global ecosystem of wellbeing and longevity.

HIPPOCRATIC WELLNESS™

Journeys & Rituals Collection

Wellness unfolds as a conscious journey, a path of balance, renewal, and cultivated vitality.

Inspired by Hippocratic philosophy and informed by contemporary longevity science, each ritual is shaped by rhythm, cleansing, and harmony, the foundations of health.

At AEGEO, every experience is designed for alignment. Body, mind, and emotion in integration. Each visit becomes a progression. Each ritual becomes continuity. Each journey strengthens resilience over time.

Rooted in the Mediterranean. Grounded in Hippocratic Wellness™.
Oriented toward Longevity.

Welcome to your next journey.

Journeys & Rituals designed to restore balance, spark renewal & inspire longevity.

In the following pages, you will discover a curated collection of journeys and rituals shaped by Hippocratic Wellness™ and the philosophy of longevity.

Signature Journeys

Immersive, holistic pathways designed to harmonise body and mind while embracing the principles of longevity. The heart of the collection — where ritual becomes transformation.

Body Rituals

Timeless and contemporary body ceremonies infused with Mediterranean essence and inspired by Hippocratic principles of balance and restoration.

Facial Rituals

Targeted experiences focused on radiance, deep hydration, age-defying performance, and cellular vitality.

Micro-Journeys

Concise longevity rituals



1. SIGNATURE JOURNEYS

Unique, immersive & holistic pathways.

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THE MEDITERRANEAN RESET JOURNEY™

Glow & Regeneration



Zero point. The Mediterranean restart.

THE MEDITERRANEAN RESET JOURNEY™

Glow & Regeneration

A recalibration ritual designed to create space between what you release and what you choose to become. Inspired by Mediterranean radiance and guided by Hippocratic cleansing principles, this journey restores fluid balance, luminosity, and internal rhythm.

Two durations. One harmonised system.

Essential Reset | 80'

Step 1- Radiance Activation

- Mediterranean Radiance Facial Ritual

Step 2- Grounding Alignment

- Earth Touch Micro-Journey
- Foot Grounding Micro-Journey

The sensation: Fresh. Luminous.
Revitalised.

Journey Companion: Face Peeling 50ml

Extended Reset | 130'

Step 1- Deep Longevity Foundation

- Cretan Longevity Ritual

Step 2- Hydration Intelligence

- Hydration Boost Longevity Ritual
- Aloe Shine Micro-Journey

The sensation: Grounded. Released.
Restored.

Journey Companion: Body Care Cream
Mask 100ml

Step 3 - 7 Days to Reset, Post-Stay Continuation Protocol

Because reset is not a moment, it is a rhythm.

Following your stay, you receive a guided 7-day Mediterranean Reset protocol designed to sustain detoxification, hydration balance, and nervous system recalibration.

Longevity Benefits

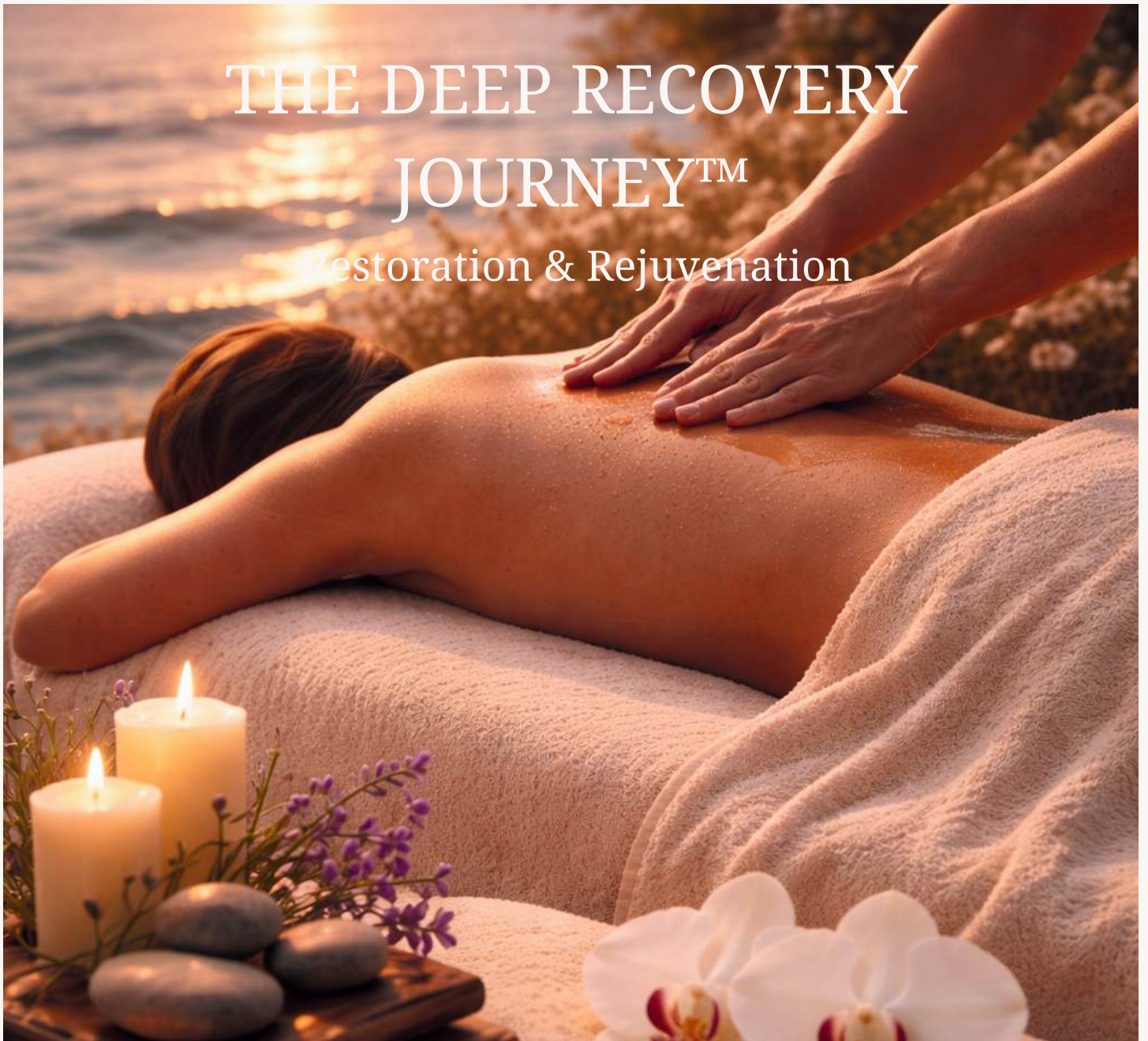
- **Supports** detox, mineral balance and cellular hydration.
- **Regulates** nervous system rhythm and promotes long-term skin vitality

Ideal for those who:

- Feel overloaded and seek internal renewal with a visible glow.
- Are transitioning or recalibrating, wanting a structured start to the AEGEO Longevity Path.

THE DEEP RECOVERY JOURNEY™

Restoration & Rejuvenation



The moment the body
remembers itself without pain

THE DEEP RECOVERY JOURNEY™

Restoration & Rejuvenation

A structured recovery pathway designed to release deeply stored muscular tension and restore functional alignment. Through targeted techniques, thermal elements, and precise muscle-pathway work, this journey supports tissue regeneration and nervous system recalibration.

Two durations. One harmonised system.

Essential Recovery | 95'

Step 1- Functional Release

- Deep Tissue Rebalance Ritual

Step 2- Grounded Stabilisation

- Earth Touch Micro-Journey
- Foot Grounding Micro-Journey

The sensation: Released. Stable.
Re-centered.

Journey Companion: Sunscreen Face
and Body Cream 150ml

Extended Recovery | 110'

Step 1- Detox & Tissue Preparation

- Mediterranean Scrub & Wrap
Ritual™

Step 2- Longevity Reconditioning

- Cretan Longevity Ritual

The sensation: Realigned. Restored.
Strengthened.

Journey Companion: Relaxing Body
Oil 100ml

Step 3 - 7 Days to Recover, Post-Stay Recovery Protocol

Because recovery is a process, not a single session.

Following your stay, you receive a guided 7-day recovery protocol designed to sustain muscular release, support tissue regeneration, and maintain postural alignment.

Longevity Benefits

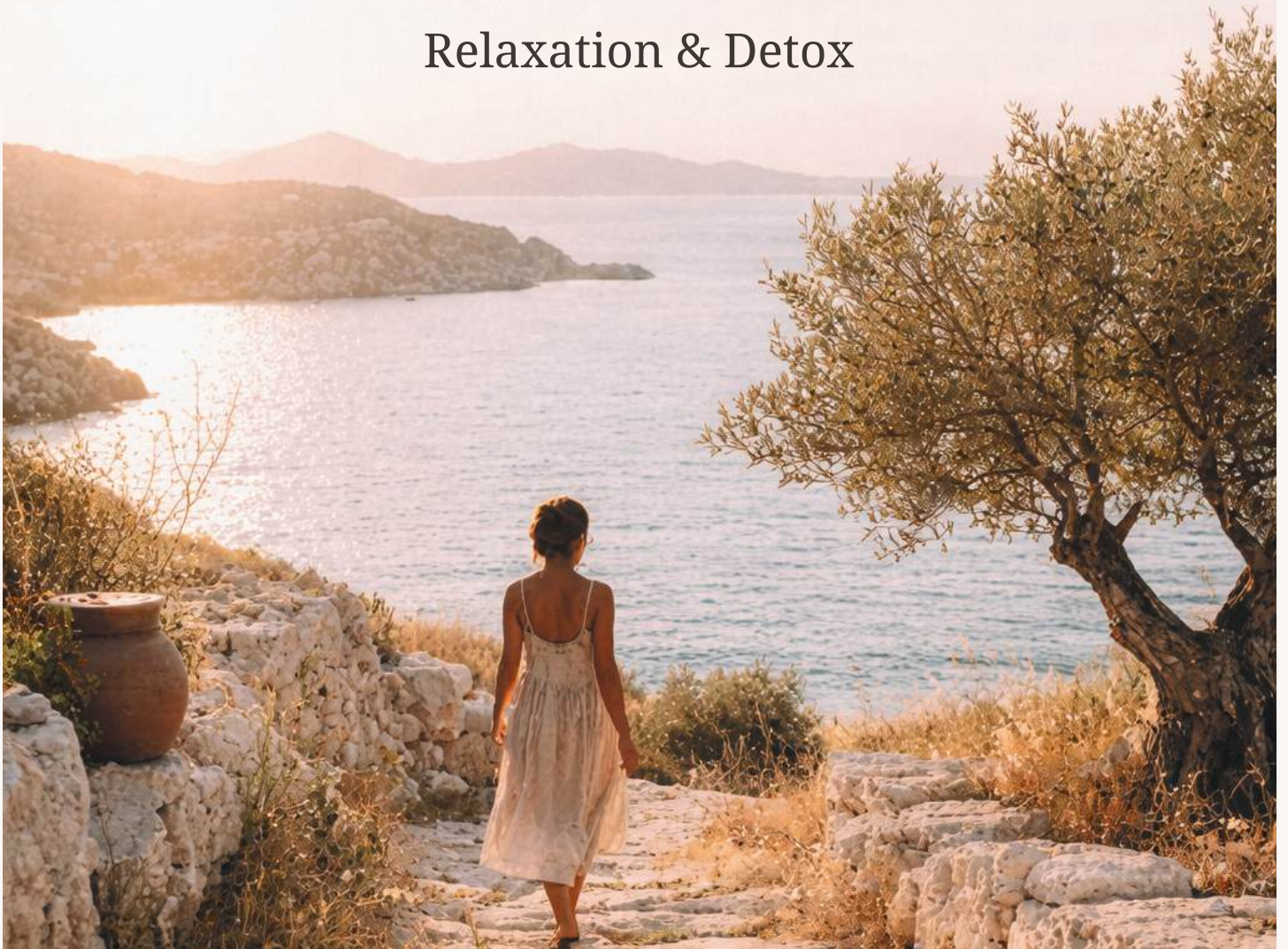
- **Supports** muscle recovery, circulation and alignment.
- **Reduces** tension and stress-related contraction, promoting long-term resilience.

Ideal for those who:

- Experience tension, restricted movement or postural strain.
- Seek recovery, structural balance and lasting relief

THE GREEK WELLNESS JOURNEY™

Relaxation & Detox



A return to the roots...
wisdom, light, earth and rhythm

THE GREEK WELLNESS JOURNEY™

Relaxation & Detox

Inspired by ancient Greek healing traditions and guided by Hippocratic principles of balance and cleansing, this journey reconnects the body to its natural rhythm. Warm Mediterranean oils, flowing circular movements reminiscent of the Greek sea, ritualistic touch, and aromatic botanicals create a profound sensory reset.

Two durations. One harmonised system.

Essential Greek Wellness | 95'

Step 1- Ancient Healing Activation

- Hippocrates Healing Ritual™

Step 2- Mediterranean Illumination

- Sense of Crete Micro-Journey™
- Aloe Shine Micro-Journey

The sensation: Rooted. Restored. Illuminated.

Journey Companion: Body Scrub
200ml

Extended Greek Wellness | 110'

Step 1- Nervous System Recalibration

- Aroma Relax Ritual

Step 2- Hydration & Balance Integration

- Aloe Shine Micro-Journey
- Hydration Boost Longevity Ritual

The sensation: Calm. Nourished. Rebalanced.

Journey Companion: Relaxing Body Oil
100ml

Step 3 - 7 Days to Rebalance, Post-Stay Continuation Protocol

Because harmony is sustained through rhythm.

Following your stay, you receive a guided 7-day rebalancing protocol designed to support detoxification, emotional grounding and fluid balance.

Longevity Benefits

- **Boosts** detox, circulation and skin vitality.
- **Supports** nervous system balance and emotional grounding

Ideal for those who:

- Seek deep relaxation, gentle detox and a full body-mind reset.
- Feel overstimulated and want grounding through a Greek-inspired ritual

THE AEGEAN EXPERIENCE JOURNEY™

Restoration



Complete and profound sense of
rejuvenation, harmony, and vitality

THE AEGEAN EXPERIENCE

JOURNEY™

Restoration

Hippocrates saw restoration as a rational, systematic process that supported the body's inherent, natural desire to heal, prioritizing gentle, patient-centered care.

Guided by that principle, as well as the philosophy of holistic wellbeing, this unique journey supports the body's natural ability to regenerate and rebalance.

Two durations. One harmonised system.

Essential Restore | 90'

Step 1- Nervous System Recalibration

- Aroma Relax Ritual

Step 2- Light, sea, herbs, beauty as balance

- Mediterranean Radiance Facial Ritual

The sensation: Calm. Nourished. Rebalanced.

Journey Companion: Relaxing Body Oil 100ml

Extended Restore | 100'

Step 1- Radiance and Firmness

- Look Younger Glow Ritual

Step 2- Hydration and personalization

- Aloe Shine Micro-Journey
- Foot Grounding Micro-Journey

The sensation: Radiant. Firm. Restored.

Journey Companion: Face Cream with Anti-Ageing Factors 50 ml

Step 3 - 7 Days to Restore, Post-Stay Continuation Protocol

Because restoration is a state of mind.

Following your stay, you receive a guided 7-day restore protocol designed to support hydration, stress relieve and radiance.

Longevity Benefits

- **Boosts** skin elasticity and deep hydration while supporting cellular renewal.
- **Promotes** relaxation and helps reduce stress, slowing visible signs of aging.

Ideal for those who:

- Notice skin fatigue, dehydration or early signs of aging.
- Seek holistic rejuvenation combining aesthetic care with overall wellbeing.

THE TOGETHER JOURNEY™

For Two



More than relaxation, a return to shared presence

THE TOGETHER JOURNEY™

For Two

Two individuals. One rhythm.

Synchronized Ritual Architecture | 75' per person

Step 1: A unique body ritual designed for couples, with the intensity of your choice -mild or deep pressure-

Step 2: A mini facial & hydrating body mask

The experience unfolds side by side, restoring individual balance while strengthening shared presence.

Journey Companion: Relaxing Body Oil 100ml

The sensation: Connected. Grounded. Reunited.

Step 3: 7 Days to Reconnect, Post-Stay Continuation Protocol

Because connection deepens through intention.

Following your stay, you receive a guided 7-day reconnection protocol designed to sustain emotional alignment and shared rhythm beyond the spa.

Connection becomes continuity. Longevity includes relational harmony.

Longevity Benefits

- **Supports** stress regulation, nervous system balance and physical relaxation.
- **Enhances** emotional connection, mindfulness and relational resilience.

Ideal for those who:

- Seek reconnection, shared reset and relief from stress or travel fatigue.
- Value presence, meaningful rituals and emotional depth.

THE BECOMING JOURNEY™

Intention & Presence



When relaxation is no longer enough
and transformation becomes the intention.

THE BECOMING JOURNEY™

Intention & Presence

This is not simply a ritual. It is a conscious threshold.

The Becoming Journey™ begins with guided grounding and intentional alignment, inviting you to arrive fully in body, in awareness, in presence.

You do not passively receive this experience. You co-create it. Through interactive intention-setting and personalised ritual design, the journey unfolds according to your current state physically, emotionally, energetically.

This is more than treatment. It is an initiation.

A moment of clarity where the body opens, the breath deepens, and alignment replaces distraction preparing you to step forward renewed, centered, and closer to the person you are becoming.

Journey Architecture

As a Personalized Ritual Design, this is a tailored combination of bodywork and energetic release techniques, shaped around your declared intention.

The ritual adapts to you. Not the other way around.

The sensation: Clear. Aligned. Intentional.

Post-Stay Integration Protocol: 7 Days to Become

Because transformation requires integration.

Following your stay, you receive a guided 7-day intention integration protocol designed to sustain clarity, alignment, and purposeful momentum.

Becoming is not an event. It is a direction.

**Become the better version
of yourself
&
experience a unique,
memorable, fully
personalized
wellness journey.**



2. BODY RITUALS

Reimagined classics infused with
Hippocratic Wellness™ & Longevity

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CRETAN LONGEVITY RITUAL™ | 70'

The philosophy of Cretan life, a living promise of longevity

Rooted in the Mediterranean way of living well, this immersive full-body ritual draws inspiration from the island of Crete.

Cretan herbs, fresh orange, raki, and pure olive oil, “the gold of life”, blend harmoniously in a deeply restorative experience shaped by the DNA of Mediterranean wellbeing.

Rhythmic full-body pressures, guided by the Hippocratic Balance Profile, adapt to each guest’s physical and emotional state. The ritual restores circulation, grounds the nervous system, and reawakens the body’s natural vitality through steady, intentional touch.

The sensation: Vital. Grounded. Enduring.

Longevity Benefits

- Supports the reduction of inflammation and muscular overactivation
- Supports deep restorative rest and physiological rebalancing
- Enhances circulation and long-term tissue resilience

Ideal for those who:

Are living in constant acceleration who seek a conscious return to a slower, wiser, and more sustainable rhythm — physically, emotionally, and energetically.

HIPPOCRATES HEALING RITUAL™ | 55'

Where ancient wisdom meets contemporary science

Rooted in Hippocratic Wellness™ principles and inspired by techniques once practiced by the ancient Greek healers, *the paedotribes*, this therapeutic ritual bridges classical knowledge with modern understanding of tissue function and recovery.

Through structured, time-honored movements focused on muscular repair, spinal relief, and circulation enhancement, the body is guided back toward functional balance and structural integrity.

The approach follows a core Hippocratic philosophy: observe, understand, then restore.

The sensation: Balanced. Supported. Restored.

Longevity Benefits

- Supports tissue repair and muscular recovery
- Supports spinal decompression and postural alignment
- Encourages improved blood circulation and oxygenation

Ideal for those who:

Are experiencing back discomfort, postural strain, or muscular fatigue and those seeking a therapeutic ritual grounded in classical wisdom with modern functional precision.

DEEP TISSUE REBALANCE RITUAL™ | 55'

A profound return to inner alignment

This ritual does not simply soften discomfort, it interprets the body's history and restores its structural balance.

It begins with a Hippocratic Functional Scan, a focused tissue mapping inspired by the principle: "First observe, then touch, and finally transform."

Through slow, precise, and layered deep-tissue techniques, accumulated muscular tension is gradually released. Circulation improves, mobility is restored, and the body reclaims the range of movement that modern life often restricts.

The sensation: Realigned. Released. Rebalanced.

Longevity Benefits

- Supports deep muscular release and tension reduction
- Supports improved circulation and tissue oxygenation
- Supports postural realignment and structural balance

Ideal for those who:

Are experiencing chronic tension, restricted mobility, or physical overload and those seeking deep structural recalibration rather than temporary relief.

AROMA RELAX RITUAL™ | 50'

The Mediterranean way to reset the nervous system

Breath mirrors the inner state. And the Mediterranean has long been a place where breath finds its natural rhythm.

This calming ritual begins with an Aromatic Emotion Check, a gentle assessment of the guest's emotional and energetic state, identifying stress, mental fatigue, or the need for grounding.

Slow, circular movements follow the rhythm of the breath, gradually guiding the nervous system back toward balance and homeostasis. Carefully selected Mediterranean essential oils deepen the sense of safety and internal quiet.

The body softens. The breath lengthens. The system recalibrates.

The sensation: Calm. Centered. Restored.

Longevity Benefits

- Supports nervous system regulation and stress reduction
- Encourages parasympathetic activation ("rest and restore" response)
- Supports improved sleep quality and recovery

Ideal for those who:

Are experiencing mental overload, emotional fatigue, or difficulty switching off and anyone seeking a gentle yet effective nervous system reset.

MEDITERRANEAN SCRUB & WRAP RITUAL™ | 40'

Skin renewal and inner cleansing through Greek botanical alchemy

Rooted in the Hippocratic principle of catharsis, the idea that purification restores internal clarity, this ritual begins at the surface to support deeper renewal.

Mineral-rich salts, pure olive oil, wild Mediterranean herbs and Aloe masks work synergistically to exfoliate, detoxify, and awaken epidermal regeneration.

The scrub stimulates circulation and removes accumulated impurities, while the wrap allows active ingredients to penetrate and restore balance.

When the surface is purified, the system breathes more freely.

The sensation: Clarified. Smooth. Reawakened.

Longevity Benefits

- Supports skin detoxification and cellular renewal
- Supports lymphatic stimulation and fluid balance
- Enhances skin resilience and elasticity

Ideal for those who:

Are seeking skin renewal, seasonal reset, or preparation for deeper body rituals and anyone wishing to restore clarity and lightness to both skin and system.

BACK – NECK & SHOULDERS RESET RITUAL™ | 40'

The anatomy of modern relief

Modern life leaves its imprint in three key areas: the neck, the shoulders, and the upper back.

Focused, corrective techniques dissolve strain caused by prolonged screen exposure, postural imbalance, and mental overload.

Gradually, alignment is restored, mobility improves, and the upper body regains ease.

Pressure becomes release. Tension becomes space.

The sensation: Light. Aligned. Unburdened.

Longevity Benefits

- Supports reduction of neck and shoulder tension
- Encourages postural realignment and muscular balance
- Supports improved circulation in the upper body

Ideal for those who:

Are experiencing desk-related tension, screen fatigue, travel strain, or persistent upper-body tightness and anyone seeking focused, efficient structural relief.

DETOX FLOW RITUAL™ | 40 '

Hippocratic cleansing for modern longevity

Sculpted, Revitalized, Renewed

In Hippocratic medicine, water, movement, and purification were essential pillars of health.

A targeted ritual that combines deep massage and lymphatic stimulation to reduce the appearance of orange-peel skin, improve circulation, and activate the skin's natural regeneration.

The sensation: Firmer, smoother and more toned skin.

Longevity Benefits

- Reduces the appearance of cellulite and fluid retention
- Enhances microcirculation and lymphatic flow
- Supports tissue revitalization and smoothing

Ideal for those who:

Want to improve the appearance and texture of their skin, gently reduce fluid retention and tone the body in specific areas such as the buttocks, thighs, and abdomen.

**“Declare the past, diagnose the present,
foretell the future.”**

Inspired by Hippocrates



3. FACE RITUALS

Skin Longevity Collection

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ESSENTIAL REJUVENATION RITUAL | 25'

Youth as structure, presence, and essence

A targeted eye-area ritual inspired by the ancient belief that the eyes reflect inner vitality.

This Rejuvance-based technique relaxes facial muscles, improves microcirculation, and visibly reduces signs of fatigue.

The sensation: Subtle. Refined. Naturally lifted.

Longevity Benefits

- Supports improved microcirculation around the eyes
- Helps reduce visible fatigue and puffiness
- Supports long-term skin tone and elasticity

Ideal for those who:

Seek a precise, time-efficient refresh focused on the eye area and overall facial vitality.

HYDRATION BOOST LONGEVITY RITUAL | 40 '

Water as life. Hydration as the foundation of longevity

“Where fluid balance exists, there is health.” Inspired by Hippocrates

A deeply hydrating facial ritual designed to restore fluid balance and skin vitality.

Ceremonial detoxification, enriched hydrating complexes, and rhythmic circular techniques help the skin absorb and retain moisture, like earth receiving rain.

The sensation: Renewed suppleness, clarity, and resilience.

Longevity Benefits

- Supports deep hydration and barrier restoration
- Supports skin elasticity and cellular vitality
- Enhances glow and structural balance

Ideal for those who:

Are experiencing dehydration, environmental stress, or dullness, and anyone seeking a foundational longevity-focused hydration reset.

ICE LONGEVITY RITUAL | 50'

The power of cold. The awakening of vitality.

This advanced cryo-inspired facial uses controlled cooling techniques to stimulate circulation, refine facial contours, and activate the skin's natural regenerative response.

Cold therapy enhances firmness, clarity, and visible luminosity, restoring a refreshed, energised appearance.

The sensation: A precise harmony of lift, tone, and youthful vitality.

Longevity Benefits

- Encourages collagen stimulation and skin firmness
- Supports contour refinement and reduced puffiness
- Enhances cellular activation and glow

Ideal for those who:

Seek lifting, sculpting, and visible revitalisation and anyone looking for an energising longevity-focused facial reset.

MEDITERRANEAN RADIANCE

FACIAL RITUAL | 40 '

Light, sea, herbs & beauty as balance

A purifying and illuminating facial inspired by Mediterranean vitality. Antioxidant-rich extracts, deep hydration, and oil-balancing actives work synergistically to restore clarity and natural luminosity.

A signature black lava cleansing ritual detoxifies and refines, strengthening the skin's resilience and visible vitality.

The sensation: Fresh. Clear. Radiant.

Longevity Benefits

- Encourages balanced oil regulation
- Supports deep cleansing and pore refinement
- Enhances skin luminosity and clarity

Ideal for those who:

Are seeking purification, balanced glow, and protection against environmental stress, especially in warm or high-sun climates.

LOOK YOUNGER GLOW RITUAL | 60'

Youth as balance. Beauty as the reflection of a healthy rhythm

This ritual does not attempt to freeze time. It restores harmony.

Advanced age-supporting actives combined with deep Kobido-inspired massage techniques enhance circulation, tone facial muscles, and refine natural contours, revealing luminous, authentic radiance.

The sensation: Lifted. Sculpted. Balanced.

Longevity Benefits

- Supports collagen stimulation and skin firmness
- Encourages improved facial muscle tone
- Promotes contour definition and elasticity

Ideal for those who:

Are seeking visible lifting, sculpting and glow, without artificial effect and anyone who values natural, longevity-focused age support.

AEGEAN GENTLEMAN RITUAL | 40'

Pure water. Steady rhythm. Quiet strength.

Inspired by the clarity and resilience of the Aegean Sea, this targeted facial acts as a hydration reset for the male complexion.

Formulated to fortify the skin against environmental stress, it restores moisture balance, refines texture, and reactivates vitality without excess or heaviness.

The sensation: Clean. Balanced. Strengthened.

Longevity Benefits

- Supports deep hydration and barrier reinforcement
- Supports balanced oil regulation
- Enhances skin clarity and tone

Ideal for those who:

Are seeking a precise, efficient reset, especially after travel, sun exposure, shaving stress or urban fatigue.



4. MICRO-JOURNEYS

Short Longevity Rituals

FLOW & GLOW MICRO-JOURNEY | 25'

Radiance and antioxidant vitality in just 25 minutes

Featuring Gua Sha stone techniques inspired by ancient facial manipulation rituals, this targeted micro-treatment stimulates microcirculation, gently supports lymphatic drainage, and releases facial tension.

The result is clearer, brighter, oxygenated skin, visibly refreshed in minimal time.

The sensation: Fresh. Sculpted. Revived.

Longevity Benefits

- Supports microcirculation and oxygenation
- Encourages lymphatic flow and decongestion
- Enhances skin clarity and glow

Ideal for those who:

Are seeking an immediate glow boost, pre-event refresh or efficient longevity-inspired facial activation.

SENSE OF CRETE MICRO-JOURNEY | 20'

A breath of Crete upon the skin

A concise botanical peeling ritual infused with wild Cretan herbs and rhythmic, grounding touch.

Designed to stimulate microcirculation and restore freshness, it clears sensory overload and reawakens physical alertness with light, revitalising precision.

The sensation: Clear. Awake. Refreshed.

Longevity Benefits

- Removes dead skin cells and improves skin texture
- Promotes freshness, tone, and radiance in the body
- Supports a sense of well-being and relief from fatigue

Ideal for those who:

Want to renew their skin before a massage or body treatment, feel refreshed and energized, or restore balance after travel, overexertion, or environmental stress.

BLUE VELVET MICRO-JOURNEY | 20'

Where calm becomes a physical experience

An exquisitely gentle purification ritual combining ultra-fine textures, slow rhythmic touch, and steady warmth.

A gentle, specialized peeling designed to respect sensitive skin, delicately removing dead cells without causing irritation.

With natural soothing extracts and soft manual massage, it stimulates microcirculation and leaves the skin soft and fresh.

The sensation: Calm. Fresh. Revitalized.

Longevity Benefits

- Gentle exfoliation without irritation
- Promotes softness, elasticity, and natural radiance
- Soothes irritation and supports the skin's protective barrier

Ideal for those who:

Have sensitive, delicate, or redness-prone skin, those seeking a mild body renewal without intense friction and anyone wishing to prepare the skin for further treatments or hydration

ALOE SHINE MICRO-JOURNEY | 20'

Like cool light across the skin

A focused hydration ritual designed to restore suppleness and natural glow.

Harnessing the soothing and regenerative properties of aloe vera, combined with techniques that enhance moisture retention and stimulate microcirculation, it revitalises the skin with lightweight precision.

The sensation: Hydrated. Luminous. Refreshed.

Longevity Benefits

- Supports deep hydration and moisture balance
- Encourages improved microcirculation
 - Supports skin soothing and barrier repair

Ideal for those who:

Are seeking a cooling hydration boost, post-sun recovery, or a luminous finishing touch to any ritual.

EARTH TOUCH MICRO-JOURNEY | 20'

Where warmth meets the body and safety is restored

This grounding ritual uses warm, natural clay and slow, steady touch to transfer heat deep into the tissues, promoting relaxation and structural stability.

The result is a profound sense of security, rootedness, and reconnection with the body.

The sensation: Grounded. Safe. Centered.

Longevity Benefits

- Supports deep muscular relaxation
- Encourages nervous system regulation
- Supports improved circulation through warmth

Ideal for those who:

Feel ungrounded and physically tense

FOOT GROUNDING MICRO-JOURNEY | 20 '

The earth as healer, as Hippocrates taught

Targeted pressure across the soles activates reflex pathways throughout the body, supporting energetic grounding and mental release.

This focused ritual helps disperse accumulated tension, reduce mental overload, and restore a sense of internal lightness that lingers beyond the session.

The sensation: Grounded. Light. Rebalanced.

Longevity Benefits

- Relieves fatigue and tension in the legs
 - Supports better circulation and decongestion
- Enhances a feeling of lightness and well-being

Ideal for those who:

Walk or stand for long periods, experience swollen or heavy legs, travel frequently, or seek a quick yet effective relaxation and energy renewal.

ENERGY MINI MICRO-JOURNEY | 20'

A small spark. A meaningful shift

An interactive, tailor-made ritual focused exclusively on the area you choose.

Through intuitive dialogue and targeted techniques, your therapist creates a personalised micro-pathway designed to activate, release or restore according to your immediate need.

The sensation: Precise. Intentional.
Personal.

Longevity Benefits

- Supports targeted muscular or energetic release
- Encourages personalised recovery and balance
- Promotes adaptive resilience

Ideal for those who:

Know exactly what they need and value precision, efficiency, and personalised care.

“The natural healing force within each one of us is the greatest force in getting well.”

Inspired by Hippocrates

FOLLOW YOUR PATH

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Signature Journeys Collection™