



Visiting Wellness Practitioner Virginie Claret

A graduate of the Arizona School of Integrative Studies in the USA and a Reiki Master, Virginie has over 15-year experiences in massage and bodywork. Her unique approach to the body is the result of years spent on refining her skills and intuition. Virginie is particularly skilled when it comes to physical recovery. Inclined to a holistic approach, she strives at the same time to understand and heal the underlying emotions causing the disturbance to promote a sense of peace. Her love of travel led her on an adventurous journey working with exclusive resorts and spas all over the world for the past 15 years, bringing her skills and empathy to those looking for wholeness and balance.



Discover your Way

Join Virginie for a peaceful Walking Meditation to start your amazing day

Walking Meditation

Monday & Friday

Deepen our connection with our body and the earth. Learn how to breathe, take a mindful step, and come back to your true home. Receive the powerful energy from this beautiful island and elevate your vibration!

Time: 07:00 -07:45 a.m.

Venue: Yoga Champa

(Complimentary)



Visiting Wellness Practitioner Virginie Claret

Integrative Massage

A nurturing massage focusing on the meridian lines of the body and designed to reset body, mind and heart. Acting on all levels, let Virginie's healing hands assess your energy, gently release the blockages, and balance the flow, restoring peace and inducing a deep state of relaxation.

Transformational Bodywork

Physical injuries damage the energy network within the body and can prevent a total recovery. This treatment combines Virginie's variety of bodywork techniques with energy work to help dissolve scar tissues, restore mobility and rejuvenate the body.

Single Pointed Therapy

Through gentle touch and sweeping motions, this dry massage helps release deep seated patterns and bring mental clarity. Reiki and shiatsu techniques are used to bring back wholeness and peace. The body feels refreshed, energized and full of vitality.

Chakra Healing with Crystal

The healing power of gemstones brings a sense of comfort and cocooning to this session as they gently release tensions and heaviness. Combined with acupressure on key energy points of the body, let time and space slip away as you rest in your comfort zone.

Sensitive to the vibration of gemstones and their incidence on our wellbeing, Virginie appreciates particularly their soft and gentle energy to harmonize mind body and emotions.





Visiting Wellness Practitioner Virginie Claret

Wellness Activities Class

Walking meditation

Present moment, peaceful moment. Based on the teachings of Buddhist monk Thich Nhat Hanh one of the world's most influential Zen masters and mindfulness teacher.

“The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower bloom.”

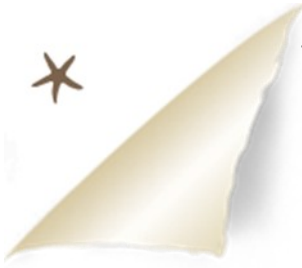
Animal Spirit Meditation

To the Indigenous tribes of the world, the natural world is full of wisdom and messages. They believe every individual has a guide and protector in the spiritual world in the form of an animal. I invite you on an inner journey in search of your totem animal.

5 Element Meditation

Connect, assess and balance within yourself the 5 elements of Fire, Air, Earth, Water and Space to reflect the harmony of nature around you. A journey into the alchemy realms of our being and a deep way to reconnect to Universe.

****All Classes are private, maximum of 2 pax**



Visiting Wellness Practitioner Virginie Claret

Integrative Massage 60 90 minutes	250 290
Transformational Bodywork 60 90 minutes	250 290
Single Pointed Therapy 60 90 minutes	250 290
Chakra Healing with Crystal 60 minutes	280
Wellness Activities Class 30 minutes	150

Advance reservation is essential please contact your Friday or spa at 5457
Price are quoted in USD dollar are subject to 27.6% service charge and goods and service tax