ANANDA
WELLNESS MENU



Different paths back to yourself.

ANANDA WELLNESS MENU

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HOLISTIC WELLNESS

Cultivate balance through holistic wellness experiences.

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ENERGY THERAPIES

Restore your energy and find the natural balance of your body and mind.

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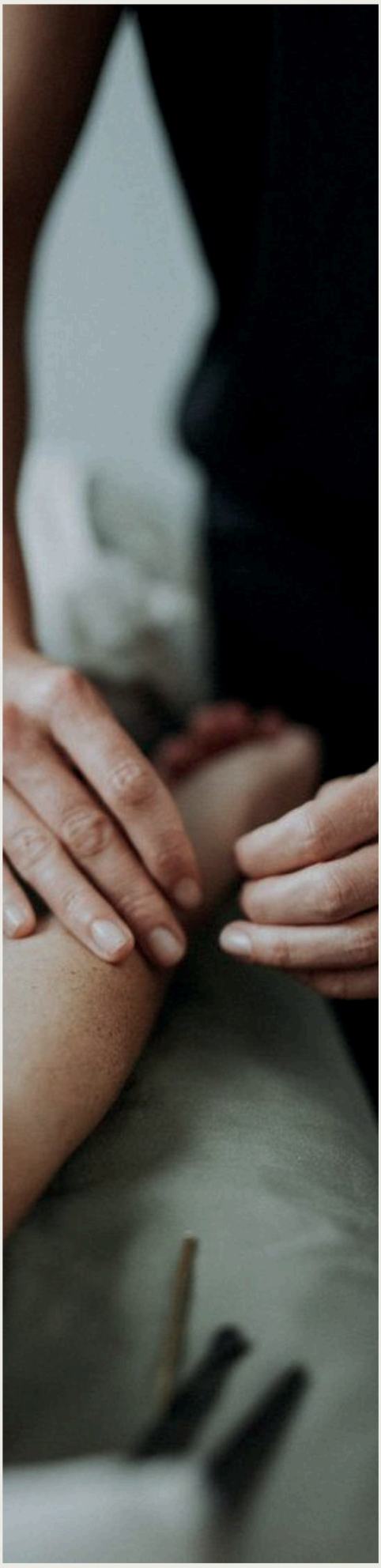
BODY THERAPIES

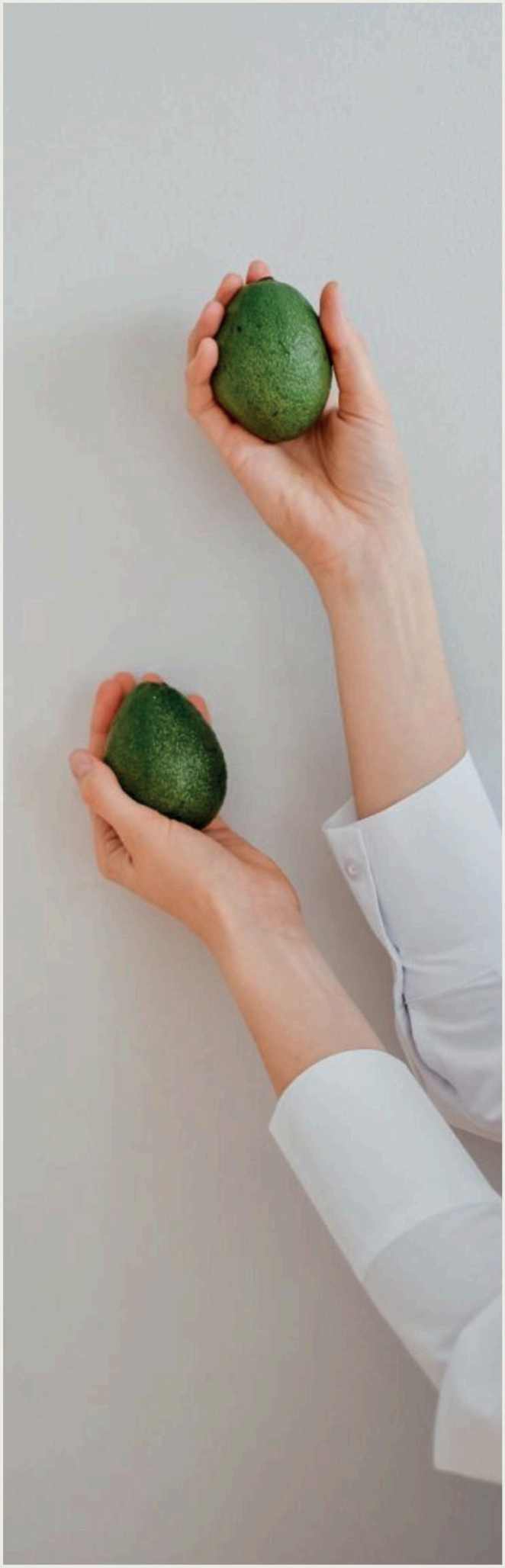
Release tension, restore mobility, and reconnect with your body.

4 ____ 9

TRANSFORMATIONAL SESSIONS

Gain clarity, shift your perspective, and create real, meaningful change in your life.





NUTRITIONAL

Functional Wellness

Nutritional therapy sessions.
We aim to improve your well-being at its roots, without fad diets or practices that are hard to maintain or do not fit your life.

This therapy is bio-individual, based on your history, lifestyle, and current health. Using Nutri-Q and HTMA analysis, together with talk therapy and energy work, we help you better understand your well-being and restore balance and harmony to your health.

For anyone seeking to enhance their well-being.

Duration	50 minutes
Facilitator	Carmel Tsabar
Language	Spanish - English
Reservations	624. 113. 3723

or book at @raiz.functionalwellness



REIKI

Energy practice

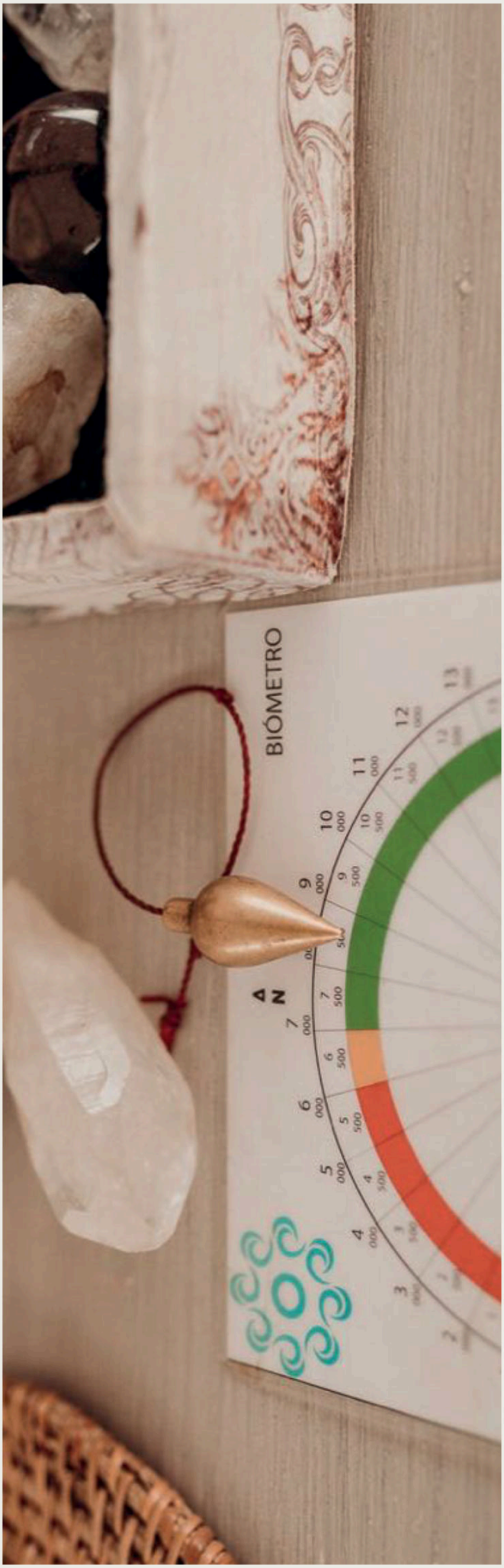
Reiki is a Japanese practice that works with universal life energy through the hands, allowing your body, mind, and spirit to recover and restore balance.

This experience is for those going through change, a period of transition, tension, or fatigue, or who simply wish to pause.

Ideal both for those familiar with Reiki who wish to deepen their experience, and for those who are curious and would like to try it for the first time.

Duration	60 minutes
Facilitator	Olga López
Language	Spanish - English
Reservations	624.211.5317

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THERAPY

Kundalini energy

For those wishing to release accumulated energy to prevent illness, or address existing illness, by balancing the functioning of the nervous and immune systems and the physical, energetic, and emotional bodies.

This therapy uses direct contact with the back through the hands and quartz crystals to improve electromagnetic flow along the spinal column.

For those experiencing stress, physical or emotional tension, fatigue, or a sense of blockage, who seek deep relaxation, body connection, and energetic balance.

Duration	50 minutes
Facilitator	Karuna Aguilar
Language	Spanish - English
Reservations	55.2900.7448

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HARMONIZATION

of chakras with quartz

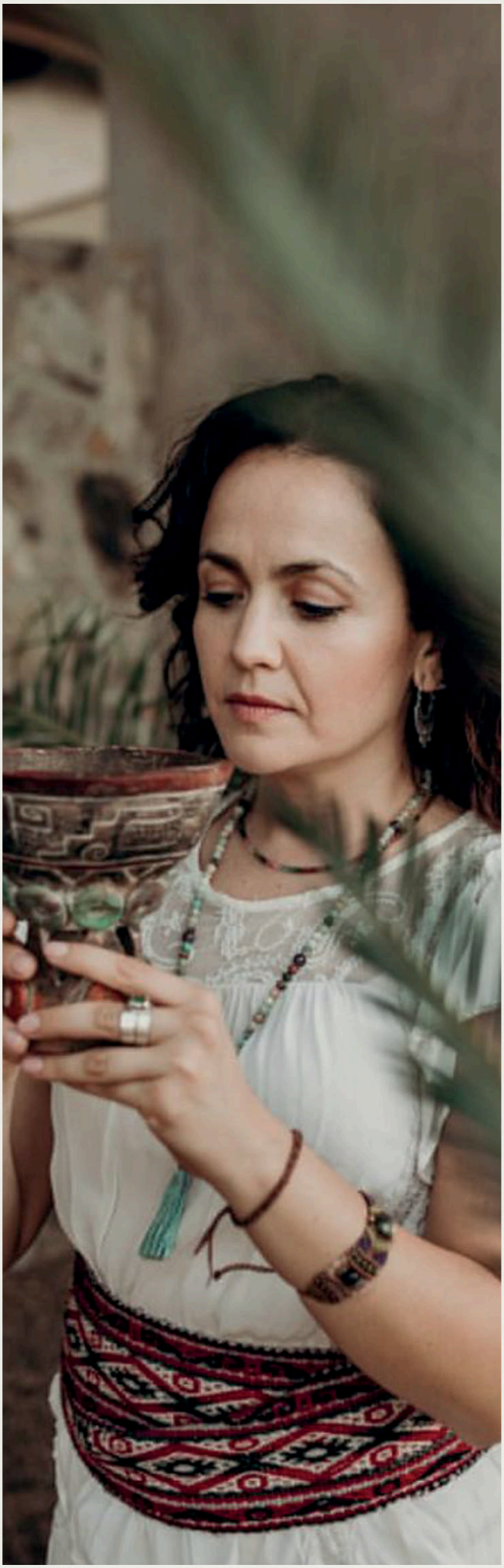
This session explores how your energy centers (chakras) are functioning. Quartz crystals are used to cleanse and harmonize them, balancing our three bodies: physical, mental, and emotional.

A space of stillness and relaxation aims to encourage a sense of balance.

For those who wish to pause, reconnect with themselves, and experience an energy practice aimed at restoring a sense of balance, clarity, and vitality.

Duration	50 minutes
Facilitator	Karuna Aguilar
Language	Spanish - English
Reservations	55.2900.7448

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CLEANSING

Shamanic energy

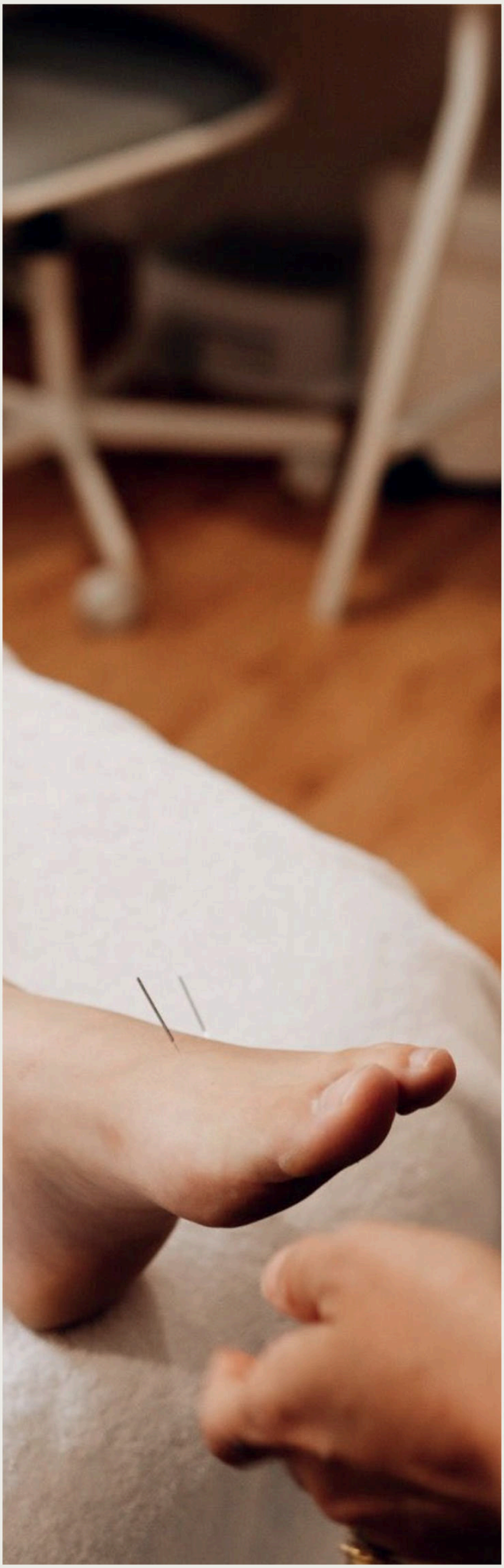
A practice inspired by traditional Mexican energy-cleansing techniques. During the session, a copal burner releases smoke from a blend of herbs and natural copal resin around the body, with the intention of cleansing and harmonizing the energy field.

This ritual experience invites you to let go, pause, and regain a sense of lightness, presence, and balance.

For those seeking energy cleansing, renewal, and personal reconnection through a traditional ritual practice.

Duration	30 minutes
Facilitator	Karuna Aguilar
Language	Spanish - English
Reservations	55.2900.7448

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ACUPUNCTURE
and manual massage

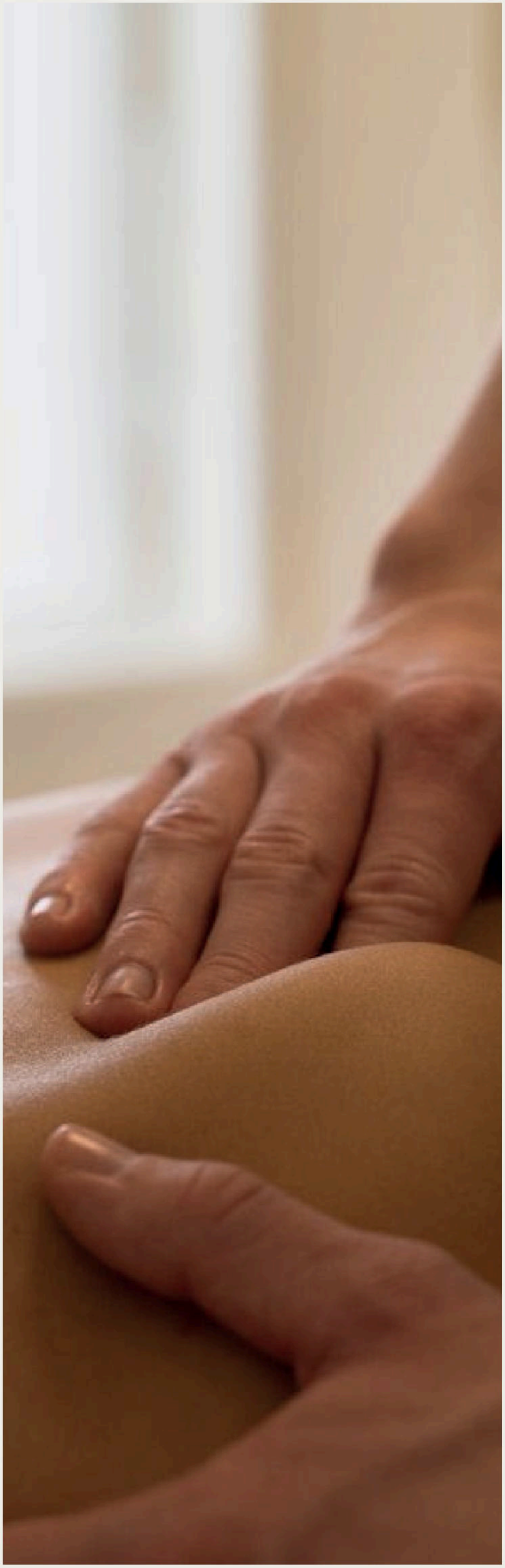
A holistic session combining principles of Traditional Chinese Medicine with manual therapy techniques. Through acupuncture and manual massage, the experience aims to guide the body toward greater relaxation, balance, and physical and energetic well-being.

Each session is tailored to individual needs, integrating bodywork and the stimulation of specific acupuncture points.

For those seeking to relieve muscle tension, encourage relaxation, and regain a greater sense of balance and well-being.

Duration	60 minutes
Facilitator	Tanya Lopez
Language	Spanish - English
Reservations	624.171.7770

or book at @fisiopunturak



MASSAGE

Personalized

An experience tailored to each person, combining different techniques to suit each body's needs, from gentle, relaxing bodywork to therapeutic or deep-tissue techniques. Supporting well-being and balance in the body.

For those seeking relaxation, relief from muscle tension, or deeper, more personalized bodywork.

Duration	60-90 minutes
Facilitator	Therabeauty
Language	Spanish - English
Reservations	624.211.5317

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MASSAGE

Restorative

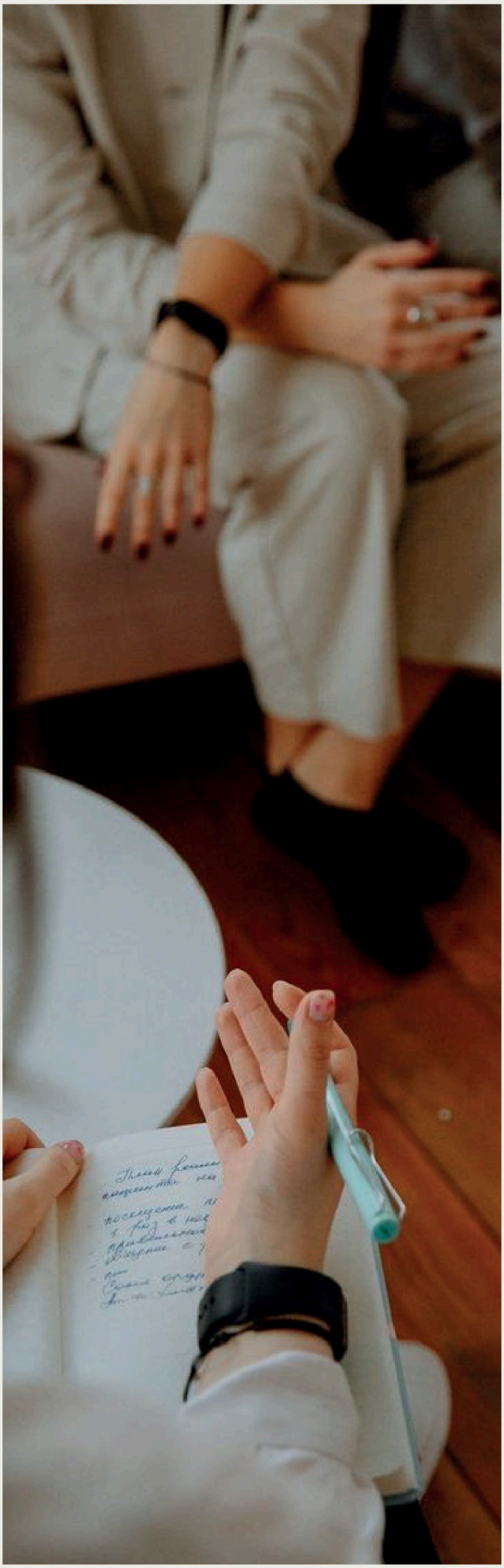
Therapy focused on releasing muscle tension, supporting physical recovery, and providing deep rest.

Combines therapeutic manual techniques and, when needed, electrotherapy to help relax the muscles.

Ideal for physically active people, those with muscle tension or fatigue, or anyone seeking to support recovery after exercise.

Duration	60-90 minutes
Facilitator	Therabeauty
Language	Spanish - English
Reservations	624.211.5317

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THERAPY

Individual psychotherapy

A private, confidential space for personalized psychotherapeutic support. Through dialogue and listening, the session explores emotions, thoughts, experiences, and patterns that may be affecting you in the present moment.

Each session is adapted to the person's individual needs and process.

For those navigating change, stress, emotional or relationship conflicts, or who simply wish to deepen their self-understanding and emotional well-being with professional support.

Duration	50 minutes
Facilitator	Karuna Aguilar
Language	Spanish - English
Reservations	55.2900.7448

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