



HOLY MAMA

Treatment Menu



HOLY MAMA

HolyMama suggests you book your treatments between 11.00 am - 1.00 pm whilst your children are in care. The ideal days are Tuesday, Wednesday or Thursday.

If you would like afternoon or evening appointments, please speak to us so we can arrange a carer for your child at an additional cost.

'You can also have the treatment in your room while your child sleeps.

All treatments need to be paid to the therapist at the time of treatment. Cancellations within 24 hours have a 50% cancellation fee (or you are welcome to swap / find a replacement)



HOLY MAMA



Judit Yague

ALTERNATIVE HEALING MASSAGE

Judit has been practicing the healing arts for more than 20 years. Drawing from her many trainings across massage therapy, holistic practices and yoga asana, her uniquely intuitive practice is profound. Her massage is slow and sensitive, yet works deeply in to the body. Her healing energy can support shifts on any level required.

1hr: 100e | 1.5hr: 140e

THETA HEALING

Theta Healing is a quantum healing technique where we go deeper into subconscious and unconscious levels, sitting one in front of the other, entering a meditation state connecting through Theta brain waves. From this depth of consciousness beliefs and mental patterns can be changed, working directly from the source to raise your frequency and live life to your full potential.

1.5hrs: 140e

juditym@hotmail.com

+34 687 74 39 59





HOLY MAMA

Seed Ayurvedica Massage

Jeannette offers the Seed Ayurvedic Massage, which is a combination of different techniques, e.g. Ayurvedic and Traditional Thai Massage, Yoga, Rebalancing and Alexander Technique.

Deep and alternating reassuring strokes supported by the use of sesame oil and calamus powder allow firm work and give the client the feeling of an exfoliation, as well as a stimulation of blood and lymph circulation.

Stretching is used to open joints and ease muscle tensions and this leads to better posture. Conscious breathing while receiving the massage increases awareness.

This whole body massage can be used to relieve physical and emotional stress and tension, and soothe away muscle aches and pains. It leads to deep relaxation and a better energy flow - and is a wonderful addition to any Yoga practice.

Jeannette was trained in Traditional Thai Massage in Thailand, 2001 and Seed Ayurvedic Massage in India, 2005, she also attended workshops in Reiki, Foot reflexology, Mobile Massage and Watsu.

60 minutes 100€

90 minutes 145€

Tel: +34 663 650 363





HOLY MAMA

Ximena Olea



Ximena Olea is an Andean Priestess, Shaman, and Wisdom Keeper. She hosts a weekly workshop at HolyMama on Ancestral Parenting Tips from the Quechua tribe who carry the Incan lineage.

Through simple techniques, she shows how to heal stuck emotions, frustrations, fear and any other pattern or conditioning that is karmically locked within a family line. She also facilitates the following:
Resolving issues that have been worked on with other therapies but still persist.

Social and family programming.

Healing the inner child from trauma.

General imbalance or discomfort coming from aspects that disconnect from life and Divine Essence.

“Once we recognize the blocking elements, we are able to heal them, recover our inner power, and balance our energy to develop creativity and confidence in ourselves. This allows us to accomplish our goals and create the life of our dreams” Shamanic session includes:

Clearing any heavy energies

Aligning your energy and opening your chakras.

Connecting with your inner child.

Ximena + 34 619 915 884

contribution 100€



HOLY MAMA

Natalia Lavecchia

Traditional Thai Massage

This is an ancient healing system that combines targeted acupressure, stimulation and manipulation of energy lines called Sen, as well as assisted yoga postures. The effects of the treatment are enhanced when the patient is fully relaxed and breathing deeply. The body is compressed, pulsed, and stretched in order to clear energy blockages and relieve tension. The main benefits are deep relaxation, balance, rejuvenation, physical and mental well-being. The massage is given on the floor on a futon with comfortable clothes

1 hour session - 90€ or 1hour 30m - 130€

Holistic Massage

Holistic Massage is a well-known treatment, that focuses on tense muscles as a physical result of stress. It also takes into account client's emotional and spiritual wellbeing. The term "Holistic" derives from the ancient greek word "Holos" which means "whole". This massage combines different techniques: Swedish, Deep Tissue, Ayurveda, Fascial work. It is guided by knowledge and intuition and takes place on a massage table with essential oils.

Sesión 1 hour - 90€

Natalia Lavecchia +34 654516232





HOLY MAMA

Biodynamic Craniosacral Therapy

Craniosacral Therapy is a gentle and powerful hands-on therapy, that developed from osteopathy.

With her hands, Anke applies a particularly light touch on the client's body, often on the head or along the spine, so that the nervous system comes to rest. The gentle touch combined with a profound quality of presence and stillness starts off a self-healing response in the body, realigning the physical structures and harmonizing body, mind and spirit. It creates a space that allows for deep healing to occur. Physical and emotional stress and trauma can be gently released.

Craniosacral Therapy for Babies and Children

Because of its softness, it's especially suited for babies and children. The session with a baby always take place in the parent's or caregiver's presence. Craniosacral therapy can be helpful for colic, irritability, sleeping and feeding difficulties, one-sided postures, overwhelm of the nervous system and to integrate challenging birth experiences. Craniosacral therapy also supports in the journey of bonding and growing together as a strong and loving family.

Anke +34 679 234 052

90 minutes for adults 125€

Children 60€





HOLY MAMA

Water Massage Therapy

Water Therapy Massage is one of those experiences that you will remember for a lifetime. While you are floating calmly upside down in water at body temperature you receive very gentle movements that rock you to the rhythm of the water, just like when we are babies.

In 60min. you will receive a massage in stretches that lengthen thanks to the liquid texture that your muscles are assimilating, fluid movements that help you to release tensions, emotions and expand your breathing and your perception, facilitating deep relaxation.

Individual session 120€

2 Individual Sessions with shared pool 100€

Return Transport plus 20€



Family Constellations

Bert Hellinger discovered with his family constellations the most incredible tool to make our present physical-psycho-emotional state visible. This methodology allows us to see from the outside what is happening in any subject, showing very clearly what the dynamics in relationships are.

In this therapeutic work we will find a broad and deep understanding of the behavioural and survival strategies we developed in our childhood, and we keep repeating in some aspects. Our body seeks and needs to feel secure, we need to feel safe in our relationships; Feeling recognised opens us up to our natural spontaneity and creativity, leading to healthy relationships.



HOLY MAMA

Intuitive Counselling with IQM and Reiki



Cat is a Reiki Master with many years of therapeutic experience under her belt, making her a very safe pair of hands. As a mum herself, she enthusiastically shares HolyMama's passion for infusing mums with well-deserved r&r&r - rest, relaxation and reconnection. Hence her rare availability to attend our guests in person!

Cat draws on a uniquely potent blend of Intuitive Counselling, Integrative Quantum Medicine (IQM) and Reiki to bring about instant, effortless healing. With her all-encompassing, multidimensional approach, all and any blocks to your full mental and emotional health & limitless potentiality are magically dissolved; making her sessions feel very complete.

With firsthand experience of an unplanned C-section, Cat's sessions can also offer a sacred space to revisit any possible trauma or disappointment surrounding your very own unique birthing story- thereby clearing any lingering emotional or physical shadows. Her sunny disposition and lightness of touch make sessions feel relaxed, nurturing and delightfully free'ing.

60min 100€

90 min 140 €

+34 617 774 536

cat@reikiinibiza.com



HOLY MAMA

Human Design Readings with Justus

Human design is the synthesis of age-old esoteric and modern scientific interpretations of the world, including the 3,000 year old Chinese divination system, the I-Ching, the Ancient Vedic Chakra system from India, western Astrology, numerology, genetics and particle physics.

Using your time and place of birth, Justus sets up your chart - called a bodygraph - mapping the influences that shaped your unique blueprint. This describes your natural self. Since we live in a society and culture that seeks to generalize and homogenize human beings, rather than celebrating our individual differences, we tend to go through life compromising who we are in order to fit in and be acceptable according to societal pressure and conditioning. Getting a chart interpretation will help confirm your uniqueness, and become aware of patterns that have been established through conditioning transference and projection. Through these insights you become aware of the best way to approach life and make excellent, congruent life choices, by noticing which patterns you run that are not really you. Some of us instinctually know what to do, others have the superpower of great intuition.

Some of us need time to process, and thus achieve clarity that requires a process. Others need external input and perspectives to know what the best course of action might be. We all reach clarity of choice in different ways. A Human Design consultation is like an operating manual for optimal functioning in this world.

Justus has a 30 year background in counselling and psychotherapy. He is a master practitioner and trainer in hypnotherapy and NLP. He was introduced to Human Design in 2011 and has been integrating it into his practice for the last 6 years. A chart interpretation with special HolyMama discount is €127 (reading lasts up to 2 hours). A family reading with composite relationship charts of partner and child is €144 with the discount. Discount valid until end of the year and can be done on zoom.

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