

## wellness menu

### REVIVE REIKI

50 min \$160 / 80 min \$225

This elevated Reiki service incorporates crystal singing bowls to awaken every cell in the body with vibrations. Energy movement will clear the stagnation in your meridians and Chakras. Crystal bowls will surround your space and be laid on your body while the Reiki balances your energy flow. This session will leave you feeling rejuvenated and revived.

### DIVINE VIBES SOUND BOWL MEDITATION

50 min \$160

Immerse yourself in an outdoor experience of sound bowl & gong meditation. A 432Hz crystal bowl of sound and vibrations unites the body with a deeper healing, releasing the ions of stress and reducing the negative notions of tension and anxiety. The flow of the singing bowls offers a period of rest from the everyday churning of the mind, and helps in finding a relaxed state of peace.

### COUPLES DIVINE VIBES SOUND BOWL MEDITATION

50 min \$255

An indoor intimate experience of sound bowl healing. A 432Hz crystal bowl of sound and vibrations unites the body with a deeper healing together, embracing the vibrations emitted by one another.

### MIND, & BODY RHYTHMIC MASSAGE

80 min \$255

Journey through your mind and body as we begin with 30 minutes of singing crystal bowl sound healing. Slow, rhythmic massage movement eases muscle tension, increases circulation, flexibility, and posture. This is followed by restorative Reiki to maximize your healthy, energy, and glow.

### Spa Brezza

San Diego Mission Bay Resort  
1775 East Mission Bay Drive  
San Diego, CA 92109  
619.275.8942

### AWARENESS MEDITATION

50 min \$110

This private meditation session brings relaxation in the body from head to toe, reducing stress in the mind and body. Gain personal insights and get grounded to Mother Earth.

### BREATHWORK MEDITATION

50 min \$110

A private Chi Gong session tailored for you. Cultivate, restore and release excess energy. This session increases oxygen levels and strengthens your immune system while improving balance and posture. Chi Gong opens energy valves, meridians, and Chakras to release emotional blockages.

### CHAKRA BALANCING

80 min \$175

Revitalize the Chakras with fresh new life and color during this private session. Gain a deeper connection to yourself by taking a journey through the five elements. Feel calm, refreshed and balanced.

**PRIVATE GROUP MEDITATION IS AVAILABLE FOR  
6 PEOPLE OR MORE AT \$40 PER PERSON.**