



WILLKA TIKA

A Luxury Retreat in Peru's Sacred Valley

## Andean Spa Treatments and Pachamama's Natural Offerings

**Please reserve your session at the reception counter with our Guest Service staff: Livio, Roxana or Verena.**

Advanced booking is required. Before making a reservation, please check your schedule with your guides and leaders. Therapists are sourced from Urubamba and therefore **cancellations must be made at least 3 hours before the session.** Please use your robe for spa services and go to the appointed area at your scheduled time. All services are charged to your room bill. Bills are settled on the evening prior to your departure at the reception/bar.

### Andean Healing Therapies

#### Solar Baths

In this magical setting, experience an outdoor floral bath under a night sky bejeweled with the Milky Way, *ch'askamayu*. In this solar bath carved from natural stone and energized by the sun, Nature invites you to submerge yourself in the steaming water infused with healing vibrations of select Willka T'ika's fragrant flowers, medicinal plants and Maras organic salts. Sun permitting, seven baths are available after dinner. Baths #1, 2, and 3 are below Yogawasi. Baths #4 and 5, perfect for couples, and are found below the Aputika rooms. Baths # 6 and 7 are across the path at Healing Gardens. Take your flashlight and go to your bath at the designated time so that the water does not get cold.

**Cost: \$50 per person per bath**

#### Crystal Light Therapy Session

The crystal light therapy combines color, light, quartz crystals, and music to clear and realign the body's chakras, healing physical, emotional and spiritual illnesses. As you lie on a bed with your eyes covered and the lights rotate, still your mind, relax, and allow your energy centers to rebalance. If possible, wear white or light colored clothing, or use the white robe provided. A staff member will return to the room at the end of your session. After your treatment, take an herbal tea with you and quietly relax in the Chakra Gardens to integrate the energies and allow the healing to continue.

**Cost: \$30 per half-hour session in Rainbow Room**

### Andean Massage Sessions

#### Andean Full Body Massage, Swedish Style

Indicate to the therapist if you prefer firm, deep tissue or gentle strokes. Incorporates natural organic oils with techniques that will improve circulation without increasing heart load, and relax muscles. After hiking and climbing, or in anticipation of hikes to come at high altitudes, allow your therapist to massage away stress and sore muscles.

**Cost: \$80 for 1 hour/ \$120 for 1.5 hours**

#### Aromatherapy Andean Massage,

Plus 100% Pure Essential Oils

In addition to the massage benefits above, include aromatherapy essential oils to soothe all the body senses.

**Cost: \$90 for 1 hour**

#### Lymphatic Treatment: Ultimate Relaxer

*One-hour full body massage that will induce deep sleep at night.*

The therapist uses gentle massage with pulsating pressure on the back, face, legs and arms to increase the lymphatic flow, promoting the body's internal cleansing (toxic drainage).

Excellent for those recovering from cancer, prostate, nerve and other illness, and for those who have trouble sleeping.

**Cost: \$90 for 1 hour**

#### Rejuvenating Willka T'ika Facials

Enjoy a deep-cleansing treatment of the face, neck and shoulders with 100% natural Andean products that will regenerate the cells, reestablish hydration and freshen your skin.

**Cost: \$90 for 1 hour**

#### Reflexology w/Maras Organic Salt Scrub & Essential Oils

This therapeutic, relaxing treatment pampers and softens the skin, and revitalizes the body through pressure applied to reflex zones on the feet. Enjoy the healing benefits of salt from the nearby Maras salt farms combined with aromatherapy essential oils. A combination of Willka T'ika Chakra Flower Essences is added for enhanced vibrational alignment.

**Cost: \$50 for half-hour or \$80 for 1 hour**

#### Back, Neck and Shoulder Massage

Special 100% natural aromatherapy oils are used to alleviate pain and tension in the back, shoulder and neck.

**Cost: \$50 for half-hour or \$80 for 1 hour**

#### Hot Incan Stone Massage

Full body massage with placement of Andean stones over each chakra utilizing different techniques. This relaxing treatment harmonizes the energy of the chakras bringing more energy into the body. The stones deliver a deeper level of relaxation that remains with you long after the session.

**Cost: \$90 for 1 hour**

#### Shiatsu

To alleviate stress, head and back ache, improve organ functions and reenergize the body, pressure with fingers and hands is applied on acupuncture points. Treatment removes pain and strengthens the nervous system to bring about an improved flow of energy within the body.

**Cost: \$90 for 1 hour**

"Health is the right proportion of cosmic elements, and it is maintained through a life conformity with the laws of Nature." Ayurveda