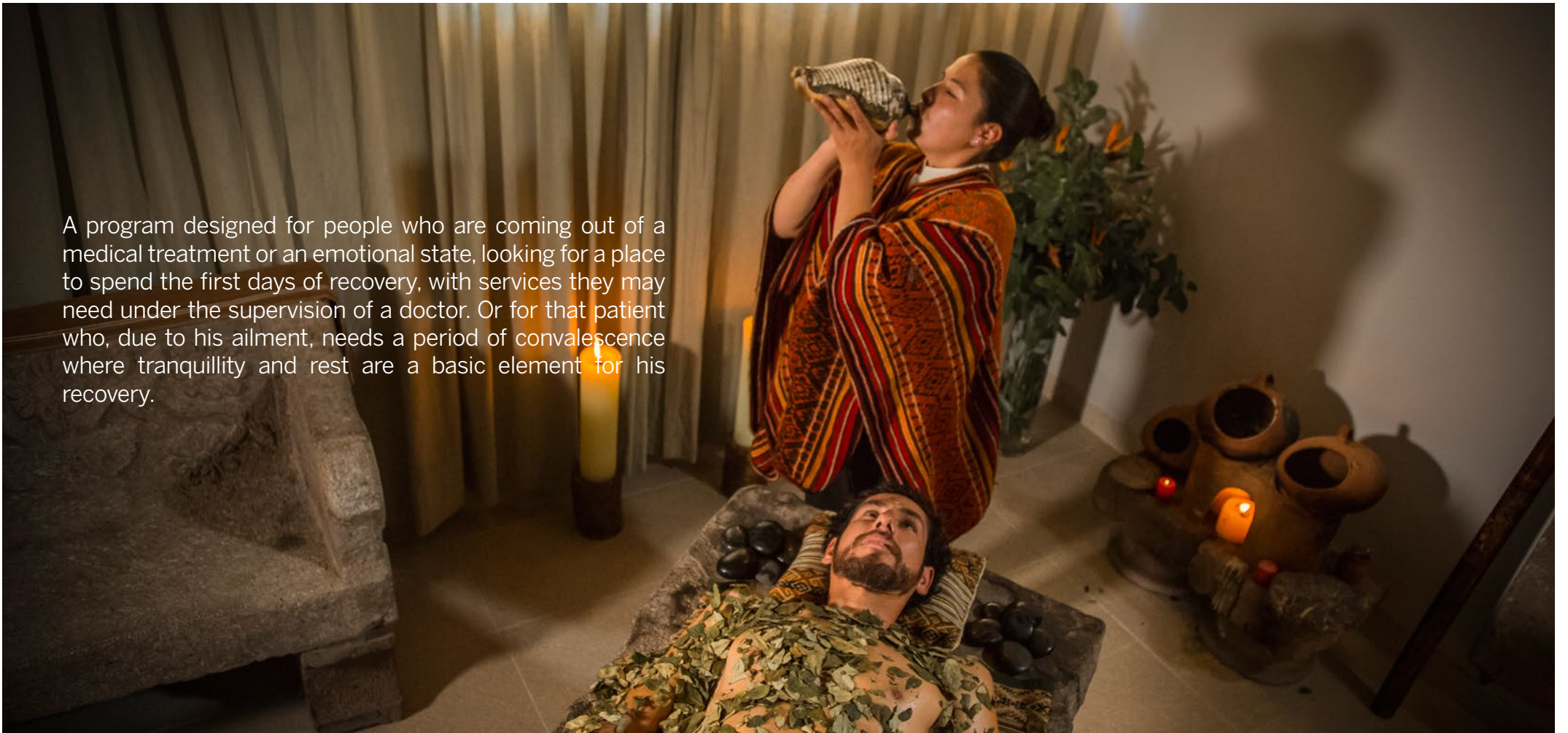




RECOVERING ENERGY
Sacred Valley of the Inkas

A program designed for people who are coming out of a medical treatment or an emotional state, looking for a place to spend the first days of recovery, with services they may need under the supervision of a doctor. Or for that patient who, due to his ailment, needs a period of convalescence where tranquillity and rest are a basic element for his recovery.





DAY 1: HYPERBARIC ENVIRONMENT, BREATHING HIGH CONCENTRATED OXYGEN

You will be picked up from the city of Cusco and will be transferred to Aranwa Sacred Valley Hotel & Wellness. You will undergo a medical-nutritional evaluation made by a specialist in alternative and complementary medicine. Then you will have a hyperbaric chamber session, where you'll enter a hyperbaric environment, breathing high concentrated oxygen through a mask, allowing you to experience the benefits obtained through hypoxia.

*Alternative Medical Procedures: Acupuncture, Auriculotherapy or Moxibustion

*The meals of the day depends on the time of arrival

Activity of the Day	: Hyperbaric environment, breathing high concentrated oxygen
Meals	: Lunch - Dinner (Healthy Dinner)
Hotel	: Aranwa Valle Sagrado Hotel & Wellness
Category	: Standard room
Altitude	: 2 800 m.a.s.l. / 9,187 ft.
Average Temperature	: 16°C / 61°F





DAY 2: RELAXING MASSAGE - MEDITATION SESSION - AYURVEDA THERAPY

Your day will start with a relaxing massage; this will relieve your body and mind from tension. Followed by a meditation session in Wayra and Yaku, this will allow you to connect your mind with your body to enter a state of peace for the mind. Then, you will have trophotherapy, where you will see the impact of organic food in the organism, letting you see the benefits of a diet.

Followed, by a session of Shirodhara, which is a form of Ayurveda therapy, where a warm medicinal oil will be gently applied to your forehead. This is a great treatment for chronic headaches, insomnia, anxiety, and nervousness. To keep in a state of tranquillity, the next activity will be a reflexology massage, which consists of an exfoliation with Maras salts and coconut oils, followed by an energizing herbal wrapping.

To finish the day with this relaxing vibe you will have a yoga class, strengthening your body, mind, and soul through the practice of breathing and meditation. Finally, the day will finish with a decongestive massage and a Vichy shower where it will relax your nervous system, this way you will fall asleep in a state of pure tranquillity.

Activity of the Day	: Relaxing massage - meditation session - Ayurveda Therapy
Meals	: Breakfast - Lunch - Dinner (Healthy Dinner)
Hotel	: Aranwa Valle Sagrado Hotel & Wellness
Category	: Standard room
Altitude	: 2 800 m.a.s.l. / 9,187 ft.
Average Temperature	: 16°C / 61°F



DAY 3: MASSAGE - HYPERTHERMIA BATH - AYURVEDIC 4 HANDS MASSAGE

The day will start with a massage of herbal pindas, consisting of screen bags with herbal scents, medicinal plants, and essential oils. This will be applied in a unique way to your body. Following, there will be a hyperthermia bath where all the toxic substances will be removed from the organism (*According to previous evaluation, it will determine if apt for this activity).

Continuing with the relaxing day, you will have an Ayurvedic 4 hands massage, where two therapists in total synchronization will be in charge of releasing all the tension of your body. Finally, you will have facial aromatherapy, in order to release the week tensions and let your skin shine of the happy it will be by the end of the therapy. At the end of the last activity, you will be picked up from the hotel and transferred to Cusco city.

*The meals of the day depends on the time of exit

Activity of the Day	: Massage - Hyperthermia bath - Ayurvedic 4 hands massage
Meals	: Breakfast (Healthy Food)
Altitude	: 2 800 m.a.s.l. / 9,187 ft.
Average Temperature	: 16°C / 61°F





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