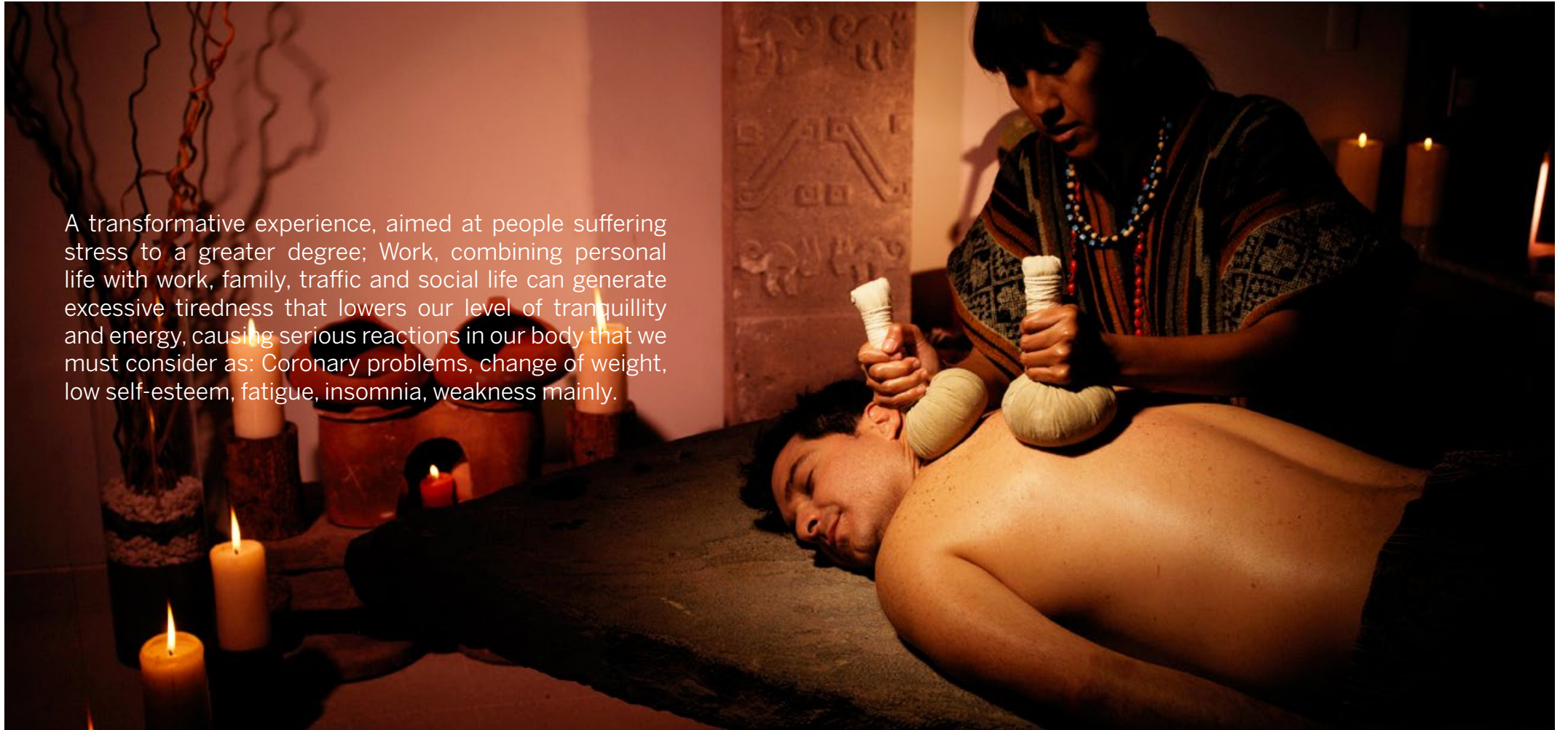
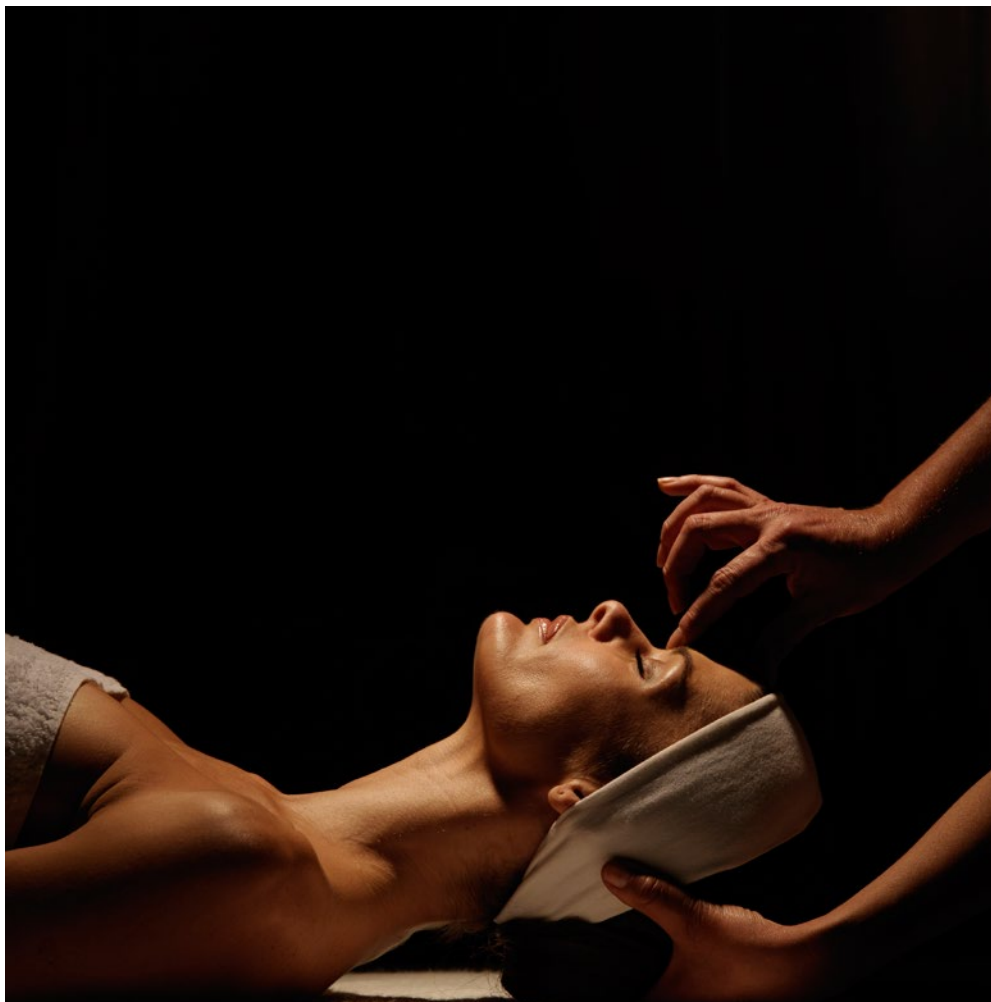




STRESS RELIEF  
Sacred Valley of the Inkas

A transformative experience, aimed at people suffering stress to a greater degree; Work, combining personal life with work, family, traffic and social life can generate excessive tiredness that lowers our level of tranquillity and energy, causing serious reactions in our body that we must consider as: Coronary problems, change of weight, low self-esteem, fatigue, insomnia, weakness mainly.





## DAY 1: MEDICAL NUTRITIONAL EVALUATION - ACUPUNCTURE

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. Coaching Session-PNL.

\*Alternative Medical Procedures: Acupuncture, Auriculotherapy or Moxibustion

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

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Activity of the Day	: Medical Nutritional evaluation - Acupuncture
Meals	: Lunch - Dinner (Healthy food)
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

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## DAY 2: HYPERBARIC CHAMBER SESSION - HYPERTHERMIA BATH - SESSION OF SHIRODHARA

The day will start with a coaching session where you and a specialist will determine the intensity of the activities of the following days and to get any doubts out of the way.

Then you'll start with 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. Then you will have a hyperthermia bath where the toxic substances of your organism will be removed (\*According to previous evaluation, it will be determine if you are apt for this activity).

Then, you will have a session of Shirodhara, which is a form of Ayurveda therapy, where warm medicinal oils will be gently applied to your forehead. This is a great treatment for chronic headaches, insomnia, anxiety, and nervousness. Continuing your day you will have a yoga class, strengthening your body, mind, and soul through the practice of breathing and meditation.

Afterwards, there will be a disconnection massage with rose oils to unplug you from your worries and tensions. Then there will be a facial aromatherapy, in order to release the weeks tensions and let your skin shine of the happy it will be by the end of the therapy. Then, you will enjoy a circuit of hydrotherapy "Life Fountain", where water is used for therapeutic purposes, helping you relieve from stress and anxiety. Finally, you will undergo hair rejuvenation, as the skin is not the only thing that ages, the hair is also affected as the years go by.

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Activity of the Day	: Hyperbaric Chamber session - Hyperthermia Bath - Session of Shirodhara
Meals	: Breakfast - Lunch - Dinner (Healthy food)
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

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### DAY 3: MASSAGE WITH ESSENCES OF - VICKY SHOWER - WATERFALL WITH A HORSERIDE

On this last day you will enjoy different activities, starting with an energetic massage with essences of muña and coca, to relieve muscular pain and to relax the body. Followed by a facial aromatherapy, to release the tension of the week and make your skin shine. Then you will have a Vichy shower where you will relax your nervous system.

Lastly, you will do a small hike to the Poc-Poc waterfall, with a horse ride along the way and followed by a motto-cross experience. This would be the end of your time at the Sacred Valley and achievement of your wellness itinerary, a true experience that you will never forget.

At the end of your 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

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Activity of the Day	: Massage with essences of – Vicky Shower – waterfall with a Horseride
Meals	Breakfast (Healthy food)
Altitude	: 2 800 m.a.s.l. / 9,187 ft.
Average Temperature	: 16°C / 61°F

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PERU  
wellness  
TRAVEL



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