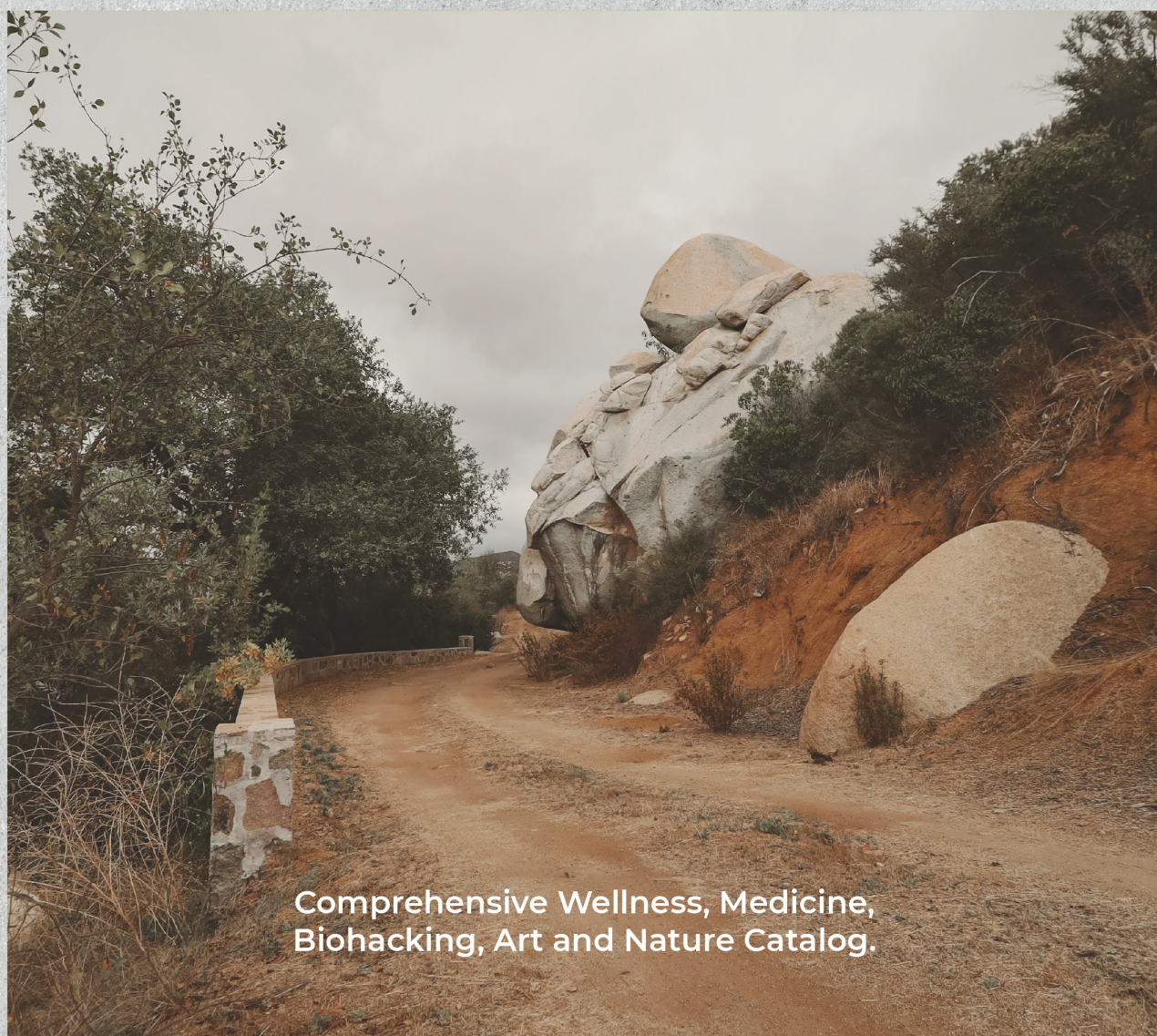


AYEKA

INTEGRATIVE CENTER



Comprehensive Wellness, Medicine,
Biohacking, Art and Nature Catalog.

INDIVIDUAL TREATMENTS

- Relaxing Massage (50 min)\$2,600 MXN / \$150 USD
- Relaxing Massage (80 min)\$3,200 MXN / \$188 USD
- Deep Tissue Massage (50 min)\$2,900 MXN / \$171 USD
- Hot Stone Massage (80 min)\$3,800 MXN / \$223 USD
- Couples Massage (50 min – couple)\$5,200 MXN / \$305 USD
- Acupuncture (60 min)\$2,080 MXN / \$120 USD
- Traditional Chinese Medicine Consultation (45 min)\$1,900 MXN / \$112 USD
- Ayurvedic Medicine Consultation\$2,200 MXN / \$129 USD
- Naturopathy Consultation\$1,900 MXN / \$112 USD
- Temazcal Ceremony (60 min) *Must book in advanced*\$6,065 MXN / \$350 USD
- Sauna Experience (45 min)\$520 MXN / \$30 USD
- Sauna + Cold Plunge Circuit\$1,400 MXN / \$82 USD
- Herbal Bath (45 min)\$1,700 MXN / \$100 USD
- Reiki (45 min)\$1,500 MXN / \$88 USD
- Psychological Consultation\$2,200 MXN / \$129 USD
- Nutritionist Consultation (60 min)\$1,900 MXN / \$112 USD
- Genomic Profile & Report\$6,000 MXN / \$353 USD
- Sensory Deprivation Dive 90mins (40 mins underwater)\$1,800 MXN / \$104 USD



NATURE EXPERIENCES



Nature Walk Therapy

\$1,700 MXN / \$100 USD

Mindful guided walk, somatic breathing, expanded perception.

Equine Therapy 1hr

\$1,900 MXN / \$112 USD

per person

Guided walk through vineyards, hills, and the landscapes of the Valley.

Horseback Riding ½ hr

\$1,200 MXN / \$70 USD

Connection with horses, emotional regulation, somatic leadership.

SOUND HEALING

Sound Healing – Individual

\$3,000 MXN /
\$177 USD

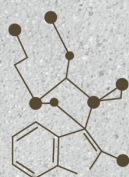
Deep immersion session with singing bowls, gong, and therapeutic vibration.

Sound Healing – Group (min 6) 1hr

\$1,000 MXN /
\$59 USD
per person

Collective sound immersion, group coherence, deep relaxation.





CLASSES AND WORKSHOPS

Organic Gardening

\$200USD per person

\$500 per group (3+)

Introduction to the organic vegetable garden: living soils, seeds, and compost.

Composting Workshop

\$400 USD per group

Composting systems, activation, maintenance, and natural recycling.

Healthy Cooking Class 1-2 hrs.

\$150USD per person

\$350 per group (3+)

Regenerative cooking, medicinal plants, healthy ranch techniques.

Art Therapy Class

\$100USD per person

\$400 per group (3+)

Emotional painting, dance, music, sculpture, creative unblocking, symbolic expression.

GROUP ACTIVITIES

Team-Building Yoga 1hr

Collaborative practice, bodily openness, team connection.

\$3,380 MXN

\$195 USD



Forest Bathing

Japanese forest bathing: meaning, silence, and restoration.

\$1,900 MXN

\$112 USD per person



Group Meditation & Sound Healing

Guided meditation + immersive sound vibration.

\$1,200 MXN

\$70 USD per person



AYEKA
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