

General Information for Each Package - AYEKA

AYEKA RESET

1. **Name of the experience:** AYEKA RESET
2. **City, State, and Country:** Valle de Guadalupe, Ensenada, Baja California, Mexico.
3. **Duration:** 2 nights / 3 days
4. **Recommended age range:** 18 years and older. Minors only with special authorization, accompaniment of a responsible adult, and prior validation from Ayeka.
5. **Minimum and maximum number of participants:** Minimum 1 participant; suggested maximum of 40 participants, subject to the type of experience, operational availability, and group configuration.
6. **Language:** Spanish and English. The experience can be adapted to the group's primary language with prior confirmation.
7. **Price:** \$1,100 USD per individual guest. Rate for two guests sharing a room: \$1,760 USD total (\$880 USD per person), subject to availability and booking conditions.
8. **Brief description:** A restorative 2-night, 3-day experience focused on deep rest, physical recovery, and nervous system regulation. Through nature, farm-to-table dining, hydrotherapy, and body therapies, guests slow down and reconnect with the body's natural rhythms.
9. **What makes it unique?:** It is Ayeka's most restorative package: it combines lodging, conscious cuisine, a daily herbal tonic, a relaxing massage, sauna, cold plunge, bio-pool, and a gentle guided experience. It is designed to rest, not to demand from the body.
10. **What can participants expect?:** A peaceful arrival, local and seasonal food, deep rest, massage, sauna and cold protocol, contact with nature, and spaces of silence to regain mental clarity and physical energy.
11. **Main objective:** To restore physical and emotional balance, reduce accumulated stress, and create a foundation of well-being through rest, nature, and gentle body practices.
12. **Featured activities:** 60-min relaxing massage; 60-to-90-min guided experience in art, nature, farming, or equine therapy; 45-to-60-min sauna and cold plunge; free access to the bio-pool, jacuzzi, and trails; farm-to-table dining and daily herbal tonics.
13. **Benefits:** Stress reduction, deep rest, physical recovery, mental clarity, nervous system regulation, and reconnection with the body.
14. **Concept of the experience:** A natural reset for body and mind. The experience is designed as a restorative pause where the guest slows down, rests, eats consciously, and feels safety in the body once again.
15. **Ideal participant profile:** People experiencing stress, accumulated fatigue, mental overload, a need for rest, or a desire to reconnect with nature without entering into an intense therapeutic process.
16. **Program focus:** Gentle regulation of the nervous system, rest, physical recovery, conscious dining, hydrotherapy, and sensory contact with the environment.

17. **Includes:** Two nights of lodging, farm-to-table meals, daily herbal tonics, one 60-min therapeutic massage, one guided experience, sauna/cold plunge protocol, and access to the bio-pool, jacuzzi, and trails.
18. **Does not include:** Transportation, additional treatments, beverages or food outside the program, personal purchases, private photography, or unscheduled activities.
19. **Customization of the experience:** The guided experience can vary among art, nature walks, regenerative farming, or equine therapy depending on availability, weather, and guest needs.
20. **Accompaniment and safety:** The Ayeka team guides the guest upon arrival, on the use of facilities, hydrotherapy, and included activities. The pace is gentle and adaptable.
21. **Physical level required:** Low. Participants must be able to walk short distances, enter and exit the sauna/cold plunge if they choose to participate, and engage in gentle activities.
22. **Lodging included:** Yes. Includes 2 nights of lodging at Ayeka.
23. **Meals included:** Yes. Includes farm-to-table meals prepared with local ingredients, breakfast, lunch, and dinner according to the program flow, plus daily herbal tonics.
24. **Transportation included:** Not included. The participant covers their transfer to and from Ayeka. Upon request, Ayeka can guide with external transportation options.
25. **Guided activities:** Yes. Includes one scheduled guided experience, sauna/cold plunge protocol, and accompaniment by the Ayeka team during included activities.
26. **Materials or equipment included:** Yes. Towels, access to facilities, necessary materials for the guided experience, and basic equipment for the sauna, cold plunge, bio-pool, and trails are included.
27. **Photographs or digital content:** Not regularly included. It may be offered as an additional service or as part of special campaigns/promotions, always respecting guest privacy.
28. **Other services included:** Access to the bio-pool, jacuzzi, nature trails, rest areas, and common wellness areas.
29. **Expenses covered by the participant:** Transportation, personal purchases, additional food or beverages, treatments not included, and private activities outside the program.
30. **Who is it recommended for?:** For guests looking to rest, sleep better, lower stress, and live a wellness experience without an overly intense agenda.
31. **Who is it not recommended for?:** It is not ideal for people seeking a deep therapeutic process, advanced scientific measurements, or an intensive transformation agenda; for those, Immersive or Neuro Evolution are recommended.
32. **Expected result upon completion:** A feeling of rest, lightness, improved energy, mental clarity, and simple tools to sustain daily self-care.
33. **Physical benefits:** Muscle relaxation, better rest, physical recovery, circulatory activation due to thermal contrast, and reduction of body tension.
34. **Emotional benefits:** Calm, mental clarity, a sense of containment, stress reduction, and gentle emotional reconnection.
35. **Skills or knowledge:** Basic self-care tools, breathing, body presence, rest habits, and nervous system regulation practices.

36. **Location:** Ayeka Integrative Center, Valle de Guadalupe, Ensenada, Baja California, Mexico.
37. **How to get there:** Access by car from Ensenada, Tijuana, or the San Diego airport. It is recommended to arrive with enough time to check in calmly and start the experience without rushing.
38. **Venue characteristics:** Wellness center immersed in nature with a farm-to-table restaurant, dome/agora for immersive experiences, natural spa, temazcal, sauna, cold plunge, bio-pool, jacuzzi, trails, lodging, and contemplation areas.
39. **Ayeka environment experience:** The environment is designed to slow down: architecture integrated into the landscape, silence, vegetation, open spaces, water, fire, earth, seasonal gastronomy, and areas created to promote rest, presence, and sensory connection.
40. **Type of food:** Farm-to-table cuisine with local, organic when possible, seasonal ingredients prepared with a wellness focus.
41. **Vegetarian options:** Yes, available with prior notice.
42. **Vegan options:** Yes, available with prior notice.
43. **Dietary restrictions:** Yes. Guests are requested to report allergies, intolerances, medical restrictions, or dietary preferences prior to arrival to adapt the menu within operational possibilities.
44. **Dietary and therapeutic customization:** Dietary restrictions can be considered and the intensity of gentle activities can be adapted, always with prior notice and subject to operational availability.
45. **Host:** Ayeka multidisciplinary team.
46. **Biography:** Team composed of specialists in wellness, hospitality, body therapies, nature, art, nutrition, emotional accompaniment, immersive experiences, and human development.
47. **Ayeka philosophy:** Ayeka integrates nature, science, conscious hospitality, and therapeutic practices to create experiences that help regulate the nervous system, restore physical vitality, and deepen personal awareness.
48. **Experience methodology:** Each program combines a conscious arrival, nutritious dining, body practices, contact with nature, selected therapies, spaces of silence, and integration so that the guest can experience a gradual and safe transformation.
49. **Recommended clothing:** Comfortable clothing, swimsuit, sandals, sneakers or walking shoes, hat or cap, jacket for the evening, and appropriate layers for the temperature changes of Valle de Guadalupe.
50. **Personal items:** Water bottle, sunscreen, toiletries, a change of clothes, a notebook if you wish to write, personal medications, and any item necessary for your comfort.
51. **Required physical conditions:** Ability to walk short distances, participate in gentle activities, and tolerate temperature changes if using the sauna/cold plunge.
52. **Minimum age:** 18 years old. Minors only under special authorization and accompanied by a responsible adult.
53. **Is prior experience required?:** No. All activities are designed to be accessible and guided. Some experiences can be adapted according to physical or emotional conditions.

54. **Bad weather:** Activities can be adapted, rescheduled, or moved to covered spaces according to weather, safety, and the operational criteria of the Ayeka team.
55. **Health recommendations:** Inform prior to arrival about pregnancy, high or low blood pressure, heart problems, injuries, allergies, food intolerances, medical conditions, or relevant medication use.
56. **Safety notes:** Participation in the sauna/cold plunge is voluntary and can be adapted. It is recommended to hydrate, listen to the body, and notify the team of any discomfort.
57. **Cancellation policy:** Subject to Ayeka's current terms and the conditions of the corresponding booking platform or channel.
58. **Refunds:** According to applicable booking policies, cancellation timing, and sales channel conditions.
59. **Booking modification:** Subject to availability, current policies, and confirmation from the Ayeka team.
60. **Additional information:** Schedules may be adjusted according to weather, therapist availability, group needs, and the pace of the experience. Ayeka prioritizes safety, therapeutic quality, and the coherence of the process.
61. **Photographs:** Available in promotional material. Taking photographs during activities may be limited to preserve privacy, silence, and integration.
62. **Promotional videos:** Available according to the current campaign and materials authorized by Ayeka.
63. **Testimonials:** Available upon request or according to authorized promotional material.

Suggested itinerary at the end of the departure

- **Day 1 — Arrival and slowing down:** Check-in, welcome with an herbal tonic, transition to Ayeka's natural rhythm, conscious farm-to-table dinner, and an evening sauna session to begin releasing accumulated tension.
- **Day 2 — Physical reconnection:** Morning cold plunge, organic breakfast, guided experience in art/nature/farming/equine therapy, ranch lunch, 60-min relaxing massage, rest in the bio-pool or jacuzzi, and a light dinner.
- **Day 3 — Integration:** Breakfast, silent time in nature, free walk along the trails, personal closing, and departure.

Included activities and therapies with duration and description

- **Relaxing massage (60 min):** Gentle and deep body therapy focused on reducing muscle tension, promoting circulation, relaxing the nervous system, and preparing the body for a more restorative rest.
- **Sauna and cold plunge (45-60 min):** Guided thermal contrast protocol that alternates heat and cold to activate circulation, support physical recovery, strengthen stress tolerance, and generate a sense of vitality.
- **Guided experience (60-90 min):** Programmed activity depending on availability: art, nature walk, regenerative farming, or equine therapy. Its objective is to lead the guest into a practical and sensory connection with the environment.

- **Bio-pool, jacuzzi, and trails (Free use during the stay):** Water and nature spaces designed for rest, contemplation, and physical recovery in direct contact with the Ayeka landscape.
- **Herbal tonic (15 min / daily):** Botanical welcome beverage or daily accompaniment prepared to introduce the guest to an experience of calm, light digestion, and connection with plants.

AYEKA IMMERSIVE

1. **Name of the experience:** AYEKA IMMERSIVE
2. **City, State, and Country:** Valle de Guadalupe, Ensenada, Baja California, Mexico.
3. **Duration:** 2 nights / 3 days
4. **Recommended age range:** 18 years and older. Minors only with special authorization, accompaniment of a responsible adult, and prior validation from Ayeka.
5. **Minimum and maximum number of participants:** Minimum 1 participant; suggested maximum of 40 participants, subject to the type of experience, operational availability, and group configuration.
6. **Language:** Spanish and English. The experience can be adapted to the group's primary language with prior confirmation.
7. **Price:** \$1,900 USD per individual guest. Rate for two guests sharing a room: \$3,040 USD total (\$1,520 USD per person), subject to availability and booking conditions.
8. **Brief description:** A transformational 2-night, 3-day retreat designed to open a process of introspection, emotional connection, and personal integration through ritual, nature, experiential therapies, and individual accompaniment.
9. **What makes it unique?:** Unlike Reset, Immersive dives into deeper work: it includes a traditional temazcal, sound bath, equine therapy, botanical walk, experiential workshops, a one-on-one therapeutic session, InBody analysis, dinner under oak trees, and an advanced hydrotherapy protocol.
10. **What can participants expect?:** A guided process of opening, intention, emotional exploration, ritual, connection with horses, bodywork, sound, nature, and an integration closing.
11. **Main objective:** To facilitate a personal transformation experience that combines body, emotion, nature, and symbol to promote clarity, self-knowledge, and integration.
12. **Featured activities:** Traditional temazcal of 2 to 3 hours; 60-min sound bath; 60-min equine therapy; 60-min massage; two 90-min experiential workshops; 60-to-90-min botanical walk; 60-min individual therapeutic session; InBody and outdoor dinner under the oak trees.
13. **Benefits:** Self-knowledge, emotional release, nervous system regulation, connection with nature, inner clarity, physical rest, and a sense of deep renewal.
14. **Concept of the experience:** A structured inner journey. The guest goes through a process of opening, deepening, and integration through ritual, body, sound, nature, art, and therapeutic accompaniment.
15. **Ideal participant profile:** People who want a deeper experience than just rest: those seeking emotional clarity, introspection, symbolic renewal, and personal integration tools.
16. **Program focus:** Intention, emotional awareness, body presence, connection with the landscape, therapeutic ritual, creative experiences, and integration closing.
17. **Includes:** Everything essential from Reset plus personalized nutritional guidance, temazcal, sound bath, two workshops, equine therapy, botanical walk, individual therapeutic session, InBody, dinner under the oak trees, and advanced hydrotherapy protocol.

18. **Does not include:** Transportation, additional treatments, private photography, personal purchases, unscheduled activities, extra therapeutic sessions, or private services outside the package.
19. **Customization of the experience:** Individual intention, the therapeutic session, and some activities can be adapted to the guest's process. Workshops can vary between art, herbalism, or farming according to the calendar.
20. **Accompaniment and safety:** Core activities are guided by facilitators and therapists. The temazcal, equine therapy, hydrotherapy, and sound bath are conducted under the guidance of the responsible team.
21. **Physical level required:** Low to moderate. Required to be able to walk, participate in workshops, tolerate the heat of the temazcal and hydrotherapy, and report any relevant medical condition.
22. **Lodging included:** Yes. Includes 2 nights of lodging at Ayeka.
23. **Meals included:** Yes. Includes farm-to-table lunches, conscious dinners, and a special outdoor dinner under the oak trees, subject to weather and operations.
24. **Transportation included:** Not included. The participant covers their transfer to and from Ayeka. Upon request, Ayeka can guide with external transportation options.
25. **Guided activities:** Yes. All main activities are guided by facilitators or therapists from the Ayeka team.
26. **Materials or equipment included:** Yes. Workshop materials, towels, hydrotherapy equipment, accompaniment for the temazcal, sound bath, equine therapy, and corresponding instruments/facilitation are included.
27. **Photographs or digital content:** Not regularly included. It may be offered as an additional service or as part of special campaigns/promotions, always respecting guest privacy.
28. **Other services included:** Includes access to wellness facilities, natural areas, bio-pool, jacuzzi, trails, dome/agora according to programming, and integration spaces.
29. **Expenses covered by the participant:** Transportation, personal purchases, treatments not included, additional beverages or food, and private services outside the program.
30. **Who is it recommended for?:** For guests seeking a transformational retreat with ritual, emotional work, nature, therapeutic accompaniment, and symbolic experiences.
31. **Who is it not recommended for?:** It is not ideal for those seeking only passive rest or who do not wish to participate in introspective processes, temazcal, workshops, or guided group experiences.
32. **Expected result upon completion:** Greater clarity, a sense of emotional integration, connection with the body, new self-care tools, and a meaningful experience of personal transformation.
33. **Physical benefits:** Deep relaxation, circulatory activation, physical recovery, rest, release of tension, and a feeling of body lightness after the temazcal and hydrotherapy.
34. **Emotional benefits:** Greater emotional clarity, openness, a sense of belonging, integration of personal experiences, and connection with the natural environment.
35. **Skills or knowledge:** Tools for intention, presence, body listening, emotional integration, breathing practices, and self-care resources to continue after the retreat.

36. **Location:** Ayeka Integrative Center, Valle de Guadalupe, Ensenada, Baja California, Mexico.
37. **How to get there:** Access by car from Ensenada, Tijuana, or the San Diego airport. It is recommended to arrive with enough time to check in calmly and start the experience without rushing.
38. **Venue characteristics:** Wellness center immersed in nature with a farm-to-table restaurant, dome/agora for immersive experiences, natural spa, temazcal, sauna, cold plunge, bio-pool, jacuzzi, trails, lodging, and contemplation areas.
39. **Ayeka environment experience:** The environment is designed to slow down: architecture integrated into the landscape, silence, vegetation, open spaces, water, fire, earth, seasonal gastronomy, and areas created to promote rest, presence, and sensory connection.
40. **Type of food:** Farm-to-table cuisine with local, organic when possible, seasonal ingredients prepared with a wellness focus.
41. **Vegetarian options:** Yes, available with prior notice.
42. **Vegan options:** Yes, available with prior notice.
43. **Dietary restrictions:** Yes. Guests are requested to report allergies, intolerances, medical restrictions, or dietary preferences prior to arrival to adapt the menu within operational possibilities.
44. **Dietary and therapeutic customization:** Dietary restrictions can be considered, and the intensity of the temazcal, hydrotherapy, or workshops can be adapted according to needs, always with prior communication.
45. **Host:** Ayeka multidisciplinary team.
46. **Biography:** Team composed of specialists in wellness, hospitality, body therapies, nature, art, nutrition, emotional accompaniment, immersive experiences, and human development.
47. **Ayeka philosophy:** Ayeka integrates nature, science, conscious hospitality, and therapeutic practices to create experiences that help regulate the nervous system, restore physical vitality, and deepen personal awareness.
48. **Experience methodology:** Each program combines a conscious arrival, nutritious dining, body practices, contact with nature, selected therapies, spaces of silence, and integration so that the guest can experience a gradual and safe transformation.
49. **Recommended clothing:** Comfortable clothing, swimsuit, sandals, sneakers or walking shoes, hat or cap, jacket for the evening, and appropriate layers for the temperature changes of Valle de Guadalupe.
50. **Personal items:** Water bottle, sunscreen, toiletries, a change of clothes, a notebook if you wish to write, personal medications, and any item necessary for your comfort.
51. **Required physical conditions:** Ability to walk short distances, participate in mild to moderate activities, and tolerate heat in the temazcal/sauna if choosing to participate.
52. **Minimum age:** 18 years old. Minors only under special authorization and accompanied by a responsible adult.
53. **Is prior experience required?:** No. All activities are designed to be accessible and guided. Some experiences can be adapted according to physical or emotional conditions.

54. **Bad weather:** Activities can be adapted, rescheduled, or moved to covered spaces according to weather, safety, and the operational criteria of the Ayeka team.
55. **Health recommendations:** Inform about pregnancy, high or low blood pressure, heart problems, claustrophobia, injuries, relevant emotional conditions, allergies, intolerances, and medications before the retreat.
56. **Safety notes:** The temazcal and hydrotherapy are intense and voluntary experiences. The guest must hydrate, listen to the body, and communicate any discomfort to the team.
57. **Cancellation policy:** Subject to Ayeka's current terms and the conditions of the corresponding booking platform or channel.
58. **Refunds:** According to applicable booking policies, cancellation timing, and sales channel conditions.
59. **Booking modification:** Subject to availability, current policies, and confirmation from the Ayeka team.
60. **Additional information:** Schedules may be adjusted according to weather, therapist availability, group needs, and the pace of the experience. Ayeka prioritizes safety, therapeutic quality, and the coherence of the process.
61. **Photographs:** Available in promotional material. Taking photographs during activities may be limited to preserve privacy, silence, and integration.
62. **Promotional videos:** Available according to the current campaign and materials authorized by Ayeka.
63. **Testimonials:** Available upon request or according to authorized promotional material.

Suggested itinerary at the end of the departure

- **Day 1 — Opening:** Arrival, welcome, intention setting, orientation to the space, and a farm-to-table dinner to start the process in calm.
- **Day 2 — Deepening:** Experiential workshop in the morning, advanced sauna/cold plunge protocol, temazcal at sunset, individual massage, outdoor dinner under the oak trees, and a nightly sound bath.
- **Day 3 — Integration:** Second experiential workshop, equine therapy, walk or closing in nature, integration circle, and departure.

Included activities and therapies with duration and description

- **Traditional Mexican Temazcal (2-3 h):** Ancestral Mexican ceremony performed in a humid heat structure with volcanic stones, steam, medicinal plants, and ritual guidance. It promotes physical purification, introspection, community connection, and emotional release.
- **Sound bath / Sound healing (60 min):** Immersive experience with bowls, gongs, handpan, soft percussions, and resonant frequencies. The sound accompanies the body toward deep relaxation, meditation, and nervous system regulation.
- **Equine therapy (60 min):** Horse-assisted session focused on presence, trust, non-verbal communication, and emotional regulation. No prior riding experience is required.

- **Experiential workshop of art, herbalism, or farming (90 min each):** Practical activity of expression, creation, or contact with plants and soil. It allows integrating the experience through hands, matter, creativity, and mindfulness.
- **Botanical walk (60-90 min):** Guided tour through the Ayeka landscape to recognize local flora, useful plants, ecosystem cycles, and ways of consciously relating to the territory.
- **Individual therapeutic session (60 min):** One-on-one space to review intention, personal process, and emotional integration with professional accompaniment.
- **Dinner under the oak trees (90-120 min):** Conscious outdoor dinner that integrates farm-to-table gastronomy, nature, and meaningful connection in a ceremonial setting.
- **InBody (30 min):** Body composition measurement that provides an initial reading of the guest's physical status and supports general wellness recommendations.

AYEKA NEURO EVOLUTION

1. **Name of the experience:** AYEKA NEURO EVOLUTION
2. **City, State, and Country:** Valle de Guadalupe, Ensenada, Baja California, Mexico.
3. **Duration:** 2 nights / 3 days
4. **Recommended age range:** 18 years and older. Minors only with special authorization, accompaniment of a responsible adult, and prior validation from Ayeka.
5. **Minimum and maximum number of participants:** Minimum 1 participant; suggested maximum of 40 participants, subject to the type of experience, operational availability, and group configuration.
6. **Language:** Spanish and English. The experience can be adapted to the group's primary language with prior confirmation.
7. **Price:** \$2,700 USD per individual guest. Rate for two guests sharing a room: \$4,320 USD total (\$2,160 USD per person), subject to availability and booking conditions.
8. **Brief description:** An advanced 2-night, 3-day program for nervous system optimization, cognitive performance, and physiological well-being. It integrates neuroscience, personalized assessment, measurement technology, restorative therapies, and an individual follow-up protocol.
9. **What makes it unique?:** It is Ayeka's most comprehensive and scientific program. It adds tools to the immersive experience such as EEG brain mapping, psychometric evaluation, metabolic monitoring, InBody, neurofeedback, nutritional consultation, infrared therapy, floatation, specialized massage, printed protocol, and a 30-day virtual follow-up.
10. **What can participants expect?:** Personalized evaluations, objective information about their nervous system and body, intervention sessions, restorative therapies, integration temazcal, and a concrete plan to continue after the retreat.
11. **Main objective:** To measure, understand, and optimize cognitive, emotional, and physiological patterns through an integrative approach combining science, nature, and well-being.
12. **Featured activities:** Psychometric evaluation; 60-min EEG brain mapping; InBody and metabolic monitoring; 45-min neurofeedback per session; 60-min nutritional consultation; infrared therapy; floatation; infrared sauna; 60-min specialized massage; 2-to-3-hour temazcal; personalized protocol and 30-day virtual follow-up.
13. **Benefits:** Greater understanding of the nervous system, emotional regulation, cognitive clarity, personal optimization tools, physical recovery, focus, and a continuity plan.
14. **Concept of the experience:** Optimization based on science and nature. The program combines diagnostics, targeted intervention, and personalized integration to help the guest understand and regulate their nervous system.
15. **Ideal participant profile:** People interested in performance, cognitive clarity, stress management, preventive health, conscious biohacking, personal metrics, and individualized wellness protocols.
16. **Program focus:** Evaluation, intervention, and personalized protocol. The experience begins with measurements, continues with targeted therapies, and finishes with concrete continuity recommendations.

17. **Includes:** Lodging, farm-to-table dining, evaluations, EEG, InBody, metabolic monitoring, neurofeedback, nutritional consultation, infrared therapy, floatation, specialized massage, temazcal, printed protocol, and 30-day virtual follow-up.
18. **Does not include:** Transportation, external medical treatments, unspecified laboratory tests, additional consultations, supplements, medications, personal purchases, or services outside the program.
19. **Customization of the experience:** Protocols are adapted to evaluation results, physical status, personal objectives, and therapy availability. Follow-up helps guide the guest's continuity.
20. **Accompaniment and safety:** The program is carried out with accompaniment from the Ayeka team in evaluations, therapies, and integration sessions. Measurements do not substitute a medical diagnosis.
21. **Physical level required:** Low to moderate. Most activities are gentle; required tolerance to evaluations, technology sessions, hydrotherapy, or temazcal if participating.
22. **Lodging included:** Yes. Includes 2 nights of lodging at Ayeka.
23. **Meals included:** Yes. Includes farm-to-table dining and conscious dinners, adjusted to the wellness focus and general program recommendations.
24. **Transportation included:** Not included. The participant covers their transfer to and from Ayeka. Upon request, Ayeka can guide with external transportation options.
25. **Guided activities:** Yes. Includes evaluations, guided sessions, scheduled therapies, and accompaniment by the Ayeka team.
26. **Materials or equipment included:** Yes. Includes the use of diagnostic and therapeutic equipment according to the program, evaluation materials, printed protocol, towels, and necessary materials for activities.
27. **Photographs or digital content:** Not regularly included. It may be offered as an additional service or as part of special campaigns/promotions, always respecting guest privacy.
28. **Other services included:** Includes access to wellness and nature facilities, as well as scheduled therapeutic and measurement areas within the Ayeka Research Center.
29. **Expenses covered by the participant:** Transportation, personal purchases, services not included, additional consultations, extra treatments, and food or beverages outside the program.
30. **Who is it recommended for?:** For guests who wish to better understand their nervous system, optimize performance, reduce stress, improve recovery, and receive a personalized protocol.
31. **Who is it not recommended for?:** It is not ideal for those seeking only recreational rest or for individuals requiring urgent medical attention or specialized clinical diagnosis.
32. **Expected result upon completion:** A personal wellness map, greater understanding of stress and recovery patterns, regulation tools, and a 30-day continuity protocol.
33. **Physical benefits:** Improvement in physical recovery, deep relaxation, stress regulation, circulatory activation, and greater awareness of the body's state.
34. **Emotional benefits:** Greater self-knowledge, emotional clarity, a sense of direction, understanding of personal patterns, and tools for self-regulation.

35. **Skills or knowledge:** Neuroregulation tools, basic interpretation of personal metrics, recovery habits, nutritional guidelines, focus practices, and a personalized continuity protocol.
36. **Location:** Ayeka Integrative Center, Valle de Guadalupe, Ensenada, Baja California, Mexico.
37. **How to get there:** Access by car from Ensenada, Tijuana, or the San Diego airport. It is recommended to arrive with enough time to check in calmly and start the experience without rushing.
38. **Venue characteristics:** Wellness center immersed in nature with a farm-to-table restaurant, dome/agora for immersive experiences, natural spa, temazcal, sauna, cold plunge, bio-pool, jacuzzi, trails, lodging, and contemplation areas.
39. **Ayeka environment experience:** The environment is designed to slow down: architecture integrated into the landscape, silence, vegetation, open spaces, water, fire, earth, seasonal gastronomy, and areas created to promote rest, presence, and sensory connection.
40. **Type of food:** Farm-to-table cuisine with local, organic when possible, seasonal ingredients prepared with a wellness focus.
41. **Vegetarian options:** Yes, available with prior notice.
42. **Vegan options:** Yes, available with prior notice.
43. **Dietary restrictions:** Yes. Guests are requested to report allergies, intolerances, medical restrictions, or dietary preferences prior to arrival to adapt the menu within operational possibilities.
44. **Dietary and therapeutic customization:** The program can adapt nutritional recommendations and therapies according to evaluations, objectives, contraindications, and operational availability.
45. **Host:** Ayeka multidisciplinary team.
46. **Biography:** Team composed of specialists in wellness, hospitality, body therapies, nature, art, nutrition, emotional accompaniment, immersive experiences, and human development.
47. **Ayeka philosophy:** Ayeka integrates nature, science, conscious hospitality, and therapeutic practices to create experiences that help regulate the nervous system, restore physical vitality, and deepen personal awareness.
48. **Experience methodology:** Each program combines a conscious arrival, nutritious dining, body practices, contact with nature, selected therapies, spaces of silence, and integration so that the guest can experience a gradual and safe transformation.
49. **Recommended clothing:** Comfortable clothing, swimsuit, sandals, sneakers or walking shoes, hat or cap, jacket for the evening, and appropriate layers for the temperature changes of Valle de Guadalupe.
50. **Personal items:** Water bottle, sunscreen, toiletries, a change of clothes, a notebook if you wish to write, personal medications, and any item necessary for your comfort.
51. **Required physical conditions:** Ability to participate in evaluations, walk short distances, and perform gentle therapies. Some interventions like temazcal or hydrotherapy can be adapted.

52. **Minimum age:** 18 years old. Minors only under special authorization and accompanied by a responsible adult.
53. **Is prior experience required?:** No. All activities are designed to be accessible and guided. Some experiences can be adapted according to physical or emotional conditions.
54. **Bad weather:** Activities can be adapted, rescheduled, or moved to covered spaces according to weather, safety, and the operational criteria of the Ayeka team.
55. **Health recommendations:** Inform about neurological, cardiac, psychiatric conditions, pregnancy, electronic implants, claustrophobia, medications, allergies, or any relevant history before participating.
56. **Safety notes:** Evaluations and therapies are for wellness and optimization; they do not substitute medical diagnosis or treatment. Some activities may be omitted or adapted for safety.
57. **Cancellation policy:** Subject to Ayeka's current terms and the conditions of the corresponding booking platform or channel.
58. **Refunds:** According to applicable booking policies, cancellation timing, and sales channel conditions.
59. **Booking modification:** Subject to availability, current policies, and confirmation from the Ayeka team.
60. **Additional information:** Schedules may be adjusted according to weather, therapist availability, group needs, and the pace of the experience. Ayeka prioritizes safety, therapeutic quality, and the coherence of the process.
61. **Photographs:** Available in promotional material. Taking photographs during activities may be limited to preserve privacy, silence, and integration.
62. **Promotional videos:** Available according to the current campaign and materials authorized by Ayeka.
63. **Testimonials:** Available upon request or according to authorized promotional material.

Suggested itinerary at the end of the departure

- **Day 1 — Diagnosis:** Arrival, psychometric evaluation, InBody/metabolic analysis, EEG brain mapping, initial orientation, and conscious dinner.
- **Day 2 — Intervention:** Neurofeedback session, personalized workshop, biohacking/restorative protocol, infrared therapy or floatation according to scheduling, integration temazcal, and private/conscious dinner.
- **Day 3 — Personal protocol:** Second neurofeedback session, specialized massage or restorative therapy, delivery of personalized protocol, individual closing, and departure.

Included activities and therapies with duration and description

- **EEG brain mapping (60 min):** Non-invasive evaluation that records brain electrical activity to observe patterns of functioning, attention, rest, and regulation. It serves as an initial map to guide the personalized program.

- **Neurofeedback (45 min per session):** Technology-assisted brain training that provides real-time feedback to promote self-regulation, focus, calm, and flexibility of the nervous system.
- **Psychometric evaluation (45-60 min):** Self-assessment tools to identify emotional trends, stress, habits, perception of well-being, and areas of opportunity.
- **InBody and metabolic monitoring (30-45 min):** Measurement of body composition and variables related to general physical status to guide recovery, nutrition, and wellness recommendations.
- **Nutritional consultation (60 min):** Personalized session to review habits, goals, and practical recommendations for conscious eating and metabolic support.
- **Traditional Mexican Temazcal (2-3 h):** Ancestral ceremony of heat, steam, and medicinal plants that works as a physical and emotional integration closing within the program.
- **Infrared therapy / Infrared sauna (30-45 min):** Controlled exposure to infrared heat to promote muscle relaxation, sweating, recovery, and rest.
- **Float tank / Floatation (45-60 min):** Floatation experience in a controlled environment that reduces external stimuli and promotes deep relaxation, introspection, and mental rest.
- **Specialized massage (60 min):** Body therapy adapted to the guest's state to release tension, promote recovery, and integrate neurological and emotional work.
- **Personalized protocol and follow-up (30 days):** Document and subsequent virtual accompaniment with continuity recommendations based on the experience and evaluations performed.

AYEKA IMMERSION

1. **Name of the experience:** AYEKA IMMERSION
2. **City, State, and Country:** Valle de Guadalupe, Ensenada, Baja California, Mexico.
3. **Duration:** 1 night / 2 days
4. **Recommended age range:** 18 years and older. Minors only with special authorization, accompaniment of a responsible adult, and prior validation from Ayeka.
5. **Minimum and maximum number of participants:** Minimum 1 participant; suggested maximum of 40 participants, subject to the type of experience, operational availability, and group configuration.
6. **Language:** Spanish and English. The experience can be adapted to the group's primary language with prior confirmation.
7. **Price:** \$680 USD per individual guest. Rate for two guests sharing a room: \$1,088 USD total (\$544 USD per person), subject to availability and booking conditions.
8. **Brief description:** A brief 1-night, 2-day getaway designed as a strategic pause to restore energy, release stress, and reconnect with nature without committing to a long retreat.
9. **What makes it unique?:** It condenses the essence of Ayeka into a short format: lodging, farm-to-table meals, herbal tonic, guided experience, massage or equine therapy, sauna/cold plunge, and access to the bio-pool.
10. **What can participants expect?:** A quick disconnection from the daily pace, rest, conscious dining, body or equine therapy, hydrotherapy, and time in nature.
11. **Main objective:** To renew physical and mental energy during a short stay, generating a real pause for regulation and rest.
12. **Featured activities:** One 60-to-90-min guided experience; 60-min relaxing massage or equine therapy; 45-to-60-min sauna and cold plunge; access to the bio-pool; farm-to-table meals and herbal tonic.
13. **Benefits:** Relaxation, rapid recovery, stress reduction, mental clarity, and a sense of reset in a short time.
14. **Concept of the experience:** A strategic weekday or short pause to recover energy and return to the body without the need for a long retreat.
15. **Ideal participant profile:** People with limited time who wish for a complete restorative experience in one night, including conscious food, therapy, and nature.
16. **Program focus:** Short-term regulation, rest, contact with water and nature, body or equine therapy, and reconnection with wellness habits.
17. **Includes:** One night of lodging, farm-to-table meals, herbal tonic, one guided experience, massage or equine therapy, sauna/cold plunge protocol, and access to the bio-pool.
18. **Does not include:** Transportation, extra treatments, additional beverages or food, personal purchases, or private activities outside the program.
19. **Customization of the experience:** The guest can receive a relaxing massage or equine therapy subject to availability. The guided experience can vary among nature, art, farming, or wellness.
20. **Accompaniment and safety:** The Ayeka team accompanies the guest upon arrival, orients the use of facilities, and guides scheduled activities.

21. **Physical level required:** Low. Required capability to walk short distances, participate in gentle activity, and use the sauna/cold plunge if desired.
22. **Lodging included:** Yes. Includes 1 night of lodging at Ayeka.
23. **Meals included:** Yes. Includes farm-to-table meals according to the itinerary and an herbal tonic.
24. **Transportation included:** Not included. The participant covers their transfer to and from Ayeka. Upon request, Ayeka can guide with external transportation options.
25. **Guided activities:** Yes. Includes a guided experience and massage or equine therapy, plus orientation for the sauna/cold plunge.
26. **Materials or equipment included:** Yes. Includes activity materials, towels, hydrotherapy equipment, and necessary resources for the included therapy.
27. **Photographs or digital content:** Not regularly included. It may be offered as an additional service or as part of special campaigns/promotions, always respecting guest privacy.
28. **Other services included:** Access to the bio-pool, trails, rest areas, sauna/cold plunge, and natural spaces of Ayeka.
29. **Expenses covered by the participant:** Transportation, personal purchases, extra treatments, additional beverages or food, and activities not included.
30. **Who is it recommended for?:** For guests who need a brief but significant pause, a night of rest, a therapy session, and contact with nature.
31. **Who is it not recommended for?:** It is not ideal for those seeking a deep multi-day process, multiple therapies, or advanced scientific assessment.
32. **Expected result upon completion:** A sense of restart, rest, mental clarity, and sufficient physical recovery to return with more energy to the daily rhythm.
33. **Physical benefits:** Muscle relaxation, rest, circulatory activation, physical recovery, and reduction of body tension.
34. **Emotional benefits:** Calm, emotional lightness, mental clarity, and a sense of pause from the daily routine.
35. **Skills or knowledge:** Simple tools for pausing, breathing, presence, physical recovery, and reconnecting with wellness habits.
36. **Location:** Ayeka Integrative Center, Valle de Guadalupe, Ensenada, Baja California, Mexico.
37. **How to get there:** Access by car from Ensenada, Tijuana, or the San Diego airport. It is recommended to arrive with enough time to check in calmly and start the experience without rushing.
38. **Venue characteristics:** Wellness center immersed in nature with a farm-to-table restaurant, dome/agora for immersive experiences, natural spa, temazcal, sauna, cold plunge, bio-pool, jacuzzi, trails, lodging, and contemplation areas.
39. **Ayeka environment experience:** The environment is designed to slow down: architecture integrated into the landscape, silence, vegetation, open spaces, water, fire, earth, seasonal gastronomy, and areas created to promote rest, presence, and sensory connection.
40. **Type of food:** Farm-to-table cuisine with local, organic when possible, seasonal ingredients prepared with a wellness focus.

41. **Vegetarian options:** Yes, available with prior notice.
42. **Vegan options:** Yes, available with prior notice.
43. **Dietary restrictions:** Yes. Guests are requested to report allergies, intolerances, medical restrictions, or dietary preferences prior to arrival to adapt the menu within operational possibilities.
44. **Dietary and therapeutic customization:** Dietary restrictions can be adapted, and guests can choose between a massage or equine therapy according to availability and preferences.
45. **Host:** Ayeka multidisciplinary team.
46. **Biography:** Team composed of specialists in wellness, hospitality, body therapies, nature, art, nutrition, emotional accompaniment, immersive experiences, and human development.
47. **Ayeka philosophy:** Ayeka integrates nature, science, conscious hospitality, and therapeutic practices to create experiences that help regulate the nervous system, restore physical vitality, and deepen personal awareness.
48. **Experience methodology:** Each program combines a conscious arrival, nutritious dining, body practices, contact with nature, selected therapies, spaces of silence, and integration so that the guest can experience a gradual and safe transformation.
49. **Recommended clothing:** Comfortable clothing, swimsuit, sandals, sneakers or walking shoes, hat or cap, jacket for the evening, and appropriate layers for the temperature changes of Valle de Guadalupe.
50. **Personal items:** Water bottle, sunscreen, toiletries, a change of clothes, a notebook if you wish to write, personal medications, and any item necessary for your comfort.
51. **Required physical conditions:** Ability to walk short distances, participate in gentle activities, and tolerate temperature changes if using hydrotherapy.
52. **Minimum age:** 18 years old. Minors only under special authorization and accompanied by a responsible adult.
53. **Is prior experience required?:** No. All activities are designed to be accessible and guided. Some experiences can be adapted according to physical or emotional conditions.
54. **Bad weather:** Activities can be adapted, rescheduled, or moved to covered spaces according to weather, safety, and the operational criteria of the Ayeka team.
55. **Health recommendations:** Inform about allergies, pregnancy, injuries, high or low blood pressure, heart problems, claustrophobia, or relevant conditions prior to arrival.
56. **Safety notes:** Hydrotherapy is voluntary and can be adjusted. It is recommended to hydrate and communicate any discomfort to the team.
57. **Cancellation policy:** Subject to Ayeka's current terms and the conditions of the corresponding booking platform or channel.
58. **Refunds:** According to applicable booking policies, cancellation timing, and sales channel conditions.
59. **Booking modification:** Subject to availability, current policies, and confirmation from the Ayeka team.

60. **Additional information:** Schedules may be adjusted according to weather, therapist availability, group needs, and the pace of the experience. Ayeka prioritizes safety, therapeutic quality, and the coherence of the process.
61. **Photographs:** Available in promotional material. Taking photographs during activities may be limited to preserve privacy, silence, and integration.
62. **Promotional videos:** Available according to the current campaign and materials authorized by Ayeka.
63. **Testimonials:** Available upon request or according to authorized promotional material.

Suggested itinerary at the end of the departure

- **Day 1 — Regulation:** Check-in, welcome herbal tonic, conscious lunch or dinner, guided experience, sauna and cold plunge, light dinner, and rest.
- **Day 2 — Restoration:** Morning cold plunge, organic breakfast, relaxing massage or equine therapy, quiet time in nature, and departure.

Included activities and therapies with duration and description

- **Relaxing massage or equine therapy (60 min):** The guest receives a body restoration therapy or a horse-assisted session. Both options seek to regulate the nervous system, reduce tension, and facilitate presence.
- **Sauna and cold plunge (45-60 min):** Heat and cold protocol to renew energy, activate circulation, and support physical recovery.
- **Guided experience (60-90 min):** Nature, art, farming, or wellness activity designed for the guest to connect with Ayeka in a practical and sensory way.
- **Bio-pool and trails (Free use):** Rest spaces to integrate the experience in contact with water, vegetation, and landscape.
- **Herbal tonic (15 min):** Botanical welcome beverage to mark the transition toward an experience of pause, calm, and well-being.

DAY PASS AYEKA

1. **Name of the experience:** DAY PASS AYEKA
2. **City, State, and Country:** Valle de Guadalupe, Ensenada, Baja California, Mexico.
3. **Duration:** 1 day
4. **Recommended age range:** 18 years and older. Minors only with special authorization, accompaniment of a responsible adult, and prior validation from Ayeka.
5. **Minimum and maximum number of participants:** Minimum 1 participant; suggested maximum of 40 participants, subject to the type of experience, operational availability, and group configuration.
6. **Language:** Spanish and English. The experience can be adapted to the group's primary language with prior confirmation.
7. **Price:** \$220 USD weekdays / \$260 USD weekends, subject to availability and booking conditions.
8. **Brief description:** A one-day experience to renew energy, clarity, and well-being without lodging. Designed for those who wish to live the essence of Ayeka in a single day of nature, conscious food, hydrotherapy, and rest.
9. **What makes it unique?:** It is the gateway to Ayeka: it allows experiencing farm-to-table dining, a guided activity, herbal tonic, sauna/cold plunge, bio-pool, and trails all in a single day.
10. **What can participants expect?:** A restorative pause of several hours with a welcome, guided activity, conscious lunch, thermal contrast, rest in the bio-pool, and contact with nature.
11. **Main objective:** To offer a brief but significant experience of nervous system regulation, rest, and reconnection with the natural environment.
12. **Featured activities:** Guided activity of 60 to 90 min; farm-to-table lunch; herbal tonic; sauna and cold plunge of 45 to 60 min; access to the bio-pool and nature trails.
13. **Benefits:** Stress reduction, energy renewal, rest, presence, mental clarity, and a first contact with the Ayeka experience.
14. **Concept of the experience:** A brief one-day reset to get to know Ayeka and experience a wellness pause without lodging.
15. **Ideal participant profile:** Local visitors, Valle de Guadalupe travelers, or people who wish to try Ayeka before booking a retreat with lodging.
16. **Program focus:** Introduction to nature, farm-to-table gastronomy, hydrotherapy, and conscious rest in an accessible one-day journey.
17. **Includes:** One farm-to-table lunch, herbal tonic, one guided activity, access to the bio-pool, sauna/cold plunge, and trails during the visit.
18. **Does not include:** Lodging, transportation, private treatments, additional therapies, extra food or beverages, private photography, or activities outside the program.
19. **Customization of the experience:** The guided activity can vary depending on availability: nature, art, farming, wellness, or a sensory tour of the territory.
20. **Accompaniment and safety:** The Ayeka team receives the visitor, orients the use of facilities, and accompanies the guided activity and the hydrotherapy protocol.
21. **Physical level required:** Low. Gentle activities, short walks, and voluntary use of the sauna/cold plunge.

22. **Lodging included:** Does not include lodging.
23. **Meals included:** Yes. Includes one farm-to-table lunch and an herbal tonic.
24. **Transportation included:** Not included. The participant covers their transfer to and from Ayeka. Upon request, Ayeka can guide with external transportation options.
25. **Guided activities:** Yes. Includes one guided activity and orientation for the sauna/cold plunge.
26. **Materials or equipment included:** Yes. Includes materials for the scheduled activity, towels, and basic equipment for hydrotherapy.
27. **Photographs or digital content:** Not regularly included. It may be offered as an additional service or as part of special campaigns/promotions, always respecting guest privacy.
28. **Other services included:** Access during the day to the bio-pool, trails, natural areas, sauna/cold plunge, and designated common areas.
29. **Expenses covered by the participant:** Transportation, personal purchases, additional food or beverages, private treatments, and activities not included.
30. **Who is it recommended for?:** For those who want a one-day wellness pause or a first experience at Ayeka without staying overnight.
31. **Who is it not recommended for?:** It is not ideal for those seeking a deep process, multiple therapies, lodging, or personalized follow-up.
32. **Expected result upon completion:** A sense of rest, renewed energy, mental clarity, and a first connection with the Ayeka philosophy.
33. **Physical benefits:** Relaxation, circulatory activation, tension reduction, and a sense of physical rest during the day.
34. **Emotional benefits:** Calm, mental clarity, stress reduction, and a sense of renewal.
35. **Skills or knowledge:** Basic tools for pausing, breathing, presence, and self-care that can be integrated into daily life.
36. **Location:** Ayeka Integrative Center, Valle de Guadalupe, Ensenada, Baja California, Mexico.
37. **How to get there:** Access by car from Ensenada, Tijuana, or the San Diego airport. It is recommended to arrive with enough time to check in calmly and start the experience without rushing.
38. **Venue characteristics:** Wellness center immersed in nature with a farm-to-table restaurant, dome/agora for immersive experiences, natural spa, temazcal, sauna, cold plunge, bio-pool, jacuzzi, trails, lodging, and contemplation areas.
39. **Ayeka environment experience:** The environment is designed to slow down: architecture integrated into the landscape, silence, vegetation, open spaces, water, fire, earth, seasonal gastronomy, and areas created to promote rest, presence, and sensory connection.
40. **Type of food:** Farm-to-table cuisine with local, organic when possible, seasonal ingredients prepared with a wellness focus.
41. **Vegetarian options:** Yes, available with prior notice.
42. **Vegan options:** Yes, available with prior notice.

43. **Dietary restrictions:** Yes. Guests are requested to report allergies, intolerances, medical restrictions, or dietary preferences prior to arrival to adapt the menu within operational possibilities.
44. **Dietary and therapeutic customization:** Dietary restrictions can be considered with prior notice. The day's activity depends on the calendar, weather, and operations.
45. **Host:** Ayeka multidisciplinary team.
46. **Biography:** Team composed of specialists in wellness, hospitality, body therapies, nature, art, nutrition, emotional accompaniment, immersive experiences, and human development.
47. **Ayeka philosophy:** Ayeka integrates nature, science, conscious hospitality, and therapeutic practices to create experiences that help regulate the nervous system, restore physical vitality, and deepen personal awareness.
48. **Experience methodology:** Each program combines a conscious arrival, nutritious dining, body practices, contact with nature, selected therapies, spaces of silence, and integration so that the guest can experience a gradual and safe transformation.
49. **Recommended clothing:** Comfortable clothing, swimsuit, sandals, sneakers or walking shoes, hat or cap, jacket for the evening, and appropriate layers for the temperature changes of Valle de Guadalupe.
50. **Personal items:** Water bottle, sunscreen, toiletries, a change of clothes, a notebook if you wish to write, personal medications, and any item necessary for your comfort.
51. **Required physical conditions:** Ability to walk short distances and participate in gentle activities. Hydrotherapy is voluntary.
52. **Minimum age:** 18 years old. Minors only under special authorization and accompanied by a responsible adult.
53. **Is prior experience required?:** No. All activities are designed to be accessible and guided. Some experiences can be adapted according to physical or emotional conditions.
54. **Bad weather:** Activities can be adapted, rescheduled, or moved to covered spaces according to weather, safety, and the operational criteria of the Ayeka team.
55. **Health recommendations:** Inform about allergies, pregnancy, high or low blood pressure, heart problems, injuries, or conditions that could affect the sauna/cold plunge.
56. **Safety notes:** The sauna/cold plunge experience can be adapted or omitted. It is recommended to hydrate and not perform activities that cause physical discomfort.
57. **Cancellation policy:** Subject to Ayeka's current terms and the conditions of the corresponding booking platform or channel.
58. **Refunds:** According to applicable booking policies, cancellation timing, and sales channel conditions.
59. **Booking modification:** Subject to availability, current policies, and confirmation from the Ayeka team.
60. **Additional information:** Schedules may be adjusted according to weather, therapist availability, group needs, and the pace of the experience. Ayeka prioritizes safety, therapeutic quality, and the coherence of the process.
61. **Photographs:** Available in promotional material. Taking photographs during activities may be limited to preserve privacy, silence, and integration.

62. **Promotional videos:** Available according to the current campaign and materials authorized by Ayeka.

63. **Testimonials:** Available upon request or according to authorized promotional material.

Suggested itinerary at the end of the departure

- **One-day journey — Brief Reset:** Arrival and welcome with an herbal tonic, initial tour, guided nature/art/farming activity, farm-to-table lunch, sauna and cold plunge protocol, rest in the bio-pool or trails, and departure.

Included activities and therapies with duration and description

- **Guided activity (60-90 min):** Practical nature, art, farming, or wellness experience designed to connect the visitor with the territory and with a conscious pause.
- **Sauna and cold plunge (45-60 min):** Sequence of heat and cold to activate circulation, reduce tension, and generate a sense of renewed energy.
- **Farm-to-table lunch (60-90 min):** Conscious meal prepared with local and seasonal ingredients, designed as part of the wellness experience and connection with the Valley.
- **Bio-pool and trails (Use during the visit):** Natural spaces for rest, contemplation, and reconnection during the day.
- **Herbal tonic (15 min):** Botanical welcome beverage that introduces the visitor to Ayeka's rhythm and the relationship with local plants.

Usage Note

Document generated for uploading and adaptation on OTAs, experience platforms, retreats, and Ayeka's commercial channels. Schedules, therapist availability, activity configurations, and final conditions may be adjusted according to operations, weather, and booking confirmation.