Living Ground Spa

Treatments and prices

Our treatments are made with kaolin clay from our own land, our microbe compost and plants from our gardens. Oils and mists are chosen for your dosha, and every treatment begins with a short conversation about what your skin and body need. To book, send us a message on WhatsApp: **+593 98 877 1568**.

Day packages

Every package includes lunch: a soup of your choice from our menu, a green salad with your choice of dressing, raw crackers and ferments, fermented tomato salsa and guacamole, with a fresh green juice and herbal teas.

The Living Ground Day — $140

6.5 hours. The whole spa in one day. You begin in the sauna, then go down to the clay cave for our microbe compost bath and a clay and herb bath. After lunch comes a full facial, an Ayurvedic head massage and a hydromassage bath soak with Epsom salts, and the day ends with quiet time in the meditation room.

Soil to Skin — $85

4.5 hours. Sauna, then a clay or compost wrap or bath in the cave. After lunch comes a full facial.

Beauty Day — $105

4.5 hours. A hydromassage bath soak with Epsom salts, a full facial, an Ayurvedic head massage and our hands and feet treatment, with lunch in between. Face, scalp, hands and feet in one visit.

Lunch — $13

Add lunch to any treatment. A soup of your choice from our menu, a green salad with your choice of dressing, raw crackers and ferments, fermented tomato salsa and guacamole, with a fresh green juice and herbal teas.

Facials

Every facial uses kaolin clay from our own land and plants from our gardens.

Herbal Facial for Your Dosha — $22

45 min. We begin with a short conversation to find your dosha, then choose the herbs, clay and mist to suit it. Your face is washed with our soap nut cleanser, masked with our kaolin and dried garden herbs, and misted with flower water. It finishes with light, slow strokes of oil from the collarbones up through the neck, jaw, cheeks and brow.

Full Facial — $30

75 min. Our most complete facial. A soap nut wash, gentle exfoliation, a herbal steam from the garden and a clay and flower pack, then a slow massage of the face, neck and shoulders with your dosha oil, finished with a flower water mist.

Rose and Jasmine Facial — $30

45 min. Rose and jasmine flowers from the garden, dried and ground into our kaolin, then finished with rose water from our own still. A facial for the pleasure of the scent as much as for the skin.

Honey, Milk and Oat Facial — $20

45 min. A facial without clay, for dry or easily upset skin. Your face is washed with oat milk, masked with raw honey and flower powder or with avocado from our trees, and calmed with a mallow water compress before a little oil.

Exfoliating Facial — $24

60 min. For dull skin. A herbal steam softens the skin before a gentle polish of kaolin, fine powder from our own loofahs and yogurt. A yogurt mask follows, whose lactic acid loosens old cells, and horsetail water and oil finish it.

Green Garden Facial — $20

45 min. Nettle and our kaolin, misted with horsetail water. For oily skin and open pores we use yarrow clay and a yarrow face water instead.

Cooling Aloe Facial — $20

45 min. For hot skin, or skin that has had too much sun. A cool mask of fresh purslane from the garden, chamomile tonic water, and aloe gel cut straight from the leaf and left on the skin.

Calendula Facial — $20

45 min. For skin worn by sun and wind. Calendula and aloe in our clay, followed by calendula oil infused from our own flowers.

Add-on: Tired Eyes — $5

Pads soaked in cold black tea, then slices of chilled cucumber, rest on closed eyes while your mask works.

Massage and bodywork

Our house head massage plus sessions with our visiting practitioners.

Ayurvedic Head Massage **$25**
45 min. Warm dosha oil worked slowly into the scalp, neck and shoulders and around the ears. You can leave the oil in to soak or have it washed out with our soap nut wash, and a dosha mist finishes it.

Hot Stone and Oil Massage with Manuela **$29**
60 min. Heated stones and warm oil sink deep into the muscles so they soften and release tension. Deeply calming, warming and grounding. With Manuela, one of our visiting practitioners.

Full Body Massage with Cecilia **$35**
60 min. A full hour of massage for the whole body, working out knots and held tension to bring you into deep relaxation.

Neck and Back Massage with Cecilia **$20**
30 min. A tension-releasing massage for the neck and back, where stress gathers most, bringing deep relaxation to the whole upper body.

Hands and feet

Our house treatment plus sessions with our visiting practitioners.

Hands and Feet **$20**
45 min. A warm herbal foot bath and a soap nut wash, a clay and loofah paste for rough heels, then our plantain, calendula and chamomile salve worked slowly into hands and feet. Made for hands that garden and feet that walk.

Hand and Foot Spa with Daniela **$25**
30 to 45 min. The complete treatment for hands and feet together. Traditional nail care combined with a gentle cleanse, exfoliation and deep hydration, to restore softness, improve circulation and ease tiredness.

Foot Spa with Daniela **$15**
30 to 45 min. More than a pedicure: nail care combined with a cleanse, exfoliation and deep hydration for tired feet, leaving the skin soft, refreshed and relaxed.

Hand Spa with Daniela **$12**
30 to 45 min. More than a manicure: nail care combined with a cleanse, exfoliation and deep hydration, leaving your hands soft, nourished and cared for.

Foot Reflexology with Emma **$40**
1.5 to 2 hours. A deep, unhurried session with Emma: a deeper dive into the reflexes of the feet, with deeper attention. She works slowly through the points on each foot, traditionally connected to different areas of the body, and stays with the places that ask for more. Through mindful touch and pressure, it can help release tension, stimulate circulation and detoxification, encourage deep relaxation, release blockages and restore balance. For a short session, see Foot Reflexology with Cecilia (30 min).

Foot Reflexology with Emma, 4 sessions **$140**
4 sessions of 1.5 to 2 hours. A course of four of Emma's deep foot reflexology sessions, 1.5 to 2 hours each, at $35 a session.

Foot Reflexology with Cecilia **$15**
30 min. Pressure on the reflex points of the feet, traditionally connected to different areas of the body, to release tension, encourage circulation and bring the body back into balance.

Hand Reflexology with Cecilia **$12**
30 min. The same gentle reflex point work on the hands. A lovely way to relax, and an easy addition to any other treatment.

Body treatments

Compost and Herb Wrap **$30**
60 min. Our signature treatment. Microbe compost made from plants only and checked under the microscope, blended with kaolin from our land and dried garden herbs. You are wrapped warm while it works, then rinsed and finished with chamomile tonic water and oil.

Clay and Herb Wrap **$30**
60 min. Kaolin from our land with dried chamomile, lavender, rose, calendula, nettle and yarrow from the garden. You are wrapped warm, then rinsed and misted with tonic water.

Exfoliating Body Treatment **$27**
45 min. Our own loofahs with soap nut wash, then a scrub of coffee grounds from the café in oil, or a softer oat and loofah polish. You are rinsed warm and oiled while the skin is still damp, and your loofah goes home with you.

Heat and baths

Special Microbe Compost Bath **$35**
45 min. A warm mud bath of our microbe compost and kaolin in the clay cave. The compost is made from plants only, and every batch is checked under the microscope before it is used.

Clay and Herb Bath **$35**

45 min. Warm water with our kaolin and an infusion of garden herbs, in the clay cave. Soft on the skin and cooling after the sauna.

Hydromassage Bath Soak **$20**

30 min. A warm hydromassage bath with Epsom salts and an essential oil you choose with us. The jets work along your back, hips and legs while the warm, silky water softens the skin. Then a short rinse, chamomile tonic water and your dosha oil, and a cup of tea.

Sauna **from $20**

60 min. $20 for 1, $35 for 2, $40 for 3. Warm up, sweat and let go. Every sauna includes hot rocks with herbal infusions, and herbal tea water to drink. We only heat the sauna for reservations, so please book ahead. The sauna is also included in the day packages above.

Energy and sound healing

Sessions with our visiting practitioners.

Shamanic Healing with Alan **$139**

2 hours. A full two-hour session of shamanic extraction and soul retrieval in a 3,000-year-old Andean lineage, beginning with a conversation about what you are carrying. No plant medicine is needed.

Sound Healing with Alan **On request**

Voice, crystal bowls, bells, chimes and percussion to bring body and mind back into harmony and into deep rest.

Reiki with Alan **$105**

90 min. Reiki with a certified Reiki Master, to release the dense, stuck energy beneath anxiety, stress and tension. In person or at a distance.

Brainspotting with Alan **$105**

90 min. Uses eye positions linked to an emotional charge to reach where trauma and stress are held, supported by shamanic and somatic work.

Breathwork with Alan **$105**

90 min. Guided conscious connected breathwork to release suppressed feelings, physical blocks and old survival patterns.

Reiki and Sound Healing with Leelah **$33**

60 min. Reiki, sound therapy and meditation woven together in a safe, nurturing space, to help you reconnect with your inner harmony.

Creative Expressions

Sessions with our visiting practitioners.

Intuitive Singing, one to one with Emma **$20**

1.5 hours. A playful, guided exploration of the voice through sensation, emotion, and free expression. Emma believes deeply in the healing power of the voice and the courage it takes to express our inner selves. Musical instruments are welcome.

Intuitive Singing, in a group with Emma **$10**

1.5 hours. The same session in a small group, priced per person.

Intuitive Expression with Emma **On request**

Intuitive singing and movement combined. Ask us for details.

If Your Body Could Paint: Somatic Art Therapy with Amanda **$33**

2 hours. Somatic art therapy with neurographics. Allow your body to communicate with you through line and colour; what matters is what you notice and what it means to you. Tuition, tools and materials included, and no art experience needed.

Meditative Mandalas with Amanda **$25**

2 hours. Begin with 20 minutes of gentle Qigong, then create a mandala that tells your story from seven symbols chosen with Amanda. You leave with a personal piece of art to keep.

Tea and Botanical Watercolour with Amanda **$15**

1 hour. A quiet hour of herbal tea and watercolour in the garden. Amanda shows you step by step how to paint the herb or flower in your cup, and you take home a small hand-painted botanical card.

Intuitive Painting with Amanda **$18**

1.5 hours. Begin with 20 minutes of gentle Qigong and herbal tea from the property, then paint with the materials and colours you feel drawn to, guided step by step by Amanda.

Medical Qi Gong with Malama **By donation**

Wed & Sun, 11 am, about 1 hour. Gentle, restorative Qi Gong movements that open the meridians and calm the mind, body and spirit. Easy to follow and suitable for young and old. Malama has practised and taught Qi Gong for over 30 years. Every Wednesday and Sunday at 11 am, offered by donation.