



REDONDO DE  
**GUAYEDRA**

## HOLISTIC WELLNESS

Experience the Healing Power of Quantum Energy and  
Therapeutic Massages







# Treatments





# Welcome



*in the OASIS of Guayedra Redondo...*

Experience our holistic services on the most magical place of the aboriginals of Gran Canaria, Guayedra in Agaete. We welcome you in the beauty of the surroundings while you get full attended to your personal needs and a holistic approach for you well-being.

Holistic therapy incorporates the mind, body, and soul into the process of healing. We believe that the goal is to move toward integrative healthcare—where the best of both conventional therapies and holistic healing practices are available to all, and providers from both work together for the best patient outcome.







## About me

I'm Sharmila Chander, a holistic therapist based in the beautiful Canary Islands, with a deep-rooted passion for healing and wellness. I am dedicated since 15 years with offering a variety of services with one goal: to empower each individual to reach their full potential in physical, emotional, and spiritual health.

As a specialist in therapeutic massages, I seek to be your ally in releasing tension and stress, providing you with respite and rebalancing your energy so you can feel rejuvenated and renewed. Through my hands, I invite you to explore an oasis of tranquility and balance.





## COMPLETE MASSAGE/ HEALING MASSAGE

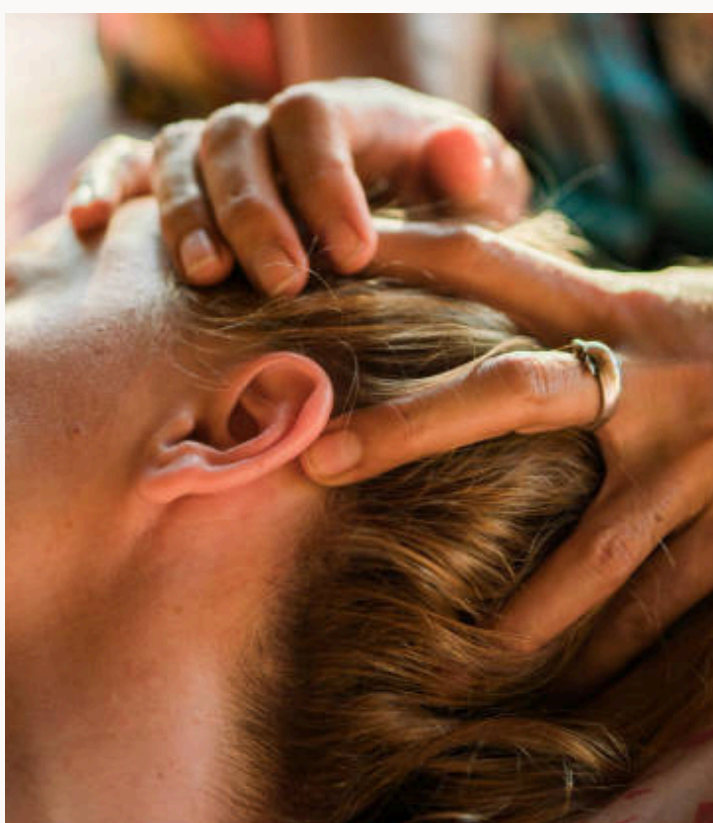
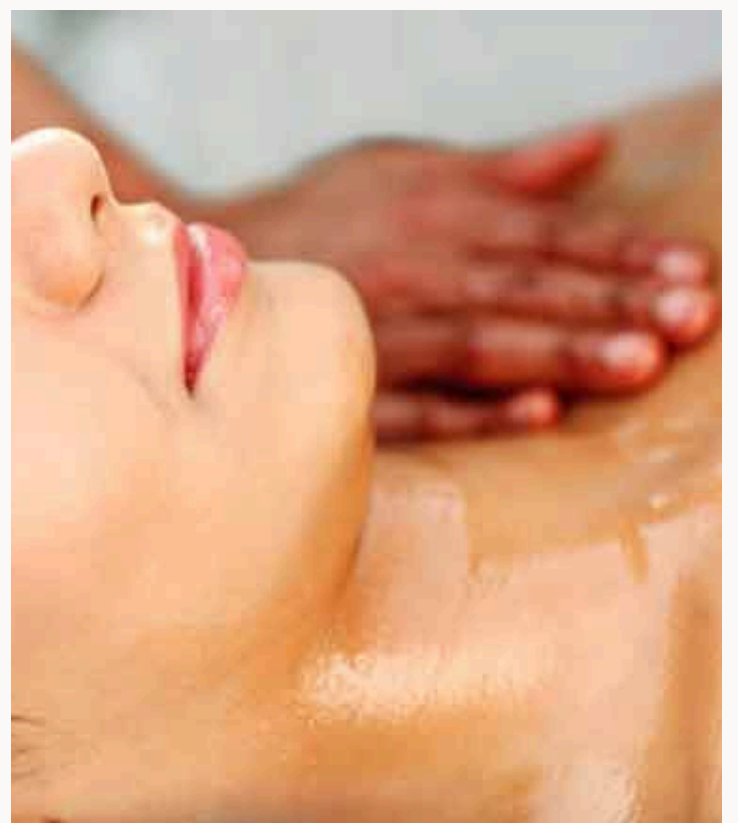
€ 85,- / 95,- € (60 min.)

Combination of massage, pressure points and with or without healing to achieve a deep cleansing on an energetic level. Healing massage, holistic therapy.

## AYURVEDA MASSAGE

€ 95,- (60 min.)

Indian Ayurvedic massage with hot oils and essential aromas. Perfect for balancing and stimulating the senses. Relaxing with smooth movements to bring the flexibility back .



## CHAMPI, INDIAN HEAD MASSAGE

€ 70,- (50 min.)

Indian Head massage of the scalp, neck and shoulders. A beautiful facial massage and facial healing to end this journey. Good to release mental tensión or stress.







## FEET/ LEG MASSAGE

€ 60,- (45 min.)

Relaxing massage to release tension and stress from the feet and ground yourself again with earth.

Ayurvedic technics are being applied.

## REIKI HEALING

€ 70,- (60 min.)

This energy healing is believed to help balance and harmonise the recipient's energy system, promoting relaxation, reducing stress, and stimulating the body's natural healing process.



## FACIALS/ MANICURE & PEDICURE

€ 95,- /€ 85 (80 min.) / (120 min )

We offer a basic facial treatment with natural products and face massage with healing, to let you glow from inside out. Or get your manicure/pedicure done with a short massage.





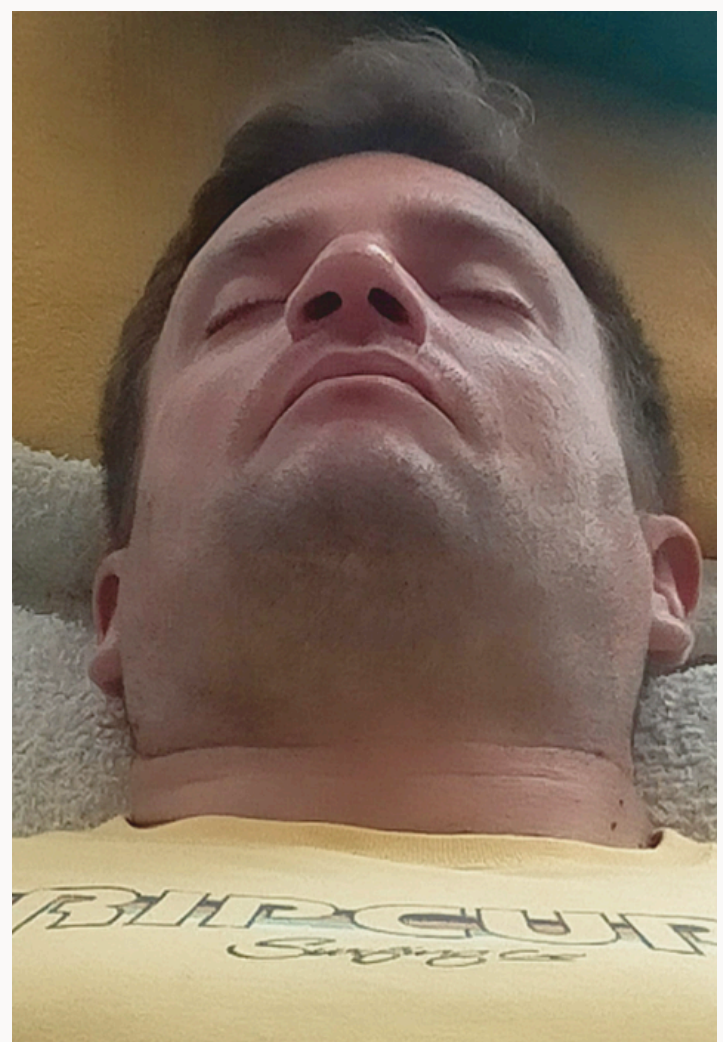
# Energetic Healings



## INNERDANCE, KUNDALINI ACTIVATION

95,-€ ( 60min)

"Unlock your inner potential and experience profound transformation through the enlightening journey of Kundalini Awakening Healing. Feel yourself grounding again with Earth. This is a process of self-discovery and to let go of old patterns.



## THE NEW THERAPY, QUANTUM HEALING

95,-€ ( 60min)

Quantum Healing is a Type of healing in which you work on shifting the energy on the subatomic level. You can experience immediate the quantum field and the movements inside which brings you in a state of hypnoses or a deep relaxation. This healing brings clarity and gives insights.



---

# Groups sessions

---



## INNERDANCE, KUNDALINI ACTIVATIONS

---

**GROUP THERAPY SESSIONS 80-€ ( 90min)**

Ready to awaken your inner energy and embrace transformation?

My purpose is to create a safe and supportive space where you can explore the depths of your being, connect with your inner wisdom, and unleash your true potential. Guiding you through the ancient practice of Kundalini energy and the enchanting healing power of Innerdance, I invite you in this group session, to join me in embracing the magic of holistic healing with mother Nature and our Inner Child.

- LET GO OF ENERGETIC BLOCKS OF YOUR MIND.
- FEEL THE NATURAL TRANCE AND CONNECT WITH THE QUANTUM FIELD.
- EMPOWER YOURSELF WITH YOUR INNER WISDOM.







---

# Groups classes

---

## YOGA KUNDALINI & MEDITACION

---

**20-€ ( 60min)**

With the knowledge of my Indian roots, I hope to guide you in a deeper dimension of Yoga and Meditation true mantras, and breathing exercises like pranayama and kriyas.

Yoga Kundalini helps you faster to experience the connexion with the Source or the quantum field that surrounds us.

The classes are in group (minimum 3 persons) or can be offered as a private class to give you the personal attention (on request). **35-€ ( 60min)**





# Wellness pack's



Complete Massage ( 60 min) +  
facial massage ( 30 min) +  
feet massage ( 30 min)

€ 185,- (120 min)

Release from head till to all the burdens  
and let go of all daily  
tensión by this full wellness treatment to  
renew yourself.



Ayurveda Massage (60 min) +  
Champi Indian head massage ( 50min) +  
Feet massage ( 30 min)

€ 200,- (140 min)

Surround yourself with oriental music and  
to merge yourself with oils and smells.  
Indian Ayurvedic massage in this oasis can  
help you to balance and more flexibility in  
the joints.



Shamanic Healing (60 min) +  
Facial massage (30 min) +  
Feet massage (30 min)

€ 175,- (120 min)

Integrate the four elements of nature inside  
yourself by the Water (emotions), Wind  
(breathing), Earth (body), and Fire (energy)  
and allow healing to ocurre.







# REDONDO DE GUAYEDRA

Get in Touch:

Contact: Sharmila Chander

Phone: (+34) 630285807

Languages:

