

NÔMADE TEMPLE HOLBOX

# PRIVATE SESSIONS

FOR EMOTIONAL HEALING

nômade  
TEMPLE

An aerial photograph of a tropical island resort. Several buildings with steeply pitched, thatched roofs made of palm fronds are nestled among lush green palm trees. To the left, a sandy beach meets the turquoise ocean. In the background, a small boat is visible in the water. The overall atmosphere is serene and natural.

NÔMADE  
TEMPLE

HOLBOX IS AN ISLAND THAT  
INSPIRES EMOTIONAL HEALING

Nômade is an ode to the ocean where  
restoration, renewal, and reconnection  
are at the heart of each experience.

# OUR INNER JOURNEY

To encourage a deep yet gentle experience where you receive the most value, we offer private consultations pre-arrival or on-site with our wellness team, who will explore your desires and intentions and then recommend the sessions and therapists that suit you best.

We recommend doing this before you arrive or at the very beginning of your stay, so we may curate the best journey for you.



NÔMADE TEMPLE HOLBOX

NÔMADE  
TEMPLE

' I NEED THE SEA,  
BECAUSE IT TEACHES ME...

IN SOME MAGNETIC WAY, I MOVE IN  
THE UNIVERSITY OF THE WAVES'.

PABLO NERUDA

The magic of Water and emotional healing  
sits at the center of the experiences we have  
created for you at Nômade Holbox



# WATER SESSIONS

When you want to shift heaviness, relax the nervous system and flow into a high vibration...



## WATER SESSION

Water therapy is a movement-based healing massage that combines somatic movements, breathwork, meditation, and sound to harness the transformative power of water. Taking place in the serene waters of Holbox, this therapy offers a deep journey of self-acceptance, encouraging you to embrace your emotions while honoring your vulnerability. It helps switch off the rational mind, allowing for profound relaxation and emotional release, fostering a deeper connection to your inner wisdom. Especially beneficial for relieving stress, promoting restful sleep, and liberating the body from blockages, many describe it as a return to the womb, where both the body and mind experience a serene release of tension, allowing for a sense of renewal and inner peace.

90 minutes



## ICE BATH

This session integrates breathwork, cold exposure, and mindset training to support mental and physical resilience. Guided breathing techniques prepare the body, followed by a structured introduction to cold therapy. Regular cold exposure has been linked to benefits such as enhanced immune function, improved circulation, better sleep, and reduced muscle soreness. It may also help regulate hormone levels, support mental health, and balance autoimmune responses. Cold therapy can contribute to metabolic efficiency and overall well-being.

\*This session is open to all but requires basic health. It is not recommended during pregnancy or for those with epilepsy, pacemakers, cardiovascular issues, or serious medical conditions—consult a doctor first.

70 minutes





## SEA YOGA

This class prioritizes joint flexibility and overall mobility while fostering a deep connection with the water element. Water, the symbol of creativity, guides us back to the intuitive right brain, housing our cerebellum and linked to our feminine energy. This energy transcends gender, nurturing the birth of fresh ideas, igniting inspiration, and facilitating emotional healing.

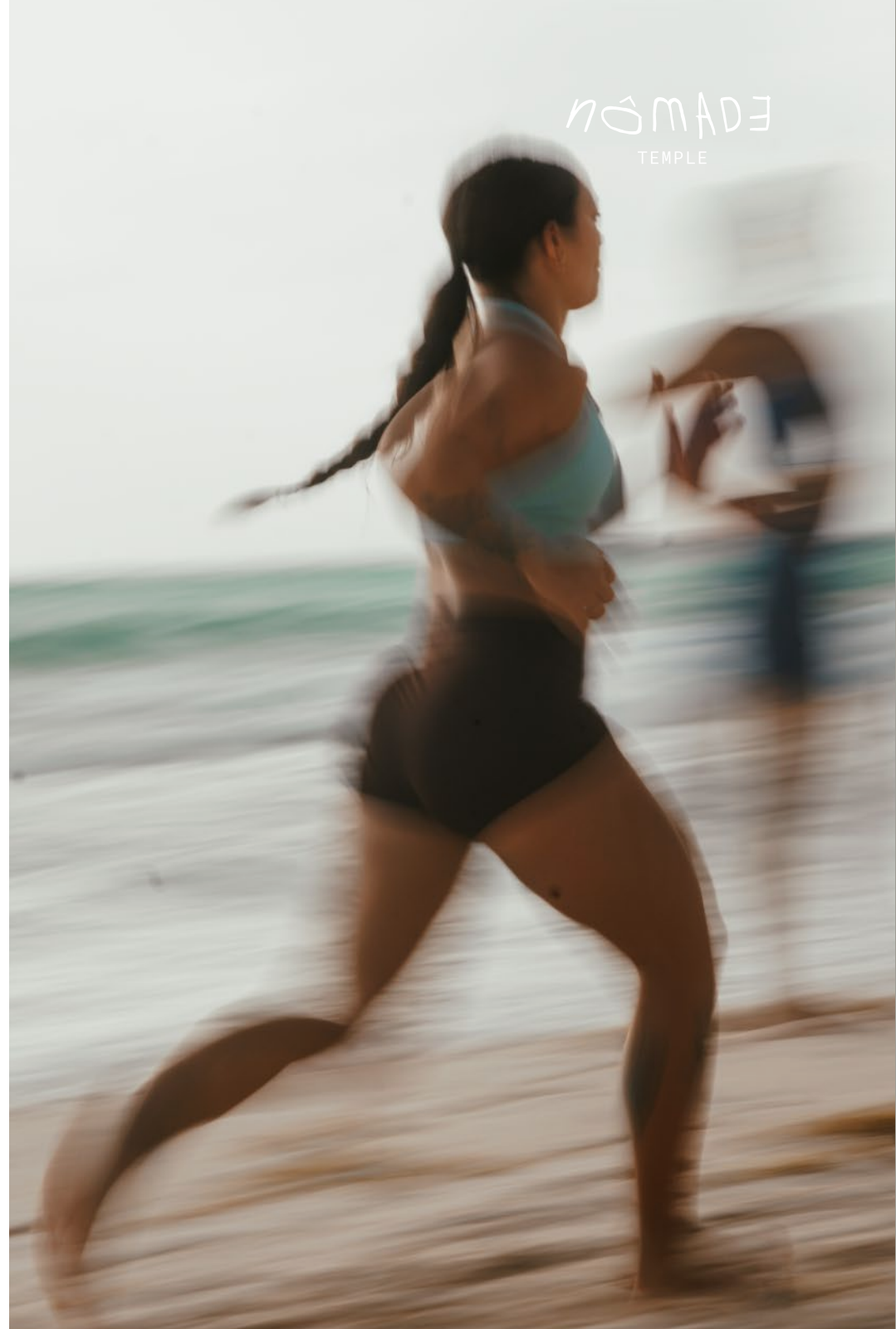
By releasing the hips in the water, we liberate the perineum, allowing the life force or kundalini energy to ascend effortlessly towards the heart and brain. Our session culminates with savasana in the sea a reset for the nervous system and a sealing of the practice within the body's cells.

75 minutes



## BEACH WORKOUT

This session is designed for those who want to stay active during their vacation without feeling drained. It focuses on full-body functional training, blending strength, cardio, core, and mobility work to support balance and sustained energy. Each workout is adapted to individual fitness levels and current physical state, offering a space to move mindfully, build strength, and remain physically engaged throughout the day.





## PADDLE YOGA

Paddle Yoga is an intimate experience designed for one to two people at a time, combining yoga and balance practice on a stand-up paddleboard in calm sea waters. This session focuses on breath-led movement, core engagement, and stability, offering a way to connect with the body and mind while surrounded by natural elements.



## WATER SOUND HEALING

Get ready to drift into a state of creativity and calm under the island sun. While you float in the warm pool, you'll be gently swayed as Tibetan singing bowls serenade your body with their soothing sounds. Pack your favorite swimsuit and bring a light stomach—we'll take care of the rest!

70 minutes



# EMOTIONAL HEALING





## HYPNOSIS FOR EMOTIONAL RESET

This one-on-one session uses therapeutic hypnosis techniques tailored to the participant's current state and intentions. Through guided relaxation and focused suggestion, the session supports access to deeper layers of the subconscious to help shift limiting patterns, reduce stress, and enhance mental clarity. It offers a grounded approach to self-inquiry, behavior change, and emotional regulation.

75 minutes

# FREEDOM WITHIN

A trauma-informed, neuroscience-based experience designed to help you reconnect with your inner strength. Through somatic work, we speak to the body to access the subconscious, bringing hidden belief systems to light so they can be integrated and released. A personalized breathwork practice supports this process, creating balance in the nervous system and anchoring the experience. The result is self-empowerment, freedom, and confidence within.

NOMADE  
TEMPLE







## EFT TAPPING

This practice combines acupressure and psychology to gently release negative emotions, break through blocks, and shift unwanted habits. Each session offers simple yet powerful tools to reprogram limiting beliefs, reduce stress, and invite greater clarity. By tapping into key points, you'll cultivate self-love, restore confidence, and create space for your goals and desires to take shape with renewed ease and energy.

# HIGHER LOVE

When you are ready for guidance  
In love, sexuality and relationships...

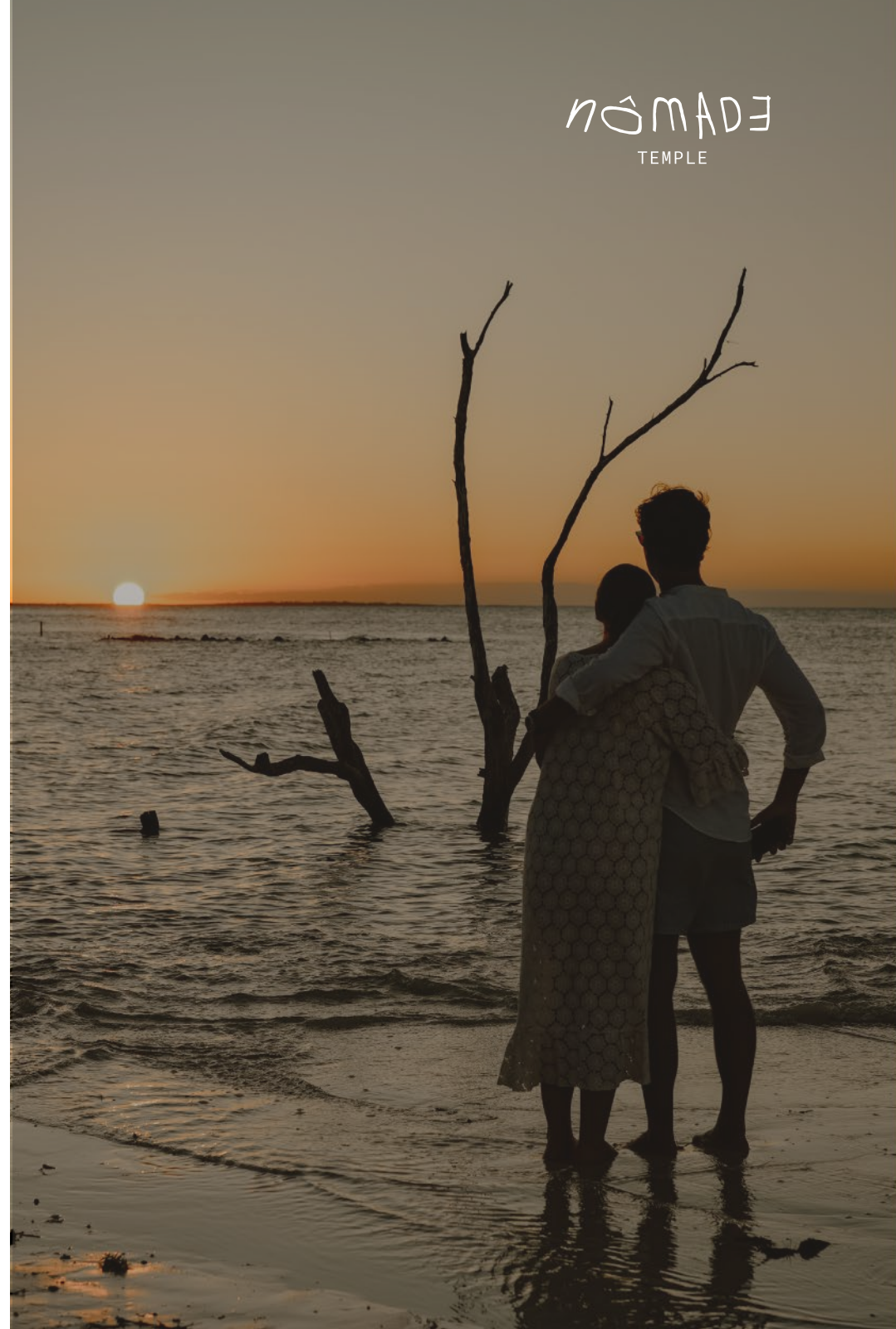


# HOLISTIC INTIMACY

A private session designed for couples who wish to deepen their bond and renew their connection on every level. Through guided practices, you will: strengthen emotional intimacy for open and authentic verbal communication. Enhance non-verbal connection, exploring body language, presence, and subtle cues that foster closeness. Energize your lovemaking, with techniques that revitalize your shared energy and awaken a renewed sense of passion. This experience creates a safe, supportive space for couples to reconnect, expand trust, and celebrate the joy of being together.

90 minutes

NOMADE  
TEMPLE





## WATER SESSION FOR COUPLES

The water offers a safe space for couples to strengthen the trust bond between them by tapping into a language that goes beyond words and the rational mind. The most important thing is to be present with each other through empathy and love. During this session, you learn to surrender in the arms of the other and remember that we all need to be held. There are times when you need to be strong to support your partner, and other times when you need to recognize your vulnerability to deepen the connection.

Water harmonizes the masculine and feminine energies within us first to balance them  
in our relationships.

90 minutes



# FEMININE ENERGY ACTIVATION

Amidst bustling lives, many women experience a depletion of their feminine essence while continually juggling masculine roles. This session provides a sanctuary for reconnecting with your feminine body and igniting your inner radiance through Taoist practices, womb healing, hormonal regulation, and energy work. The intention of this nurturing space is to cleanse the womb of bonds with the past and create fertile ground for new beginnings. Whether it's having a baby, attracting a high-caliber partner, nurturing a cherished project, establishing a home, fostering a new mindset, or embracing an evolved version of yourself, this transformative session empowers you to soften your edges, unfurl your heart, create healthy boundaries, and surrender to your natural cycles. Transitioning from hustle to magnetic allure, from exertion to graceful ease, this experience serves as a ceremonial passage to softening into receptivity.

75 minutes



nōMADE  
TEMPLE



## VOWS RENEWAL & BONDING CEREMONY

This ceremony is a heartfelt celebration of love, a moment to honor the journey shared and the path ahead. Designed for couples to renew their vows in deep gratitude for the forces that brought them together, this ritual unfolds amidst the elements—earth, water, fire, and air—each one symbolizing a facet of devotion and transformation. Guided through reflection and commitment, partners strengthen their bond embracing the presence of nature and the essence of their connection.

75 minutes





# TRADITIONAL & SENSORY EXPERIENCES

When it's time for rebirth, rituals,  
and a return to the roots of it all.



## GONG BATH

This session uses the vibrations of the gong to guide the body and mind into a state of deep rest. The sustained, layered sounds help calm the nervous system, quiet mental activity, and support emotional release. It is a gentle method to reset, restore, and reconnect with inner stillness.

60 minutes





## SENSORIAL SOUND JOURNEY

This private session with sound healing combines Tibetan bowls placed on the body, the soothing tones of a handpan, and conscious touch to release blockages in specific areas. The vibrations of the Tibetan bowls resonate deeply, promoting relaxation and energetic shifts, while the melodic handpan enhances the healing atmosphere. Conscious touch is applied with intention to support the release of tension and stagnant energy, helping to restore balance and flow throughout the body. This holistic experience encourages emotional and physical release, facilitating a state of deep healing and transformation.

75 minutes

## CACAO SHARING CIRCLE

In this intimate private ceremony, we honor cacao as a gentle heart-opener — guiding you into presence, clarity, and deeper connection with yourself or your loved ones. The experience is accompanied by the steady rhythm of the drum, used as medicine to support the cacao, weaving heartbeat and sound into the practice. Surrounded by the subtle pulse of nature, the ceremony becomes a sensory passage: sharing stories, breath, and silence, allowing cacao and drum to awaken both grounding and expansion. A quiet celebration of life, presence, and belonging.

90 minutes







NOMADE  
TEMPLE

## TRANSFORMATIONAL BREATHWORK

A deep, meditative breathing practice designed to access altered states of consciousness for emotional healing, spiritual insight, and personal growth. It involves rhythmic, accelerated breathing combined with evocative music, helping participants release stored trauma, expand awareness, and connect with a sense of inner wisdom or the subconscious mind.

## SADHU BOARD HEALING

Held in the Gratitude Tent in a one-on-one setting, this personalized session offers a safe introduction to the ancient practice of standing on a bed of nails. Guided step by step, you begin with joint warm-ups and conscious breathing to prepare your body and mind. With full attention from the facilitator, the experience becomes an intimate process of release and grounding. To complete the practice, a 60-minute massage is included, creating a full 90-minute session that calms the nervous system, eases tension, and invites a renewed sense of clarity — all with the soothing sound of the sea as your backdrop.

90 mins







NOMADE  
TEMPLE

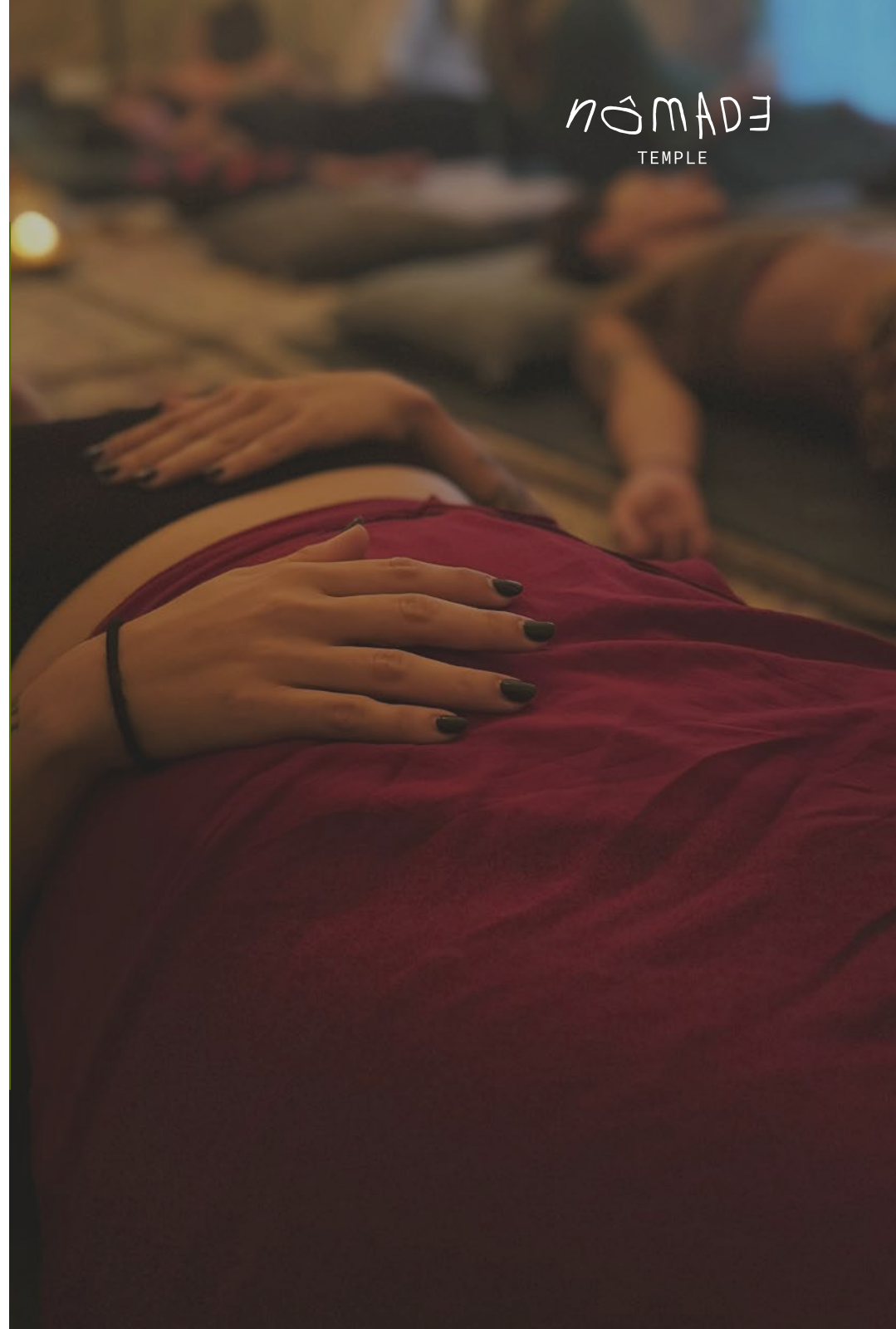
## AYURVEDIC NUTRITION

This session offers a personalized approach to well-being through natural foods, herbs, and lifestyle practices. Your unique body type will be assessed to design a tailored health plan, complete with food lists and daily habits that align with your dosha. Guidance may address areas such as stress, digestion, sleep, hormones, fatigue, and overall rejuvenation, helping you restore balance and cultivate lasting vitality.

# CRYSTAL AND TUNING FORK HEALING

During this session, you'll rest in meditation as crystals are placed on your body and two sets of tuning forks are used to clear energetic blockages and release stored memories from your auric field. Solfeggio frequencies are believed to restore balance to mind and body, while Fibonacci tuning forks align your energy with the natural rhythms of life, activating cellular memory and promoting deep harmony. Clear quartz amplifies these vibrations, resonating with the water in your cells to support profound renewal on every level.

nomade  
TEMPLE





# HOLISTIC MASSAGES





## CERVICAL THERAPY

A deep tissue technique focused on the inner layers of muscles and connective tissue, designed to release chronic tension, stiffness, and muscle contractions in the neck and shoulders. The treatment can feel intense if there is high tension, yet it brings relief, greater mobility, and release felt both immediately and in the days after. Especially supportive for active lifestyles, recurring muscle pain, or accumulated stress, this therapy enhances circulation, eases discomfort, and supports muscular recovery.

60 mins



# ORIENTAL M A S S A G E

This massage is perfect for deep tissue enthusiasts, weightlifters, and sports lovers. Oriental massage is a holistic therapy combining traditional Chinese techniques with jade stones and silicone suction cups, deep tissue massage using a Thai cross, honey treatment, and sound healing. The session begins with gua-sha and vacuum cups to warm the muscles, followed by targeted pressure from the Thai cross to relieve pain and tension. Honey is then applied to detoxify and cleanse the skin, concluding with a soothing sound bath using a handpan for deep relaxation of both body and mind.

60 mins or 90 mins





## FUSION M A S S A G E

This session combines different massage techniques from the world, including Californian, Swedish, Thai, Lomi Lomi (Hawaiian) and deep tissue. One of its peculiarities is its long, enveloping movements from head to toe that help the receiver enter a state of deep relaxation, working at the same time on the integration of the entire body. The session is personalized and focused on your physical, mental, and emotional needs. The highlight of this holistic massage is that is shared by one of our wellness facilitators, so expect being guided in breathing techniques and meditation.

60 mins or 90 mins



## ENDORPHIN RELEASE M A S S A G E

Experience a profound journey of relaxation and rejuvenation with our signature Endorphin Release Massage. As soothing sounds envelop you, our skilled therapist will work to release deep-seated muscle tension, mental stress, and toxins. Feel the surge of energy as your body's natural healing processes are activated, leaving you feeling balanced, refreshed, and ready to embrace the island's treasures.

60 mins or 90 mins





## THERAPEUTIC & CRANIOSACRAL M A S S A G E

This session combines gentle craniosacral techniques with targeted myofascial work to support the body's natural healing processes. Light hand placements on the skull and along the spine help stimulate the movement of cerebrospinal fluid, release tension in the cranial and cervical areas, and regulate the vagus nerve. Integrated with myofascial therapy—including sustained holds, fascial rolling, compression, and stretching—this treatment is well-suited for addressing limited mobility, muscle tension, chronic pain, and stress-related conditions.

60 mins or 90 mins



## FOUR HANDS M A S S A G E

A restorative massage guided by two therapists working in seamless coordination—one embodying the grounding strength of Yang (masculine energy) and the other the nurturing flow of Yin (feminine energy). Their synchronized movements release muscular tension, calm the nervous system, and guide the mind into a meditative state for renewal. Through this Yin–Yang balance, the body returns to equilibrium, the breath softens, and energy circulates freely once again. This treatment restores presence, harmony, and vitality.

60 mins or 90 mins



# DREAMS

When you want to shift heaviness,  
relax the nervous system  
and flow into a high vibration...



## LUCID DREAMING & SOUND JOURNEY

Embark on a personalized journey into the realms of lucid dreaming and ambient music, all harmonized with carefully selected binaural tones and beats to entrain your brainwave patterns into low Alpha and Theta states of meditative consciousness. As you breathe mindfully and explore dreamlike scenarios, this immersive experience becomes a gateway to profound self-discovery, unlocking hidden facets of your inner world. Whether you're a seasoned meditator or new to the practice, this private session is designed to cater to your unique needs and preferences, taking you to greater depths within your own subconscious. Imagine a sound healing session combined with personalized guidance into the art of lucid dreaming. Are you ready to master your creative skills?

75 minutes

## ACCESS BARS

The Bars are 32 points on the head that store the electromagnetic component of thoughts, feelings, emotions, ideas, beliefs, and considerations as they are stored in the brain. When the Bars are lightly touched, the brain waves slow down, allowing behavioral patterns, belief systems, and points of view that you have running from childhood or from other lifetimes to be accessed. Some of its benefits include stress reduction, deep relaxation, ease of sleep, dissipating mind chatter, releasing trauma, decreasing negative and limiting thought patterns, improving overall wellbeing, increasing feelings of calmness, inner peace, happiness, and gratitude. Access Bars complement our wellness experiences and treatments and have been found to increase the capacity and potency of other healing modalities.

75 minutes

# YOGA, MOVEMENT + FITNESS

For that extra support to build fitness,  
detox it out or go deeper in your practice





## YOGA 1:1

If you are new to yoga and want to learn about the basics of asana or postures, or you are more advanced and would like to deepen your practice, this personalized session provides the guidance to start your journey. Based on your actual physical, mental, and emotional states, you receive a holistic practice of hatha, vinyasa yoga, ashtanga, or yin yoga.

The best part is that you can take this practice back home!

75 minutes

## PILATES

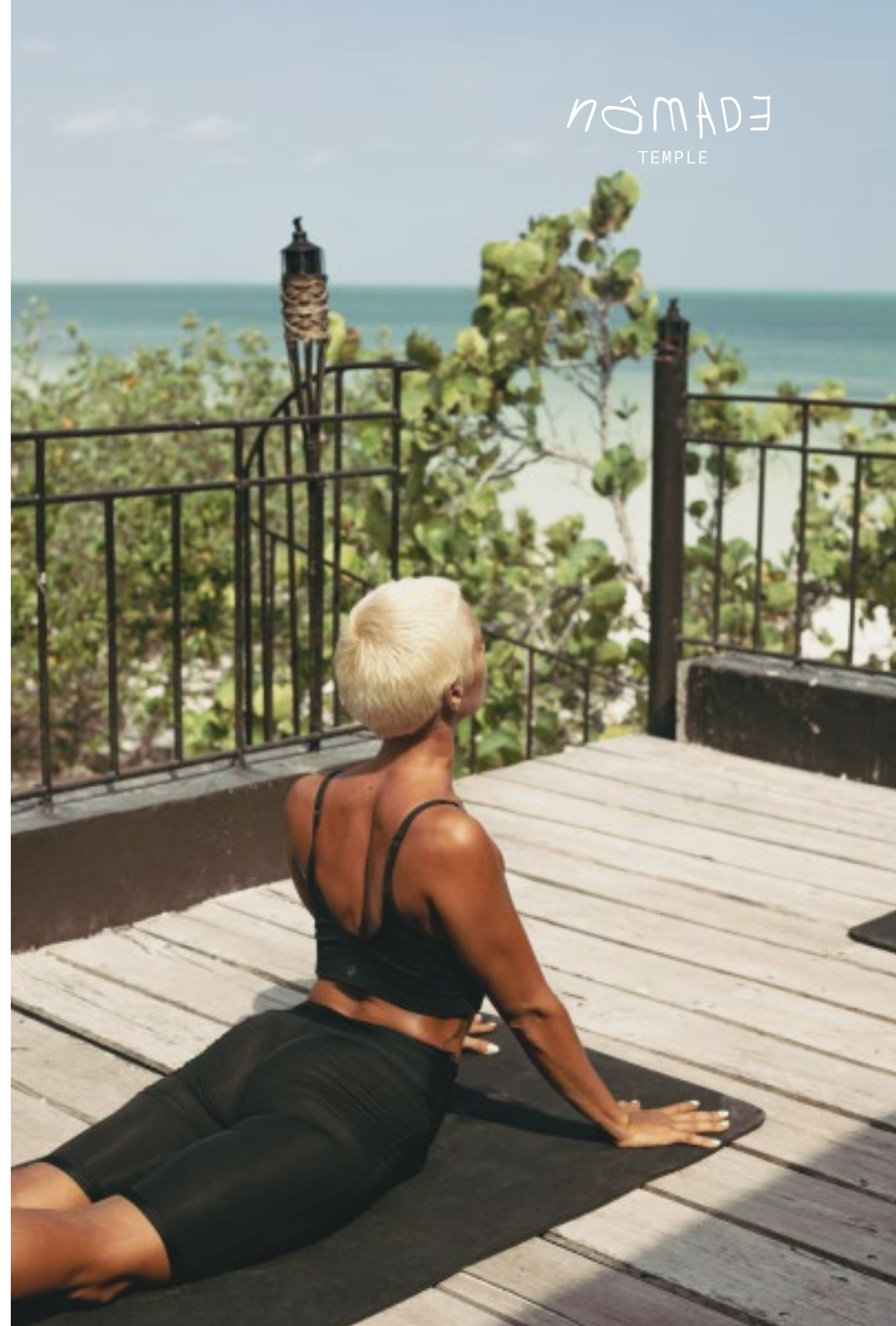
Our private Pilates sessions are meticulously crafted to impart suppleness and natural grace to your body. Experience the rejuvenating effects of Pilates exercises as they purify the blood, akin to a "bodily house-cleaning with blood circulation" or, in essence, an internal shower. Recognizing the significance of breath in our journey from the first act of life to the last, Pilates places a paramount focus on teaching the art of correct breathing. Elevate your well-being through the harmonious integration of mind, body, and breath in our tailored private Pilates sessions.

75 minutes

## BODY SCULPT

Unlike traditional training, combining HIIT with yoga and stretching significantly improves core strength, activating abdominal muscles and enhancing overall cardiovascular fitness. Laura's specialized "Core Clinic" focuses on activating specific core muscles, such as the rectus abdominis and obliques, improving balance, posture, and breathing hygiene. This holistic approach goes beyond conventional training, promoting a well-rounded and effective fitness routine.

75 minutes





## NÔMADE HOLBOX

Get in touch with nature, culture and sacred wisdom, and carry a new-found consciousness with you wherever your journey leads you next.



PRIVATE SESSIONS

## ISLAND WELLNESS RECOMMENDATIONS

Sea water has proven to be not only beneficial for your body as it strengthens the immune system, reduces stress, and boosts your respiratory system, but it also helps you recover a state of inner peace.

...

Holbox is one of those rare places in the world where you can see both the sunrise and the sunset. Already in tune with the four directions, the island naturally syncs your circadian rhythm -your internal clock- the one in charge of regulating your sleep patterns, metabolism, and capacity to rest.

The island offers free ways to come back to a natural state of flow.

Here are some of the experiences you can do by yourself and that will activate a state of deep relaxation and healing.

### WALKING MEDITATION

The early morning offers a unique moment for meditation as the birds and the sea creatures arise in unison. This is an ideal moment to meditate and greet the day. When you walk on the sand, you are grounding with the Earth, absorbing its electrons. This helps neutralize destructive free radicals in your body which improves health and slows aging.

### WALKING MEDITATION

Mayans viewed the sea as the authentic and only Shaman. In some indigenous cultures of Latin America, the ocean is revered as a goddess that goes by the names of Iemanjá, Ixchel, and Mama Cocha. There is a way in which you can bathe in her waters that it is rejuvenating for the soul.

- Walk by yourself into the sea and turn around facing the beach.
- Open your arms in a cross and splash back three times, jumping back as if you're being held by the water.
- Walk back to the beach without looking back, feeling cleansed and liberated to start your day anew.

### SAND SCRUB

If the gorgeous look of the white sandy beach isn't enough to make you love Holbox Island, consider the natural exfoliation provided by the white wet sand. The fine grains of sand and shells help to remove dead skin cells, keeping your skin soft, clean, and healthy.





NOMADE  
TEMPLE

CONTACTS

FOR QUESTIONS  
OR INQUIRIES,  
YOU CAN FIND US  
IN OUR DIRECT  
CONTACT:



[wellness@nomadeholbox.com](mailto:wellness@nomadeholbox.com)



or Whatsapp +52 984 876 2828

[NOMADETEMPLE.COM](http://NOMADETEMPLE.COM)