

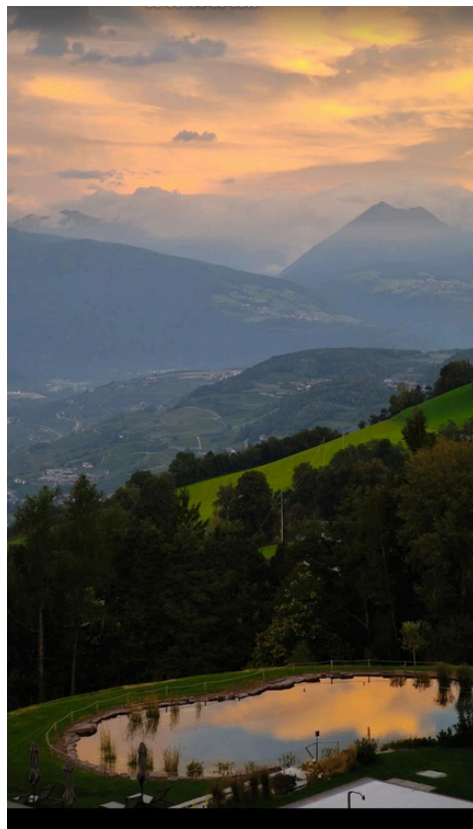
EAST & WEST ESSENCE RETREAT-
CHINESE MEDICINE (TCM), AYURVEDA
& BREATHWORK

2ND TO- 6TH OCTOBER 2026

A five-day immersive retreat in the heart of the Dolomites, set in a 5-star luxury hotel surrounded by nature in its purest form—hidden spots to soak up the sun, forests offering shade, crystal-clear lakes, gorgeous peaks all around, and a horizon that invites you to dream. Designed for a limited group to ensure an intimate and highly personalized experience, it includes daily morning breathwork, a Chinese Medicine consultation, bespoke day programs and treatments, curated workshops, exclusive scenic hikes, a meaningful reset, and a transformative health and well-being journey—an experience of true restoration in one of Europe’s most beautiful natural settings.

The Wellbeing art Ibiza by Marina Prohens





A family passion project that began with architect Marco Micheli of the Comfort Architekten studio in Brunico, conceived to be unique and in perfect harmony with its surroundings. Inspired by the steeply sloping terrain at the foot of the Plose, a multi-level terraced structure was created, thoughtfully integrated into the landscape. In this way, the hotel has also preserved the wonderful panoramic view, opening onto the Dolomites and the splendid town of Bressanone.





Marina Prohens Costa is **The Wellbeing art Ibiza** and **East & West Essence retreat** Founder. She specializes in **Chinese Medicine (TCM)** and **Acupuncture**, with a deep background in **Ayurveda**, she is a certified **Breathwork instructor** and applies an integrative approach that combines a range of disciplines, treatments, massage techniques and therapies. She also holds a degree in **Tourism(Hotel management)**. Born and based in **Ibiza** where she currently runs her **Chinese Medicine and Acupuncture clinic** and **Wellness consultancy,**

Marina lived and studied in **London, Barcelona, India** and **China**, she designed the **East & West Essence Retreat program** and its signature treatments performing her work in different luxury resorts in **Tulum** and continued to expand her extensive experience at prestigious international luxury resorts such as **Sublime Comporta, Four Seasons Hotel des Bergues Geneva ,Four Seasons Hotel Doha, Four Seasons Bangkok, Mandarin Oriental Barcelona, Mandarin Oriental Marrakech** and others ...Since her teenage years Marina has felt a strong connection with **India** and Asia where she discovered her true vocation and love for **integral health and well-being.**

Get to know more about her journey

<https://marinaprohens.com/en/about-me/>

<https://marinaprohens.com/sobre-mi/>





Treatments & Bespoke day programs

EAST & WEST ESSENCE

110 min

A personalized signature treatment that integrates both Eastern and Western techniques, including Abhyanga Ayurvedic massage, Swedish massage, Deep tissue, Tuina, Shiatsu, reflexology, and Indian head massage. Various pressures and essential oils are used to tailor this unique experience specifically to your individual needs.

Following a Traditional Chinese Medicine (TCM) diagnosis, additional Acupuncture, moxibustion, cupping, or auriculotherapy may be incorporated to enhance the benefits of the treatment.

Stimulates the body's natural healing process by restoring the flow of Qi ("vital energy"), improving circulation, and reducing stress-related tension and muscle stiffness. It promotes deep relaxation, enhances joint function, alleviates pain, and helps release emotional blockages

ACUPUNCTURE-CHINESE MEDICINE

60 MIN

EVALUATION-TCM DIAGNOSIS

ACUPUNCTURE-CUPPING-MOXIBUSTION-AURICULAR THERAPY-NUTRITION COUNSELLING-CHINESE HERBAL MEDICINE-ELECTROACUPUNCTURE

DETOX, RENEWAL, DIGESTIVE RESET & WOMEN HEALTH HARMONY PROGRAM

Customized Program 110min

Personalized TCM Diagnosis

Acupuncture or/and Auriculotherapy/Cupping/Moxibustion

Bespoke massage ; Detox/ Deep Tissue /Swedish massage

Uro Basti (ayurvedic treatment that releases and balances the emotional state promoting a deep relaxation) or/and Nabhi Basti (enhances digestion ,promotes breakdown of fat tissue, balance women health conditions)

DE-STRESS & BALANCE PROGRAM

CUSTOMIZED PROGRAM 110MIN

Personalized Evaluation-TCM Diagnosis

Acupuncture or/and Cupping, Auriculotherapy/Japanese Moxibustion

Shiro-Abhyanga ayurvedic massage

Uro Basti, ayurvedic treatment that releases and balances the emotional state promoting a deep relaxation

The De-Stress & Balance Program helps restore balance to your life through a fusion of techniques from Traditional Chinese Medicine and Ayurveda.

It is designed to meet each individual's needs, bringing rejuvenation and harmony to both body and mind.

This program helps reduce stress and anxiety, improve insomnia, release emotional blockages, and create an overall sense of well-being.

Chinese Medicine Detoxification uses gentle methods to restore the body's natural balance. Stress can block the flow of energy, making it easier for toxins to accumulate.

Chinese Medicine (TCM) helps unblock stagnant energy and supports the body in releasing toxins. It may help prevent emotional eating, reduce cravings, improve digestion, and support conditions such as bloating or water retention/edema

This approach also helps balance hormones and supports women's health, promoting overall harmony.

A customized program combines a variety of treatments to harmonize, optimize, and rebalance your health at the physical, psycho-emotional, and energetic levels, offering an integrated approach

East & West Essence Acu-Lifting-Cryofacial

110 min

Signature Natural Lifting Facial Treatment

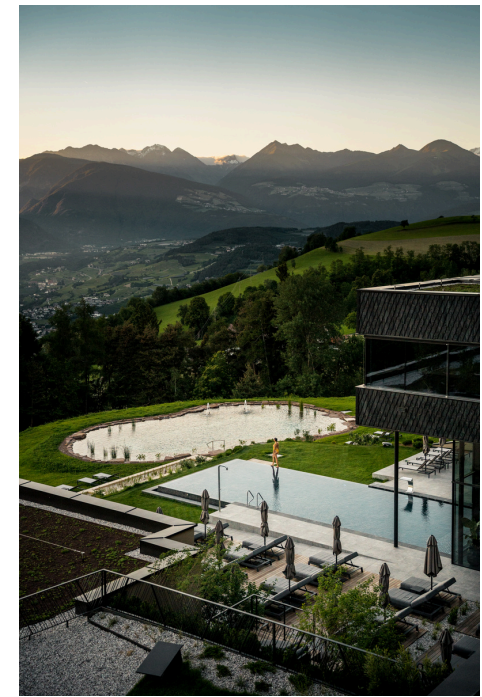
A signature natural lifting facial that combines facial acupuncture, gua sha, jade rolling, facial cupping, and cryotherapy. This treatment naturally stimulates collagen and elastin production, improves lymphatic and blood circulation, reduces expression lines

and wrinkles, enhances facial tone and firmness, and helps diminish puffiness, blemishes, and inflammation.

The facial includes deep cleansing, fruit acid exfoliation, and a lymphatic drainage massage to reveal a brighter, nourished, and exceptionally smooth complexion, using high-end natural organic products from The Organic Pharmacy







SPA

Heated 22 m Indoor and outdoor infinity pool
Natural swimmable lake in the mythic.garden
Relaxation areas soft "berths"

Exclusive wellness area for adults only with a panoramic Finnish sauna with aromatic Aufguss rituals, outdoor showers, clay herb sauna, dress on sauna, Turkish bath, cold water pool, sky.whirlpool tub overlooking the Dolomites

Bathrobes, towels, wellness bag and slippers
mythic.beauty area

Fresh fruit, spring water, selection of teas, regenerating juices and natural muesli

mythic.sport gym with state-of-the-art Technogym equipment
Access to the mythic.garden with sun beds, umbrellas and private relaxation areas



The Itinerary

2ND OCTOBER

2pm Check in Arrival
4.30pm-5.30pm Welcome ceremony + Post flight Breathwork w/ Marina
5.45pm-7.45pm Treatments/Programs ,relax in pools and spa areas.
8.00pm Dinner

3RD OCTOBER

7.45.am Morning refreshments
8pm -9.am Breathwork w/ Marina
9.15am Breakfast
10.30am- Val di Funes -Adolf Munkel Weg hike tour
2pm Afternoon snacks, Treatments/Programs ,relax at indoor & outdoor pools and exclusive wellness and garden areas
6.30pm-7.30pm-Workshop Chinese Medicine/Ayurveda,Nutrition and Women Health w/Marina
8.00pm Dinner

4th OCTOBER

7.45.am Morning refreshments
8pm -9.am Breathwork w/ Marina
9.15am Breakfast
10.30am- Lago di Braies hike tour (4,5h approx)
3.30pm , Afternoon snacks, Treatments/Programs ,relax at indoor & outdoor pools and exclusive wellness and garden areas including sunset time views
8pm Dinner

5th OCTOBER

7.45.am Morning refreshments
8pm -9.am Breathwork w/Marina
9.15am Breakfast
10.30am- Schatzerhutte tour hike & wine tour Brixten vineyards -& wine tasting
2pm Afternoon snacks, Treatments/Programs ,relax at indoor & outdoor pools and exclusive wellness and garden areas
6.30p-7.30 pm Workshop- Sleep & Stress management w/Marina
8pm Dinner

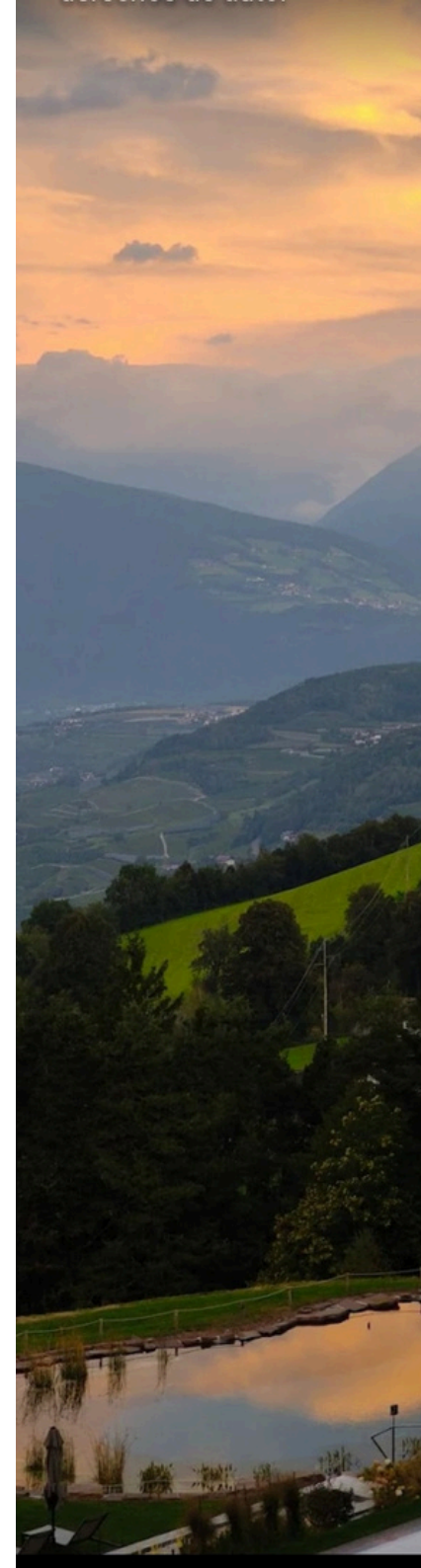
6th OCTOBER

8am Breakfast
10am Check out time
*9-11am Treatments/ programs

Recommended flights

To Bolzano airport with Sky Alps
Alternative airports :
Venice,Treviso,Bergamo,Bologna,Milan

This is a sample itinerary and days/ times of activities may be subject to slight changes





GOURMET

YOUR HALF BOARD INCLUDES:

Full gourmet breakfast based on South Tyrolean quality products from 07:30 to 11:00 am
5-course evening menu of your choice from 6:30 pm with the following selection:

Dining Experience with meat and/or fish dishes

Simon's Favorite Dishes with Italian specialities and South Tyrolean classics

Vegan & Healthy with vegan dishes

Gluten and lactose-free, vegetarian and low-calorie dishes (on request)

Sunny restaurant and panoramic terrace with spectacular views

Possibility of breakfast and dinner outdoors on the panoramic terrace (during summer months)

Exclusive cellar for weekly tastings

bar.67 for informal chats, panoramic terrace and pool table.



WHAT'S INCLUDED

- 4 nights ensuite luxury accomodation
- Traditional Chinese Medicine consultation
- Daily Breathwork sessions, one 110 min day bespoke program /Treatment or two 60 min Acupuncture- Chinese Medicine sessions and two curated workshops (w/Marina)
- Unlimited use of the spa relaxation oasis with heated indoor & outdoor pools, sauna, turkish bath, natural lake, gym ...
- 3 exclusive guided group hike tours & Brixten vineyards wine tour and wine tasting (w/Alexander Alpine guide)
 - Val di Funes -Adolf Munkel Weg
 - Lago di Braies
 - Schatzerhutte
- Full gourmet breakfast and 5-course evening menu
- Airport transfers (subject to booking recommended flights)
- Bespoke well-being gifts

WHAT'S NOT INCLUDED

Flights to Italy

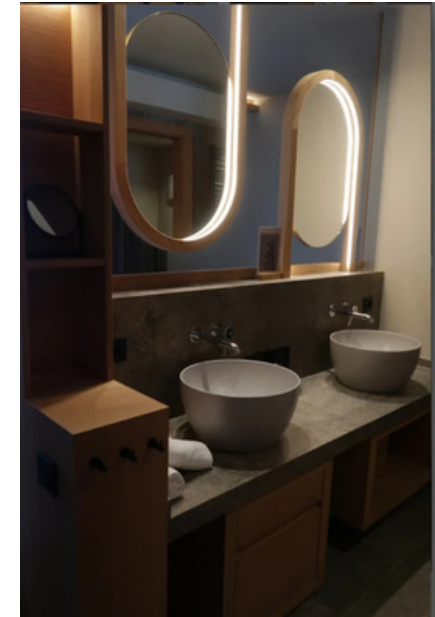
Travel insurance

For a little snack:

or in the afternoon you can choose your favourite snack from lunch menu from 12:30 noon to 5:00 pm. (extra charge)

Alcoholic drinks





san.light Suite - endless coziness - SINGLE USE & DOUBLE USE

38 m² suite | 9 m² balcony

In the spacious san.light suites, the rooms are illuminated by golden rays, like spotlights on a stage. Here, you can feel the sweet sensation of bliss; your view is on dreamy landscapes as far as the eye can see.

Double bed, panoramic sunbathing island, living area, natural oak flooring, 49" flat screen TV, minibar, walk-in closet, safe, bathroom with rain shower head and double sink, separate bathroom with toilet and bidet, hair dryer, telephone, free Wi-Fi, air conditioning, panoramic balcony facing south-west.

THE PRICES

san.light Suite - endless coziness

Early Bird Single Occupancy-2400 Euros

Single Occupancy-2500 Euros

Early Bird Double Occupancy 1950 Euros

Double Occupancy per person -2050 Euros