

PERSONALIZED HEALTH RETREAT

Take a break and recharge with us in the mountains of El Salvador

October 2023



LOCATION

Holistic Wellness Solutions Personalized Health Retreat is located in our tropical mountain home in El Salvador. We are located on the outskirts of the town of Apaneca, which is one of five charming Salvadorean towns on the famous 20-mile highway known as the Ruta de Las Flores, meaning “the route of flowers”. This road winds through the lush tropical mountains near the Guatemalan border and is visited by many national tourists on weekends and holidays.



At 4,800 feet above sea level, this area of El Salvador is a refuge from the tropical heat in most of the country. It is also famous for its coffee plantations, waterfalls, hot springs, and colorful murals. The temperatures range from 65

to 80 degrees Fahrenheit, with a wet season (May to October) and a dry season (November to April).



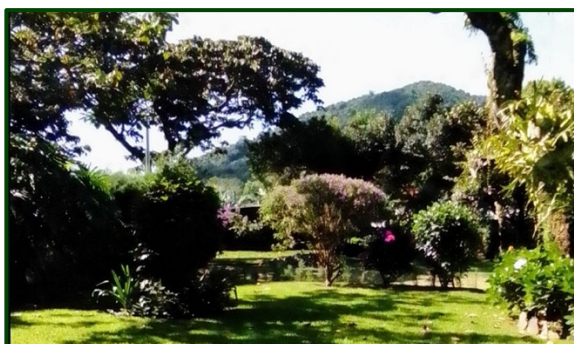
Our goal is to support your wellbeing by focusing on your needs at this time. We have a nourishing space, filled with all the comforts of home. This includes a private bathroom and living space, with your own entrance. We prepare your healthy food, and offer a range of activities and healing modalities.





BASIC PACKAGE INCLUDES

- A private living space with full bathroom, queen size bed, your own entrance and outside deck.
- Access to washer and dryer, yard, and beautiful private parks in a residential complex with 24-7 security.



- All food prepared according to your needs (dietary restrictions, intermittent fasting schedule, etc.).
- Airport pick-up and drop-off.
- 2-half day trips (options 1 & 2) to nearby towns.
- 5-hours of health and wellness sessions per week (e.g., coaching, counselling, laser, etc.).
- Full support from us for an enjoyable and successful stay.
- Opportunity to book extra sessions, activities, or services, if you want more than the package includes.

DURATION & COST OPTIONS

These are the basic timeframes for your stay. We can also customize your trip duration. **Second person in a couple 50% off.**

7 Nights – USD \$1,295

Includes basic package

14 Nights – USD \$2,310

Basic package plus:

- 1 full-day trip (option 1 or 2), lunch included.

21 Nights: USD \$3,055

Basic package plus:

- 1 full-day trip (option 1 or 2), lunch included.

28 Nights*: USD \$3,650

Basic package plus:

- 2 full-day trips (option 1 and 2), lunch included.

*** PACKAGE WITH BEST DEAL AND BEST THERAPY BENEFITS DUE TO INCREASED NUMBER OF SESSIONS**



WELLNESS SESSION OPTIONS

Each package contains 5 wellness sessions per week, and you can also book additional sessions. These include:

Coaching: Both Patrick and Silvana can coach clients in person.

Counselling: Silvana does individual, trauma, and relationship counselling.

Laser Therapy: We have a therapeutic, near-infrared hot laser designed to speed up healing and reduce pain.



Bio-Magnetic Pair Therapy: Pioneered by Dr. Goiz, MD of Mexico, this modality repairs electromagnetic imbalances.

Energy Biofeedback Therapy: This innovative technology can diagnose and rebalance wellness with sound waves.

TRIP CHOICES

Each retreat package has trips included, but you can add more if you like. These are private excursions with a trusted driver. We also accompany you for the half and/or full day trips.

Full-day Trip Options:

1. Waterfall & Beach: Cascada de San Juan is a spectacular waterfall where you can swim, close to the ocean. \$250

2. Mayan Ruins: Tazumal and Casa Blanca are two well-known Mayan ruins that are close by. Also includes Plaza El Bosque, Turin, Atiquizaya. \$250



3. Beach Tour: Through town of Juayua to Mizata, Las Perlas, Los Tuneles, Zonte, Atami, Tunco and Malecon. \$250

4. Volcanos & Lake Sightseeing: Will take the Los Naranjos highway to see the volcanos, then through the city of Santa Ana to Lake Coatepeque. \$250

Half-day Trips Included in Your Package:

1. Apaneca: We are literally a 10-minute walk (3-minute taxi ride) away from the town center. It is a wonderful example of a small Salvadoran colonial town.

2. Concepcion de Ataco: The next town over is a local holiday destination full of vendors selling regional arts and crafts.



Half-day Trip Options:

3. Thermal Baths: Termales de Santa Teresa hotspring tour. Bring your swim suit and get ready to relax. \$150

4. Coffee & Flowers: Visit a local coffee plantation close by on the Ruta de Las Flores, and see how coffee is grown, and produced. \$150

