




NÔMADE HOLBOX

PRIVATE SESSIONS

FOR EMOTIONAL HEALING

An aerial photograph of a tropical island resort. The scene is dominated by several large, multi-story buildings with walls and roofs made of woven palm fronds or similar natural materials. The buildings are nestled among a dense forest of palm trees. In the background, a sandy beach meets the turquoise ocean. A few small structures and a boat are visible on the beach. The lighting is soft, suggesting late afternoon or early morning. A white arrow icon points upwards in the top right corner.

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.



'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 therapeutic technique that promotes the healing power of water through somatic movements, massage, breathwork, meditation and sound. A deep transformational journey in unconditional acceptance of your emotions, while celebrating the vulnerability and uniqueness of each human being, and a remembrance of what it feels like to be held, to receive and to let go. One of the benefits of this healing therapy is that it switches off your neo-cortex, your rational mind, enabling a deep relaxation and restoration, opening the connection to your emotions and primal wisdom. This treatment is recommended for restoring inner balance, especially from stress and insomnia, as well as healing mother-wounds, trauma, and any fear of the water. Many describe the feeling of returning to the womb, a deep state of relaxation and the release of physical and emotional blockages.

90 minutes



ICE BATH

An ice bath private session offers a deeply rejuvenating experience, combining the therapeutic benefits of cold therapy with guided relaxation techniques. As you immerse yourself in the cold water, your body and mind undergo a transformative journey. The cold water stimulates circulation, reduces inflammation, and boosts your immune system. Simultaneously, the guided session helps you relax deeply, releasing tension and stress. This combination promotes mental clarity, enhances focus, and leaves you feeling invigorated and refreshed. Overall, an ice bath private session provides a unique opportunity to unwind, recharge, and reconnect with yourself.

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



HIGHER LOVE

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

ECSTATIC LOVE

Holbox stands as a temple for reigniting the connection with the second chakra—a realm associated with water, emotions, life force, and creative energies. It serves as a gateway to fostering profound intimacy within oneself and with a partner. When intertwined with the fourth chakra, the heart's energy of love, there arises an opportunity for alchemy and mutual evolution. This session facilitates immediate closeness through tantric breathwork, activation of love muscles, and embodiment practices.

Its benefits encompass the relaxation of the busy mind, inviting inner serenity, fostering a deeper grasp of each other's needs and desires, renewing the bond through the energy body, and activating full-body pleasure, among others. This session is conducted without any involvement of nudity.

90 minutes





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





TRADITIONAL & SENSORY EXPERIENCES

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



SENSORIAL SOUND JOURNEY

Surrender to the therapeutic embrace of a harmonious sound bath, a symphony carefully crafted to renew and rejuvenate every cell within your body. The session unfolds with the gentle caress of various shamanic instruments, including Tibetan bowls, ethereal ocarinas, soulful flutes, and the mesmerizing interplay of sound waves and binaural vibrations. Step into the embrace of this sensorial experience and let the waves of sound and fragrance carry you into a state of deep restoration. Your body and mind will be cradled in a symphony of well-being, leaving you with a renewed sense of equilibrium and inner peace.

75 minutes

CACAO CEREMONY

The energy connected to *Theobroma cacao* in the context of the Mayan tradition is a divine privilege that we currently enjoy. Known as the medicine for the heart, it allows us to become aware of the love we have available to give and receive, helping us to understand the beliefs that prevent or drive us to connect. During the ceremony, we will share words in a contained circle and experience the effects that this wonderful seed offers us. Through shamanic initiations and Tibetan Reiki, I have served as a conduit for the divine energy to flow through space and connect with the body, expressing itself through words, chants, icaros, and healing through hands and different tools such as crystals, plants, and extracts. These sessions can be used for energetic cleansings, gratitude rituals, introspection sessions to understand traumas, etc. It is an introspective journey through your senses, connected to your intention, guiding you through sounds and sensations accompanied by aromas and textures as you observe the information that manifests within you.

90 minutes





BREATHWORK TUNING & SOUND

This is a guided practice and combination of conscious connected breathing and powerful breath holds that enable you to explore non-ordinary states of consciousness. you'll drop into the parasympathetic state where you can experience deep emotional release. You might also experience metaphorical ego death, psychedelic sensations, and visuals. This practice supports in rewiring the brain to release old stories and rid the body of tension. You will be guided in a grounding meditation followed by a sound bath to integrate. This style of breathwork is suitable for all levels, even those who have never practiced breathwork before. Through this process, breathers move beyond their thinking mind and access their inner wisdom.

75 minutes

TAROT AND NUMEROLOGY READING

In a 1:1 session blending tarot and numerology, you will embark on a profound journey of self-discovery and insight. The tarot, with its rich symbolism and archetypes, offers a mirror to the subconscious, reflecting hidden truths and guidance. Each card drawn serves as a doorway into the psyche, unveiling aspects of the self that are often overlooked or suppressed. The numerological aspect adds a layer of depth, revealing the energetic vibrations and patterns that shape one's life path and experiences. Together, these modalities create a dynamic synergy, illuminating the seeker's path with clarity and understanding. Through this process, you will gain not only answers to your questions but also a deeper understanding of yourself and your life's journey.

80 minutes





ORIENTAL MASSAGE

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 or 90 minutes

TRIGGER POINT MASSAGE

During trigger point therapy, the therapist applies gentle, sustained pressure to points of the body where the fascia has become tight or restricted, mainly in the neck and upper back. This pressure helps to loosen and stretch the fascia, reducing tension, improving blood flow, and enhancing overall mobility. The goal is to release these tight spots, or "trigger points," which can cause pain and discomfort in other parts of the body, for example the lower back. This therapy treats conditions like chronic pain, fibromyalgia, tension headaches, and aids in emotional release and somatic work. It's also beneficial for those recovering from injuries or surgeries, as it can help restore movement and alleviate pain associated with scar tissue or muscle tightness.

60 or 90 minutes



FUSION MASSAGE

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.

70 minutes





DREAMS

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

DECODING YOUR DREAMS

We sleep 1/3 of our life. When we start to become aware of this portion of our life, we can improve our flow state but also start to heal past trauma, connect with your inner guidance, and master your emotional experience.

Combined with Water therapy (experienced as a group or private session in advance), this session will give you a clear view of the actual state of your subconscious mind through the reading and interpretation of your dreams. Water unblocks the inner currents and unveils deep insights for transcending old limitations. Before taking this session, we advise you to bring your dreams either written or drawn for more detailed guidance.

75 minutes





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

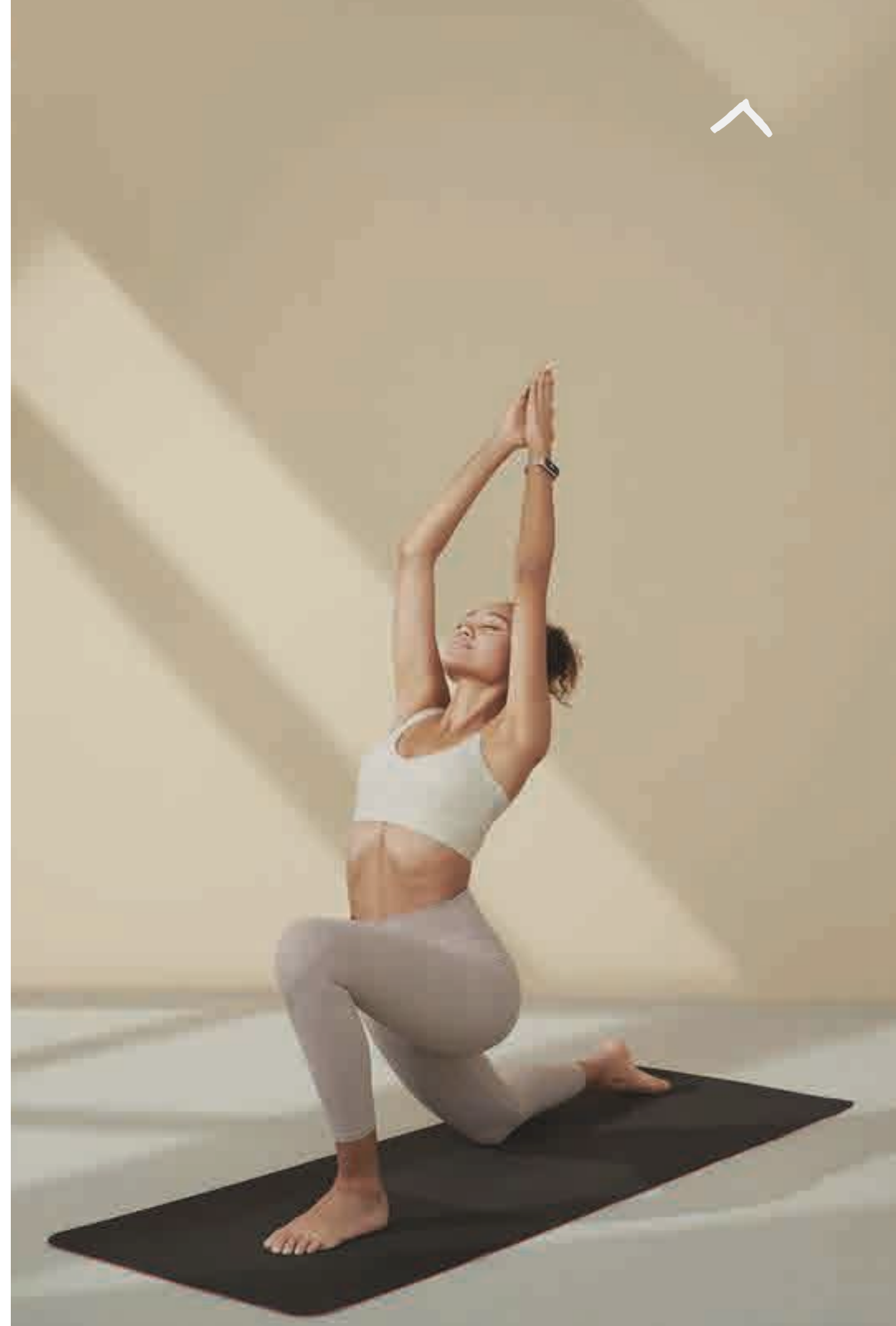
Our private Pilates sessions are meticulously crafted to impart suppleness and natural grace to your body. Experience the rejuvenating effects of Pilates exercises as they purify the blood, akin to a "bodily house-cleaning with blood circulation" or, in essence, an internal shower. Recognizing the significance 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.

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.

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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.



CONTACTS

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