



SOUL
SPRING

sanctuary

2025 PLANS

SLEEP WELL PROGRAM

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Your path to deep rest and cellular regeneration.

This program is designed for those seeking to restore their natural rest, improve the quality of their sleep and heal deeply.

Whether you suffer from insomnia, have trouble falling asleep, or just can't get enough rest, this program is your pathway from stress to holistic balance.



CREATE YOUR SLEEP RITUAL

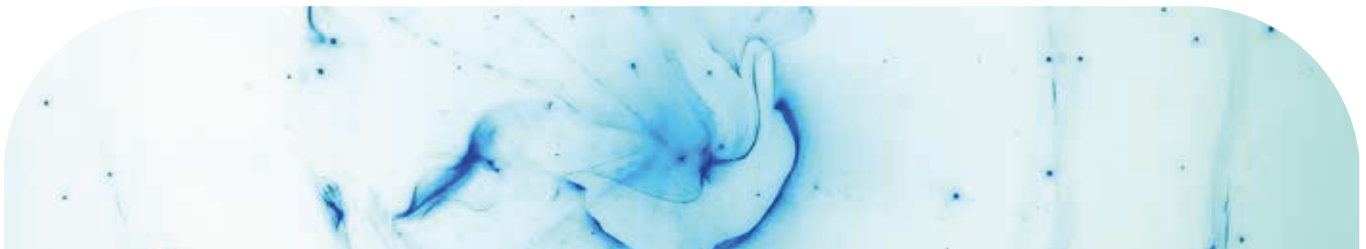
We are firm believers that a good night's sleep is the foundation of wellness. At Soul Spring Sanctuary we have developed a unique program that combines state-of-the-art technology, neuro-regenerative therapies and ancient rituals to help you reconnect with your natural sleep cycle.

BENEFITS YOU'LL GET WITH **THIS PROGRAM**

Deep sleep recovery
Reduction of chronic stress and anxiety
Nervous system regulation
Cellular restoration while you sleep

HOW WILL WE **DO IT?**

Through the highest German Wegamed technology, scientifically proven and certified and by the hand of our medical specialists who will prepare a bio-individualized plan for you according to the needs that your body requires.



Plan	1.5 days	3 days	5 days
Diagnostic	Quantity		
Check medical / HRV			
We'll perform a whole body analysis to evaluate all major systems and organs to identify potential risks and prevent dysfunction before it happens.	1	1	1
Biological Medicine Practice			
Our specialists will design a highly personalized therapy program to help you detoxify and revitalize your entire body.	1	1	1
Bio-Individualized Therapies	Quantity		
Deep Detox Matrix Therapy (Wegamed Proprietary Tech)	1	1	2
Individualized Bioresonance Select Therapy (Wegamed Proprietary Tech)	1	2	2
Ionic Detox Footbath Therapy (Wegamed Proprietary Tech)	1	2	3
Advanced Brain Entrainment Program / Braintap	0	1	1
Chromatic and Frequency therapy / Audiocolor (Wegamed Proprietary Tech)	0	1	1
EEG Electroencephalogram / NeuroFeedback (Wegamed Proprietary Tech)	1	1	1
IV Nutrition / Orthomolecular Bio- Personalized Select (Wegamed Proprietary Tech)	1	1	2
Oxidative Ozone Therapy	0	1	2
Neural therapy - Treatment of the vegetative nervous system	0	0	1
Therapeutic Signature Massage / Lymphatic drainage	1	1	2
Shirodhara Ayurvedic Healing	1	2	3
Subsequent Biological Medical Consultation	0	1	1
Nutrition	Quantity		
Nutritional counseling	0	1	1
Meet and greet with the chef	0	1	1
Personalized alimentation plan	1	1	1
Personalized food	4	8	14
Holistic Therapies	Quantity		
Temazcal	0	1	1
Sound Healing	0	1	1
Meditation Ayam	1	1	2
Yoga Class	1	1	3
Tour or wellness activity	0	0	1
Courses and workshops			
Group activities, cooking classes, conferences with specialist doctors, medical recommendations , personal talks with doctors, free use of amenities, among others.			
Total investment	\$19,940.00	\$47,506.00	\$77,646.00

Therapies are performed in a bio-individualized way and may change according to the diagnosis and requirements of each person.