



Hiker's Healing Session

An hour and a half (90 minutes) of **pure delight** and **relaxation** to **heal tired muscles** and **boost your spirits**.

The Hiker's Healing Session comprises an energy healing session and assisted stretching to soothe muscle pain and fatigue, and finishes with an energy massage with local olive oil and essential oils of bay laurel, rosemary and frankincense (known for their relaxing and repairing properties).



The Hiker's Healing Session is a unique experience offered by our certified Quantum Touch™ Energy Healing Therapist and certified Massage Therapist.



You will feel completely rejuvenated and ready to tackle the rest of your hike, like you are just getting started.

