



What to do in José Ignacio

SHACK YOGA & WELLNESS CENTER

YOGA CLASSES



GROUP CLASSES

Mats and props included. Please check schedule for class times

PRIVATE CLASSES

TRAINING SESSIONS



PERSONAL TRAINING SESSION

GROUP TRAINING SESSIONS

Please check class schedule with our Shack Yoga concierge.



What to do in José Ignacio

SHACK YOGA & WELLNESS CENTER

MASSAGES AND THERAPEUTIC TREATMENTS



DEEP TISSUE MASSAGE

Characterized by slower, deeper strokes as well as firm finger pressure, the focus of this session is to release tension and pain from the deepest layers of muscle tissue, tendons and fascia.



SWEDISH MASSAGE

Involves long, kneading strokes combined with rhythmic techniques to energize the body and improve overall circulation and balance.



LYMPHATIC DRAINAGE

This deeply restorative treatment diminishes swelling and stagnation in the body. The light, rhythmic technique works to stimulate the movement of lymph fluid from the cells back into the bloodstream boosting the immune system and detoxifying the whole body. Great after long flights!



THAI MASSAGE

Thai massage differs in many ways from traditional Western massage. Instead of a massage table you lie on a flat cushion on the floor wearing loose-fitting clothing, while the practitioner applies pressure with his/her hands, thumbs, elbows, knees and feet to increase flexibility through passive muscle stretches. Often coined "the lazy person's yoga" you are left feeling very relaxed and stretched out.



"KOBIDO" OR JAPANESE FACIAL MASSAGE



Kobido in Japanese translates as "the ancient way of beauty." This ancestral massage technique dating back to the 15th century in Japan focuses on a gentle stimulation of the muscles of the face restoring radiance and tonicity. This natural face lift combines lymphatic drainage with deeper targeted strokes to sculpt the face muscles and decongest the skin.

SHAMANIC ENERGY HEALING



Shamanic Healing is a treatment that works with the subtle energy field. It is a process of clearing or releasing the "remembered wounds" that are stored on a subconscious level and can affect our physical and emotional health. The practitioner senses where in the body someone is holding on to pain or resistance and works with gentle, manual techniques to release. Other elements such as plants, smoke, vocalization and breathwork are also used to clear stagnation.

REFLEXOLOGY



This therapeutic foot massage applies pressure to specific areas on the feet. This technique views the foot as a map to the entire body and through specific pressure the different systems and organs of the body are targeted. This 30 or 45 minutes session can be added to a body scrub or massage.



What to do in José Ignacio

SHACK YOGA & WELLNESS CENTER

BODY SCRUB



This full-body exfoliation purifies the skin and increases circulation leaving you feeling energized and renewed. The treatment begins with 20 minutes in our infrared sauna followed by the skin scrub and finalizes with a soak in a hot mineral bath. Great to pair with a massage if you're looking for a complete luxury experience!



REST & RESTORE

Book our private room with infrared sauna, biomat and bathtub.

Estancia Vik José Ignacio
Camino Eugenio Saiz Martínez km.8
José Ignacio - Maldonado - Uruguay
☎ + 598 94 605 212
info@estanciavik.com

Playa Vik José Ignacio
Calle Los Cisnes - Playa Mansa
José Ignacio - Maldonado - Uruguay
☎ +598 93 704 866
info@playavik.com

Bahía Vik José Ignacio
Ruta 10 km. 182,5
José Ignacio - Maldonado - Uruguay
☎ +598 95 444 451
info@bahiavik.com