

Wellness

At the heart of our retreats lies The Shack Wellness, your sanctuary of transformation. Our approach stems from a belief that every individual inherently possesses the ability to achieve emotional, mental, and structural wholeness. The Shack is more than just a wellness center, it's an invitation to explore your inner universe, a canvas for you to paint your unique wellness journey.

Here, we blend conscious movement, holistic lifestyle, and therapeutic treatments to create a multidisciplinary refuge. We understand the human body's need for constant balance, which is why we advocate for the dynamic trinity of activation, purification, and rest.

Our meticulously crafted wellness programs cater to a spectrum of needs. Whether you're journeying solo or accompanied by loved ones, our offerings provide flexibility and personalization. Choose from our carefully curated selection of exclusive services, or immerse yourself in our personally designed Wellness Programs. Each program targets a specific aspect of wellbeing, focusing on purification or activation to provide a comprehensive wellness experience.

Join an intimate exploration towards a renewed sense of wellbeing. We invite you to dive deep into these offerings and awaken to your own sense of wellness.

Wellness Services Available

YOGA CLASSES

The signature "Shack Yoga Class" is defined by an open-level Vinyasa class incorporating flowing, dynamic movements with breath and alignment. Our comprehensive 90-min sessions include held postures, meditation, deep relaxation, and pranayama or breathwork. We also promote and offer different styles, practices, and lineages in our class offerings, from Iyengar to Hatha, Yin, and restorative. Please check our updated online schedule for class options. Mats and props are included.

Group Classes

- > First come, first serve
- > Price | Drop-in class \$ 30 | 3-class pack \$ 80 | 5-class pack \$ 120

Private Classes

By appointment. Yoga & Pilates mat included.

- > Price | \$ 120 | \$ 15 for each additional person

Private Stand-Up Paddle yoga

By appointment. At the José Ignacio River at Estancia Vik.



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FITNESS CLASSES

Personal Training Session

Resistance training, Cardio sessions, Rehabilitative sessions, High-intensity interval training (HIIT) and other one-on-one fitness sessions.

- > Duration | 1 hour
- > Price | \$ 120

Group Training Sessions

Please check the schedule for class days & times, based on availability and scheduled in advance.

- > Duration | 1 hour
- > Price | \$ 55

MASSAGES

Deep Tissue or Swedish Massage

Lymphatic Drainage

Shamanic Energy Healing

Exfoliating Body Scrub

Japanese Facial Massage ("Kobido")

- > Duration | 1 hour
- > Price | \$ 165 | Pack of 3 massages (1 hour) \$ 410
- > Duration | 1.5 hours
- > Price | \$ 220 | Pack of 3 massages (1.5 hours) \$ 540

THERAPEUTIC TREATMENTS

Guided Breathwork

Sound Bath Ceremony Guided Heat & Cold Exposure Acupuncture

Craniosacral Therapy

- > Price | \$165, per session
- By appointment

REST & RESTORE

Experience the deep healing benefits of infrared light with our Clearlight infrared sauna, followed by an amethyst crystal Biomat, and finalize with a mineral-infused bath.

- > Duration | 1 hour session
- > Price | \$ 75 for up to 2 people

BEAUTY & CARE

Manicure & pedicure, hairdressing services, and dermo cosmetic peeling are available by appointment. Please ask your Wellness or Experience Concierge for assistance.



Wellness

Private Wellness Programs

WELLNESS DECOMPRESSION PACKAGE

Add a restorative wellness experience on the day of your arrival at any of the Vik properties. Begin your stay with a detoxifying sweat in our infrared sauna followed by a treatment combining deep tissue massage and lymphatic drainage. Opt for a Shamanic energy healing session to clear your energy channels and restore a sense of renewed clarity. The following morning begin the day with guided Breathwork and your choice of a strength or cardio session or a dynamic yoga class.

PURIFICATION PROGRAM

This 3-day program is aimed at restoring our body's innate sense of ease through purifying, detoxifying and releasing any physical or energetic "baggage" we may be carrying with us. A time for deep rest and release. Recommended any time we need a reset.

- | DAY 1 | DAY 2 | DAY 3 |
|--|-------------------------------------|----------------------------------|
| > Breakfast | > Breakfast | > Silent beach walk |
| > Shamanic purification ritual | > Morning yoga or Pilates Mat class | > Breakfast |
| > Balancing yoga class | > Sound healing meditation | > Slow flow Yoga class |
| > Lunch | > Lunch | > Lunch |
| > Infrared sauna | > Aromatherapy steam room session | > Infrared sauna |
| > Full-body exfoliation with purifying sea salts | > Lymphatic drainage massage | > Swedish or deep tissue massage |
| | | > Dinner |
| | | > Closing fire ceremony |
- > Price US\$ 850 for a 3-day program, including all services described above.
 - > Itineraries are subject to change and can be curated to your specific needs.

ACTIVATION PROGRAM

This intensive 3-day program is aimed at energizing and replenishing the whole system. We focus on boosting metabolism, reducing inflammation, weight-loss, and rebooting the entire system. Through stimulation and movement, we aim to reverse the aging process and eliminate toxic build-up. This program is recommended 3 times a year to maintain an optimum, healthy mind & body.

- | DAY 1 | DAY 2 | DAY 3 |
|---|-------------------------------------|--|
| > Brisk walk on the beach | > Breakfast | > Breakfast |
| > Breakfast | > Morning Breathwork | > High intensity interval training combined with resistance training |
| > Personal training session (aimed at evaluating physical constitution & assessing goals) | > Strength Training | > Lunch |
| > Lunch | > Lunch | > Half flow-half restorative yoga class |
| > Infrared Sauna & Biomat | > Osteopathy or Acupuncture session | > Whole-body exfoliation with purifying sea salts |
| > Combo deep tissue / lymphatic drainage treatment | | > Closing Fire ceremony |
- > Price US\$ 850 for a 3-day program, including all services described above.
 - > Itineraries are subject to change and can be curated to your specific needs.

