

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.

As a guest of any Vik Property, we welcome you to use the gym at your pleasure. All other treatments may be scheduled in advance and are available at an additional rate. Sauna and cold plunge are available on a first-come, first-served basis and subject to availability.

Rates:

Peak Season: from December 21st to January 17th

Regular Rates: rest of the year

MASSAGE & HEALING ARTS

Includes sauna & cold plunge access before or after treatment. Most sessions available in 60 or 90 minutes.

DEEP TISSUE MASSAGE

Targets chronic muscle tension and fascia with slow, deep pressure, improving mobility and easing pain.

SWEDISH MASSAGE

Classic European technique promoting circulation, energy flow, and full-body relaxation.

LYMPHATIC DRAINAGE

Gentle, rhythmic technique for detox, immune support, post-flight recovery, and reduced swelling.

KOBIDO (JAPANESE FACIAL MASSAGE)

Lifting strokes and lymphatic drainage to tone, sculpt, and refresh facial appearance.

SHAMANIC ENERGY HEALING

Breath, touch, smoke, and ritual tools to clear energetic stagnation, release heaviness, and restore harmony.

LOMI LOMI – HAWAIIAN MASSAGE

It is an extremely relaxing and repairing massage. The therapist uses soft and fluid movements with hands and forearms imitating the movements of the sea. Lomi lomi also unblocks stagnant energy, activates blood and lymphatic circulation.

Peak season (USD)

60 min: **\$ 180**

90 min: **\$ 240**

Regular Rates (USD)

>60 min: **\$ 165**

90 min: **\$ 220**

SOUND BATH CEREMONY

Price | **\$ 300** (60 min – up to 5 people)
\$150 (30 min - up to 5 people)

Wellness

YOGA CLASSES

Group Sessions

SHACK HARMON Y

Steady, all-levels mindful movement with breath awareness and guided meditation.

SHACK STABILITY & FLOW

Dynamic vinyasa flow for strength, mobility, and energy. Creative transitions and modifications offered.

BREATHWORK & MEDITATION

Restorative practice with supported postures, breathwork, and meditation to release tension and restore balance.

Peak season **USD 40**

Regular Rate **USD 35**

Private Sessions

Private Yoga

A personalized movement practice tailored to your body and goals, designed to enhance flexibility, build strength, and promote inner balance.

Breathwork

A guided conscious breathing session to relieve stress, clear mental clutter, and boost physical and emotional vitality.

Guided Meditation

A tailored mindfulness session focused on deep relaxation, mental clarity, and grounding your energy.

> 60-90 min: **\$ 150** (up to 2 people, + \$ 20 per additional person)



Wellness

STRENGTH TRAINING CLASSES

Group Training

CONTROL (Level I)

Foundation work: precise technique, posture, and breathing. Slower pace with lighter loads to improve form, stability, and confidence. Ideal for beginners, those returning after a break, or anyone focused on injury prevention.

DYNAMIC (Level II)

Strength training with an elevated pace for calorie burn and conditioning. Combines multi-joint lifts, resistance work, and functional exercises to improve stamina and functional strength without going HIIT-extreme.

LOAD (Level III)

For experienced lifters ready to push limits. Focus on progressive overload, lower reps, and heavier weights for measurable strength and muscle gains. Structured, no-frills sessions centered on compound lifts.

Group Class

> 1 session | **\$ 65**

Private Class

> 1 session | **\$ 145**

REST & RESTORE

Experience the deep healing benefits of infrared light, combined with crystal therapy and mineral bath. This solo session gives you exclusive use of a private room with full installations:

Infrared sauna session with Clearlight Infrared technology

Amethyst crystal Biomat for circulation and relaxation

Mineral-infused bath to restore and detoxify

> 60 min | 1 session (up to 2 people) | **\$ 80**

Dry Sauna

Included in your stay (non private)



SIGNATURE RITUALS

Wellness

WELCOME RITUAL

Private yoga or meditation (60m) + Infrared sauna + Biomat (30m) + hot/cold beverage + Full wellness access

\$ 300

RESTORE & RECHARGE DAY

One group class + 60-min massage + Full wellness access + hot/cold beverage

\$ 300

PRIVATE SUNSET RITUAL (2 -4 PPL)

Private golden hour yoga (60m) + Sound bath (30 min) + hot/cold beverage

\$ 350

JET LAG RECOVERY RITUAL

Restorative private yoga with breath reset + Lymphatic drainage massage + Infrared sauna + Biomat + Salt bath + hot/cold beverage

\$ 350

SIGNATURE RETREAT DAY

Option 1 | Inner Strength:

Full-body evaluation + Private strength training + Infrared Sauna + Biomat + Salt bath + 90-min deep tissue massage + Sound/breath journey + hot/cold beverage + Wellness access

Option 2 | Release & Restore:

Wellness consultation + Private yoga + Guided meditation + Sauna + Biomat + Salt bath + Shamanic healing/Sound bath + hot/cold beverage

\$ 520

All prices are in USD.
Responsible use of sauna & steam room (max. 60 min per session).

