



# the shack

wellness at Vik

## yoga

### Group classes

|              | USD   |
|--------------|-------|
| Single class | \$ 35 |

### Packs

|            |        |
|------------|--------|
| 3 classes  | \$ 95  |
| 5 classes  | \$ 155 |
| 8 classes  | \$ 240 |
| 10 classes | \$ 290 |
| 15 classes | \$ 410 |

### Private Classes

|                                  | USD    |
|----------------------------------|--------|
| Single class                     | \$ 145 |
| \$ 15 for each additional person |        |

Use of sauna & steam room included

Yoga mats & props included

Prices are subject to change during peak season.

Packs are valid for 6 months and are non-transferable.



**STRENGTH  
STUDIO**  
at The Shack

## More Strength, More Health

We focus on conscious, safe, and effective strength training tailored to your specific needs, aimed at improving your functionality and overall health.

## GROUP TRAINING

### RESISTE

Strength-endurance via supersets.  
Metabolic workout.

- Level II: Tue & Thu, 10am | 8pm
- Level III: Mon, Wed & Fri, 10am | 8pm

### ESTRUCTURAL

Strength through progressive overload and tension control.

- Level II: Tue & Thu, 8am
- Level III: Mon, Wed & Fri, 8am

**FUNCIONAL + FLEX** – Functional exercises + stretching to improve mobility and flexibility: Sat, 10am

### Packs

|             | USD |
|-------------|-----|
| 1 session   | 65  |
| 3 sessions  | 183 |
| 8 sessions  | 456 |
| 12 sessions | 660 |

\*(valid 3 months)

### Monthly

|         | USD |
|---------|-----|
| 2x/week | 165 |
| 3x/week | 220 |
| 5x/week | 297 |

## ONE-on-ONE (In-person & Online)

Tailored training plans with close guidance from our expert trainers.

### Packs

|             | USD |
|-------------|-----|
| 1 session   | 132 |
| 3 sessions  | 330 |
| 8 sessions  | 600 |
| 12 sessions | 840 |

\*(valid 3 months)

### Monthly

|         | USD |
|---------|-----|
| 2x/week | 370 |
| 3x/week | 450 |
| 5x/week | 760 |

## Body Evaluation + Program

Includes 2 sessions, evaluation and delivery of personalized plan: USD 200

#### BENEFITS

- Free access to the gym and saunas (dry/steam) with all monthly plans.
- Packs provide access on session days only.
- Gym access is separate for Body Evaluation + Program.

#### CANCELLATION POLICIES

- Packs: Cancel 24 hours in advance at no cost. We'll reschedule based on availability.
- Monthly Plans: No rescheduling, even with notice.



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## 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.

### Infrared Sauna & Biomat

45 min x 2 pax

|                  | USD    |
|------------------|--------|
| 1 session        | \$ 65  |
| 3 sessions pack  | \$ 175 |
| 5 sessions pack  | \$ 275 |
| 8 sessions pack  | \$ 415 |
| 10 sessions pack | \$ 490 |

### Infrared Sauna & Biomat

60 min x 2 pax

|                  |        |
|------------------|--------|
| 1 session        | \$ 75  |
| 3 sessions pack  | \$ 200 |
| 5 sessions pack  | \$ 320 |
| 8 sessions pack  | \$ 480 |
| 10 sessions pack | \$ 565 |

Packs are valid for 6 months and are non-transferable.

|                |       |
|----------------|-------|
| Sauna day pass | \$ 30 |
|----------------|-------|



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# Gym Membership

|                                    | USD    |
|------------------------------------|--------|
| Month                              | \$ 180 |
| Two weeks                          | \$ 120 |
| Week                               | \$ 85  |
| Day                                | \$ 60  |
| Three month                        | \$ 270 |
| Use of sauna & steam room included |        |
| Day (only gym)                     | \$ 35  |

# Massage

## **MASSAGE & THERAPEUTIC TREATMENTS**

Deep Tissue

Swedish

Shamanic Energy Healing

Lymphatic Drainage

Thai Massage

Japanese Facial Massage "Kobido"

Lomi Lomi Hawaiian

Craniosacral Therapy

Japanese Osteopathy\*

Acupuncture\*

By appointment only. Sauna and steam room are included.

\*These treatments are 60 minute sessions only

60-min usd 195 | Pack of 3 usd 490

90-min usd 260 | Pack of 3 usd 650

Packs are valid for 6 months and are non-transferable.

## **Transformational Rituals:**

Sound Bath Ceremony

Shamanic purification ritual

Kirtan | instruments and healing mantras

Ecstatic Dance

Private or group experience up to 5 people | usd 380

# Bodywork Descriptions

## DEEP TISSUE

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.

## 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.

## 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 (Can be adapted to table massage if requested).

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.

## LOMI LOMI MASSAGE

Lomi lomi or Hawaiian massage 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.

## CRANIOSACRAL THERAPY

Is a gentle manual massage technique that uses light pressure to relieve tension in the body's connective tissue network, called fascia. It involves applying light pressure to the head, neck, spine, or other parts of the body to improve cerebrospinal fluid circulation and manipulate body rhythms.

# Beauty & Care

|                    | USD |
|--------------------|-----|
| Manicure           | 65  |
| Manicure with gel  | 85  |
| Pedicure           | 75  |
| Pedicure with gel  | 105 |
| Mani Pedi          | 120 |
| Mani Pedi with gel | 170 |
| Blow Out           | 95  |
| Blow Out & Wash    | 110 |
| Styling            | 120 |
| Make up            | 180 |