

SOMA Alchemy
is the art of activating the
body's own healing powers.

Our Soma is comprised of 5
basic elements: earth
(structure), water (fluids),
fire (energy), air (life)
& æther (consciousness).

Recharge your Soma during a
single elemental session
according to your current
needs or transform your body
& soul with a 5-session
SOMA Alchemy Series!



SOMA CLINIC & SPA

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SHIRIN NIKPAY, SOMA ALCHEMIST



Shirin is a Health Professional from
Germany. She holds a BSc degree in
Psychology & an MSc in Medical
Anthropology.

In addition to her academic education
she is trained and work-experienced in
the holistic modalities of GestaltTherapy,
Somatic Experiencing®, SOMA
Embodiment® & Breathwork as well as
Osteopathy, CranioSacral Therapy, Deep
Tissue & Lomi Lomi Massage.

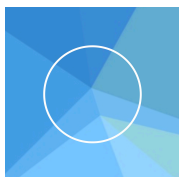
SOMA ALCHEMY



MAGIC MESSAGE MENU

ELEMENTS

ÆTHER



AIR



FIRE



WATER



EARTH



SOMA



MAGIC

METHODS & EFFECTS

CRANIOSACRAL THERAPY:

CranioSacral Therapy calms the nervous system with subtle meditative touch that creates a gentle body trance and a sense of floating in cosmic æther

BREATHWORK:

Breathwork connects us with life, death and the mystery of non-duality. Conscious breath energises the body while focusing the mind, facilitated by sound and visualisation

DEEP TISSUE:

Deep Tissue works on the myofascia and brings blocked energy in motion, releasing held trauma, pain and emotions using breath and voice

HAWAIIAN LOMI LOMI MASSAGE:

Lomi Lomi Massage, the Hawaiian art of healing the body and nurturing the soul, creates an oceanic flow experience, resonating with the main element in our Soma: water

STRUCTURAL OSTEOPATHY:

Structural Osteopathy mainly focuses on bringing bones and joints into optimal alignment, offering the Soma a sense of being centred and grounded

SOMA ALCHEMY SERIES:

Create your personal SOMA MAGIC retreat with the Alchemy Series, combining all methods and activating the 5 elements in 5 Sessions over a 5-day to 2-month period

PRICES

60 MIN - 100€

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60 MIN - 100€

120 MIN - 150€

60 MIN - 100€

5 SESSIONS - 500€