



# TOSA Blue Mountain Sanctuary

A Self-Ascension Campus & Retreat Center

Contact Us Today

[TOSABLUEMOUNTAIN.COM](https://tosablueMountain.com)

*The World Tourism Group gives Ecuador its seal of approval  
Ecuador's Ministry of Tourism has received  
"Safe Travels" status from the World Travel and Tourism  
Council.*

# Onsite Spa Services

*organic - healing - restorative*



## "Ready for ME" Massage (60 Minutes) \$50.00

This skilled massage therapy incorporates effective and soothing ancestral techniques consisting of sliding, kneading, vibrations, percussion, and friction in muscles throughout the body. Prepare to sink into the gift of YOU!

### BENEFITS

- Relax the body and mind.
- Relieves muscle aches.
- Improves lymphatic circulation.
- Eliminates toxins.
- Oxygenates the skin

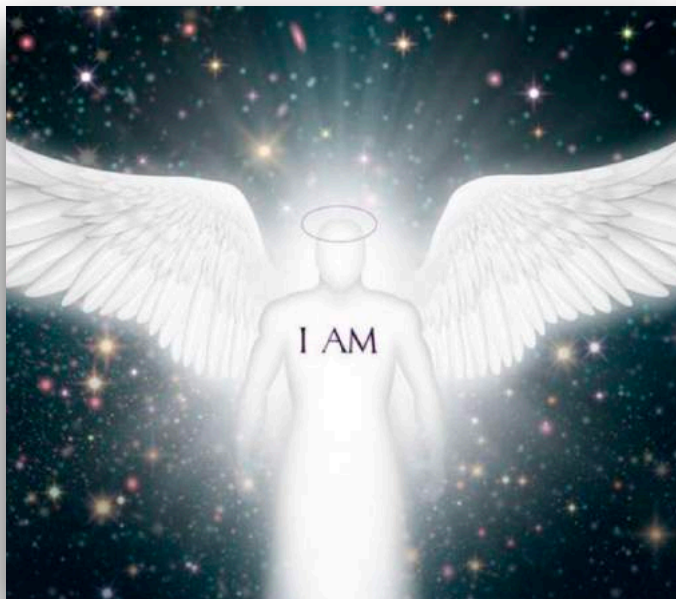


## *Jet Lag/WELLNESS MASSAGE (60 minutes) \$77.00*

A perfect fusion of techniques, environments, and philosophies come together to achieve peace and perfect harmony. This process offers greater balance of physical, mental and spiritual well-being, providing satisfaction to all the senses. The application and use of sacred oils and aroma therapy add to the therapeutic value of this experience. Tailored for your needs be sure to share what you are needing and then relax into the receiving!

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*Pre-reservation required for all services...we strongly suggest booking services with your reservation!*





## *Bar none the most amazing Hot Stone Massage! (90 minutes) \$88.00*

This unique hot stone massage combines therapeutic massage with the application of stones to the skin at different temperatures, (both hot and cold), to facilitate the flow of vital energy and thus alleviate physical and emotional disorders. Sacred oils are prepared and used throughout the service as the aroma therapy adds to the overall affect.

### BENEFITS

- Eliminates toxins
- Stimulates metabolism
- Relieves menstrual cramps
- Relieves muscle aches
- Reduces stress
- Provides deep relaxation
- Induces sleep



## *Ayurveda Pizhichil Therapy (90 minutes) \$111*

Known throughout the ages as the "treatment of kings", everything about this process is a delight for the mind and body. It consists of slowly dripping medicinal oil on the body to assist with the deeper reception of the process, while applying the massage to deepen the profound gift of the oil application. Indulge in the deeper experience of YOU as you relax into the invitation of experiencing your fully centered presence as your 'self'.

### BENEFITS

- Muscle problems, Rheumatism
- Arthritis
- Depression
- Anxiety
- Rejuvenates and tones the skin Elimination of toxins
- Absolute relaxation

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## *Ecuadorian Organic CHOCOLATE BODY WRAP (120 minutes) \$122*

Chocolate is known for its antioxidant properties and is the ideal treatment to make the skin look like new. It increases the activity of collagen and elastin, and is often a vital remedy to improve dry skin. INCLUDES the "Jet Lag/Wellness Massage."

### BENEFITS

- Hydration
- Nutrition
- Detoxification
- Skin Regeneration
- Skin Remineralization
- Reduce Blemishes
- Reduce Cellulite
- Improved mood



## *Luxurious Manicures & Pedicures*

**Standard manicure:** Relax your hands as they soak and soften and then we apply our natural scrub to prepare your hands! Careful attention is offered to your nails with removing the cuticles as necessary, shaping the free edge of nail and of course a yummy massage of the hands. Complete this process with the application of color or buff as you prefer.

**Gel manicure:** All of the benefits and gifts of the standard manicure with the application of gel nail polish that invites your hands to feel freshly manicured for WEEKS!

**Pedicure:** A luxurious treatment of the feet and toenails. Soak and relax your feet in the foot spa as our technician gently scrubs and removes the dead skin cells of the feet. Complete with shaping of your toenails, soothing and relaxing massage and completing with the application of color or buffing, your choice.

### PRICES

Spa Manicure: \$16

Spa Gel Manicure: \$30

Spa Pedicure: \$35

Spa Manicure and Pedicure package: \$44

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## Onsite IV therapy treatments:

### **Myers Cocktail:**

Our best complete therapy contains a mixture in ideal proportions and doses of vitamin c, b-complex vitamins, minerals and trace elements that go perfectly in your body, increasing your immune system and energy. \$125

**Mega doses of vitamin C:** Optimal high doses of Vitamin C boost your immune system, skin care and healing. \$75

**Mega doses of vitamins from B complex:** Increases energy, positively intervenes in the nervous system and prevents skin lesions. \$75

**Intravenous zinc shots:** Mega-boost your immune system against viruses, help stop hair loss, and more! \$75

**Serum therapy:** Combining glutathione and glutamine powerful antioxidants that you can use alone or mix based upon your needs. \$75

**Collagen serum therapy:** Perfect for your joints, skin, hair and nails! \$75

**Hydration therapy:** Fill your body with nourishing hydration containing valuable minerals for the body. \$75

**Beauty therapy:** Special intravenous anti-aging serum therapy formulated with collagen and trace elements for your most beauty-full radiant skin! \$75

*You may add extra ampoules to your treatment to enhance benefits and/or per Dr. Lorena's advice \$35 each*

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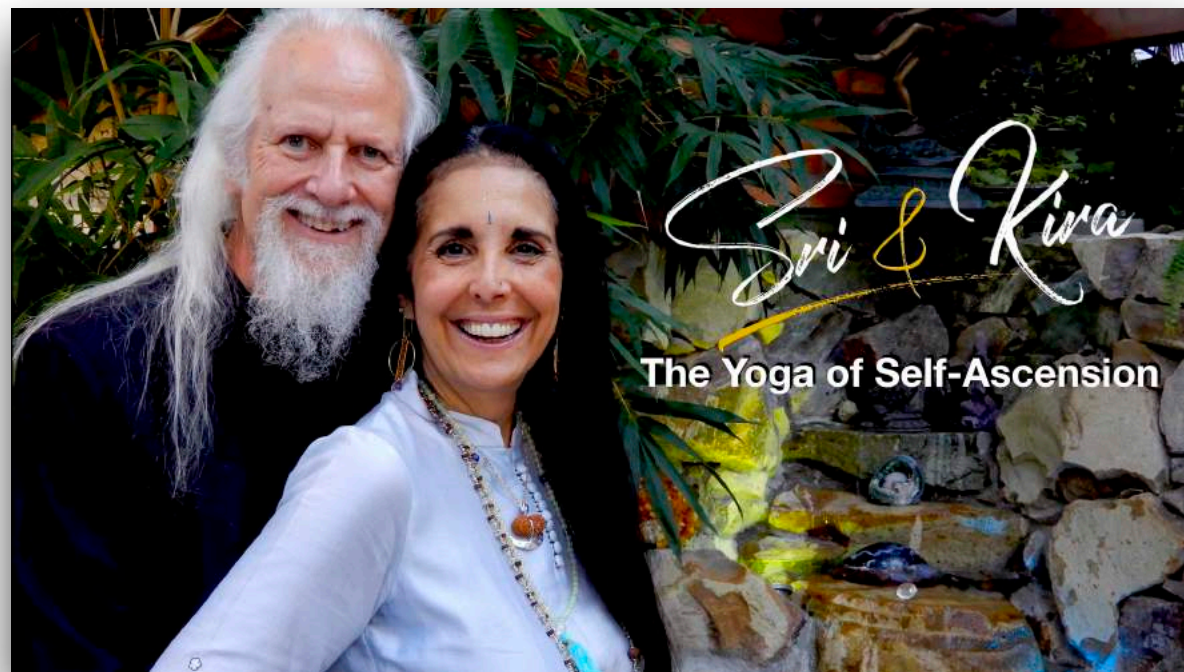


### **Dr. Lorena Vintimilla**

**Angel in form  
and Head Physician of  
Clinica Linda**

**Complete General medical  
consultation: \$ 50**  
*Onsite Session approx. 1-1.5 hours*





## Private Sessions with Wisdom Teacher Sri Ram Kaa & Master Lady Kira Raa

All sessions listed on the next 4 pages are  
scheduled with Sri and/or Kira Personally as noted.  
*Subject to availability...please ask.*



## Crystalline Atlantean Healing Chamber with Sri & Kira

Quantum healing is fast, powerful and supports your Self-Ascension process!

The AHC looks for root causes of discomfort from the current life time AND prior lifetimes. This includes unconscious dogmas, limiting beliefs and habitual patterns.

ALSO! The AHC specifically addresses energetic interference, including phobias, imprints from ancestry, culture of origin and relationships.

If present, any entities, ghosts or inter-dimensional imprints are identified and resolved.

Your chamber consists of two "formal sessions" with Sri & Kira plus personalized processes you will be asked to complete. You will meet in the Sacred Healing Chamber for your sessions.

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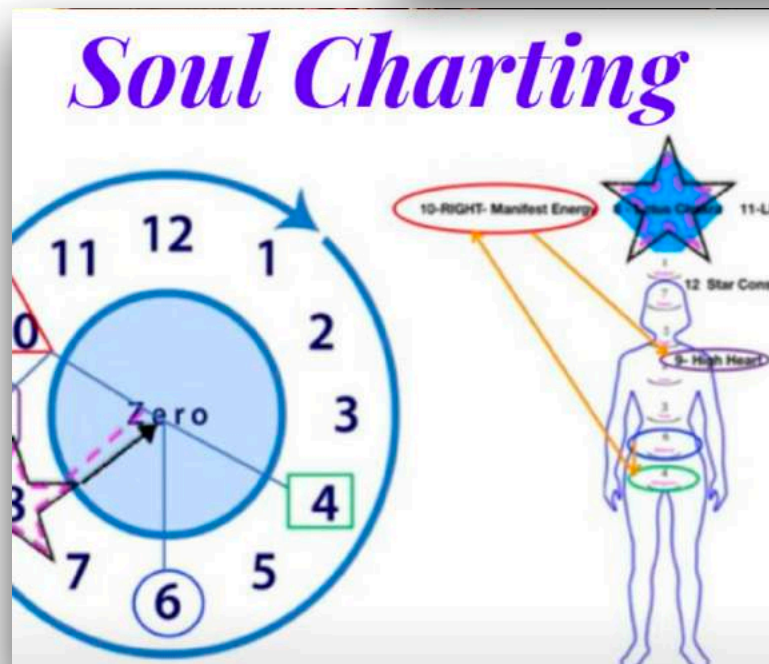


## Private Guided Life Turnaround Journey and/or Detox Packages, 3-45 Days

A customized Detox Journey combining daily Avesa Balancing with specially prepared juices and meal menus to assist the body to gently and lovingly release that which is ready to leave and call forward that you are ready to manifest!

Life turnaround Journeys include cooking lessons, custom health assessments by our Holistic professionals and much more! You will return REFRESHED, REJUVENATED and INSPIRED!

We will ask you to complete a personalized questionnaire so that your Life Turnaround and/or detox journey can be tailored to your needs and every package includes supportive advanced healing processes.



## Cosmic Life Regression Session and/or Ascended Numerology Life Sessions with Master Lady Kira Raa!

Divine empowerment awaits us all when we unlock the codes of our soul! Through Cosmic Life Regression, Master Lady Kira Raa guides you to the place of your soul's origin & between lives to clearly remember, heal and integrate your mastery!

Ascended Numerology, (the ancient ORIGINAL ESSENE system), calls forward answers to many of life's questions. You will receive a full color comprehensive chart PLUS a full hour with Master Lady Kira Raa deciphering every detail and answering your questions!

**Pre-reservation required for all services...we strongly suggest booking services with your reservation!**





## Comprehensive Life Crafting Coaching and/or Medical Intuitive Session with Sri Ram Kaa

Avesa Master Healer Medical Intuitive, Sri assists to quickly shift pain and confusion as you move into a centered, soul connected space. These life crafting healing sessions are highly effective for restoring balance to the physical body, peace to the emotional body, and joy to the spirit. You may want to consider daily sessions or after-care packages with Sri via Skype from your home.



## Private Reading with Master Lady Kira Raa

A gifted Oracle, Master Lady Kira Raa completely separates from the body as your personal guides bring exactly what it is needed at the time of the session.

This is NOT TAROT and unlike any type of "reading" you have ever had. Known as "the reader's reader," Master Lady Kira Raa expands your consciousness to connect with your soul and gently assist integration for an Enlightened state now!

While not necessary, you may ask specific questions if desired.  
You will receive an mp3 recording.

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## On-site & Off-Site Ceremonies

TOSA Blue Mountain is home to an authentic Mayan Ceremonial site. Sri & Kira were blessed by BOTH the High Priest of the Mayan and the High Oracle of the Maya to personally create each ceremony. This is a rare treat as these active priests who normally do not make themselves available to "outsiders" spent many years with Sri & Kira.

Sri & Kira prefer that a ceremony be reserved in advance and make the final decision if they are willing to offer you a ceremony based upon your highest good.

This ceremony is the real thing! It is not a "tourist ceremony." If Sri & Kira agree, they will select the day during your stay with that best suits you according to the unified energy of Ascended Numerology, The Mayan Calendar and your intentions.



## Day Trips to Nearby Ingapirca, Chobshi, Museums, Artisan Villages, Panama Hat Factory, Orchid Farm & More!

Our deep bond with the local Canari offer you optional Day Trips to sacred & local artisan sites with personalized access. Ingapirca, Chobshi and other local gifts of magic not commonly accessed by tourists, including off-site ceremonies.

*A cosmically AWAKE ancient site, Ingapirca is known as the Machu Pichu of Ecuador...and with GOOD REASON! Sri & Kira tangibly feel the Goddess energy that sustained this site. This presence ignites a divine cosmic portal! Private Energy Tour of Ingapirca with Sri & Kira available... Please ask for details!*

Safe, reliable and comfortable transportation included.



## Day Trip to Piedra de Agua

We offer transportation to and from Piedra de Agua. Piedra de Agua is a modern and complete thermal tourism center located 10 minutes from downtown Cuenca - Ecuador.

Built almost entirely from limestone rock of volcanic origin carved out of the same location, Piedra de Agua combines stone, glass and wood in its clean and modern architecture to achieve delicate and comforting spaces.

Their main attractions are our THERMAL WATER of volcanic origin and a series of related services which include volcanic mud treatments, vaporized massages, steam baths, contrast baths, box steam baths and more.





# Mini-Bar Items & Specialty Coffee Bar Beverages

## Coffee Bar Beverages

The “Guru”: Pure Espresso \$2.50

### Cafe’ Americano:

A perfect espresso with hot water. \$2.50

### The “Sri” Cappuccino:

The perfect cup of Espresso graciously swirled with frothed Soy milk and dusted w/ chocolate and cinnamon! \$3.00

### Café Kira:

A “perfect” Americano topped with foamed soy milk that floats and invites! For those who prefer coffee without sacrificing the foam! \$2.75

### REAL Turkish Coffee:

Slowly prepared authentically in a “Cezve/ Ibrik”. A stunning taste sensation of Cardamon, Cinnamon, Clove & Nutmeg! Served by the “pot”...2-3 cups. \$4.50

*All beverages can be made with Almond milk...please add .50 per drink.*

### Our House Signature “Dandy Candy”

*For those who enjoy the taste of coffee without the caffeine or acidity!*

We use Dandy Blend as the base of our Amazing Cappuchino style beverage that is so yummy you will for sure call it Candy! \$4.00

### The “Ascended Heart”

Green Tea Matcha Cappuccino  
Bright green and packed full with antioxidants and energy!

Prepared with steamed Soy milk. \$3.50

### The Ecuadorian in Love!

Guayusa Cappuchino  
Imagine the GIFT from the Amazon so precious that the locals wake up at 4am to simply share their dreams with each other while drinking this sacred and health filled gift from the land!

We prepare ours with steamed soy milk! \$3.50

## Nature’s Heart Snacks and Pacari Chocolate Selection

Protein Nut Mix Bag \$1.50

Nutty Berry Mix Bag \$1.50

100g Container of Pistachio Nuts \$6.50

ALL flavors Pacari full size chocolate Bars \$4.00

ALL flavors Pacari Mini Bars \$1.00

Box of Chocolate Covered Nibs \$4.00

Box of Chocolate Covered Banana \$4.00

...all of the above items are available in the Buffet area near the main entrance and you may bring them to your room to enjoy as you desire.