



Healing Services

Service	Regular
Bodywork Massage	
Deluxe Healing Massage, Seated (30 min) Focusing on the shoulders, back, and arms this seated experience will alleviate pain and enhance your spirit	39.99
Deluxe Healing Massage, Table (30 min) Focusing on the full-body or the shoulders, back, and arms this traditional table experience will support stress reduction, provide pain relief and facilitate a positive attitude	44.99
Reincarnation Bodywork Massage (60 min) Full-body traditional table experience that will make you feel like you've just been brought back to life; Healing.	79.99
Steamed Chesapeake Crab (60 min) Deeply relax with the steaming heat of hot towels and massage shells that melt away tension and stress during 60 minutes of massage. Enjoy the soothing sensation of wooden Crab Hammers as they are incorporated uniquely into you massage.	87.99
Serenity Sleep Therapy Massage Treatment (90 minutes) The sound of sacred ocean waves provides the perfect backdrop for stress relief and well-being. A deep sleep inducing experience that begins with aromatherapy followed by an intensely healing and relaxing full-body massage technique designed for rest-facilitation. Sleep, a powerful element in our intellectual performance and overall physical, emotional, and spiritual health is prioritized and honored in this 80-minute experience. Includes a cup of our Sacred Sanctuary Sleep Tonic that you may take home. 60-minute sleep massage, 20-minute-deep rest.	149.99
Volcán De Fuego (75 min) Volcán De Fuego in Guatemala, this one of a kind massage has a satisfying combination of deeply penetrating Lava shells, soothing hot towel foot treatment, and a healing Aromatherapy Ritual. You will revel in this complete and thorough head-to-toe full-body massage	131
Express Couples Massage (60 min) Simultaneously healing couples massage w/Organic Coconut oil	160
Signature Couples Massage (60 min) Express plus Hot Towel Ritual & Aromatherapy Ritual	190
Platinum Couples Massage Experience (75 min) Signature plus Hot Lava Shells® Therapy	210.99
Facial Experiences	
Express Facial Massage (30 min) Choose Strawberry Green Tea or Garden of Eden Himalayan Pink Salt	39.99
Signature Sacred Facial Massage (60 min) Charcoal Purifying mask with pure liquid stabilized oxygen facial massage	94.99
Foot Soaks	
Express Soothing Sanctuary Foot Soak (40 min) 40 minute soak	25.99

Signature Soothing Sanctuary Foot Soak (40 min) 20 min soak, 20 min leg and foot massage	55.99
Soothing Sanctuary Foot Soak Platinum Experience (40 min) 20 min soak, 20 min leg and foot massage with hot lava shells	75.99
<p>Soothing Leg and Foot Sanctuary Soaks <i>Includes a deep, soothing 20-minute detoxifying, softening, cleansing, hand-made with mineral-rich Minera® Dead Sea Salt soak and a 20-minute lower leg and hot towel foot massage. All soaks include a body butter or organic coconut oil finish. 59.99</i></p> <p><i>Express Soak is 25.99 for a 40-minute soak with towel-pat finish and no massage. Platinum Experience for 75.99 is the Signature Healing soak with the lavish addition of Hot Lava Shells® incorporated into the 20-minute massage.</i></p> <p>Lachuá Lake Lemon & Honey Inspired by Lachuá Lake in Guatemala which is known for its high biodiversity and for being one of Guatemala's most magnificent sights of natural beauty. Relax and enjoy your Honey, Apple Cider Vinegar and Lemon soak. Honey, which attracts and retains moisture is key for soft feet. It also eases swollen feet. Finally, Apple Cider Vinegar relaxes your muscles and provides anti-bacterial properties while Lemon promotes the toxin elimination process, helping to relieve the pain and tenderness associated with aching feet. Massage is finished with organic coconut oil</p> <p>Tea Tree & Lavender – A favorite for relaxing, Tea tree and Lavender make for the perfect relaxation duet! Enjoy a rich, luxurious and nourishing lavender moisturizing finish which softens and smooths the skin</p> <p>Guatemalan Rainforest Be soothed and healed by the fresh, masculine scent of nature's deep green forest. Includes black pepper oil which therapeutically helps to improve circulation and can help ease the pain of aching muscles. Emotionally, Black Pepper Oil is stimulating and is a good choice for enhancing alertness and stamina. Massage is finished with an ancient, woody formula of oak moss and green leaves cream</p> <p>Absinthe After Dark Immerse yourself in this mesmerizing and entrancing premium Absinthe soak. Imagine the aromatic fragrance of star anise, amber, spicy cinnamon, fresh green herbal notes blended with fennel, nutmeg and cassia laid down on a bed of woody accords. Deep and earthy you'll appreciate it's warming and thought-provoking properties. Also beneficial for calming joint pain and treating cuts and abrasions. Includes a mischievous hydrating Absinthe cream finish that will leave your feet and lower legs feeling super-fresh and moisturized. All of our Absinthe themed services, including this one also include absinthe lip balm and Absinthe tea.</p> <p>Sweet Orange Cheers is a cheerful and uplifting soak that's a winner for adults and children. Alleviating anxiety, anger, depression and certain bodily inflammations this orange essential oil based soak is perfect if you need some happiness and optimism in your life. Massage is finished with organic coconut oil</p> <p>Chocolate Covered Strawberries Indulge in succulent milk chocolate and delicious sweet strawberry fragrance. You'll enjoy the gentle nuances of grape, apple, jasmine, rose, honey, and fruity butter that come along for the ride. There are fewer better choices than chocolate and strawberries when you're in deep need of pampering. Massage is finished with strawberry body butter and chocolate lotion.</p>	
<p style="text-align: center;">Natural Nail Health & Healing</p> <p>Enjoy restorative and energizing natural nail care healing. Choose your hand and foot cream for a customized experience:</p> <p>Eco-friendly Tropical Mango Coconut Delicious Chocolate (vegan)</p>	

<p>Calming Lavender (vegan) Garden of Eden (vegan) Fiesta de Fresa (vegan, Strawberry) Cookies & Cream (Natural, Raw Unrefined Shea Butter) Blueberry Muffin (Natural, Raw Unrefined Shea Butter) Absinthe (vegan) Oak Moss Forest (ancient formula and unique earthy aroma, naturally masculine)</p>	
<p>Hot Towel Coconut Oil Polish Change (40 min for combo) An express experience focusing on nail shaping, cuticle moisturizing and your chosen nail polish. Often called the 'cure all' oil, our coconut oil is nature's gift to the body that will improve your health.</p>	<p>Hands 15.99 Feet 21.99 Combo 37.99</p>
<p>Signature Natural Nail Health & Healing (95 min) Enjoy our comprehensive nails treatment with shaping, cuticle moisturizing, Exfoliating & Detoxifying Foot Scrub to remove dead skin, soothing hot towel ritual, extended massage, and polish.</p>	<p>Hands 29.99 Feet 39.99 Combo 69.99</p>
<p>Natural Nail Health & Healing Platinum Experience (150 min) Our Signature Healing treatment plus your choice your choice of two Experience Upgrades: Organic Tea Tree & Lavender Healing Foot Bath PerfectSense® Paraffin Bio Seaweed Gel® (vegan friendly & cruelty free) Gel, Shellac, Acrylic Removal 15.99 French Polish Simple Nail Accent Art (2 w/ Mani, 2 w/Pedi) Hot Lava Shells® Therapy (incorporated into your hand and foot massage) Organic Eyebrow Threading Aromatherapy Ritual Focused Massage (additional 10 minutes added to your included massage)</p>	<p>Combo 159.99</p>
<p>Signature Duo Manicure-Pedicure Combo (99 min) Together, you and someone you care about will both enjoy our comprehensive nails treatment with shaping, cuticle moisturizing, Exfoliating & Detoxifying Foot Scrub to remove dead skin, soothing hot towel ritual, extended massage, and polish.</p>	<p>139</p>
<p>Career-Life Coaching</p> <p>Healing for your life has arrived! Coaching is a fantastic way to get your life back on track. Curación offers expert career and life coaching to help you maintain momentum and focus while helping you make your dreams come true.</p>	
<p>Laser Success Coaching (15 min) Focused session that gives special attention to problem-solving and barrier-breaking</p>	<p>19.99</p>
<p>Freedom Success Coaching (30 min) Focused An encouraging session that empowers you to take meaningful steps toward your vision of success</p>	<p>38.99</p>
<p>Career-life Coaching (60 min) Empowering coaching and/or resume consulting</p>	<p>74.99</p>
<p>RAAP (Resume and Academic Paper) Drop Off, Do you need expert feedback on your resume, but don't have the time to speak with us in person? Do you have an academic paper that may mean the difference between you passing or failing a course? If so, it's time you drop off your document with us and we'll give you the feedback you need to be successful. All page prices are regardless of word count and must be at least a 12pt font size. Academic papers must be double spaced. For more customized results, please provide us with the job opening/vacancy announcement you're applying to, assignment directions and criteria as applicable.</p>	<p>39.99/14.99 Per page</p>
<p>Special Packages</p>	
<p>Spa Package (60 min) Facial Massage and 30 min Deluxe Seated Healing Massage</p>	<p>79.99</p>

VIP Shared Experience Package <i>Signature Couples Massage & Signature Natural Nail Health & Healing Combos for each person</i>	311
Steamed Chesapeake Crab Deeply relax with the steaming heat of hot towels and massage shells that melt away tension and stress during 60 minutes of massage. Enjoy the soothing sensation of wooden Crab Hammers as they are incorporated uniquely into your massage. Includes a Hot Towel Coconut Oil Polish Change on your hands or your feet.	92.99
Silver Spring Sanctuary Enjoy a Soothing Signature Foot Soak and a relaxing 30-minute Seated Massage. A perfect combination.	89.99
The Motivated Marylander Using an enlightening self-assessment tool during career coaching, you'll discover favorite skills and those skills you should leave off your résumé, so your next job is a better fit. You'll also discover your "motivated skills", those skills you enjoy using the most and are highly proficient at. Better understand your "burn out skills" and "developmental skills" too. Bring your resume for some additional feedback! Are you ready to be motivated and excited about your next step?	59.99 for 60 minutes
Soothing Sanctuary Foot Soak & Pedicure <i>The best of both worlds with this relaxing 20 min soak, 20 min leg and foot massage combined with our Signature Pedicure. Wow!</i>	89.99
Sanctuary Spa Party <i>Choose any 3 Sanctuary Spa Party mini-service:</i> <ul style="list-style-type: none"> • Healing Face and Scalp Massage • Seated Healing Massage • Soothing Hot Towel Foot Refresher • Hot Towel Coconut Oil Polish Change (Hands) • Hot Towel Coconut Oil Polish Change (Feet) PLUS... Beverages and light refreshments, Special Vouchers for future visits, FREE 1-hour massage for the person who booked the appointment for 3 or more of your friends (at least 4 total). Thank You for the honor of hosting your party! We Appreciate You!	59.99 per person
Men's Menu	
The Boss Man (Nail Healing & 15 min Seated Massage, 180 min) <i>Being the boss at work or in your relationships means looking better, feeling great, and performing better. Get started now with this comprehensive hand, foot treatment, and massage</i>	89.99
Hand and Foot Tune Up (35 min) <i>A straight to the point experience that will leave a man's hands and feet looking confident for the real world.</i>	Combo 33.99
Oak Moss Men's Spa Package (60 min) <i>Facial Massage and 30 min Deluxe Table Healing Massage</i>	84.99
Career-Life & Wellness Enrichment Training Seminars	
<p><u>Career-Life & Wellness Enrichment Training Seminars:</u> Our experts and professional staff are happy to teach an interactive and enriching 60-90 minute (\$1,050), half-day (\$2,600), or full-day (\$3,900) workshop at your location or ours. Additional cost may apply for over 25 participants.</p> <p>This is a great opportunity to create awareness of a specific professional development, personal enrichment, and wellness/health topic. All topics can be geared for private, federal, or a customized audience. Prices are all inclusive when conducted in the DC Metro Area. They include minor tailoring to meet your specific needs.</p> <p>Are you a Non-profit, Public School, or Special Interest Group/Private Club? Great! We offer a limited number of specially priced and free options for the aforementioned groups, so don't be shy about asking!</p> <p>Our topics include:</p> <p>Leadership Ethics/Team building/Business – Leadership Ethics: Personal Self-Care for Business Success</p>	

- Cultivating Strategic Relationships (business building and networking)
- Interactive Team Building for Workplace Harmony

Career Development

- Success & Happiness for High School Students: *Everything You Need To Know*
- Accelerating Your Federal Career: Implementing Your Success Plan (1 day only)
- Career Portfolio Mastery: Increase Your Credibility and Competitiveness
- Interviewing with Confidence for Results that Empower
- Making Your Federal Internship/Fellowship Count! How To Make the Most Out Of Your Internship By Adding Meaningful Value To Your Agency
- Successful Salary Negotiation
- Tips for Fantastic Resumes & Great Job Offers
- Your Career is Your Business: Business Strategies for Personal Results
- Joy and Jobs: 3 Steps to Applying Your Ideal Career Fit Through Values, Skills, and Interest
- Bruce Lee Style Individual Development Plans: Mastering the Art of Continuous Improvement

Diversity/Inclusion

- Appreciating and Empowering Inclusion Beyond Diversity
- Dynamics of a Five-Generational Workforce: Communication, Collaboration, and Conflict Resolution
- Applying Transgender Awareness to the World of Work

Wellness & Health

- From Disruptive Distractions to Focused and Free: How to Take Charge of Your Time and Overcome Interruptions with Confidence
- Action-Oriented Real Solutions to Outsmarting Stress
- Wellness Strategies for Success and Happiness
- New Parent’s Secret Weapon: How Coconut Oil Makes Happier Babies