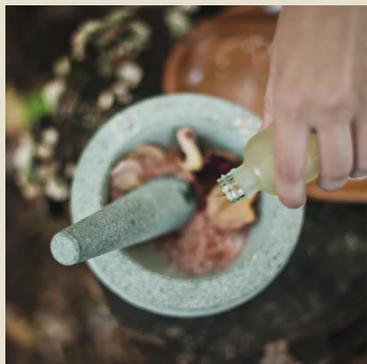




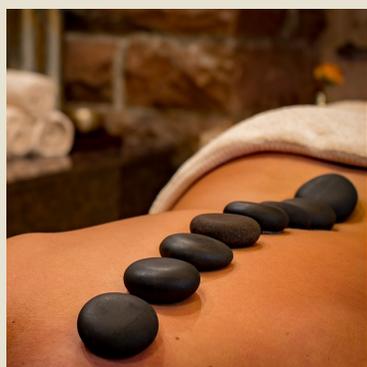
Sacred Valley, Peru

ACTIVITIES LIST



MASSAGE

Enjoy a variety of massage treatments. We offer naturist treatments, deep-tissue massages, energetic treatments, healing massages, and more. Reservations need to be made in advance. View the spa services and pricing at the front desk for more details.



COCA LEAF READING

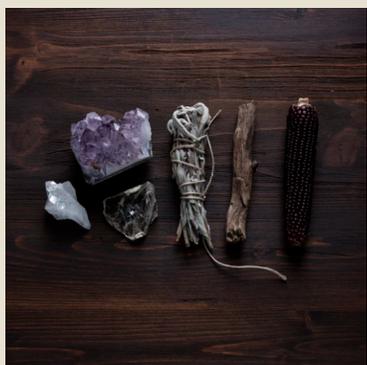
Coca leaf reading is an ancestral Andean tradition. The traditional use of the coca leaf has transcribed to playing a central role in any collective social ceremony of transcendence: baptisms, marriages, deaths, organization of celebrations, etc. It is precisely the "sacred" character attributed to the plant which has made it an object of reverence and worship while giving it profound meaning. The "sacred leaf" not only enriched the social solidarity of the Andean people but it facilitated the ritual communication with the divinities.



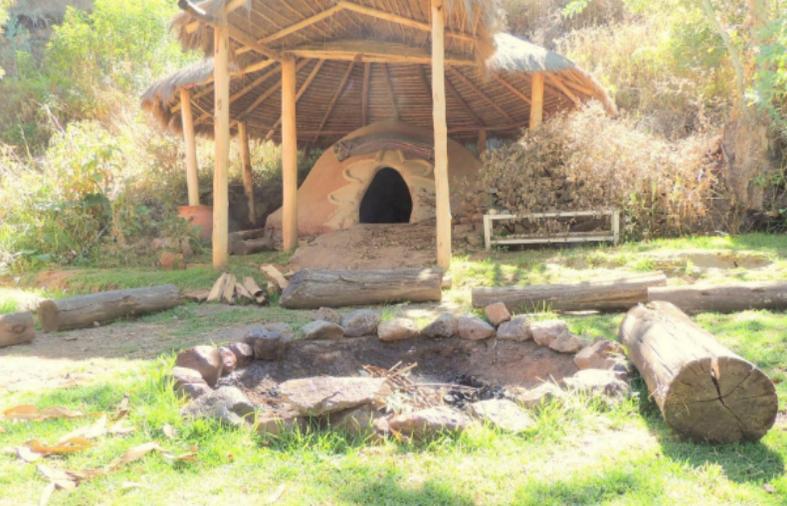
Doris and Bilma offer their services of reading coca while maintaining Andean customs and respecting the power of this sacred plant. This is a wonderful, traditional experience for those with questions to answer.

ORACLE READING

Fernanda is an experienced oracle reader. She has given us her services on several occasions with great results and affection on the part of the guests. Oracle reading is an ancient tradition that goes back to ancient times in distant Greece. From the Latin "ôrākæl," the oracle is a divine response that reaches people through priests or other ministers. This response can even be reflected by physical signals or symbols that are interpreted by specialists. The Greeks had numerous oracles that were visited and consulted by the leaders to make the most important decisions. This Greek tradition continued in Roman times.



The oracles can be fundamental or general truths that are transmitted, or answers to solve a situation.



TEMESCALI CEREMONY

The name “temesacali” is of Nahuatl origin, and is used to refer to a steam bath ritual of healing and purification. It is body cleansing, emotional expression, cognitive restructuring, spiritual nourishment and community coexistence.

The meaning of temazcal comes from Nahuatl “theme:” water vapor, and “cali:” house. Literally, steam house.

The temazcal concept largely corresponds to the indigenous steam baths used in the area of Mesoamerica, however the use of steam baths is a custom of great antiquity widely used in many cultures all over the globe.

Archaeological discoveries and cave paintings testify that Stone Age man used steam to sweat. Steam baths have been one of the natural remedies most used by man since ancient times and throughout our history.

We connect guests with Taki, a male Temescalero, and Leti, a female Temescalera, who both offering the temescali ceremony. This way, the guest can choose between a male or a female to guide them in this ancient tradition.

HORSEBACK RIDING

The horse ranch is located in Huaran, Calca, at the foot of the majestic Apu Pitusiray. This magnificent location is where our activities take place. The horses are highly trained, and thus suitable for all levels.

The routes we take have been carefully selected so that guests can enjoy the beautiful landscapes that the Sacred Valley offers us. The routes traveled include Inca roads, ancient agricultural terraces, hydraulic channels and beautiful grazing areas. We have routes of different duration, always practicing respectful tourism towards the local community, with which we interact affectionately.