

SPA HARA at Nala Village

A moment to slow down, reconnect and return to yourself.

In collaboration with Michelle van Coeverden, founder of Mahara Holistic Lifestyle, and Elzemieke Janzen, founder of Connect to Center.

At Nala Village, Michelle and Elzemieke offer a selection of deeply nurturing holistic treatments designed to bring relaxation, awareness and embodiment together.

Each treatment is approached intuitively and tailored to the individual, creating space for the body to soften, the senses to awaken and you to reconnect with your own essence.

Massages

RELAX & RECHARGE

Slow Down Massage

For deep relaxation, nourishment and simply letting go.

60 min €99 · 90 min €129

RELEASE

Deep Melt

For tension that has settled in the body and wants to release.

60 min €99 · 90 min €129

RECONNECT

Inner Compass

For listening to what your body has been trying to tell you.

90 min €129

Couples massage is available for the Slow Down Massage (60 or 90 minutes). Share the experience side by side. Priced per person.

Massage durations are full treatment time. Please plan an additional 15 minutes to arrive and to rest afterwards.

Rituals & Beauty with Michelle

Holistic Haircut

A personalised haircut, created intuitively and from a holistic perspective.

60 min · €69

Spa Hara Haircut Ritual

Foot bath, hand & foot massage and haircut. Optional facial massage 15 min €25.

90 min · €99

Spa Hara Facial Ritual

Natural skincare, facial massage, soothing sounds and guided meditation.

45 min · €59

Full descriptions on page 3. All treatments can be experienced with a soothing warming drink & artisan made snack.

Massages

RELAX & RECHARGE

Slow Down Massage

WITH MICHELLE OR ELZEMIEKE

60 min · €99

90 min · €129

A deep-dive full-body massage designed to nourish both body and senses. Using warm, nourishing oils and intuitive touch, the treatment moves beyond physical massage into a deeply immersive sensory experience. Long, flowing movements and focused touch invite the body to release tension while creating space for relaxation, grounding and inner connection.

Also available as a couples massage, priced per person.

A moment to let go, receive and simply be.

RELEASE

Deep Melt

WITH ELZEMIEKE

60 min · €99

90 min · €129

A deeper massage for the places where tension has settled.

This is not a massage that simply relaxes the body. Deep Melt is a holistic connective tissue massage: slow, deep and full of presence. As the connective tissue is massaged, space is created in the body. Tension releases, circulation improves, and you literally settle more comfortably into your own skin. Sometimes emotion rises along with the release, and there is space for that too.

Firmer touch is used at times, though never throughout the whole session. Where there is a lot of tension, this can feel intense in the moment. Your feedback guides the pressure at all times. Many people find that the deepest relaxation comes afterwards.

A massage that goes beyond relaxation, and lets your body truly let go.

RECONNECT

Inner Compass

WITH ELZEMIEKE

90 min · €129

Discover what your body has been trying to tell you.

Some signals in the body have been there for a long time: tension that keeps returning, tiredness that rest doesn't fix, a feeling you can't quite name. Inner Compass is a session for listening to those signals, not only soothing them.

Physical complaints are often more than physical. Perhaps your mind races at night, or you know what you want but can't feel it in your body. The session begins with a conversation about what is present for you. Deep, holistic bodywork and massage then guide you out of your head and into your body, followed by time to integrate and take something meaningful with you.

A journey inward, guided by your own inner compass.

Rituals & Beauty with Michelle

Holistic Haircut

60 min · €69

A personalised haircut created from a holistic perspective. Rather than following a fixed hairstyle or trend, Michelle works intuitively with your natural hair, facial structure, movement and individual expression. The haircut becomes an exploration of what your hair naturally wants to do, removing what no longer serves it and creating space for a more effortless, harmonious shape.

A haircut that is not only about how you look, but about how you feel.

Spa Hara Haircut Ritual

90 min · €99

HAIRCUT · FOOT BATH · HAND & FOOT MASSAGE · OPTIONAL FACIAL MASSAGE 15 MIN €25

A complete ritual of grounding, care and renewal. Begin by settling into a soothing foot bath, allowing the body to arrive and unwind. This is followed by a relaxing hand and foot massage before moving into your personalised holistic haircut. For those who wish to deepen the experience, an optional facial massage can be added, creating a beautiful moment of complete relaxation and sensory nourishment.

A treatment designed to help you slow down, reconnect with your body and leave feeling refreshed, grounded and renewed.

Spa Hara Facial Ritual

45 min · €59

NATURAL SKINCARE · FACIAL MASSAGE · DEEP RELAXATION · SOOTHING SOUNDS · GUIDED MEDITATION

A deeply relaxing facial experience created to nourish the skin, calm the nervous system and reconnect you with a sense of inner stillness. Using carefully selected natural products, the treatment combines gentle facial cleansing, nourishing touch and intuitive facial massage with a deeply soothing sensory experience. Throughout the treatment, soft healing sounds and a guided meditation create a peaceful space for you to slow down, breathe and let go.

A moment to release the outside world, soften the mind and simply receive.

Warming drinks & artisan snacks

All treatments can be experienced with a soothing warming drink & artisan made snack.

The Golden Kiss

€4,50

Blue Lotus-Saffron latte + cacao snack

Mahara's Kiss

€5,50

Cacao latte + cacao snack

About your hosts



Michelle van Coeverden

MAHARA HOLISTIC LIFESTYLE

Michelle van Coeverden is the founder of Mahara Holistic Lifestyle, a wellness center rooted in beauty, wellbeing, ritual and conscious living. For more than a decade, Michelle has explored the connection between outer beauty and inner wellbeing through holistic hairdressing, bodywork, ceremonies, retreats and sensory experiences.

Her work invites you to experience beauty not simply as something you create on the outside, but as something you reconnect with from within.



Elzemieke Janzen

LIVING FROM YOUR ESSENCE

Elzemieke Janzen is the founder of Connect to Center, a practice for body-oriented therapy, transformational bodywork and systemic coaching. For years she has guided people back into their bodies, weaving grounded, hands-on work and psychology with ritual, nature and ancient wisdom.

Her work invites you to relearn the language of your body. Everything you need is already within you: your strength, your wisdom, your knowing. Sometimes it is simply hidden beneath a mind that looks for answers everywhere, or a body that holds on to tension. Come home to the body that has carried you all along, and live from your essence, with an outside that matches the inside.

Treat yourself during your stay at Nala Village

A moment to slow down, reconnect and return to yourself.