



DIGITAL CATALOGUE

Drops Alma Prana

Five paths towards inner wellbeing

*A ritual to connect with your emotions, restore your balance
and come back to yourself.*



ALMA PRANA ESSENCES

Five paths. One purpose: coming back to yourself.

Alma Prana Essences was born as an invitation to pause, listen to yourself and consciously accompany the different emotional moments of your life.

Five essences. Five intentions. Five inner-connection rituals designed to turn small everyday moments into spaces of presence, serenity and wellbeing.

“Listen to what you need today.”



ESSENCE I

Deep Calm

SERENITY • HARMONY • PEACE

CONCEPT

Regulation

FOCUS

Moments of restlessness and emotional overload

An invitation to slow down, restore your serenity and return to your centre. Deep Calm accompanies those days when everything feels rushed and you need a space of silence for yourself.

“Breathe. Let go. Come back to yourself.”

YOUR DEEP CALM MOMENT

Pause

Give yourself a few minutes without interruptions.

Breathe

Take several slow, conscious breaths.

Come back to yourself

Turn this moment into a small ritual of serenity.



ESSENCE II

Total Balance

BALANCE • STABILITY • WELLNESS

CONCEPT

Harmonising

FOCUS

Scattered days when you lose your centre

Total Balance accompanies those days when everything moves at once and you feel off-centre. An invitation to return to what is simple, order your energy and hold your wellbeing with a gentle, steady routine.

“Return to your centre. Everything settles.”

YOUR ALMA PRANA RITUAL

Order

Choose one single moment of the day for your ritual.

Breathe

Three deep breaths before you carry on.

Hold

Repeat it every day, always at the same hour.



ESSENCE III

Inner Shield

PROTECTION • STRENGTH

CONCEPT

Containment

FOCUS

Sensitive days when you absorb everything around you

Inner Shield accompanies the days when everything reaches you too closely. An invitation to care for your inner space, hold your boundaries with serenity and step into the world feeling sheltered.

“Your calm is also your shield.”

YOUR ALMA PRANA RITUAL

Centre

Before going out, stay one minute with yourself.

Breathe

Inhale strength, exhale what is not yours.

Protect

Silently name one boundary you will honour today.



ESSENCE IV

Vital Drive

MOTIVATION • DETERMINATION • ENERGY

CONCEPT

Activation

FOCUS

Moments of low spirits or little drive

Vital Drive accompanies those days when you know what you want but starting feels hard. An invitation to light up your motivation, recover your determination and take the first step with energy and clarity.

“Light up your drive. Begin with today.”

PAUSE • BREATHE • CONNECT

Pause

Stop and choose one single intention for today.

Breathe

Breathe deeply and feel your body wake up.

Connect

Take the first step, however small.



ESSENCE V

Inner Rebirth

HOPE • PRESENCE • INTEGRATION

CONCEPT

Renewal

FOCUS

Closing cycles and new beginnings

Inner Rebirth accompanies processes of change: when something ends and something new begins to be born. An invitation to integrate what you lived, inhabit the present with patience and trust again.

“Every ending is also a beginning.”

TURN YOUR ESSENCE INTO A RITUAL

Give thanks

Acknowledge what this cycle taught you.

Breathe

Let go on the exhale of what has served its time.

Rebirth

Name one simple intention for what is coming.



ALMA PRANA SPA

The Alma Prana Ritual

"More than an essence, it creates a moment for you."

01

PAUSE

Find a quiet moment and disconnect from distractions for a few minutes.

02

BREATHE

Take several slow, conscious breaths.

03

CONNECT

Bring your attention to how you feel right now.

04

SET AN INTENTION

Choose your Alma Prana Essence as part of your personal ritual.

ALMA PRANA ESSENCES

Your moment begins here

There are days to move forward and days to pause. Listen to what you need, choose your essence and turn a few minutes of your day into a ritual to come back to yourself.

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The Alma Prana Essences accompany moments of wellbeing and self-care. They are not medicines and do not replace any professional assessment.

Alma Prana Spa

Wellbeing for body, mind and soul.