



MODRN SANCTUARY

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CONCEPT – **Modrn Sanctuary** is a new luxury wellness center in the heart of the NoMad neighborhood in Manhattan. In an unprecedented fashion, 18+ medical and holistic practitioners work in tandem using both traditional and alternative wellness medicines, therapies and treatments to maximize the overall benefits and enhance health and happiness of the client.

OWNER - **Alexandra Janelli**, a leading health and wellness entrepreneur, hypnotherapists and life coach, has worked with award winning actors, singers, athletes, and high-level professionals. The Hypnosis Motivation Institute graduate is the founder of Modrn Sanctuary, which houses her practice Theta Spring Hypnosis, and PotentiallyHuman.co. She also hosts the Mental Sherap Show on the Voice American Radio Network.

DESIGN - Within the 5,000+ square foot space, Modrn Sanctuary melds East and West and old and new to create a unique and soothing harmony. When creating the ambiance, Janelli worked with interior designer **Wendy Yang**, playing with the influence of the subconscious mind by using elements of sensory deprivation, including black crocodile textured walls, to enhance the experience. The main lounge, which offers free wi-fi, features beautifully sculpted imported antique Balinese doors, a suspended dark wicker chair for lounging, and comfortable seating. The center has a beautiful view of the Empire State building and curated contemporary art from local and European artists is displayed throughout space. The **Himalayan Salt Room**, one of only four in the city, is being created for halo-therapy. The 200 square foot space will be lined with salt brick walls, heated salt floors, and halo-therapy generator where relaxation, rejuvenation, and health can be restored.

THERAPIES, SERVICES & CLASSES - The focus is to create and enhance one's natural equilibrium and daily life. Working in tandem, the 18+ practitioners offer various medicinal and holistic treatments and therapies, including: *Hypnotherapy, Chiropractic, Holistic Skin Care, Acupuncture & Herbs, Psychotherapy, Physical Therapy, Cupping, Rolfing, Ayurveda, Reiki, Massage, Energy Work, Thai Body Work, Blood Chemistry, Nutrition and Nutritional Supplements, Past Life Regression, Family Constellation*, and

Life & Business Coaching. There are also workshops and classes including *Yoga, Meditation, Group Hypnotherapy, Mindfulness, Sound Therapy, Smoking Cessation, Weight Loss & Nutrition, Breath Work* and *Sleep.*

HOURS OF OPERATION: Monday to Friday, 9am-8pm; Saturdays 10am-6pm

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MODRN SANCTUARY SERVICES, TREATMENTS & THERAPIES *Integrative Holistic Health for the Mind Body & Soul*

Acupuncture improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites--commonly referred to as acupuncture points, or acupoints. The most common method used to stimulate acupoints is the insertion of fine, sterile needles into the skin.

Ayurveda is the traditional Hindu system of medicine, which is based on the idea of balance in bodily systems and uses diet, herbal treatment, and yogic breathing.

Blood Chemistry Screening is a blood test that measures the levels of several substances in the blood (such as electrolytes). A chemistry screen tells your doctor or nutritionist about your general health, helps look for certain problems, and finds out whether treatment for a specific problem is working.

Chiropractic is a system of complementary medicine based on the diagnosis and manipulative treatment of misalignments of the joints, especially those of the spinal column, which are held to cause other disorders by affecting the nerves, muscles, and organs.

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including helping with pain, inflammation, blood flow, relaxation and well being, and as a type of deep-tissue massage.

Energy Work modalities such as intuitive energy healing and Reiki, involve the transfer and direction of universal life force energy to help clear, strengthen and balance one's energy field and energy pathways to facilitate, support and speed the healing process.

Family Constellation is a therapeutic approach designed to help reveal the hidden dynamics in a family or relationship in order to address any stressors impacting these relationships and heal them.

Holistic Skin Care utilizing organic and all-natural methods to care for the health, wellness, and nutrition of the skin.

Hypnotherapy is a form of complementary therapy that utilizes the power of positive suggestion to bring about subconscious change to our thoughts, feelings and behavior.

Life Coaching invites the practitioner to partner with the client in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.

Nutrition relates to the foods we consume and are directly related to our health and wellbeing. It is the key to a longer life and also decreases the chances of chronic disease. By choosing foods that are nutritious and beneficial restores inner balance and leaves one feeling alive and energized.

Nutritional Supplementation includes vitamins, minerals, herbs, meal supplements, sports nutrition products, natural food supplements, and other related products used to boost the nutritional content of the diet.

Past Life Regression is a therapeutic technique for accessing and re-experiencing your past lives directly. It is based on the awareness that your soul is eternal and reincarnates into different lifetimes to continue to transform and grow.

Psychotherapy offers several approaches including cognitive-behavioral, interpersonal and other kinds of talk therapy — that help individuals work through their problems.

Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well being.

Rolfing is a technique aimed at the vertical realignment of the body, and therefore deep enough to release muscular tension at skeletal level. It can contribute to the relief of long-standing tension and neuroses.

Shamanism is a practice that involves a practitioner reaching altered states of consciousness in order to perceive and interact with a spirit world and channel these transcendental energies into this world.

Sound Bath with the use of Biosonic tuning forks, Himalayan singing bowls, overtone singing, breath work, shamanic drumming, crystal quartz bowls and Himalayan singing bowls I provide a safe and relaxing environment where we can focus on what is out of balance in your body and life and work to bring you towards a place of harmony.

Thai Body Work, or Thai Yoga Massage, uses compression, palming and thumbing of meridians along the body in a rhythmical way. This technique and ancient science delivers a calm, meditative state while enhancing circulation, relaxing muscles and increasing joint range of motion.