



Holistic Spaghetti

Professional profile & credentials

Founder & Practitioner: Arianna (Ari)

Base: Berlin & Beyond.

Available for residencies, pop-ups, and collaborations.

Core focus: Somatic Bodywork, Stress Release & Traditional Method Integration

Connect & book: ciao@holisticspaghetti.com
www.holisticspaghetti.com

My journey

Behind Holistic Spaghetti's creative and welcoming identity lies a solid foundation, built on years of diverse experience. Having held positions of responsibility – including that of spa manager – I bring a practical and multifaceted perspective to my work. **I do not limit myself to understanding work on the body, but I also understand people and spaces.**

My approach is based on deep listening and the intuitive blending of various traditional techniques to flow with the energy of the moment.

Being able to read both the body and the environment allows me to integrate seamlessly into a team, a retreat or an event. Whether you book a private session to rediscover space within yourself, or are looking to co-create a mindful experience, you will find **a practice underpinned by fluid adaptability, clear communication and professional depth.**



Certifications

- **Facial Reflexology Dien Chan:** Facial Beauty, Tummy Beauty, First Aid
- **Foot Reflexology**
- **Ayurveda:** Abhyanga (traditional relaxing massage), Udvaartana (traditional exfoliating lymph massage), Garbhabhyanga (traditional pregnancy massage), Balabhyanga (traditional newborn massage), Aromatherapy & Nutrition (traditional holistic practices)
- **Other Protocols:** Manual Lymphatic Drainage, Fisiomassaggio, French Lymphatic Drainage, Postural Massage
- **Yoga:** YTT 200h
- **Stress Release:** Access Bars
- **Coaching:** Holistic Health Coach for women



Collaborations

Holistic Spaghetti lies at the intersection of mindful bodywork and professional practice.

Weaving into conscious hospitality, holistic studios, and retreat environments to create seamless, deeply immersive experiences.

Available for:

- Bespoke residency programs & pop-ups
- Wellness integration for retreats & events
- One-to-one somatic sessions

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