



WELLNESS FOR YACHTING

BY MARÍA DEL MAR GARCÍA CARBONELL

Mallorca



TAILORED EXPERIENCED AT YOUR NEED

Beyond Psychology is an *Exclusive Health Clinic* based in the heart of Palma de Mallorca, now offering its signature services either at the clinic and on board.

We specialize in delivering five-star luxury care in the field of emotional and physical well-being.

Our Services

- Physioterapy
- Remedial Massage
- Yoga & Meditation
- Sound Healing
- Couple's Massages
- Couple's intimacy therapy
- Psychology
- Emotional realise therapy
- Psychology and Physiotherapy tailored for the Crew.

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**MARÍA DEL MAR
GARCÍA
CARBONELL**



Founder & Director Beyond Psychology.
Physiotherapist, Couple's Counselor, Meditation teacher.



**NILDA
AYALA**

Founder & Director El Templo de Bastet.
Sound Healing, Remedial Massage.

**MARIANTONIA
SAMPOL**



Founder & Director Mariantonia Sampol Styling.
Goya-Nominated Costume Designer & Luxury Style Coach.



CUSTOMISE YOUR EXPERIENCE FROM 2H TO 48H.

THE SKY IS THE LIMIT

Because every guest is unique, we offer the possibility to create a fully personalized wellness journey, whether on board or at our luxury clinic. Choose what resonates most with you, and let us take care of the rest.

Contact us to design your bespoke experience...

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SIGNATURES EXPERIENCES

ISLAND HEAVEN

REBALANCE YOUR MIND, BODY, AND SPIRIT

This unique experience blends physiotherapy, emotional therapy, energy work, and sound healing.

We'll guide you through the release of emotional blockages, followed by a full-body massage and energy work that opens the way to deeper levels of relaxation.

The session concludes with a guided meditation and a sound healing journey, allowing your entire system to fully integrate the experience in a state of deep inner calm.

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SIGNATURES EXPERIENCES

MALLORCA RECOVER RITUAL

PAMPER YOUR BODY LIKE NEVER BEFORE

An exclusive treatment designed to relieve jet lag, soothe tired legs and feet, and restore balance after a day of travel or exploration.

Performed by an expert physiotherapist, this luxury massage combines therapeutic techniques, targeted stretches, and aromatherapy to leave you feeling renewed, deeply relaxed, and ready to enjoy the island.



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SIGNATURES EXPERIENCES

A HEAVENLY DAY IN PARADISE

A FULL DAY OF SHOPPING, DISCOVERING AND PAMPERING

Enjoy this exclusive and unforgettable experience in company of true Mallorquin acclaimed professionals. Go shopping with Rafa Nadal's personal stylist, visit the jewelry workshop where the Queen buys her jewels, indulge yourself at our handpicked restaurants, and pamper your mind and body at the finest women's health clinic in Palma.

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SIGNATURES EXPERIENCES

SUNSET VIBES

EXPERIENCE DEEP PEACE THROUGH THE POWER
OF SOUND AND BREATH

A unique experience by the sea, where sound, vibration, and aroma merge in a ritual of deep well-being.

It combines guided meditation, breathwork, aromatherapy, and a sound journey with gongs and lights to harmonize body, mind, and soul.



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FROM ONE SAILOR TO ANOTHER

TAILORED SERVICES FOR FEMALE CREW

Having worked as crew in my early years, I deeply understand the physical and emotional demands of life at sea.

That's why I've created this exclusive space – thoughtfully designed to support and care for women working onboard.

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SIGNATURES EXPERIENCES

INTEGRAL PHYSICAL THERAPY

BALANCE YOURSELF

This unique experience not only eliminates muscle pain and physical tension through Physiotherapy, Massage, and Stretching but also concludes with a soothing combination of Aromatherapy, Sound Therapy and energy work. Additionally, due our holistic approach to health, we will address your emotional state and will provide tips and education on maintaining fitness and health onboard.

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SIGNATURES EXPERIENCES

INTEGRAL PSYCHOLOGY

RECONNECT WITH YOUR SOUL

Psychological care for women working on yachts deserves special attention that only someone who has been there can truly understand. At Beyond Psychology, in addition to offering our revolutionary treatment method, which addresses the mental plane and all aspects of your lifestyle that may affect your emotional state, we will also tackle the specific issues that arise from working on a yacht.

BY MARÍA DEL MAR GARCÍA CARBONELL





BEYOND *Waves*

*"The finest onboard health Services
in Mallorca"*

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FROM

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