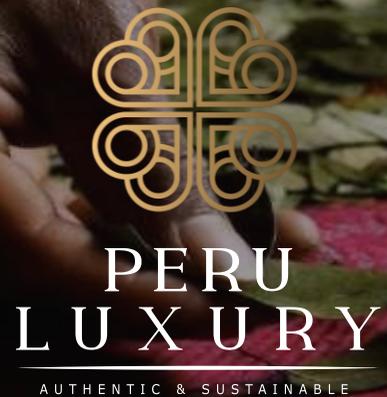


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PERU MASTER HEALER &
WELLBEING

7 DAYS | 6 NIGHTS

ÉPICA
Travel Show

DEPARTURE: 23.03.26 - 29.03.26

PERU, MASTER HEALERS & WELLBEING

CUSCO – MACHUPICCHU - PUNO LAKE TITICACA



Country

Peru

City

Cusco - Puno

Category

Tourist

Duration

7 days – 6 nights

Destinations Visited

Cusco - Sacred Valley – Machu Picchu – Puno – Lake Titicaca

Type of Service

Private

Type of Interest: Spiritual healers & Wellness

Spiritual healers & Wellness



The "Inca Maestro Qero" call the Spirits of the Apus and Mother Earth to support this cleaning organically. We have sacred Prayers and offerings for life, food, love, and family. Participate in the Cleaning Ceremony to improve and harmonise your connection with the World.

This type of energetic ceremony is recommended for those seeking guidance and support, abundance or success, healing, or relief.



Wellness center

Each space is meticulously designed to embody comfort, joy, peace, and harmony. The vibrant gardens uplift your spirit, while our inviting rooms offer a personalized touch with daily cleaning, hot water, and attentive care tailored to your needs. Enjoy the nourishment of a delicious vegan and organic restaurant, along with convenient laundry service and Wi-Fi access. You will also have access to a serene Pilates and yoga studio.

SPA SESSION:

After a long day, let yourself be pampered by an exclusive ritual that combines massage techniques with essential oils and Peruvian gems to unblock energy and restore overall well-being.



DAY 1

March 23, 2026: LIMA – CUSCO – SACRED VALLEY

Type of transport	Specification	Departure	Arrival	Baggage Allowance	Weight per Luggage
Flight Lima – Cusco	LA 2007	09:15	10:45		

Upon arrival at Cusco airport, your guide will warmly greet you and escort you to the Arbol de la Vida Wellness Centre.

Garden Welcome Lunch*

Indulge in a delightful lunch surrounded by breathtaking gardens and majestic mountain views.

Extras Available / Upon Request*

1. Dry sauna infused with essential oils
2. Steam sauna or Turkish bath enriched with herbal infusions
3. Infrared sauna for detoxification through direct light exposure

Cold and Hot Water Therapies*

1. Refreshing Spanish shower (cold water)
1. Epsom salt water pools to rejuvenate your spirit
2. Soothing Vichy shower (warm or hot showers)





Special Therapies*

1. Halotherapy in a tranquil mineral salt cave

Dinner*

6:00 pm: Savour a super food dinner at the hotel.

Evening Activity*

Experience sound healing, a transformative practice that harnesses the power of sound and frequencies to elevate your physical, mental, and emotional well-being. This enriching process aligns brainwaves, elevates consciousness, and restores balance to your health, leaving you inspired and uplifted.

Sound healing is rooted in the belief that sound profoundly influences our energy and harmonises our bodily systems. Through instruments such as Tibetan bowls, gongs, bells, and the human voice, this therapy promotes relaxation, reduces stress, enhances concentration, alleviates pain, and facilitates deep meditation.

Embrace this journey toward creativity, intuition, and a more profound sense of peace and holistic well-being.

Memorable experiences	Transfer to Sacred Valley (2 hrs.. Private) - Sound Healing (2 hours – Private)
Meals	Breakfast, Lunch, Dinner.
Hotel	Arbol de la Vida Wellness spa
Hotel´s Category	Wellness Hotel
Type of Room	Standard Single or Double
Altitude	2,800 m.a.s.l. / 9,187 ft.
Average Temperature	16°C / 61°F







DAY 2

March 24, 2026: SACRED VALLEY - VISIT SALT MINES AND MORAY
ARCHAEOLOGICAL TERRACES

08 am to 09 am Meditation & Yoga

At 10:00 am, we will visit the Moray Terraces, an extraordinary archaeological site located in the Sacred Valley of the Incas. The site features a series of circular, concentric terraces that descend into a natural depression in the landscape. These terraces, varying in size and depth, are believed to have been used by the Incas for agricultural experimentation. The different levels of the terraces create unique microclimates, which may have allowed the Incas to test and adapt various crops, mimicking different environmental conditions from across their vast empire.

The engineering behind the Moray Terraces is a testament to the Incas' advanced understanding of agriculture and their utilisation of natural resources. The site's design capitalised on the temperature differences at various altitudes, enabling the Incas to cultivate crops that might not have been possible in certain regions. While the most widely accepted theory is that the terraces served as a sort of "agricultural laboratory," some researchers suggest that the site could have had ceremonial or religious significance, connected to the Incas' reverence for nature and deities associated with agriculture, such as Pachamama (Mother Earth).





12:00 pm.. Maras salt. The Salt Mines of Maras are situated 50 km northeast of Cusco, at an altitude of 3,200 m above sea level, geographically within the jurisdiction of the peasant communities of Maras and Pichingoto.

The salt mines themselves comprise a set of approximately 4,500 salt wells arranged in the form of stepped terraces on the middle slope of the hill Qaqawiñay.

It is notorious that the very particular effect and its great landscape value that the set of stepped wells produces, being perceived as the total of numerous white, cream or brown squares, arranged in a particular order.

1:30 pm. Nature's wellness landscape picnic table lunch, surrounded by spectacular views of snow-capped and impressive mountains, with a Coca reading.

Be part of a Sacred Leaf Ceremony.

Participate in a ceremony, with the energy of the sacred leaves, rhythm and chanting.

Learn Techniques for Cleansing and Rooting Others.

Acquire practical skills to assist others in cleansing and strengthening their energy roots, supporting their own spiritual journeys.

Mama Coca welcome

Now, you're ready to explore the spiritual significance of the coca leaf, revered as a sacred plant in Andean culture. You'll learn how Coca Leaves serve as a bridge between the material and spiritual worlds, and you'll gain insights from the ancient practice of coca leaf divination or oracles.

Master Priest will introduce us to Mama Coca, a revered plant spirit in Andean culture that connects people to wisdom and the spiritual World.





Uncover the enchanting essence of Coca, celebrated for its medicinal attributes and profound significance in sacred rituals. Engage with a Shaman for a coca reading session, a transformative experience that expresses gratitude to Mother Earth. This ceremony, known as the 'Inca Maestro Qero,' calls upon the Spirits of Apus and Mother Earth to support this organic cleansing, improving and harmonising your connection with the World.

Return to the Hotel
6:00 pm Dinner

7 pm. MOTHER EARTH CEREMONY

A Welcome Ceremony designed for you to create a serene and welcoming atmosphere, fostering a sense of relaxation and anticipation for the transformative experiences that await you.

Under a clear sky full of stars, the Milky Way's magic shines, and the lightning around us on the mainland, our Master, gives us the blessing of realising the medicine for our lives and souls. Connecting to your inner gifts and who you truly are within your soul. Providing insight into your mission on this beautiful Earth, this lifetime.

"Pachamama" comes from Quechua, the indigenous language of the central Andes. "Pacha" means "earth" or "world," and "mama" means "mother." Together, these words literally translate to "Mother Earth." Pachamama is seen as a benevolent deity, a protective mother who nurtures and sustains all living beings.

In Andean cosmology, Pachamama is a central deity. The Andean people believe that everything in the universe is interconnected and that the Earth is a living being with its own spirit. Pachamama is not just the physical Earth but also the source of all life and well-being. She is responsible for the fertility of the fields, the growth of plants, and the prosperity of crops.



Pachamama is not just the physical Earth but also the source of all life and well-being. She is responsible for the fertility of the fields, the growth of plants, and the prosperity of crops.

Ceremonies in honour of Pachamama often include offerings known as "payments to the earth." These offerings can consist of coca leaves, seeds, food, drinks, and other natural products. The offerings are buried in the ground or placed on special altars as a way of giving back to Pachamama a part of what she has provided.

Memorable experiences	Visit Moray & Maras salt Mines + Picnic table Lunch with Coca Reading (5 hours) Pachamama Mother Earth ceremony
Meals	Breakfast, Lunch, Dinner.
Hotel	Arbol de la Vida Wellness spa
Hotel's Category	Wellness
Type of Room	Standard Single or Double
Altitude	2,800 m.a.s.l. / 9,187 ft.
Average Temperature	16°C / 61°F





DAY 3

March 25, 2026: SACRED VALLEY – MACHU PICCHU

Type of transport	Specification	Departure	Arrival	Baggage Allowance	Weight per Luggage
Ollantaytambo – Machu Picchu	Train Expedition 91	11:52	13:34	1 Piece	5 Kg

08:30 am Departure to visit the archaeological site of Ollantaytambo, located in the same village. You will observe how the ancient Peruvians moved rocks weighing almost 60 metric tons from one mountain to another, and through them, across the river and into the valley. At the time of the conquest, it served as a fort for Manco Inca Yupanqui, leader of the Inca resistance. It is the only Inca city still inhabited.

Transfer to the train station.

You will board the train to arrive at the Sanctuary of Machu Picchu.

A journey filled with breathtaking views along the route toward Machu Picchu. This train offers a unique and different way to travel to Machu Picchu. Each car features panoramic windows, allowing you to feel part of your surroundings as you approach the fantastic landscapes and nature route to the Inca Citadel, creating a genuine connection.



Upon arrival, check in.

Afterwards, you will have lunch. Then you will board the bus to the citadel.

Entrance to Machu Picchu at 3pm

Embedded within a dramatic landscape at the meeting point between the Peruvian Andes and the Amazon Basin, the Historic Sanctuary of Machu Picchu is among the most significant artistic, architectural, and land-use achievements anywhere, and the most essential tangible legacy of the Inca civilisation. Recognised for its outstanding cultural and natural values, the mixed World Heritage property spans 32,592 hectares of mountain slopes, peaks, and valleys surrounding its heart, the spectacular archaeological monument of "La Ciudadela" (the Citadel), located at an elevation of more than 2,400 meters above sea level. Built in the fifteenth century, Machu Picchu was abandoned when the Inca Empire was conquered by the Spaniards in the sixteenth century. It was not until 1911 that the archaeological complex was brought to the attention of the outside world.

There are many trails and power sites to explore in this area.

You will be guided to the archaeological site of Machu Picchu, City of Light.

After the visit, you will board the bus to descend to the Aguas Calientes village.

Return to the hotel

Overnight in Machupicchu village.

Dinner included.

Memorable experiences	Visit Machu Picchu (2 ½ hours – Private guide)
Meals	Breakfast, Lunch - Dinner
Hotel	El MAPI Inkaterra
Hotel's Category	Standard
Altitude	3,399 m.a.s.l. / 11,152 ft.
Average Temperature	15°C / 59°F



DAY 4

March 26, 2026: MACHUPICCHU – CUSCO

Type of transport	Specification	Departure	Arrival	Baggage Allowance	Weight per Luggage
Machu Picchu - Ollantaytambo	Vistadome Observatory 204	13:37	15:04	1 Piece	5 Kg

Entrance to MachuPicchu: 06:00 sunrise special second visit to the Sanctuary of MachuPicchu, this time we will go to the top high-level part with a magnificent view from the Top.
Return to the village of Aguas Calientes.

Time to explore the village and discover the beautiful local market.

Early Lunch

1:15 pm Transfer to the train station to board your train to Ollantaytambo and transfer there to Cusco.

Arrival in Cusco approx. At 17:00 hrs.

8 pm. Farewell dinner.

Memorable experiences:	Sunrise at Machu Picchu Sanctuary + return to the city of Cusco
Meals:	Breakfast, Lunch + Dinner
Hotel:	Casa Andina San Blas
Hotel's Category:	Tourist
Type of Room:	Standard- Single & Double
Altitude:	3,399 m.a.s.l. / 11,152 ft.
Average Temperature:	A15°C / 59°F





DAY 5

March 27, 2026: CUSCO – PUNO

Type of transport	Specification	Departure	Arrival	Baggage Allowance	Weight per Luggage
Cusco -Puno	Private Transportation	07:00	17:00		

You will be collected from the hotel to begin your journey to Puno by Private Transportation, accompanied by your private Spiritual guide.

On the way, you will stop to visit some attractions and archaeological sites.

Andahuaylillas, "Sistine Chapel of America", 7:40 - 3122 meters of altitude. You will find the San Pedro Apóstol de Andahuaylillas church, built by the Jesuits in the 16th century. Like other Spanish and religious constructions, it was built on Top of a Huaca or a sacred place for the Incas. Made of adobe and brick, the church is a small structure with a single nave, apse, and bell tower. But there is a reason why it's known as the "Sistine Chapel of America."

Raqchi "Temple of Wiracocha"

The most important building within the complex is the "Wiracocha temple", which, according to ancient chroniclers, was built by the Inca Wiracocha in honour of the invisible Superior God of the Andean people: "Apu Kon Titi Wiracocha." The "Wiracocha Temple" is an excellent example of its time. Architecturally, it is classified as "Kallanka," that is, a tall building completely covered with straw (wood and "ichu"). Externally, it's 92 meters long (302 feet) and 25.25 meters wide (83 feet).

You will enjoy a delicious lunch at a local community restaurant.





Then, you will head to La Raya.

La Raya

Abra La Raya (La Raya) is the watershed between the valley that flows into Lake Titicaca and the valley that leads to Cusco and the Sacred Valley. The altitude is 4,338 meters (14,232 feet).

Pucará Museum

Pucará was the first regional population nucleus in the Titicaca Basin, north of the lake, during the Late Formative Period (500 BC-200 AD), providing valuable information about the origins of Andean civilisation in the highlands. During its heyday, it covered over a square kilometre and housed thousands of bureaucrats, priests, artisans, farmers, shepherds, and possibly warriors.

Impressive monolithic sculptures identify the Pucará style with geometric, zoomorphic, and more intricate anthropomorphic images, as well as multi-coloured ceramics in various ritual and domestic forms.

Arrive in Puno and transfer to your hotel.

Dinner at the hotel.

Memorable experiences:	Journey Cusco – Puno visiting archaeological sites (10 hours - Private)
Meals:	Breakfast, Lunch at the local community restaurant, Dinner at the hotel
Hotel:	GHL Hotel
Hotel's Category:	Tourist
Type of Room:	Standard Single & Double
Altitude:	3,830 m.a.s.l. / 12,556 ft.
Average Temperature:	13°C / 55°F



DAY 6

MARCH 28, 2026: PUNO – UROS & AMANTANI ISLAND WITH CEREMONY

Pick-up from the hotel at around 7:00 am. The experience begins by visiting the Uros Islands to participate in a Ceremony of envisioning totora reed boats, connecting with Mamaqocha Titicaca, using quintos (sets) of coca leaves with the intention of spiritual connection.

Then continue to Amantani and ascend to Apu Pachamama, a sacred point of the lake, to enjoy the panoramic view and perform a Despacho offering of gratitude and love for life.

Amantani - The Island of Love. A paradise at the greatest and highest lake on Top of the World, Titicaca! This is the birthplace of the Inca Empire and the origin of its remarkable cultural heritage.

Being here is an overwhelming experience of beauty, the pure hearts of the native people, and their caring, sharing, and loving nature.

You will meet an old and powerful Native American shaman - our friend Don Pedro. He will create a beautiful space for you and prepare us for the Karpay (initiation) of the first Nusta, the goddess of feminine power, at the temple of Pachamama (Mother Earth).





Then, at the temple of Pachтата, which represents the masculine aspects of the Earth and the universe, the participants received their spiritual names through an energetic reading.

After descending from Pachamama, Lunch will be served in the community house.

On the way back to Puno, the offering will be released into the depths of Lake Mamaqocha Titicaca.

Arrival in Puno is expected at approximately 6:00 pm.

Dinner at the hotel.

Memorable experiences:	Journey to Uros & Amantani islands with (9 hours - Private)
Meals:	Breakfast, Lunch at the Amantani community, Dinner in the hotel
Hotel:	GHL Hotel
Hotel's Category:	Tourist
Type of Room:	Standard Single & Double
Altitude:	3,830 m.a.s.l. / 12,556 ft.
Average Temperature:	13°C / 55°F





DAY 7

March 29, 2026: PUNO – JULIACA – LIMA – INTERNATIONAL DEPARTURE

You will be collected from the hotel to the airport for your flight to Lima.

Upon arrival in Lima, a city tour with Lunch.

Transfer to the airport.

Memorable experiences:	Transfer out/City tour of Lima with Lunch (4hours- Private)
Meals:	Breakfast, Lunch
Altitude:	144 m.a.s.l. / 472 ft.
Average Temperature:	20°C / 68°F

End of our services:

What's Included:

- Tours and activities in this itinerary are stated on each day.
- Always, transfers are private in city airports.
- Entrance fees during your visits are all-inclusive.
- Lima: An English-speaking guide is included
- Cusco: Spiritual local guide for Sacred Valley, Machu Picchu, Cusco
- Puno spiritual guide is included.
- Train Tickets from Sacred Valley to Machu Picchu Expedition and Return from MachuPicchu Vistadome Observatory train
- Meals are specified each day (including vegan, vegetarian, or special requirements)
- Accommodation and type of rooms as stated in this itinerary
- Private transportation Cusco-Puno





—TUCANO—
PERU TRAVEL BOUTIQUE

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