

THE BEAUTY WAY

Issue #07
Ibiza
Nov '26

THE PSYCHEDELIC RETREAT FOR
WOMEN



This fall, in the
heart of Ibiza

For women who
know what they
deserve

All inclusive but
make it luxurious

High standards





YOU'VE BEEN POURING FROM EMPTY FOR WAY TOO LONG

Not water, champagne. That's what this week is.

You know what you're capable of. You've built things, held things together, shown up for everyone. And somewhere in all of that, you started running past yourself.

The Beauty Way is not a retreat from your life. It's coming home to yourself.

WE ARE THE ROCK AND ROLL VERSION OF RETREATS. WITHOUT THE DESTRUCTION.

No celery juice lectures. No 5AM yoga guilt. No one telling you what your awakening is supposed to look like.

Just six days. A private finca in Ibiza. Eight women who are done shrinking. And a mushroom ceremony that will show you exactly who you are.

COME FOR THE MUSHROOMS. STAY FOR THE MAGIC.
LEAVE AND NEVER SHRINK AGAIN.

LOVE, NOVA SHOSHANA



WHO IS THIS FOR?

YOU TAKE CARE OF
EVERYONE. WHO
TAKES CARE OF YOU?

She's successful. Capable.
The one everyone calls. And
she's done being last on her
own list.

- She wants more
- more pleasure, more presence,
more of herself
- She's done with wellness that looks
good and feels like punishment
- She wants to be taken care of,
properly, for once
- She wants to feel her body again.
Not fix it. Feel it
- She's open to plant medicine but
has zero interest in spiritual
performance
- She wants to go deep and enjoy
herself while she does it

She doesn't need saving.
She needs space to
remember who tf she is.

The week

SIX DAYS. NOTHING LIKE ANYTHING YOU'VE
DONE BEFORE.

Every day is designed to take you deeper in. We take our time.
You arrive as yourself and you leave more as yourself, with the
volume turned all the way up.

01 Arrival

You land. You drop your bags. You meet the women you'll go
deep with this week. Tonight is a long table, good food, and the
first real exhale you've had in months. No agenda. Just arrival.

02 Landing

Sensual somatic, frequency sessions, holotropic breathwork. Your
body starts to remember it belongs to you. We begin dropping in,
slowly, intentionally, without rushing the opening.

03 Deepening

We work with what came up. The sensual somatic work goes
further. Release sessions. Things move that have been waiting to
move. By the end of today something has shifted. You can feel it.
You can't name it yet.



04

Day four

THE MUSHROOM CEREMONY.

The heart of the week.

We go in together. A full day, held completely. The space prepared beautifully, the music chosen, every detail intentional. You will be guided and safe the entire way through.

What you find inside is yours. What you bring back changes things.

This is what The Beauty Way is built around. Everything before prepares you. Everything after helps you land it.

05 Integration & Pleasure

his is the day I'll spoil the f out of you. Massage. facial., the writers lounge, integration session, delicious platters of snacks, a celebration diner and grand dessert.... You rest, you're nourished, you're held. This is also where we start making sense of what the ceremony showed you, gently, at your pace.

06 Celebration

We close the way it deserves to be closed. Champagne breakfast. A table full of women who went somewhere real together. A photoshoot, because you look like yourself right now, maybe for the first time in years, and that deserves to be captured. You leave carrying something different. Not an insight. Not a lesson. You and your crown.

"I CAME IN RUNNING PAST MYSELF. I
LEFT KNOWING I AM MY MAIN
PRIORITY."





THE RAGE-SESSION

**This group had come back three years in a row. Every year, a layer deeper.
That year I came fresh off a sexual energy training in Egypt,
I hit a new level in energywork.**

I could feel the anger in the group before they even arrived , in the messages, in the WhatsApp group, in their field.

Every year we did breathwork. That year I knew it had to be something else.

I built the playlist. I prepped the field. I invited them in.

There was one woman who had never had a big release. She always went deep, but she never let herself go all the way. She had been carrying rage in her heart for years without knowing it was there.

In the peak of the session it came out.

She screamed. She yelled. She roared.

And the whole room went with her.

The neighbours almost called the police.

We were hoarse the next day. Every single one of us.

It was the most important work we could have done. And it was not to be interrupted.



The setting

LAS CICADAS, IBIZA.

When

2 – 7 November 2026

Arrival Monday 2nd Departure Saturday

7th

What

The retreat of your dreams.

Who

6 women. That's it. Intimate by design.

What's included?

5 nights full accommodation - All meals - private chef, long table - Every session: breathwork, somatic, sensual movement, frequency work - The mushroom ceremony - fully held, fully guided - Integration day: massage, facial, - The closing champagne celebration and photoshoot - Nova. Present. The entire week.

Excl. Flights and transfers to Las Cicadas. Everything else, we have it.

Your room

CHOOSE WHERE YOU SLEEP

Rooms go by tier. The best ones go first.



THE SANCTUARY SUITE

Tier 1 - most exclusive - The master bedroom

The biggest room on the estate. 45m², king size bed, private salon, terrace overlooking the pool, olive grove and stonework dating back over 500 years. The room you don't share with anyone.

€3,750 /PRIVATE SUITE



THE GARDEN SUITES Tier II — Premium Rooms IV & V — External rooms, separate from the main house
Two converted stables with abundant character. Both open onto a shared patio just steps from the pool. Private ensuite, air conditioning, king size bed. The kind of quiet you forget exists.

€3,250 / PERSON



THE SOUL ROOM Tier III — Character Room Room III — Inside the main house
Low sabina ceilings, ancient stonework walls, antique desk, ensuite bathroom. Cosy and full of history. The room that feels like it has stories.

€2,950 / PERSON



THE TWIN ROOM Tier IV — Shared Room II — Inside the main house
A large, bright room overlooking the olive grove and Mediterranean gardens. Two single beds, private bathroom. Characterful and warm

€2,400 / PERSON 1 SPOT LEFT

€700 NON-REFUNDABLE DEPOSIT SECURES YOUR ROOM. BALANCE DUE 4 WEEKS BEFORE ARRIVAL. PAYMENT PLANS AVAILABLE.

“I AM A FORCE
TO BE RECKONED
WITH.”

"I CAME IN
RUNNING PAST
MYSELF. I LEFT
KNOWING I AM THE
PRIORITY."

"I FOUND THE WOMEN I
DIDN'T KNOW I NEEDED.
MY HEART IS STILL
POURING OVER."

"MY RELATIONSHIPS
CHANGED. MY BUSINESS
CHANGED. EVERYTHING
CHANGED, BECAUSE I
CHANGED."



YOU ALREADY KNOW.

Six spots. One week. Ibiza, November 2026.

You've read this far. That's not an accident.

There are six rooms. One of them has your name on it.

Stop thinking about it.

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NEVER SHRINK AGAIN, PERIOD.