

Healing
by lamia

Corporate well-being

Team-building under a different light

Who am I... ?

Lamia Bennani Smires, holistic health practitioner and founder of **Healing By Lamia.**

20 years ago, my autoimmune disease has led me to the road of the **holistic world**. Ever since, it became my job and passion. My path helped me acquire different abilities and a variety of treatment techniques **to help my patients take responsibility for their own well-being and achieve optimal health.**

Since then I kept improving my knowledge in **Chinese medicine, aculifting, sound healing (Shervin Boloorian and Peter Hess trainings) and massage, aromatherapy, Reiki and in energetic practices** through multiple trainings ensured by well-known experts.



Well-being in workplaces

a holistic approach for a better outcome



Today, most companies support **the concept of « work-life balance »** to promote and enhance their employees' productivity. The ultimate goal is to give tools to your workforce as a mean to **be healthy and stress free** for **more effectiveness at work**.

I work alongside companies to preserve the well-being of their business with holistic care on the employees. Through my various signature treatments, **I help your teams feel better and quickly regain energy and vitality.**

Well-being in workplaces

a holistic approach for a better outcome

This will help your employees to:

- Feel regenerated
- Reduce and prevent work-related illnesses such as burn-outs
- Feel regenerated while at work
- Enhance performance on the job by helping them be more focused
- Miss fewer days of work by learning how to recharge



Sound Healing

Recharge and Rejuvenate at work

Sound Healing is a method where the use of **sound vibrations relaxes the mind and body** through singing bowls, gongs, percussion, chimes, strings, kalimba, rain stick, drums and voices. It is a deeply meditative experience that will **immerse your employees into a state of intense relaxation**.

The vibration sounds create sound waves that act on your physical, emotional and mental state and therefore allow one to revitalize quickly by letting the body and the mind relax.

Sound Healing is an effective way to **help your teams feel better at work and adopt a culture of well-being in the workplace**. Your employees will feel **re-energized and ready to return to work more focused and productive**.





Sound Healing

Recharge and Rejuvenate at work

Some of the benefits of Sound Healing therapy include:

- Lowers stress levels
- Fewer mood swings
- Improves sleep patterns
- Reduces anxiety and depression







Mini Holistic Care

An introduction to holistic medecine to raise awareness regarding selfcare

During short sessions of 20 to 30 minutes, I offer an overview of my signature treatments to your employees for a guaranteed **anti-stress moment**. These “short treatments” are 100% customizable depending on the specific needs of each group.



Tibetan bowls massage

A journey through relaxing sounds rhythmed by the chanting bowls... Recovery of aches, whether physical or mental for a profound letting go and helps to get better focus and efficiency at the office..



Chi Nei Tsang

A deep organ massage of the digestive system to find your inner peace. It sets you free, boosts your energy and reduces your levels of stress. By freeing physical and emotional knots stock in your organs, you will feel lighter and your level of vitality will increase, boosting your productivity.



Anti-Stress & Re-harmonization

This soft getaway will help you release negative tensions and daily stress thanks to the balancing of chakras by using stones, essential oils and applying acupuncture needles. This moment will help you find the path of inspiration and work efficiency.

Group retreats

Gather your work partners and **strengthen the bonds between your teammates** thanks to a retreat revolving around **well-being and cohesion**.

This two or three day getaway in **the heart of nature** permits **self-reconnection, bonding with your team and relaxation**. This opportunity will **regenerate by boosting their vital energies thanks to workshops, holistic tools and deep energetic work**, all in a team-building friendly atmosphere.

Back to work, your teams will be **fully replenished and therefore more creative, focused and highly productive**.





They trusted my expertise

Four Seasons Hotels and Resorts

Royal Mansour Marrakech

Mandarin Oriental Marrakech

Relais & Châteaux

Oberoi Hotels & Resorts

My Shala

Epic · Festival Marrakech

The Magic Experience



maëv Make Your Events Happen



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