

CLICK PAUSE

by JARROUSSE

THE ART OF
LIVING IN BALANCE

LONGEVITY
RETREAT



RENEW

•

RESET

•

RECONNECT

THE MODERN BODY IS EXHAUSTED

FATIGUE.

STRESS.

INFLAMMATION.

MENTAL OVERLOAD.

LOSS OF MOBILITY.

LOSS OF CONNECTION.

LUXURY IS NOT WHAT YOU SEE,
IT'S WHAT YOU FEEL.

CLICK PAUSE®
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RENEW



RESET



RECONNECT

THE 4 RESETS



BODY RESET®

Mobility
Posture
Breathing
Movement



FACIAL RESET®

Facial longevity
Circulation
Tension release



LYMPHATIC RESET®

Recovery
Inflammation
Circulation
Body lightness



MINDSET RESET®

Stress recovery
Emotional resilience
Sensory awareness



LUXURY IS NOT WHAT YOU SEE,
IT'S WHAT YOU FEEL.



DAY 1 BODY RESET®



REBUILD
YOUR STRUCTURE.



POSTURE AWARENESS



BREATHING MECHANICS



SPINAL MOBILITY



NERVOUS SYSTEM REGULATION



MOVEMENT INTELLIGENCE



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RENEW • RESET • RECONNECT

DAY 2

FACIAL RESET[®]

THE FACE REFLECTS THE NERVOUS SYSTEM.

Through targeted acufacial techniques, we stimulate circulation, release tension, and activate the muscles of expression to nourish the skin, calm the mind, and oxygenate the brain.

LEARN. UNDERSTAND. TRANSFORM.

FIVE LAYERS OF THE SKIN

Hydrolipidic film
Epidermis
Superficial dermis
Deep dermis
Hypodermis



EXFOLIATION

Renews
Clarifies
Strengthens

UNDERSTAND. AWAKEN. RADIATE.



FACIAL CIRCULATION

Stimulates microcirculation and cellular oxygenation.



CRANIAL TENSION RELEASE

Relieves facial and cranial tensions stored in the muscles.



ACUFACIAL STIMULATION

Activates the 43 mimetic muscles and over 1000 expressions.



SENSORY AWAKENING

Reconnects the skin, the senses and the nervous system.



LUMINOUS PRESENCE

Reveals a rested face, a calm mind and natural glow.



UPWARD CIRCULATION

Integrative pathways support lymph flow and oxygenation of the brain.



LUXURY IS NOT WHAT YOU SEE,
IT'S WHAT YOU FEEL.

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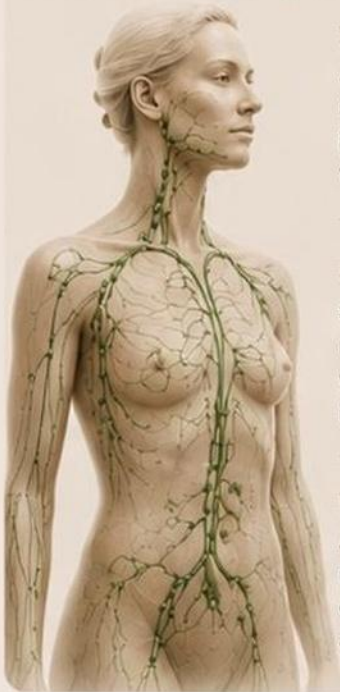
DAY 3 LYMPHATIC RESET®

RESTORE FLOW.
REDUCE INFLAMMATION.

In today's sedentary and overloaded lifestyle, the lymphatic system slows down, causing inflammation, water retention and accumulation of toxins.

This day is designed to reactivate, drain and restore.

UNDERSTAND. LEARN. EMPOWER.



THE LYMPHATIC SYSTEM

A network without a pump: it relies on movement, breathing and massage to function.

SEDENTARITY EFFECTS

Slowed lymph flow, node congestion, water retention, increased inflammation.

WHY IT MATTERS

A well-functioning lymphatic system supports immunity, detoxification, tissue health and lightness.



DRAINARGIL®

A signature anti-inflammatory ritual.

- Lymphatic activation
- Water excretion
- Tissue recovery
- Circulation support
- Anti-inflammatory action



YOUR KEY BENEFITS



LYMPHATIC ACTIVATION

Stimulates lymph flow and drainage.



WATER EXCRETION

Helps release water retention.



TISSUE RECOVERY

Reduces inflammation and supports healing.



CIRCULATION SUPPORT

Improves nutrient and oxygen delivery.



ANTI-INFLAMMATORY RITUALS

Protects tissues, strengthens immunity.

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IT'S WHAT YOU FEEL.

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DAY 4

MINDSET RESET®

BEYOND THE RATIONAL MIND.

In a world of constant stimulation and mental overload, we pause. We explore the deeper intelligence that guides clarity, resilience and true inner freedom.

This day is about remembering who you are beneath the noise.

WE EXPLORE



EMOTIONAL RESILIENCE

Build inner capacity to navigate stress, uncertainty and change.



SENSORY AWARENESS

Reconnect with your senses to anchor in the present.



DISCERNMENT

Develop clarity to make aligned decisions with confidence.



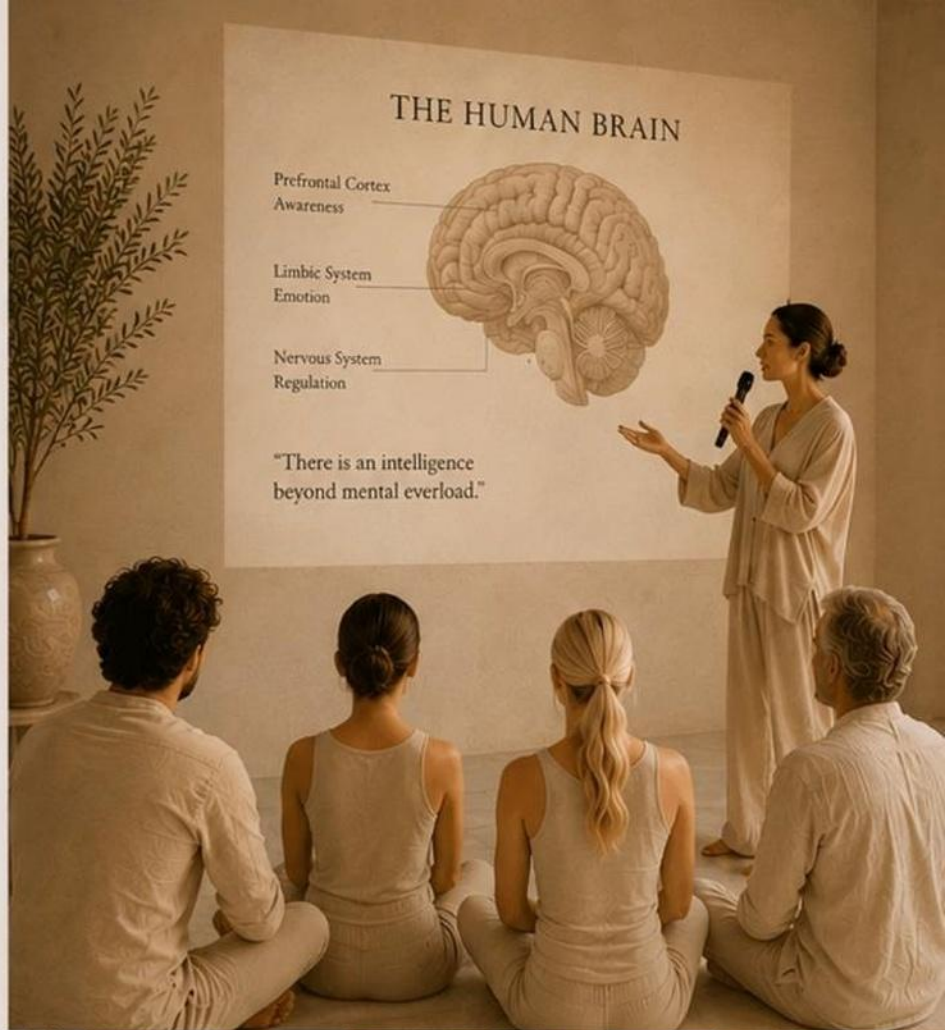
INNER STABILITY

Cultivate calm, focus and mental equilibrium from within.



RECONNECTION TO SELF

Return to your essence, your values and your truth.



THERE IS AN INTELLIGENCE
BEYOND MENTAL OVERLOAD.



UNDERSTAND

The impact of overstimulation on the brain and body.



LEARN

Powerful tools for regulation, presence and resilience.



EXPERIENCE

Guided practices to shift your state from within.



INTEGRATE

Bring new awareness into your daily life.



TRANSFORM

Live from a place of alignment, freedom and flow.

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RENEW

• RESET

• RECONNECT

DAY 5

DEEP INTEGRATION

OPTIONAL

LOG IN YOUR BODY.
DEEP. DEEP. DEEP.

A premium optional day
to go deeper, beyond the mind.
A space for true transformation
and lasting integration.

Discover the hibernate mode.
Fly into deep comfort.



WE EXPLORE



DEEP RELAXATION
Return to the most neutral
state of your nervous system.



BREATHWORK
Expand awareness through
conscious breathing.



DEEP MEDITATION
Access altered states
of expanded consciousness.



EMOTIONAL IMMERSION
Feel, release and transmute
with safety and presence.



NATURE CONNECTION
Recalibrate through the wisdom
of natural elements.



MOBILITY & FLOW
Move gently, integrate deeply,
awaken from within.



NERVOUS SYSTEM RECOVERY
Activate the hibernate mode
for deep restoration.



SELF-KNOWLEDGE
Fly into resourceful
self-perception.



INTEGRATION IS NOT A CONCEPT.
IT'S A RETURN TO WHOLENESS.



DESCEND

Slow down and go beyond
mental activity.



CONNECT

Reconnect with your body,
your truth, your essence.



SURRENDER

Release control, enter
the flow of trust.



EXPAND

Access deeper states
of awareness.



EMBODY

Integrate and embody
your transformation.

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WHO IS IT FOR?

This journey is designed for those who are ready to go beyond. To reset, realign and rise – from the inside out.



EXECUTIVES

High-performing leaders seeking clarity, focus and renewal.



ENTREPRENEURS

Visionaries building the future who want sustainable energy and decision-making.



CREATORS

Innovators, artists, and changemakers looking to expand their flow and creative intelligence.



MIDLIFE TRANSITIONS

Those navigating change and searching for meaning, purpose and a new direction.



STRESS RECOVERY

Individuals ready to release pressure and restore their nervous system.



EMOTIONAL EXHAUSTION

For anyone feeling depleted, overwhelmed or emotionally drained.



MODERN PERFORMANCE FATIGUE

High achievers experiencing burnout, mental fog or disconnection.

IF YOU KNOW IT'S TIME – THIS SPACE IS FOR YOU.



HUMAN FIRST

Designed for real people living real lives.



TRANSFORMATIONAL

Deep, lasting change that integrates.



SCIENCE & WISDOM

Where ancient knowledge meets modern tools.



SAFE & INCLUSIVE

A confidential, respectful and supportive space.



BEYOND PERFORMANCE

Because true success starts within.

FROM STRUCTURAL INTEGRATION TO NEUROSOMATIC INTELLIGENCE

A CONTINUUM OF BODY INTELLIGENCE



Each generation expanded body awareness,
Jarrouse reconnects the system.

A PROGRESSIVE EVOLUTION OF SOMATIC EDUCATION
TOWARD INTEGRATED HUMAN PERFORMANCE.



Real change starts with real regulation.

I help people move from
high pressure to the awakening
with tools that last.

The awakening
starts from within.

*Luxury is not what you see,
it's what you feel.*

Natacha

Natacha Jarrousse

Founder of the Jarrousse Method®

LET'S CONNECT



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I look forward to supporting
your next level of self-knowledge.

