

RETURN TO THE BREATH

VERDEN WELLNESS

CLEANSE. CARE. BEGIN AGAIN.



VERDEN



VERDEN

PHILOSOPHY

Welcome to VERDEN

Meaning 'the world' or 'the earth' in Danish, VERDEN is a natural fragrance brand for bath, body and home.

"Natural fragrance rituals connect us to our breath and the earth. They let us feel elemental joy by uniting mind and body." Co-founder, Charlotte Semler

VERDEN is inspired by the focal role of nature in Charlotte's Danish childhood memories. On returning to her family beach house after decades away, she realised that it was the immersion in unchanging nature – water, landscape and fragrance, as much as the endless summer light – that brought her back to happiness.



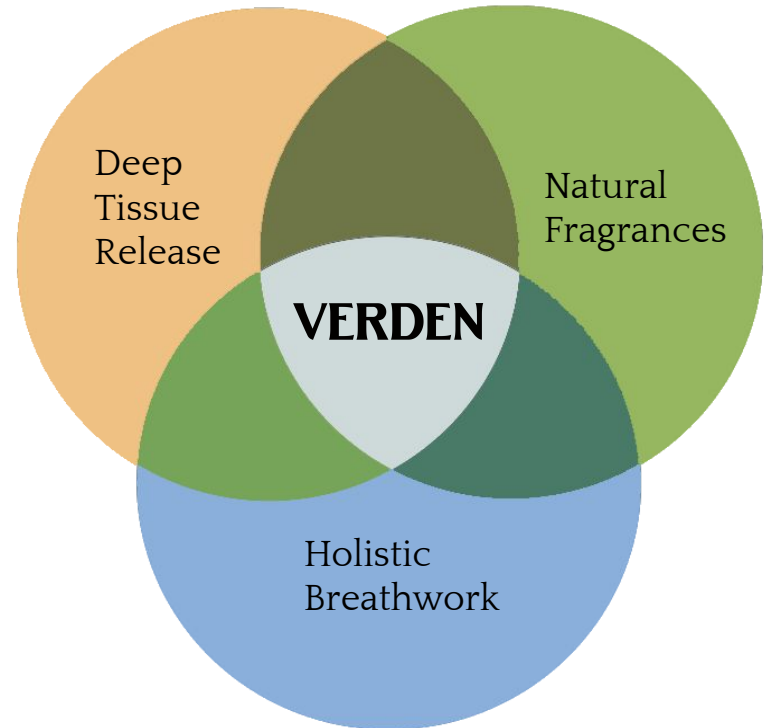
VERDEN Treatment Philosophy:

Return to the breath

Verden treatments combine:

- natural fragrances
- deep tissue release
- holistic breathwork

to deliver physiological and emotional transformation.

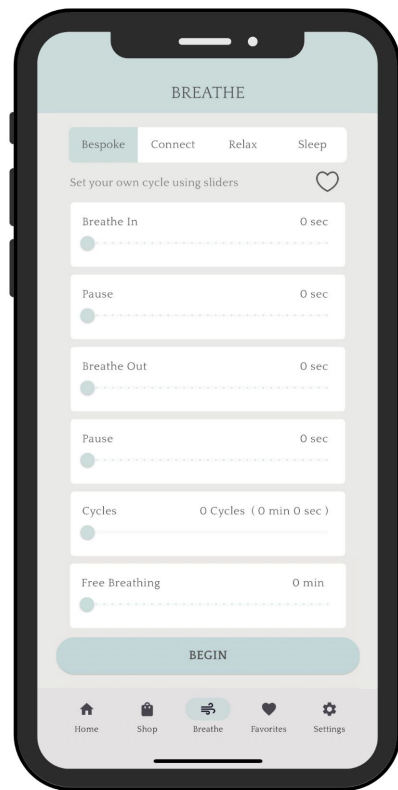


A unique combination of nature and technology

VERDEN protocols combine natural fragrance with the VERDEN breathwork app and video/audio themescapes.

The unique combination of resources helps therapists create exceptional experiences for their clients.

The VERDEN App is combined with the massage skills therapists already have to launch VERDEN treatments rapidly with only remote training.



VERDEN

A full-page background image of a tranquil forest scene. A narrow, calm river flows through the center, its surface acting as a perfect mirror for the dense evergreen forest on both banks. The trees are tall and slender, with their green needles and grey trunks clearly reflected in the water. In the far distance, misty mountains are visible under a soft, overcast sky. The overall atmosphere is peaceful and natural.

MASSAGE TREATMENTS

VERDEN

HERBANUM DEEP TISSUE THERAPY

90 mins - Ocean soundscape

A restorative massage to release painful muscle tension and psychological stress. Wellbeing is restored using flowing lomi, deep tissue massage and guided breathing.

Feel released and remade.

Foot scrub and bath

Introduce breath practice - Connect pattern 7/7

Breath practice

Oil massage Prone

Oil massage supine

Towel off hands and feet

Apply Body Balm to hands and feet

Affirmation of the breath



VERDEN

D'ORANGERIE REBALANCE THERAPY

90 mins - Meadow soundscape

A uplifting, energising massage to restore and revive the body. Releases tension and facilitates new energy flow using flowing lomi, deep tissue massage and guided breathing.

Feel revived and joyful.

Foot scrub and bath
Introduce breath practice - Relax pattern 4/7/8
Breath practice
Oil massage prone
Oil massage supine
Towel off hands and feet
Apply Body Balm to hands and feet
Affirmation of the breath



VERDEN

ARBOREALIST RELAXATION THERAPY

90 mins - Forest soundscape

A comforting treatment to ease anxious minds while soothing tense muscles. Encourages muscle and mental recovery using flowing lomi, deep tissue massage and guided breathing.

Feel safe and valued.

Foot scrub and bath

Introduce breath practice - Sleep pattern 5/5/5/5

Breath practice

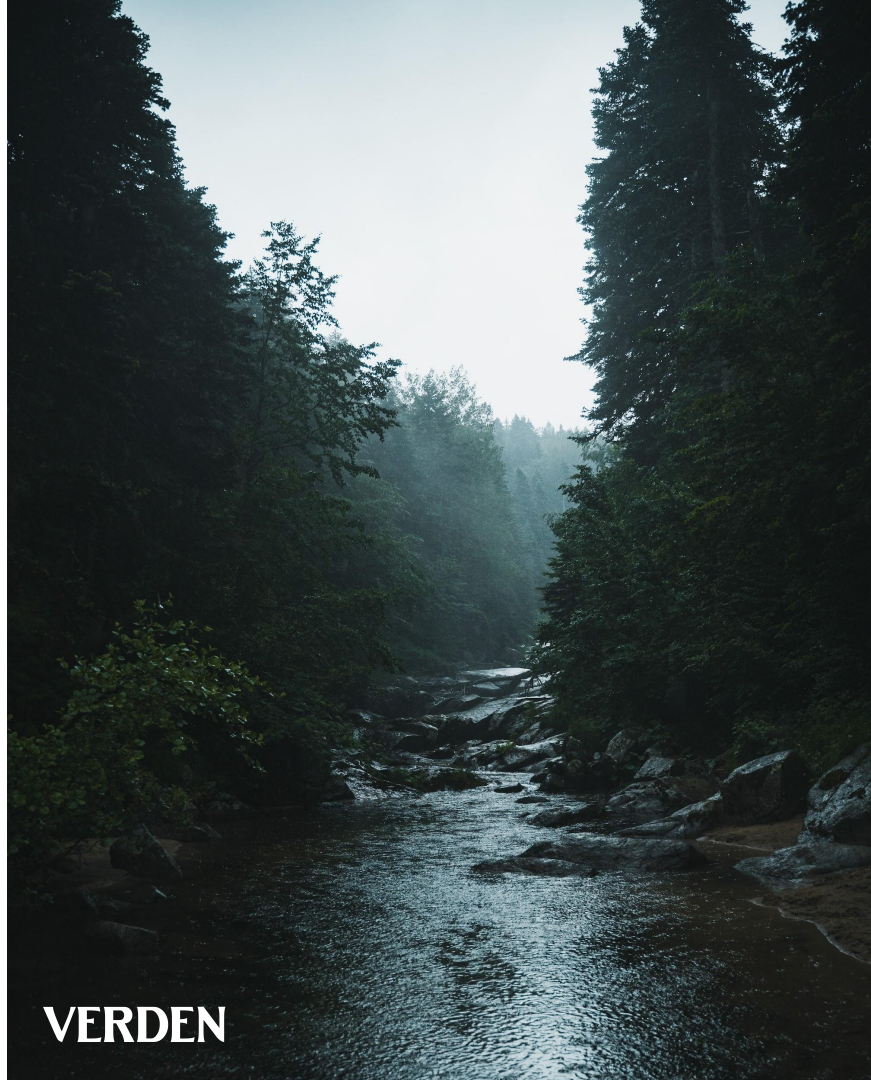
Oil massage prone

Oil massage supine

Towel off hands and feet

Apply Body Balm to hands and feet

Affirmation of the breath



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CONTACT

For further enquiries, please contact us:
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