



# WINE & SOUND

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A collection of immersive experiences that awaken the senses—merging sound healing, mindful wine tastings, and refined moments of indulgence into journeys of connection, presence, and transformation.



# ALICE

is a visionary creator of transformative experiences that blend fine wine expertise with the healing power of sound. Based between Ibiza and London, she curates immersive Wine & Sound journeys designed to awaken the senses, nourish the spirit, and foster authentic connection.

As a Fine Wine Specialist and Holistic Wellbeing Practitioner, Alice integrates mindful wine rituals with therapeutic soundscapes—offering a unique fusion of material indulgence and spiritual elevation.

*I believe that wellness is a sensory journey. Our transformative blend of mindful wine tasting and sound healing opens the door to deep relaxation, healing and self-awareness, helping you find inner harmony through every moment". Alice*

Creator of Wine & Sound  
Fine Wine Expert  
Holistic Practitioner





# WINE & SOUND *Experience*



Immersive journeys blending sound journeys and mindful wine tasting. Designed to awaken the senses, foster presence, joy, and deep connection. Start with sound immersion, activate the five senses, then a guided wine tasting. From Alpha brainwave sound immersion to aroma explorations, each session is an alchemy of taste, vibration, and presence.

**Formats:** Group Sessions, Private or Corporate Workshop, Weddings & Celebrations, Retreats & Spa Packages, Restaurant and Chef Collaborations

“Where wine meets vibration.  
Where presence becomes a ritual”

**Perfect For:** Villas, Yacht Experiences, Mindfulness Retreats, High-End Events, Team Building and private groups





# SOUND BATH *Journeys*

An immersive sound healing experience using tibetan and crystal bowls, gongs, and harmonic instruments plus integration with breathing and guided meditation. Designed to guide guests into a deeply restorative state, balancing energy and reconnecting mind and body.



**Formats:** 1:1 Soul Harmony, Group Journeys, Yin Yoga & Sound Bath, Ceremonies and rituals

**Perfect For:** Wellness Retreats, Pre-wedding Moments, Sunset Villa Rituals, Hotel & Spa Experiences

Alice is a certified sound practitioner by Yoga Alliance, known for creating transformative sensory experiences and trained in advanced sound therapy techniques.



# MINDFUL WINE *Tastings*

## **Journey of Connection**

These immersive tastings go beyond the traditional, awaken the senses and celebrate mindful appreciation—guided through storytelling, sensory rituals and playful tools to deepen connection with each wine. A new way of discovering wines!

Guided by experts, you'll awaken your senses, embracing a thoughtful approach to the art of tasting.

**Formats:** Wine Tastings, Masterclasses, Food & Wine Pairing dinners, Workshops

**Benefits:** Deeper wine appreciation, social connection and joyful learning

**Perfect For:** Private villas, Boutique Event, Masterclasses, Food & Wine Dinners, Team building





Awaken the senses.  
Elevate your presence.  
Indulge with intention.

For Enquiries & Bookings

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Credentials and references available upon request