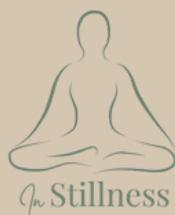


InStillness Concierge  
The Luxury of Presence



**Inner Calm Concierge**  
For high-performing women and  
men who lead under pressure,  
and need to recover fast.



When to book



You deliver, lead, decide – but inside you feel:

mentally loud, unable to switch off,  
exhausted, yet restless,  
tense in the body [neck, jaw, chest, stomach],  
sleep is light, broken, or not restorative,  
overstimulated and constantly “on”.

What you get



After my work, clients typically feel:

calm and grounded  
clear focus and a quieter mind  
reduced tension and stress-related pain  
deeper sleep and faster recovery  
stable presence under pressure.

Not coaching.  
Not talk therapy.  
State change.

## Services



### **In-Room Reset Session [90 min] – €480**

A private reset to downshift your system and restore clarity and sleep-readiness.

### **On-Call Calm Concierge [2–10 days] – from €1,380 / day**

High-level daily support during high-pressure phases.

Availability includes evenings [schedule confirmed in advance].

**Worldwide Support – on request**

How to request  
availability



For bookings,  
inquiries or  
availability requests:

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