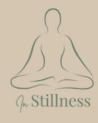


InStillness Concierge
Discreet Inner Wellness
Support for Artists & Public
Figures

On-call emotional stability & somatic presence during productions, travel and high-pressure phases.





I support artists in the invisible space between performance and person.

The space where the nervous system shakes, the breath becomes thin, and the body holds what the world never sees.

Through intuitive somatic work, presence, stillness and breath, I help restore the inner balance that creativity requires.

You won't receive a fixed session or a program.
You receive a quiet, steady presence,
someone who feels what you need before
you need it.



My work includes:

- nervous system regulation
- intuitive, body-based support
- grounding through breath and stillness
- emotional stabilization during intense phases
- a calm presence that blends into your rhythm



Why Artists Use This Service

Because emotional work isn't "just work."

You carry entire worlds inside you.

Roles, expectations, deadlines, public exposure,

all resting on a nervous system that has no

room to collapse.

Artists come to me when:

- filming becomes emotionally consuming
- pressure tightens the body
- sleep becomes shallow
- the role lingers after the scene
- the world feels too loud
- they need a place to exhale



Daily Concierge rate: €1,380 per day.

Commissionable: Includes 15% agency fee

[20% for the first one]

- **Conditions**: Travel, accommodation and full board to be provided by the agency.
- Available on-call, day and night
- Worldwide travel to your filming location or retreat space
- Seamless integration with production schedules
- No disruption to your team or workflow

This is support in its **most refined form**, quiet, personal, unobtrusive.



For inquiries,
dossiers or bespoke requests,
please contact:

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