

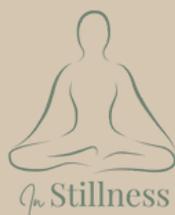
InStillness Concierge  
The Luxury of Presence



## **InStillness Concierge**

Discreet Private Calm Support for Artists  
& High-Pressure Public Figures.

On-call nervous system regulation &  
grounded presence during productions,  
travel and high-pressure phases.



Beyond Outer Luxury  
The Luxury of Presence



A discreet, in-room service for artists who cannot switch off – so they can sleep, recover, and stay clear under pressure.

I support artists when the body is exhausted, but the mind won't switch off.

Through nervous system regulation, breath and grounded presence, I restore calm, clarity and deep recovery.

No program. No performance. Just fast downshifts, clear grounding and deep recovery – exactly when it's needed.

What I Offer



**My work includes:**

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

**The result:** calm, clarity and sleep-readiness,  
often the same day.

Not a Program.  
A Presence.



## 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:

work becomes emotionally consuming,  
pressure tightens the body,  
the role lingers after the scene,  
the world feels too loud,  
they need a place to exhale,  
sleep won't come, even when  
the body is exhausted

## Rates & Availability



### 1) In-Room Reset Session [90 minutes]

A discreet, in-person nervous system reset in your hotel suite or private residence.

Designed to calm the system quickly and restore clarity, focus and sleep-readiness.

**Investment: €480**

Available in Munich till April 2026

### 2) On-Call Calm Concierge [2–10 days]

Private on-call support during productions, travel and high-pressure phases.

Quiet, stabilizing presence – integrated seamlessly into your schedule.

**Investment: from €1,380 / day**

**Minimum booking: 2 days**

Availability includes evenings and late hours [schedule confirmed in advance].

Rates & Availability



### 3) Worldwide Concierge Support

Available internationally for selected clients and productions.

**Investment: on request**

Travel, accommodation and per diem to be covered by production/management.

A calm nervous system is the foundation of presence, performance and recovery.

Let's Create  
Inner Luxury



For bookings,  
inquiries or  
availability requests:

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