



# ABACA

*Natural Strategies to Reclaim Your Life*

## PROSPECTUS

Written by  
**Meeshell Block**  
"Chef Meeshell"

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## Introduction

Imagine a toxin & chemical-free Wellness Center that heals your body and delights your senses. Located on the central coast of California, Abaca will be a place of natural beauty and tranquility to cultivate, preserve, balance and restore the mind, body and spirit.

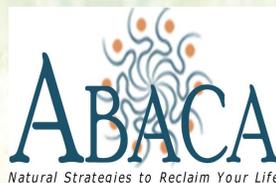
## Proposed Offerings

- Ocean and Semi-Ocean View Accommodations
- Retreat and Natural Healing Clinic
- Café, Kitchen and Cooking Classes
- Spa
- Yoga and Other Workshops
- Organic - Natural and Simple Structures with Sustainable Landscaping

## Integrated Medicine Healers & Doctor's offices

*(existing relationships)*

**By Appointment**



## **Drug-free Alternative Medicine Remedies**

*(tried and tested health products)*

**\*Researched by me and my doctors / health practitioners**

- **Traditional Chinese Medicine**
- **Homeopathy**
- **Naturopathy**
- **“Assisting”**
- **Acupuncture**
- **Chiropractors**
- **Pain Management**
- **Nutritional Consulting**
- **Shamans**
- **IV Vitamin & Nutrition Therapy**
- **Hyperbaric Oxygen**
- **Photoluminescence**
- **Metabolic Testing**
- **Muscle Testing**
- **Travel Medicine**
- **Hormonal Balancing**
- **Mercury Detox**
- **Heavy Metal Detox**
- **Chelation - NCD by Waiora**
- **Lymph Detox**
- **Thyroid Detox**
- **Liver Detox**
- **Colon Detox**
- **Premium Cellular Health**
- **Crystal Therapy**
- **Natural Family Planning & Resources**
- **Stem Cell Replenishing**
- **Increase Your Enzyme Production & Activity**



**ABACA**

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**Chef Meeshell in the kitchen**

## **Abaca Café and Kitchen**

- Organic Healing Cooking For Guest Stays
- Abaca Foods *line of Organic products distribution*

## **On-Site Baking Classes**

**Taught by Chef Meeshell and Healing Food Experts**  
*(existing partnerships)*

- Healing Foods 101
- Raw Food Cooking Classes
- Juicing Classes
- Food Therapy Classes
- Insulin Friendly Eating Plans
- Ayurvedic Cooking

## **Abaca Organic Farms**

**Growing & Compost**

Local and sustainable resources providing jobs for members of the community, as well as providing work internships. The methods Abaca uses in horticulture and recycling serve as an educational source for local schools. We give a percentage of our proceeds to the development of educational programs for children in sustainable living in Southern California.



**Chef Meeshell TV appearance**



## **Wellness Speakers & Workshops**

(existing relationships)

## **Yoga & Workshop Center**

(existing relationships)

## **Daily Meditation & Meditation Workshops**

(existing relationships)

- **Mindfulness Meditation**
- **Art Therapy**
- **Reiki (Universal Life Energy)**
- **Foot Zonology**
- **Ayurvedic**
- **Thai Massage, Self-Healing, Yoga Teacher Training, Visualization Workshops**
- **Feng-Shui Workshops**
- **Juicing and Juice Fasting Cleanses**
- **Energy Healing**
- **Dream and Goal Manifestation Workshops**
- **Modified Food Diet Healing Cleanses**
- **Sourcing Local Certified Organic Farmers**
- **Yoga Classes, Retreats and Yoga Workshops**



## Day Spa

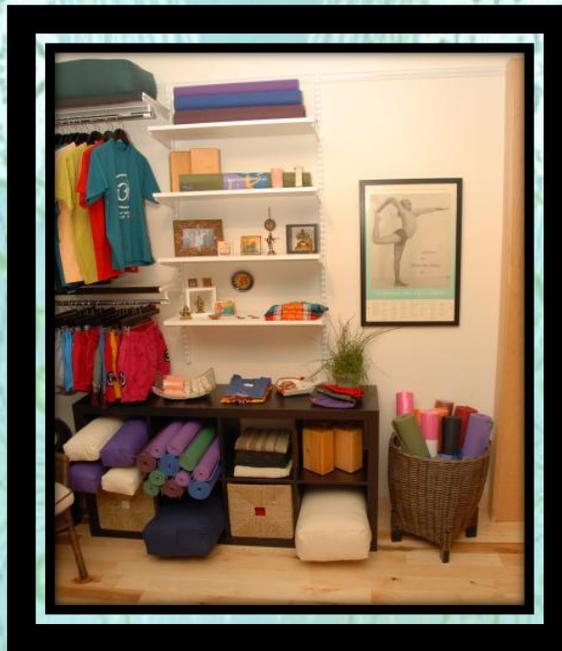
(existing relationships)

- Simple, Organic Linens & Recycled Products
- Massage Therapy, Swedish, Deep Tissue/Sports/Acupressure, Thai, Hot Stones
- Essential Oils and Aroma Therapy
- Facials, Body-Wraps, Mineral Baths, Chakra Therapy
- Hydro-Colon Therapy - by appointment only (may be off-site)
- Skin Care Line
- Healing Crystals

## Boutique

(in store and online)

Organic yoga apparel, robes, certified organic Abaca skincare line, cookbooks, aroma therapy oils, non-toxic soy candles, incense, books, journals, jewelry, crystals, etc.



## Abaca Wellness Retreat Business Contact Info

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