



**LOVE** The most beautiful  
Inspiration in the world.

You make time for it. You work  
with love. You nurture people with  
love. There is one other person  
who needs your love too.

And Thats... **YOU**



**It's Time To  
LOVE YOU**

Feb 14 - 18  
Amsterdam

Nuthan Manohar  
Wellness Whisperer

Bas Hokke  
Skin Sage



**1** GENTLE HEALING  
TOUCH THERAPY

**2** DEEP SELF LOVE  
COACHING & HEALING

**3** BESPOKE PRECIOUS  
NATURAL PERFUME

# Ask Yourself

when was the last time you truly loved every part of you, both the gorgeous and brilliant portions as well as the slightly flawed bits?

Me Met Me is here to rekindle that self-love. Through our three deep-love experiences, we nurture and empower you, helping you fall in love with yourself once again.



**1** GENTLE HEALING  
TOUCH THERAPY

**2** DEEP SELF LOVE  
COACHING & HEALING

**3** BESPOKE PRECIOUS  
NATURAL PERFUME

3 deep love experiences crafted for you  
with Nuthan & Bas



**Nuthan** The Wellness Whisperer, a two-time TEDx Speaker, MSc. Yoga, has guided thousands globally to become resilient to stress, find happiness and sleep deeply. She is an internationally published researcher and a celebrated ayurvedic perfumer.

**Bas** The Skin Sage, is a massage and aesthetics expert with 20 years of expertise that includes Estée Lauder, L’Oreal etc. He is also a certified life coach and a model with a healing touch.

CLICK TO  
CONNECT



1

**GENTLE HEALING  
TOUCH THERAPY**

Bas will guide you into tranquillity with his tender healing touch and affirmations. **30 Mins**



*3 deep love experiences crafted for you*

*with Nuthan & Bas*

**Nuthan - Wellness Whisperer**

Two Time TEDx Speaker | MSc. Yoga  
Ayurvedic Perfumer | Published Researcher

**Bas - Skin Sage**

20+ Years in Massage & Aesthetics |  
Estee Lauder, Loreal etc. | Life Coach

2

**BESPOKE  
PRECIOUS  
NATURAL  
PERFUME**

Nuthan will craft a personalised perfume, to deepen self-love, healing emotional wounds. **30 Mins**



3

**DEEP SELF LOVE  
COACHING &  
HEALING**

Using Ancient Vedic Wisdom  
Hypnotherapy and Neuroscience,  
relearn to love yourself the way  
you deserve to be loved. **30 Mins**

**INCLUDES**

**30 Min Free Discovery**  
Vegan Treats & Herbal Tea  
Personalised Digital Self Love Kit  
Sessions in English

**Prior Booking Needed**



**10% DISCOUNT**  
Early Bird Price

**€ 279** (31st Jan)  
90 + 30 Mins



**+31 6 2210 6280**

Intimate journey of self-love  
tailored to your needs.  
FREE DISCOVERY CALL



LIMITED SLOTS  
PRIOR BOOKING IS ESSENTIAL



+31 6 22106280



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Rustenburgerstraat 296,  
AMSTERDAM

## WE OFFER YOU

- Start with a 30-minute online chat to tailor our approach to you.
- At our healing sanctuary in Amsterdam, dive into a 90-minute journey in three enriching parts.
- You start with 30 minutes of gentle touch therapy and affirmations with Bas.
- Then, engage in transformative Self Love Coaching with Nuthan.
- Conclude with Nuthan crafting a precious natural perfume based on your body type & personality. The perfume is a blend of exquisite oils from Robertet Grasse and Synthite, enhancing your self-love.
- Savour herbal tea and vegan treats.
- Get a digital self love workbook that includes a self love ritual designed *just for you*.

### LOCATION IMAGES

