

Santa Fe Wellness™

Balance, Beauty and Harmony



"River of Hope" by John Paul Granillo, Santa Fe mural artist and Daraknot Health provider, along with community members. The mural was commissioned by the City of Santa Fe, and is currently on exhibition at the Genoveva Chavez Community Center.

Santa Fe Wellness™

The intimate experience of Santa Fe Wellness™ allows our professional staff to tailor your program to your unique needs. We work with our clients to achieve the change you seek through five elements: Personal, Physical, Spiritual, Creative, Cultural.



DARAKNOT HEALTH

Focus of Santa Fe Wellness™

Harmony, Beauty and Balance

The Five Elements of Santa Fe Wellness™

This intimate, individualized program allows our professional staff to tailor the experience to your needs. As a client we meet you where you are to begin the change you seek:

- Personal – Traditional and Alternative Therapeutic Experiences for Self Discovery
- Physical – Outdoor Santa Fe Adventures, Exercise, Yoga, Spa Treatments
- Spiritual – Principles of Indigenous teachings
- Creative – Art as a Form of Creativity and Personal Growth
- Cultural – Santa Fe's History as Inspiration for Enrichment



Dr. Howard Gluss

Dr. Howard Gluss is a licensed clinical psychologist, and the founder of Daraknot Health. Along with his work as a mental health expert, Dr. Gluss is a TV and radio talk show host, executive coach, speaker, author, entrepreneur and entertainment consultant.

Santa Fe

No matter what challenges a client may face such as addiction, anxiety, depression, stress, weight management, relationships, physical health, or the desire for personal growth our mission at Daraknot Health is to maximize personal and professional growth by creating a state of balance, harmony and beauty.

Santa Fe is rich in Indigenous culture, and is the oldest capital city in the US. Our destination provides disconnection, confidentiality, and a healthy rejuvenating atmosphere. From healing springs to world-renowned art galleries and museums, to the golf courses and ski resorts, to hiking and river adventures—these experiences are all available in the enchanted land that is New Mexico.

Santa Fe Wellness™ invites you to experience the creative heart of this unique town and the sacred ground upon which it was built.



DARAKNOT HEALTH

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We can help.
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