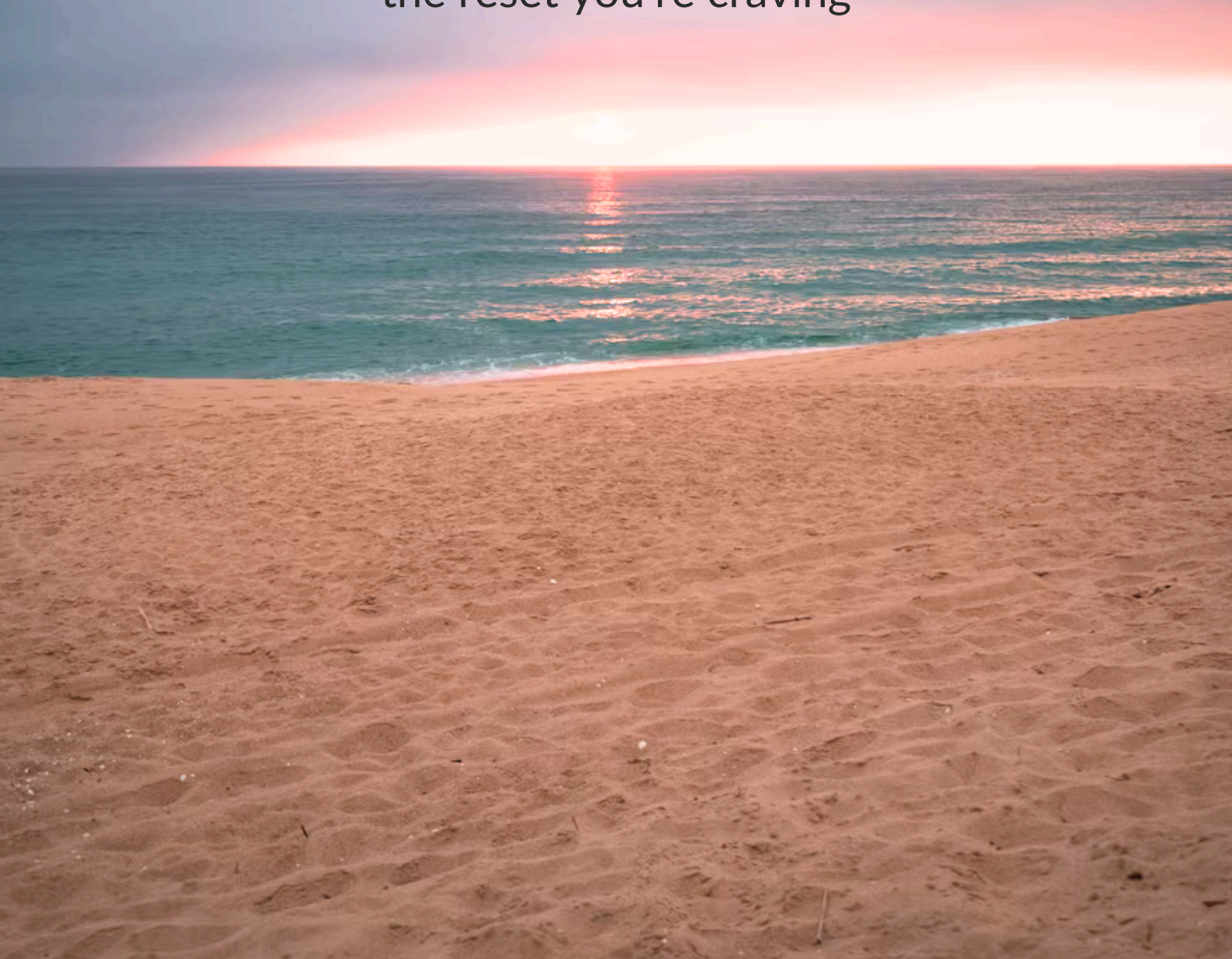


THE SEA GLASS RESET

THAT RINCON FEELING & THE SHIFT THAT STAYS WITH YOU

RINCÓN, PUERTO RICO • 18.3406° N, 67.2505° W

7 Reasons Women Are Drawn To Sea Glass
— and what that pull may be revealing about
the reset you're craving



WHY SEA GLASS FEELS LIKE THERAPY IN DISGUISE

There's something about walking a beach with
no agenda except to notice what glimmers.

Sea glass is one of those tiny, quiet miracles—

the kind that asks you to slow down, look a little closer, and let
the ocean place something in your hand that's been softened by time.

And somewhere in that simple act...
something shifts.

Your breathing slows.
Your thoughts quiet.
You stop rushing.

For a lot of women, it starts as beachcombing—but it doesn't stay that
way for long.

It becomes a reset.



7

REASONS WOMEN ARE DRAWN TO SEA GLASS

- Turns beach walks into treasure hunts that slow racing thoughts
- Makes broken things feel beautiful again
- Reconnects you to wonder
- Anchors you in the present moment
- Sparks stories and reflection
- Gives you something real to take home
- Creates the kind of calm you can actually feel



WHAT DAYS BEGIN TO FEEL LIKE

Morning feels slower...in the best way.

Coffee tastes better. The air feels softer.

You're not rushing. You're not checking your phone.

You're just...there.

By mid-morning,

you're walking the shoreline again—this time noticing things you didn't before.

A flash of sea glass. The rhythm of the waves.

The quiet in your own head.

And by sunset...

you're not thinking about everything

waiting for you back home.

You're not overwhelmed.

You're not exhausted.

You feel clear. Grounded.

Like something inside you finally exhaled.

WHAT WOMEN ARE REALLY LOOKING FOR

Most women don't need another vacation. They need a reset. They need relief without guilt, beauty without pressure, connection without expectation, and a break that actually changes how they feel.

They've been taking care of everyone else

They haven't felt like themselves in a while

They want quiet... but not loneliness

They're craving something real—not another overloaded itinerary

And somewhere between
sunrise coffee and slow shoreline
walks...

they remember who they are again.



THIS IS FOR YOU IF...

You've been carrying a lot for a long time.
You don't necessarily need a huge life change.
You need space. Air. Quiet. Beauty.
A break from holding everything.

The Sea Glass Reset was created for the woman who:

- takes care of everyone else
- feels mentally tired
- misses herself
- wants quiet, but not loneliness
- wants something meaningful, not performative
- craves a beautiful escape without a packed itinerary

This is not for everyone.

It's for the woman who reads this and feels:
yes. that.

A small-group women's escape in Rincón, Puerto Rico

THAT RINCÓN FEELING

People try to explain it.
They call it energy, vibration, even voodoo.
But the truth is simpler.

Rincón doesn't change you.
It slows you down enough to notice yourself again.

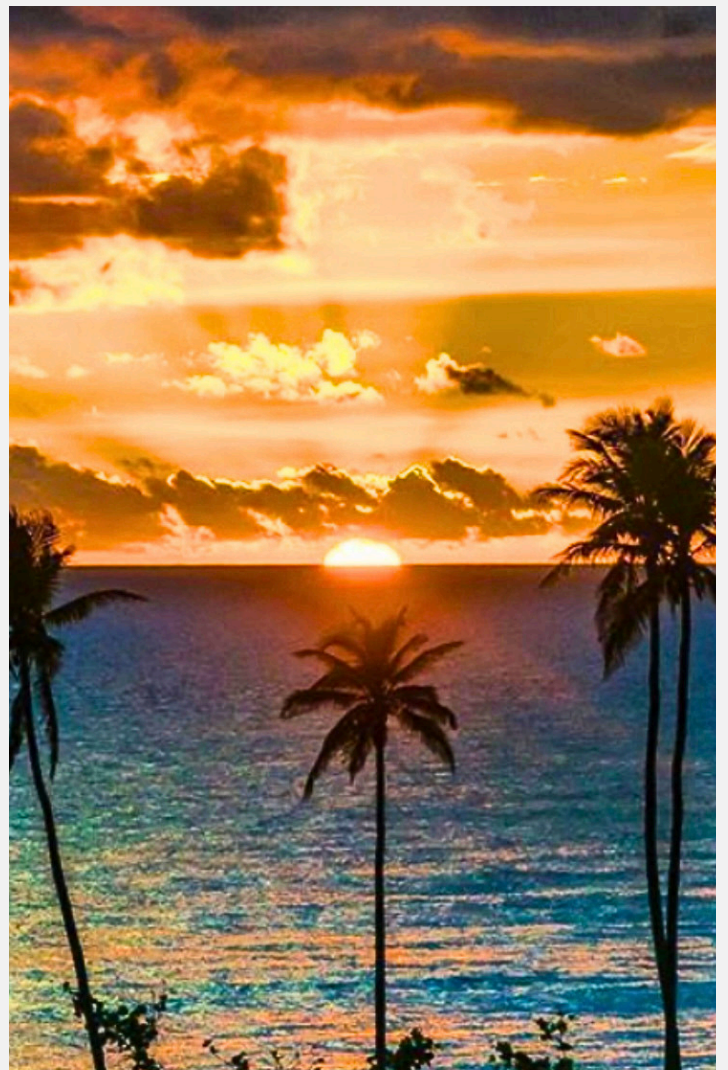
This place moves by a different rhythm—
tides, light, wind, and the pull of the ocean.
And when you're here long enough, even for a few days,
your body starts to follow.

You breathe slower.
You stop reacting to everything.
You notice what you've been missing.

That's the feeling people talk about.
Not something magical being added—
just the noise finally falling away.

For some, it hits right away.
For others, not at all.

But for the ones who feel it,
Rincón is hard to explain
and even harder to forget.



THE SHIFT THAT STAYS WITH YOU



Sea glass has a way of teaching something simple and true: what's been worn by time and tide can still become beautiful.

The search, the sparkle, the little rush when you spot a piece half-buried in the sand and know it was meant for you to find. But the real magic is not just in what you collect. It's in what shifts while you're here.

You slow down. You breathe deeper.
You get quiet enough to hear yourself again.

And then you create — taking something the ocean softened and turning it into something meaningful with your own hands.

A keepsake, yes. But also a reminder.

That a few days by the sea can change more than your mood.
That's the shift that stays with you.

If that kind of reset is calling you, Rincón is waiting.

THERE'S SOMETHING ABOUT THIS PLACE

I've spent years coming back here—
long enough to feel when something's different.
Because it is.

Some days the beach is just a beach.
And some days... it's not.

There's a pull.
You either feel it... or you don't.

But if you do—
you know.

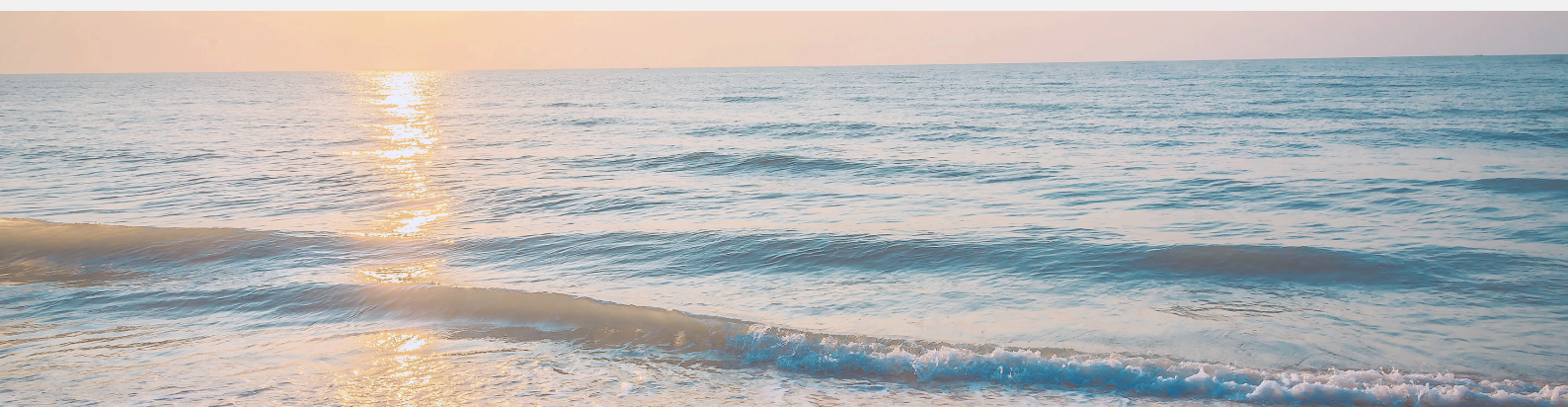
It's the moment you slow down without trying.
When something small feels like more.

And for a second...
everything feels lighter.

That's what this is built around.
Not a tour. Not a checklist.

Just space to breathe—
and feel something that actually stays with you.

Some people call it a vacation.
Some people feel the shift.



WHY THIS FEELS DIFFERENT

Pretty trips are everywhere.

This isn't that.

The Sea Glass Reset is not rushed, overfilled, or performative.

It's built around what women are really craving:

more breathing room, more beauty, more ease, and more presence.

Rincón does the rest.

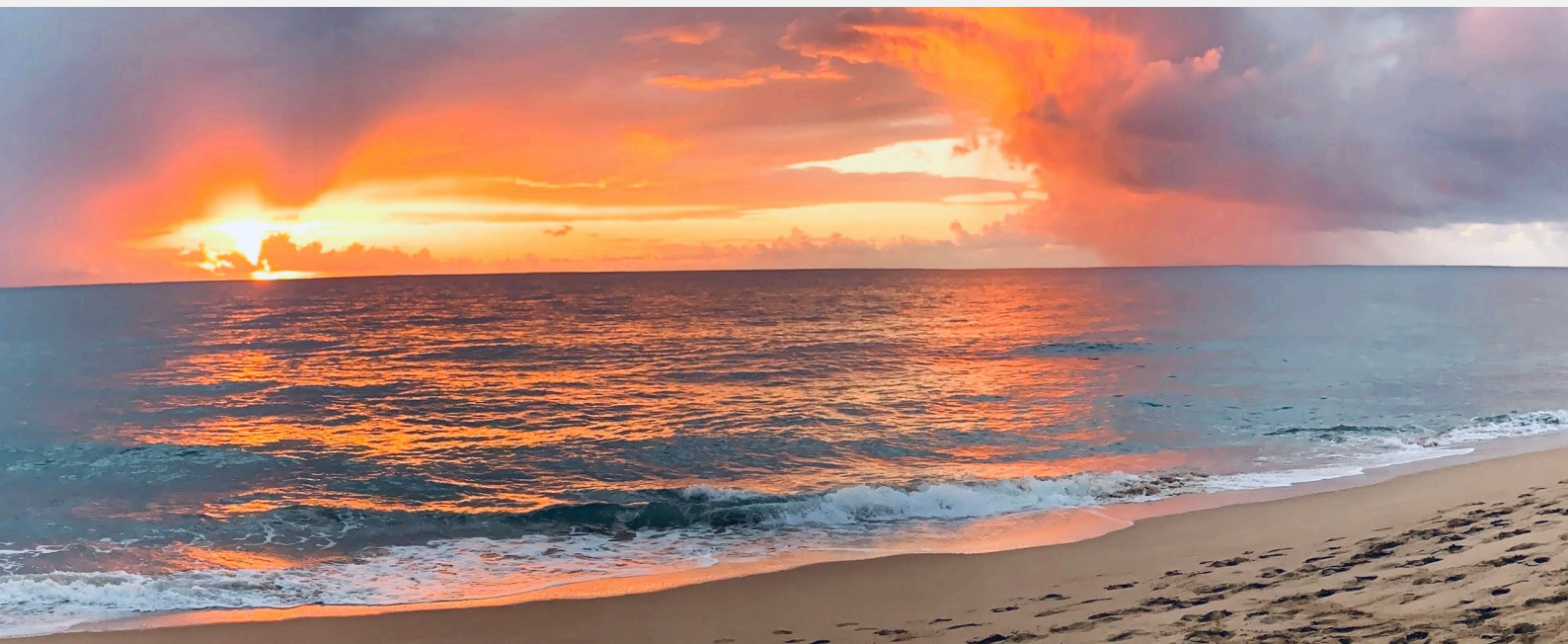
Slower rhythm.

Soft light.

Room to exhale.

This isn't a checklist trip.

It's a real reset.



WHAT YOU'LL WALK AWAY WITH

Yes, you'll leave with sea glass.

But that's not the part that matters most.

You'll leave with:

a quieter mind

slower breath

clearer thoughts

a softer nervous system

a few days that actually felt fully your own

a reminder that you do not have to live braced all the time

You'll take home something real.

Not just photos.

Not just memories.

A shift.

The kind that stays with you when you return home.

The kind that shows up later

when life gets loud again

and you remember:

I need more of what I felt there.

That's the real keepsake.



IF THIS FEELS LIKE YOUR SIGN

Most women don't need another vacation. They need a reset.

That's exactly why I created The Sea Glass Reset.

An experience built around the slower, more restorative side of Rincón I've come to know and love over years of returning here.

A small-group, thoughtfully curated experience for women ready to:

- slow down
- breathe deeper
- quiet the noise
- reconnect with themselves
- come home feeling lighter than they arrived

THE SEA GLASS RESET

June 14-19, 2026

Rincón, Puerto Rico

Only 6 spots

If something in you is quietly saying, I need this, don't overthink it.

Message me "RESET" on Facebook and I'll personally send you the full details.

Prefer to read the full details first?

[View the trip here:](#)

~ Kari