



AYUSHA FUNCTIONAL WELLBEING CENTRE SERVICES

SIGNATURE COLONIC TREATMENT

A combination of psycho-energetics and standard spring water colonic.

90 mins Rp2,110,000

HEALTH CONSULTATION

A private discussion regarding health concerns whether, physical, mental or emotional.

60 mins Rp888,000

STANDARD SPRING WATER COLONIC

A unique system and gentle procedure to assist your body remove toxins residing in the colon.

60 mins Rp995,000

DELUXE SPRING WATER COLONIC

A standard spring water colonic with wheatgrass implant and deep massage to loosen and release further toxicity.

60 mins Rp1,665,000

PSYCHOTHERAPY/ PSYCHO-ENERGETICS

A multi-disciplinary approach that supports the deepening process of personal development improving body-mind integration and leading to significant, meaningful and sustainable transformation. It incorporates process teachings and tools from various clinical and spiritual disciplines.

60 mins Rp1.200.000



STANDARD SPRING WATER COLONIC WITH IMPLANT

Ayusha Blend: A special mix of herbs that detox and tone the colon while also aiding in the removal of parasites and worms.

Cold Pressed Coffee: Amazing compounds within the coffee stimulate the liver to produce Glutathione S Transferase, a chemical which is known to be the master detoxifier in our bodies.

Noni: It is widely believed that the polysaccharide-rich substances found in Noni fruit juice attack abnormal cells and abnormal growths by stimulating the body's immune system.

Epsom Salt: Benefits as a colon cleanser are derived from the properties of the magnesium and the sulfur components.

Sodium Bicarbonate: Sodium bicarbonate delivered to the colon through colonic irrigation can eradicate candida.

Moringa: Potentially an anti-oxidant, anti-tumor promoter, anti-clastogen and anti-carcinogenic activities.

Spirulina: Spirulina has the unique advantage of supplying strength and power through the absorption of the plankton into the bowel wall.

Probiotic: Probiotic to help with Bali Belly or bacterial / parasite infection.

Ozone: Excellent for eliminating unwanted yeast, bacteria, and fungus from the digestive tract.

Magnesium oil: Magnesium prevents arterial hardening and increases the efficiency of oxygen utilization, which in turn, will increase the blood circulation to the muscles of the intestinal wall to assist in the peristaltic process.

Hildre Clark Zapper: Helps to kill parasites and worms using the best zapper technologies.

Young Living digestive oils: Help support cleansing and release within the colon.

60 mins Rp1,110,000



BIODYNAMIC CRANIOSACRAL THERAPY

**“The human energy field is a field of information and intelligence.”
(Hung Milne, My Journey to the Heart of Listening)**

The emphasis in *Biodynamic Craniosacral Therapy* is to help resolve the trapped forces that underlie and govern patterns of disease and fragmentation in both body and mind. This involves the practitioner "listening through the hands" to the body's subtle rhythms and any patterns of inertia or congestion.

The intention of treatment is to facilitate the expression of the “Breath of Life” and so enhance the body's own *self-healing and self-regulating capabilities*.

90Mins, Rp 1,000,000 * 1 session 60mins + 30mins detailed consultation

3 Sessions, Rp 2,740,000

10 Sessions, Rp 7,990,000

BOOSTER SHOTS AND INFUSIONS

Vitamin C: assists in the production of collagen. **Rp125,000**

Vitamin B12: increases the energy level helping to prevent fatigue. **Rp165,000**

Vitamin C & B12: **Rp275,000**

Vitamin C Infusion: **Rp350,000**

Vitamin B12 Infusion: **Rp450,000**



INFRARED SAUNA

The Infrared sauna rays of the far infrared sauna heat the body from the inside out, rather than heating the surrounding air, making it easier to sit inside comfortably for longer periods than a finnish sauna. The infrared rays promote pain relief and speed up muscle and tissue recovery by increasing blood circulation allowing more oxygen to injured area. Far infrared saunas are considered superior to the conventional sauna for the purposes of detoxification and weight loss. It is recommended for you to take a Far infrared session 3 times per week to receive its fully benefits.

20 mins, Rp. 200.000

LIFE COACHING

You are the one who knows who you truly are, your needs and what is best for you. Your therapist is an expert in the coaching process and will help you discover your personal "best". Life coaching will help you make effective choices, leading to a balanced and fulfilling life. By asking the right questions and having the right techniques to empower you to find those answers within yourself, this session will help you connect your head and heart in a way that transforms your passion and dreams into reality.

With your therapist's guidance and support, you will create the life you dream. All sessions are in English.

90 mins, Rp1,250,000

CHAKRA BALANCING MASSAGE

This energy treatment is focused on balancing the main seven chakras located along the central line of the body, from the base of the spine to the top of the head. They are located in the ethereal (unseen) body and they express spiritual energy on the physical plane. Each chakra resonates with a particular frequency of vibration. Sometimes, due to trauma, emotional stress or negative experiences, the chakras become out of balance or blocked and this can lead to physical symptoms. In this treatment the practitioner uses energy work to return the chakras back to their natural state of vibration and frequency. This rebalances the nervous system returning the body to equilibrium

Gentle movements may be supplemented with essential oils, breath exercises, aromatic steam towels, and scalp massage. At the end of the treatment, you will be given a meditation practice that can be used under stressful situations.

60 Mins, Rp 850,000



CRYSTAL HEALING

Crystal therapy is an ancient healing system. Based on the premise that crystals communicate with the energies flowing around the body, the crystals healing vibrations interact with your energy centres to remove blockages and restore a healthy flow through the body and mind. Invoking peace, relaxation and harmony this is a deeply relaxing treatment resulting in reduced stress and clearance of emotional blockages.

Following a short consultation you will lie on the bed and the practitioner will carefully choose the right crystals for you, placing them around your body to generate the right healing frequencies.

60 Mins, Rp 850,000

REIKI

Reiki is gentle and non-invasive, it is a deeply relaxing treatment where the body's natural healing ability is activated. Universal energy is channelled through the practitioner to help adjust energy lines and flow in your body. A treatment can feel like bathing in light and warmth, leaving your mind and body re-energised. For some it can feel like gentle currents of energy moving like the flow of cleansing and cooling water. For others or at other times the Reiki may feel like a subtle force dissolving blockages in your body. The experience is different for everyone but generally leads to deep relaxation and stress removal. An ideal treatment for those who prefer to remain clothed.

60 Mins, Rp 850,000

HOLISTIC YOGA

Based on a diverse Yoga & meditation approach and deeply rooted in yogic tradition, a Holistic Yoga class is an invitation to get to get to know yourself more intimately. A regular practice invokes a deep self-inquiry and new way of relating to ourselves, more accepting and, as a result, more loving. Yoga postures (asanas), carefully strung together, are designed to relax the body, calm the mind and improve flexibility. Breathing practices quieten the mind and invoke a sense of peace and serenity. Lengthening the spine will remove any compression in the physical level, while also activating the Kundalini. In this supportive practice, we encourage students to work within their own comfort level.



KUNDALINI YOGA

The sacred science of Kundalini Yoga as taught by Yogi Bhajan is both effective and therapeutic. Using a dynamic blend of postures, uplifting music, mantras, breathing techniques and meditations, the practice of Kundalini Yoga and meditation calms the mind, relaxes the body, strengthens the nervous system and stimulates the endocrine system. Kundalini Yoga also gives us simple but profound tools to be responsible for our own wellbeing, and to live a wholesome empowered lifestyle, as we transform old habits into more\healthy lifestyle choices.

PRIVATE YOGA | 90 minutes | Rp. 1,000,000 | Rp. 1,300,000/couple

PERSONAL TRAINING / 75 minutes / Rp. 1,000,000

PERSONAL STRETCH / 30 minutes / Rp. 500,000

HAPPINESS IS A HABIT...my goal for my clients is to experience the life changing personal transformation I have experienced over the past years from a sustainable holistic and healthy lifestyle. I believe that there needs to be “un-learning” and a “re-learning” process of what we think we know about health & fitness.

I aim to give the best guidance to the way of life where we can achieve our best physical performance, by training, plant-based nutrition and meditation. My method is to nourish the body with high vibrational foods and tuning into our physical self as well as balancing spirit with meditation.

I want you to feel the light from inside, to experience glowing skin, happy cells and being in your best shape, feeling your entire being connect and be super in-tune with your soul.

Tara Galih - Holistic Trainer

UK trained NQV Level 2 Fitness Instructor/NQV Level 3 Personal Training

HOLISTIC FACIAL REJUNEVATION PROGRAM

The Holistic Facial Rejuvenation Program is a painless, non-surgical, method of reducing the signs of the aging process.

The Facial Rejuvenation Acupuncture treatment is based on the principles of Oriental Medicine; specific points are chosen to manipulate the movement of energy in the body according to individual needs.



What are the effects? By balancing Qi, blood, fluids, yin and yang, the body is put into balance and optimum tone so that the aging process and its causes are slowed down, halted or reversed.

Facial Rejuvenation Acupuncture may erase from the face, with result visible after the first treatment, the following:

- Fine lines & wrinkles
- Eyes: bags, puffiness, droopy eyelids and eyebrows lifted and brightening of the eyes.
- Face: facial firming, lifting, toning and balancing skin tone through the stimulation of the lymphatic system and increasing collagen production.
- Skin: moisturizing of the skin with increased local circulation of blood to the face, tightening of enlarged pores improved hormonal balance to help get rid of acne.
- Reduction of stress evident in the face bringing out the innate beauty and radiance of an individual

How many treatments do I need?

A recommended course of treatment consists of 3 to 12 sessions. Acupuncture benefits are cumulative in effect and with FRA tend to become significantly more noticeable and lasting midway through the series.

120mins – Single Session Rp 2,197,800 / 3 Sessions Rp 5,274,720

AESTHETIC BODY MODULATION Look and feel younger!

This method gives excellent result in modulation of different parts of the body: abdomen, buttocks, lower, and upper limbs for such conditions as cellulite, loose skin, fat deposits and excessive weight. ABM is a very effective method designed to help the whole body both look and feel younger which rejuvenates and revitalizes the physical and subtle body and mind.

What are the effects? ABM will show results as early as the first treatment. The effects of acupuncture being cumulative, the results continue to progress through a course of treatments.

The visible effects of ABM:

- Elimination of cellulite
- Stimulation of collagen and elastin production
- Stimulation of the movement of lymph



- Increasing local circulation of blood to the body.
- Firmer skin and muscle tone
- Tightening of enlarged pores, improved hormonal balance to help acne (especially on the upper back and shoulders)
- Stimulation on lipolysis (the breakdown of the fat cells)
- Correction of the entire form and structure of a particular part of the body

The general effect of the Acupuncture Body Sculpture:

- Improvement of blood circulation, assisting digestion
- Lymphatic drainage & detoxification of the system
- Weight-loss, and not just in the particular part of the body.
- Improvement the immune system
- Stimulation and normalization of the metabolism
- Stimulation of water metabolism
- Reduction of stress
- Balance of energy flow in entire body.

.How many treatments do I need?

A recommended course of treatment consists of 3 to 12 sessions; acupuncture benefits are cumulative in effect.

120mins – Single Session Rp 2,930,400 / 3 Sessions Rp 7,912,080

For Bookings:

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****all prices are inclusive of tax***