

HEALING TREATMENT

For bookings and inquiries, contact us at:
WhatsApp at +62 878-7779-9970 or E-mail to info@udara-bali.com



UDARABALI
YOGA DETOX SPA

Healing
Treatment



Sound Healing Journey

Ongoing 20% Discount

Simply lie down and close your eyes to receive the sounds in this private healing journey. The sounds of Tibetan singing bowls and various other instruments such as tuning forks, chimes and bells help you to slow down your brain waves and relax deeply. Sound healing is based on the principle that everything is vibration and that sound can help us to realign with our natural harmonic state of being.

The sounds will help release blockages on physical, emotional and energetic level, increase a sense of wellbeing and expand your consciousness. If you wish, the sound healing practitioner will also place singing bowls on your body, so you can actually feel the vibration traveling through your body. Essential oil sprays will further enhance your multi-sensory experience which can have profound effects on your journey towards balance between body, mind and spirit.

Price : ~~120US\$~~

96 US\$ / 1 - 2 Persons

Duration : 60 - 75 Minutes | *including Tax & Service Charge

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Water Healing Treatment

Ongoing 20% Discount

The Water Healing treatment at Udara can be one of the most memorable and unique experiences you have ever had. The therapist will support, hold and move your body in the warm water pool, drawing from Aquatic Bodywork modalities such as Watsu, Water Dance or Healing Dance. Moments of stillness alternate with rhythmical flowing movements, which free the whole body and the mind. We recall our cellular memory of being born in water and come back to our natural, effortless flow. This healing treatment creates deep relaxation and promotes physical benefits such as releasing muscular tension and mobilizing the joints. It also helps to improve your energy flow and release emotional blockages. The sense of weightlessness can induce higher states of consciousness with meditative stillness, expansion and sensations of bliss.

Price : ~~120 US\$~~

96 US\$

Duration : 60 - 75 Minutes

*including Tax & Service Charge and free access to Spa Facilities
with sauna, steam room, warm and cold pools.

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REIKI

Ongoing 20% Discount

In a Reiki session, the practitioner transfers energy through their hands by placing them over or on various body parts. To receive the session, you are comfortably lying on a massage bed, fully clothed. The universal Reiki energy can help improve energy flow in the body, induce deep relaxation, balance emotions and speed up the body's natural healing processes. It is a subtle healing modality that treats the whole person including body, mind, emotions and spirit.

Price : ~~65US\$~~

52 US\$

Duration : 60 Minutes

*including Tax & Service Charge

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Water Massage

Ongoing 20% Discount

Enter into the 35-degree warm pool of our Spa facilities to receive a unique massage session floating on the surface of the water. This treatment combines gentle stretches with acupressure massage to release muscular tension, increase range of motion and relieve pressure from joints. Floating pillows allow you to completely let go and soft underwater music will help you relax deeply. Receiving bodywork and healing touch in warm water truly brings your Spa experience to the next level.

Price : ~~70US\$~~

56 US\$

Duration : 60 Minutes

*including Tax & Service charge and free access to Spa Facilities with sauna, steam room, warm and cold pools.

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BALINESE CHAKRA HEALING

Ongoing 20% Discount

Boost your Self-Confidence by balancing your Chakras and get a Balinese blessing ceremony. What lies behind us and what lies before us is a small matter compared to what lies within us.

Our Chakras are located at certain points in the human energy body. Their role is to regulate and create energy in order to synergize with a person's physicality so that the person can move and think well. If a chakra is blocked or imbalanced, there can be weakness, confusion, boredom, lack of enthusiasm and even diseases may arise.

The healer will connect to the energy of the universe and transfer it to the participants' body, so he or she starts to relax more and more. During the Chakra healing process the healer gently massages various nerve points, helps to stretch stiff muscles and cleanses each chakra with meditation and mantra chanting. Crystals will be placed on each chakra point, which work to neutralize imbalanced energies and support the mantra of each chakra. Singing bowls will be played to provide a peaceful, serene and calm energy in the body and mind.

Price : ~~250 US\$~~
200US\$

Duration : 60 Minutes

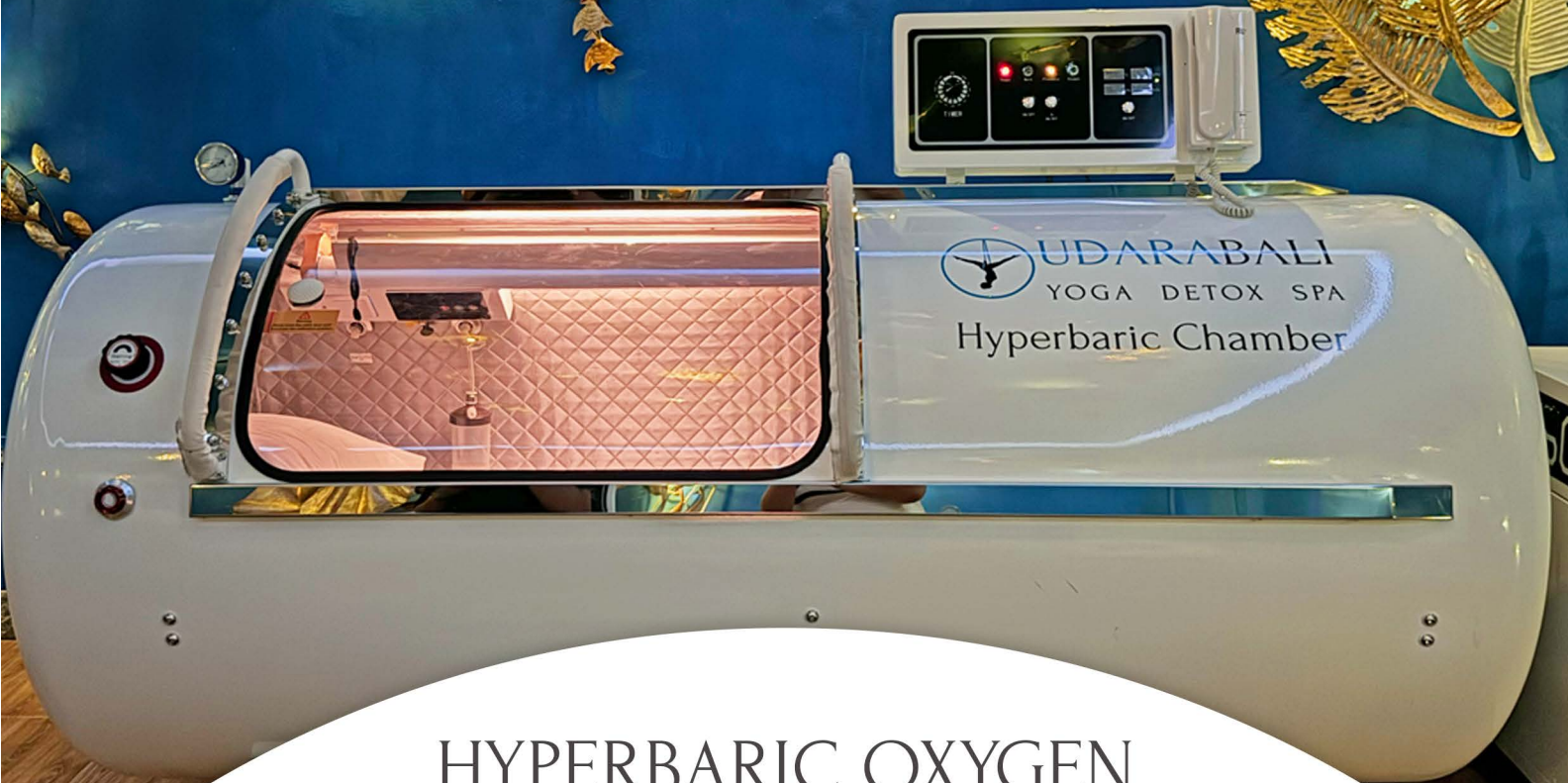
**including Tax & Service Charge*

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HYPERBARIC OXYGEN CHAMBER TREATMENT (HBOT)

Bring your health and well-being to an optimum level with Hyperbaric Oxygen Therapy. This new treatment involves breathing almost pure oxygen in a pressurized chamber to treat various health conditions and improve quality of life. During this treatment your lungs can gather much more oxygen than would be possible breathing oxygen at normal air pressure. Increasing your oxygenation levels has shown to be important for our health, vitality and longevity. Book your session now to accelerate your recovery and performance while you lie back and relax.

Pay 10 Sessions Get 2 Free!

Price: 70 US\$ / Session

Duration : 60 - 90 Minutes | *including Tax & Service Charge

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ACUPUNCTURE

Acupuncture has its roots in ancient Chinese medicine. Fine needles are inserted at certain points in the body to treat many types of health conditions and improve overall wellness. Acupuncture is based on the belief that energy (Qi) flows through the body in channels called meridians. An imbalance or blocked flow of this life force may lead to illness. There are hundreds of acupoints in the body along the 14 major meridians. According to your condition, the therapist will choose various points on your body for needling. An acupuncture session may help to reduce pain, headaches, muscular tension and relieve stress. These treatments aim to improve the flow of Qi and help the body heal itself naturally.

Price: 65 US\$

Duration : 45 - 60 Minutes

***including Tax & Service Charge**

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CUPPING

Cupping therapy is one of the oldest therapies in the world, going back to ancient Egypt scriptures from 1550 BC and is still widely practiced in modern times, mainly by Chinese medicine practitioners. Before and after a short massage of the body parts to be treated, the therapist places cups on your back, stomach, arms or legs and a vacuum will pull the skin upward and the blood vessels expand. The purpose of the therapy is to release muscle tension, remove exogenous pathogens and help the body release body toxins to regain balance.

Price: 65 US\$

Duration : 45 - 60 Minutes

*including Tax & Service Charge



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HEALING BREATHWORK

Private session with Gus Wira

Gus Wira is one of the most experienced local breathwork and energy healers in Bali. His private sessions can be a real catalyst to remove blockages on the energetic and emotional level, improve breathing capacity and release unfavourable breathing patterns. After an initial check-in, Gus will choose various breathing exercises to oxygenate the body, liberate universal life energy and bring you into a quantum state, in which the body can heal itself. Negative patterns can be transformed and consciousness can expand to reach deep states of clarity and harmony.

Price: 120 US\$

Duration : 90 Minutes

*including Tax & Service Charge

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THETA HEALING

The modality of Theta Healing is a unique way to reprogram the subconscious mind and integrate challenging experiences of the past in a very effective way. This state is different from hypnotherapy - you remain conscious of what you say and hear at all times.

During a session, you will be guided into the relaxing Theta brainwave. A state in which underlying patterns become apparent: The connections of your thoughts to your emotions (stored in the body) leading to (re)actions, will get first of all identified and then addressed.

From there, Hanna will guide you to work on a specific feeling and/or belief system that you want to upgrade. Sessions have immediate effects of changing the way you feel, act and ultimately the situations you draw into your life.

Price: 120 US\$

Duration : 75 Minutes

***including Tax & Service Charge**

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PSYCHOLOGICAL COUNSELLING

Expressing your emotions and verbalising your thought processes can aid in finding clarity and emotional relief. Every psychological counselling session offers you the space to share your thoughts, doubts and fears in a safe space. A space to be listened to and offered advice on how to integrate & deal with turbulent emotions and times in your life.

Hanna has a master's degree in psychology, trained in the Western systems to foster mental & emotional well-being. Furthermore, her approach also integrates Eastern influences of mindfulness, meditation and how the gateway through the body can help shift your state towards inner peace and freedom.

Price: 120 US\$

Duration : 75 Minutes

*including Tax & Service Charge

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HEALING FOR TRAUMA RELEASE & MANIFESTATION

The truth is that any kind of trauma (childhood/present, light/deep) is not just “in your head”. It imprints on your body. If you don't release it, sooner or later the negative patterns i.e. fear, guilt or anger will affect your daily life and block your goals. Through this special therapy, Edwin has helped many people globally to heal trauma that has been stored in the body, break old patterns and manifest a new life. This session is the combination of scientific healing - brainspotting (a new form of psychotherapy) and holistic healing - medical Qigong and transformational breathwork. You will feel like having a 'new body' after the session, then manifestations will flow to you with ease.

Price: 250 US\$

Duration : 120 Minutes (including 15 min for consultation)

*including Tax & Service Charge

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LIGHT & SOUND IMMERSION

Activate your pineal gland, regulate your nervous system and journey to expanded states of consciousness in this special experience featuring hypnagogic lights and sounds. This transformative experience combines cutting-edge technology of flickering lights and the art of live sound healing. Through the process of audio-visual brainwave entrainment, these meticulously crafted sessions give you access to expanded states of mind and consciousness. The session can be tailored to specific needs including deep rest and meditation, stress and anxiety relief, creative states of flow and peak performance, expanded states of consciousness, and drug free psychedelic experiences.

PS: Contraindication is light-sensitive epilepsy, due to the flickering nature of the lights.

Price: 200 US\$ for 1 person | 240 USD for 2 persons

Duration : 90 Minutes including preparation & integration

*including Tax & Service Charge