

# Wellness Body Therapies

## BODY THERAPIES

### **Balinese Massage** IDR 250,000 • 60min IDR 350,000 • 90min

Experience the soothing benefits of Balinese massage, an ancient therapy originating from Bali, Indonesia. This technique uses deep, firm pressure to relieve muscle tension and promote relaxation. Balinese massage aims to restore balance and harmony to the body, providing a deeply calming and therapeutic experience.

### **Deep Tissue Massage** IDR 350,000 • 60min IDR 450,000 • 90min

A deep tissue massage releases muscle and tissue tension by applying deep pressure techniques inspired by Shiatsu, Pressure Point, and Traditional Balinese massage. It targets deep muscle layers, tendons, and fascia to relieve chronic tension, reduce stress, and improve blood flow and oxygen circulation in soft tissues. Enjoy strokes, kneading, and acupressure for relaxation of both body and mind. Customize your treatment for the entire body or focus on specific problematic areas.

### **Foot Massage** IDR 200,000 • 60min

Our foot massage is a soothing experience that melts away stress and tension, rejuvenating your entire body. Gentle pressure and rhythmic strokes ease tired muscles, improve circulation, and bring a deep sense of relaxation and well-being.

### **Upper Body Massage** IDR 200,000 • 60min

Melting away stress and rejuvenating your mind and body. Skilled hands glide over your shoulders, neck, and back, releasing tension and leaving you deeply relaxed and revitalized. Treat yourself and feel the weight of the world lift off your shoulders.

### **Four Hands Massage** IDR 450,000 • 60min

Experience the bliss of a four hands massage: two therapists harmonizing to melt tension away and elevate your senses, leaving you rejuvenated and delighted.

## COUNSELING

### **Naturopathy** IDR 950,000 • 60min

Anand is a qualified Naturopath from India, he utilizes natural remedies and lifestyle guidance to enhance health through holistic principles, promoting the body's natural healing processes.

## HANDS ON HEALING

### Deep Hip Opening & Trauma Release Exercise (TRE) IDR 950,000 • 60min

Self-help tool that activates a natural reflex of shaking or vibrating to calm the nervous system and promote well-being. An immersive journey to relieve lower back pain, release emotional trauma, and enhance flexibility. Through gentle stretches and guided movements, unlock deep-seated tension in your hips while nurturing emotional healing. Feel empowered as you reclaim your vitality and mobility.

### Eye Yoga Therapy IDR 850,000 • 60min

Join us for a private Eye Yoga session designed to rejuvenate your vision. You'll learn effective techniques, including mindful movements, acupressure, and relaxation methods, to improve eyesight, relieve screen time fatigue, and soothe tired eyes.

### Healing Yoga Therapy IDR 950,000 • 60min

+ a complimentary 15-minute consultation. Guided by our expert therapist, delve into personalized yoga, breathwork, and mindfulness practices designed to address injuries, discomforts, or specific needs. Whether you seek relief from chronic pain, injury recovery, stress management, or enhancing your practice, this session offers focused therapeutic techniques to cultivate balance and vitality.

### Deep into Alignment and Adjustment IDR 950,000 • 60min

Elevate your yoga practice with personalized alignment guidance and posture adjustments. Learn precise techniques to deepen your poses safely and receive tailored adjustments for your body. Build a strong foundation in alignment principles to improve flexibility, strength, and mindfulness. Whether you're a beginner or advanced practitioner, these sessions offer invaluable guidance to refine your practice.

### Guided Ice Bath, Sauna & Breathwork IDR 1,400,000 • 60min

Discover the power within you as you embrace the cold & hot therapy, supported by Anand unwavering guidance and encouragement. Embrace the challenge, unlock your resilience, and emerge from the session feeling refreshed, empowered, and ready to conquer anything life throws your way. Book your session today and embark on a journey towards holistic well-being and self-discovery.

### Mind Sound Resonance Technique (MSRT) IDR 950,000 • 60min

Elevate your well-being with a one-to-one session of the MSRT. Using personalized guidance, you'll harness the power of specific sounds, vibrations, and breathing techniques to harmonize your mind and body. This tailored approach helps reduce stress, elevate your mood, and achieve a profound sense of relaxation and balance.

## DETOX & RELAX

### Infra-Red Sauna IDR 120,000 • 60min *\*Maximum 2 person*

Using Far-Infrared Rays to heat the body directly, not the air inside. This deep penetration promotes sweating, boosts metabolism, and helps eliminate toxins stored in fat cells. It's ideal for those who find traditional saunas too hot to handle.

### Heated Pool IDR 1,200,000 • all day access *\*Need to confirm 2 days in prior*

**BOOK YOUR APPOINTMENTS:** at the reception | [contact@yogisgardenbali.com](mailto:contact@yogisgardenbali.com) | +62 811-3923-888

Open 9:00am - 8:00pm (last booking at 7pm). To book outside of this hours please contact in advance with the therapist.

Please book any therapies 1 day in advance or at least 4 hours in advance. Full Cancellation charge will be applied if the guest cancel within 4 hours.