

AYURVEDIC & BALINESE USADA

Ayurveda

Usada Vastu Consultation (Wacak Wariga In Balinesed Falm Reading)

- Consult your issues regarding dietary, health, bussiness, astrology orlifestyle. A private session can be arranged with spiritual consultant, and his diagnose will help you understand your health issues and with discussion may guide you to find more clarity and better equilibrium.
- Please refrain from drinking any stimulating beverages on the day of consultation and do not eat at least 3 hours before your appointment.

Suksma Abyangga

- There is no greater expression of self love than lovingly enjoy the treatment of anounting ourself from head to toe with warm oil. This treatment is called ABYANGGA, a full body massage by energy healing with mild pressure.
- The Abyangga massage provides smoothness and improves lusher of the skin, it gives stimulation of the nerves, improves vision and include sound sleep.
- Abyangga also gives passive exercises to the muscles and strengthen them. This massage healing is very relaxing the body after a long journey.

Sahashra Shirodhara

- Shirodhara often though as the queen of all ayurvedic healing treatments, it will quiet the mind and release stress. This therapy helps reduce insomnia, anxiety, depression, and improving the balance of the cerebellum.
- Herbal oil, pure coconut water, milk, and pure ghee dhanyamlam (a mixture of cereals and citrus fruits) or buttermilk may be used for this treatment. A deep meditative and intuitive state is achieved and a shift of awareness and mental clarity will be experienced.

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Chiropractic PETEBE

The benefit of Chiropractic :

- Improves neck pain
- Reduces reliance on fold pain relievers
- Eases back pain
- Possible reduction of osteoarthritis symptoms
- Eases headache symptoms
- More affordable treatment for chronic back pain
- Reduces scoliosis symptoms

Chiropractors are primary contact practitioners (which means they can see patients without a referral from a GP). They focus on treating the spine by using their hands to examine and treat health conditions related to the bones, muscles, and joints (musculoskeletal problems)