

AYURVEDIC & BALINESE USADA

Ayurveda

Usada Vastu Consultation (Wacak Wariga In Balinesed Palm 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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Ayurveda Marma Point Massage

- Marma points massage therapy can be both relaxing and invigorating. It's not only help loosen your muscles and tissues, but it also thought to help promote the proper flow of energy around your body. The good news is that you don't have to be certified massage therapist to give yourself a marma points massage. Here's how you can massage your own marma points without a professional.
- Marma points therapy is a traditional Ayurvedic massage technique that's believed to help sustain the flow of energy throughout your body.

Siddha Tantra Chakra / Healing Energy Chakra

- The first seven chakra below our body space are needed to maintain health and well being to regulate the higher functions of human consciousness.
- The first six chakra above body space perform the words of spirit, intellect and soul as well as lower mind. This treatment goes deeper beyond the physical level, by touching your soul and healing unsolved issues. An emotional reaction after the treatment may occur as this is all part of the cleansing process.

Agnihotra Pudja

Agni means fire, and hotra means cure. This is a celebration of the healing fire as one of the highest vedic rituals. Agnihotra is an atmosphere purification process with the installation of the fire element.

Agnihotra help to open horizon of life. It can clean up the environment, especially for self and pray for ancestor. This special treatment can be done for example in the wedding ceremony, child birth, birthday, and some business.

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Acupuncture Therapy

Acupuncture therapy is a therapy that involves needles inserted into specific points on the body. It can help to relieve pain and used for a wide range of other complaints. Inserting needles into these points with appropriate combinations is said the energy flow back into proper balance. Acupuncture is also often used to treat other conditions and symptoms,

including:

- Joint and muscle pain
- Jaw pain
- Cancer symptoms such as pain
- Side effects of cancer treatment such as feeling or being sick from chemotherapy
- Feeling sick or being sick after surgery

Beauty Acupuncture

Acupressure points are thought to benefit the appearance of your complexion when stimulated regularly in addition to your typical skincare routine.

- Third eye, your third eye pressure point is in the middle of your forehead, between your eyes.
- Four white
- Windscreen
- Facial beauty
- Heavenly pillar

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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 symptomps

Chiropractors are primary contact practioners (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).

AYURVEDIC & BALINESE USADA PRICELIST

Services	Price (IDR)
Ayurveda	1,500,000
Suksma Abyangga	1,425,000
Sahasra Shirodhara	1,800,000
Ayurveda Marma Point Massage	1,425,000
Siddha Tantra Chakra/Healing Energy Chakra	3,000,000
Acupuncture Therapy	1,275,000
Beauty Acupuncture	1,275,000
Chiropractic Petebe	1,275,000
Agnihotra Pudja	6,750,000

*All prices are inclusive of the standard ++ (21% tax and service charge)