



# KIMA Wellness and Retreats

Welcome to Bali Princess Retreat! Do you want or need to get away from your busy life? Or simply do something really, really good for yourself? Check into the all inclusive, luxurious yet personal and peaceful retreat to reflect, relax and rejuvenate. We secure absolute confidentiality and a wonderful environment with the top of the range therapists in Bali.

See the available treatments below and get inspired.

## **ACUPUNCTURE**

Very fine needles, empowered with electromagnetic energy, are inserted into the skin to stimulate specific anatomic points in the body to balance the movement of energy (qi) to restore health.

## **ADVANCED ENERGY CLEARING**

This is a deeper, multi-dimensional form of energy work using advanced techniques to help heal and remove negative energy influences, attachments and imprints located through the human energy system. This non-physical negative energy is usually composed of negative thoughts and feelings that inhibits or stops the movement of natural life force and creates stress on a system of the body.

Consequently, when our energy system becomes compromised, our immune system is weakened which may allow a passageway for negative attachments. Attachments stimulate the shadow side of people and can create resistance and self-sabotage to your growth on a personal, business and spiritual level.

## **ALLERGY ELIMINATION**

Allergens can cause blockages in our energy pathways or meridians, disrupting the normal energy flow throughout the body and creating an imbalance which can lead to poor health.

The practitioner investigates which allergy needs to be removed with a technique called 'kinesiology'. Next, a massage of pressure points along the spine is given along with breathing techniques, followed by stimulation of certain acupressure points. The muscle is re-tested to confirm that the allergy is gone. Since only one allergen can be treated during each session, the patient may need a series of treatments until all allergies are cleared permanently.

## **COUNSELING**

Using a purely western style psychotherapy mode, personal difficulties and issues the clients may have in their lives are tracked and discussed in a safe, non-judgmental, professional and discreet environment. The hope is that the client might attain a different perspective of whatever is troubling him and that a neutral person might support and assist him.





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## **CRANIO SACRAL THERAPY (CST)**

This is a gentle method of touch healing which has a powerful effect over the nervous, endocrine and immune system, and a total body, mind, soul healing effect. CST restores health, vitality and a sense of well-being by encouraging the body's own self-healing and self-regulating capabilities.

CST has been successfully used to treat a wide range of health issues by tapping into the human cranio-sacral system:

Balancing of autonomous system

Rehabilitation after accidents, shock, trauma, post surgery

Back problems

Injuries, concussions, chronic pain, scars, dissolving of adhesions/restrictions in soft tissue, membranes and bones

Head, shoulder and neck problems

Sensory disorders: Tinnitus, loss of taste or smell

Migraines and headaches

Rheumaty arthritis

Vitalization of organs

Stress, nervousness, sleeping disorders, burn out, anxiety

Blocked energy

Children: ADD/ADS, learning disabilities

## **CRYSTAL HEALING**

Strengthen and gently cleanse your energy field (aura) and balance your chakras with beautiful, natural crystals by creating a unique form of vibrational healing to access deep levels of consciousness and awaken inner healing power. This session also includes an energy analysis of your seven main chakras which will review your physical, emotional, mental and spiritual well-being.

## **ENERGY PSYCHOLOGY & COUNSELLING**

For most people, getting in touch with the underlying causes of their emotional state can be difficult. Energy Psychology & Counselling fosters awareness in the client about what his or her emotional, physical or spiritual blockages are. It is tuned into the client by listening with respect and being fully present, creating a safe space for the client's issues to be gently uncovered and released.

## **HYPNO THERAPY**

Hypnotherapy is a powerful healing tool for those who wish to use the all-creative power of the mind to attain a variety of goals such as achieving peak performance, to managing anxiety, stress, physical discomfort and emotional distress. The hypnotic experience is very gentle and peaceful.

## **NATUROPATHY**

Naturopathy is based on the idea that the body is self-healing. The body will repair itself and recover from illness spontaneously if it is in a healthy environment.

Following the consultation, you may be prescribed a herbal preparation comprising of one or more herbs, vitamins, minerals or other natural nutritional supplements, homeopathic remedies, Bach Flowers, etc. Advice on exercise and/or diet may also be given.

## **PAST LIFE REGRESSION THERAPY**

This is used as a healing tool for relief of emotional energy congestion originating from a previous life. Hypnosis methods help to understand your soul's unique existence and simultaneously relieve and heal unresolved issues, trauma, and barriers or fear that keep you stuck or in repeating karmic patterns which resists the fulfillment of this life's journey.



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## REIKI ENERGY HEALING

In this ancient healing method, the practitioner influences the flow of energy at specific points without needles or pressure. Typically the energy feels like heat and creates an incredibly light body and peaceful feeling within. This is a very deep relaxation session which restores balance in the body, mind, heart and spirit with universal life force energy.

Reiki is recommended for:

Maintain mental, physical and emotional balance.

Reduce stress, relieve pain and heal on all levels of being.

Reiki loosens up blocked energy and promotes a state of total relaxation.

Reiki accelerates the body's ability to heal physical ailment and opens the mind and spirit to the cause of disease and pain.

## SHUNYANTA DETOX

Through our 3½ or 7½ day detoxification program you will cleanse and purify your body by removing the toxins that have built up over time through the hazards of modern living, so that you may feel replenished, rejuvenated and enjoy a fresh lease on life!

The program combines fasting, nutrients, detox drinks & supplements, colemas and a magnesium footbath therapy.

## SOUL RETRIEVAL

This is a deeper, multi-dimensional form of energy work, which heals soul fragmentation to restore balance in the body, mind, soul and spirit. It enables you to move forward and live your life in wholeness, self-empowerment, creativity and productivity without being held up in the past.

## TRIGGER POINT MASSAGE

It is a type of massage therapy which examines and treats muscles and muscle attachments in layers. It addresses surface muscles and connective tissues and deeper ligaments and connective tissues.

## Bali Princess Retreat Prices

Acupuncture:	US\$ 60
Advanced Energy Clearing:	US\$ 120
Allergy Elimination:	US\$ 100
Cranio Sacral Therapy (CST)	US\$ 120
Crystal Healing	US\$ 120
Energy Psychology & Counselling	US\$ 120
Hypno Therapy	US\$ 120
Naturopathy	US\$100
Past Life Regression Therapy(2h)	US\$ 150
Reiki Energy Healing	US\$ 120
Trigger Point Massage	US \$80
Soul Retrieval	US \$120
Shunyanta Detox (including 1 Naturopathic consultation)	
3 1/2 days with colemas	US \$485
7 1/2 days with colemas	US \$705
10 1/2 days with colemas	US \$855
3 1/2 days with colon hydrotherapy at Sentosa Spa	US \$605
7 1/2 days with colon hydrotherapy at Sentosa Spa	US \$925
10 1/2 days with colon hydrotherapy at Sentosa Spa	US \$1,135