

# Pure Bliss Body Bliss!

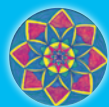
mobile massage • divine • natural therapies

- Therapy Menu
- Bliss Out 4 Goddesses
- Bliss Out 4 Everyone
- Bliss Out 4 Couples
- Purify 4 Balance
- Begin the Journey



## Life today is fast paced...

*Most of us are faced with stress on a day-to-day basis whether it be physically, emotionally or spiritually. Our advice is to eat a balanced, nutritious diet based on organic wholefoods. Also drink an adequate amount of purified water each day. Choose an exercise routine that suits you - whether it be walking, yoga, a workout at the gym, swimming - it needs to be something that you enjoy doing. Breathe in pure clean air. Set aside some 'you' time each day - it only needs to be a few minutes at the least, meditate, have a bath, or simply take in three deep breaths; whatever it is that brings you closer to your internal self will in turn be beneficial to your spirit. By listening to your body, you can bring about a positive change each day. To get you started on the right track we have designed some packages which may suit you!*



## Purify 4 Balance!

**PURIFY - cleanse - detox yourself to health for one or two people only...** Recommended every day for 3 days or more... and also suggested first thing in the morning whilst you are staying at your Relaxing Retreat... Allow total time of 2½ hours includes introduction and one therapy of your choice, you may choose a different therapy every day, its your choice.

**For complete peace of body and mind...** Sonya will be your facilitator with many years of experience as a Reiki Master/Teacher, Massage Therapist & Health Retreat Facilitator passionate about health, wellbeing & balance.

Private one on one Yoga instruction can also be organised. (nb: these packages are designed exclusively at the retreat of your choice or we can also recommend a wonderful retreat for you if you like).

### ♥ Body Beautiful - Balance

Includes your choice of fresh juice & education on diet exercise & meditation & letting go

2.5 hrs - 250/pp/day

### ♥ Body Beautiful - Centre

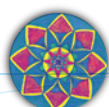
Includes lovely herbal tea & relaxing guided meditation to bring you back to the self

2.5 hrs - 250/pp/day

**One Treatment per day of your choice includes:**

- Detoxing Indian Massage using specific oils to detoxify your body
- Herbal Body Scrub & Rehydration
- Shirodara, Indian Head Massage & mini facial & foot massage
- Master Reiki Healing
- Intuitive Healing Massage
- Padbyhanga & Bhanu bhupen  
(Indian foot massage & back massage with hot rocks)

Purify 4 Balance continued overleaf...



**BODY BLISS**  
margaret river

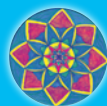
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## Purify 4 Balance!

*(continued)*

### Description of the treatments:

**Detoxing Indian Massage** using specific oils to detoxify your body working on the key marma points (key pressure points) of the body to release tension, stimulate circulation and to leave you in a complete uplifted state of euphoria and bliss. Ayurvedic Massage is smooth and slow. It does not necessarily need to go into deep tissue as it is formulated to work on subtler, harmonizing energies within in the body. nb. Marma Points are Ayurvedic Energy Points in the body where matter and consciousness converge.

**Herbal Body Scrub** a deep exfoliation and healing body treatment using a zesty slough, the herbs are applied to the body in the form of a paste then left to dry as a mask, this process is cleansing and firming whilst helping the body to flush out toxins and then the body is dry brushed to stimulate and invigorate, your revitalised skin will then be massaged with a specific herbal oil to leave your body healthy, hydrated and radiant.

**Shirodhara** the most powerful of all ayurvedic treatments, you will start off by receiving a marma point massage, to relax the mind and muscles, then warm healing oil is poured in to a special copper vessel, the oil streams onto the third eye chakra, and flows over onto the scalp, when the oil is finished an intensely soothing scalp massage is performed, finishing off with a light cleanse, hydration and marma point massage for the face and a dedicated foot massage. The effect is one of healing and total uplifting. It soothes your nerves, releases stored emotions, helps with mental fatigue, headaches, anxiety and many other conditions. It is a pure treatment to calm the body, mind and spirit.

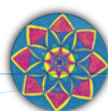
**Master Reiki Healing** access your deepest mind and body wisdom, the all knowing - being it and living it... Reiki means UNIVERSAL LIFE FORCE it is a hands on healing modality where the universal life force flows through the therapists body as a channel and into the recipient. Reiki balances energy, increases creativity, increases vitality, releases stress, relaxes you and loosens the emotional body so the healing can take place. Increases awareness, amplifies energy, works on the causal level of disease in the body, increases the life force in the physical body so it can heal itself and much more.

**Intuitive Healing Massage** Let yourself totally relax and let go... your healing journey will start off with your feet in a bowl of warm aromatic water whilst you are seating in a chair receiving a beautiful scalp massage using warm hair oil to vitalize the mind and body increasing the flow of cerebro-spinal fluid, helping to improve sight and memory, balancing pituitary and pineal glands. Followed by a superior relaxation and healing massage. Designed to release stress and toxins from the body as well as nurture and uplift you mentally.

**Padbyhanga** Are you aware that we can stimulate every part of our body just by massaging your feet? This indian foot massage focuses on marma points (key points that often become blocked, causing tension or pain) by massaging these points we can put the flow of your feet back in harmony with the rest of your body, incorporates massage of the legs to ensure total relief of the most neglected part of your body, essential for those who stand for long hours.

**Bhanu Bhupen** Let your body loosen up and literally "melt" into the table with this intensely relaxing massage, a vital therapy for those who hold tension in their back or who suffer lower back pain, this treatment involves complete intense massage of the back, neck and shoulders and scalp, and also involves the use of hot stones on problem areas to relive pain.

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