



# HELENIKA TRAVELS

“Welcome to HELENIKA SPA, your own personal oasis within the oasis. Inside our own private spa area, we have hand-selected the most rejuvenating, healing and sumptuous treatments the island has to offer, and all for wonderful, **retreat only** prices. Here you can rest, relax and receive deeply delicious treatments in a beautiful setting that not only will heal all manner of things in your body, but will also speed up and enhance the detox.”

The prices below are quoted in NOK and IDR. Treatments available by privatebooking directly with retreat organizers by Indonesian cash only.

## Standard Treatment Menu

*Full body Balinese massage - 60 min / 90 min* 300/400,- (IDR 500k/IDR 675k)

*Head, neck shoulder massage - 30 min / 60 min* 150/300,- (IDR 250k/IDR 500k)

*Hot stone massage - 60 min* 300,- (IDR 500k)

*Reflexology / foot massage 30 min / 60 min* 150/300,- (IDR 250k/IDR 500k)

*Body scrub and mask 45 min* 300,- (IDR 500k)

*Body scrub and mask + massage 90 min* 400,- (IDR 675k)

*Facial treatment 60 min* 300,- (IDR 500k)

*Manicure* 300,- (IDR 500k)

*Manicure French* 400,- (IDR 675k)

*Pedicure* 300,- (IDR 500k)

*Pedicure French* 400,- (IDR 675k)

## ‘Special Treatment’ Menu

(...because you deserve nothing less)

### *Reike Energy Healing – 30 mins 400,- (IDR 675k)*

We are proud to be able to offer this rare and unique treatment at Helenika Spa. Our therapist is a 3<sup>rd</sup> level, certified Reike Master. Reike is comprised of the Japanese characters - Rei (meaning spiritual) and Ki (meaning lifeforce energy). When your ‘Ki’ or Qi/Chi is low, you are more likely to get sick as the energy within your body is not flowing freely. This can be caused by stress, emotional imbalance or upset, lack of movement or negativity. When your Ki is high, you will feel confident, feel capable and vital and strong. During a Reiki session, the practitioner places their hands lightly on or over the body, unblocking energetic pathways and allowing your energy to flow more freely through your body. Think of it as assisted healing by moving your energy through your body to the areas that need it most while removing stagnation, blockage and congestion.

### *Deep Tissue Healing & Repair – 90 mins 500,- (IDR 850k)*

Our senior practitioner, through over a decade of experience with the traumas of the body, can see where deep blockages and emotional pain are stored within the muscle tissue. For example, if you suffered an accident, you are likely to store the pain and emotional distress of that accident in the affected area of the body. Deep Tissue Repair allows our certified therapist to scan your body, find areas of tension such as lower back, neck, shoulders etc. and release the knots and trauma from the area allowing you to be free of discomfort in as little as one or two sessions with no need for any medical procedures.

### *Structural Bodywork & Alignment – 90 mins 500,- (IDR 850k)*

Years of sitting at a desk, in front of the TV, not moving or exercising properly or doing demanding tasks with our body can throw our skeletal and musculoskeletal structures out of alignment. When a vertebra or joint is a little out of place or twisted slightly off axis, other muscles and areas of the body come in to compensate resulting in pain and tension and can lead postural issues over time if left untended to. Bodywork can ease, soothe and correct years of discomfort by realigning your muscles and skeletons back in their natural and relaxed positions.

### *Escalen Massage – 90 mins, 500,- (IDR 850k)*

Escalen massage is a particular modality known for its long, deep strokes and individual attention and care to each particular client. Therapists trained in Escalen massage are required to have a high degree of presence throughout the treatment. It is quite unlike a Balinese massage in the way the massage is performed and the way the hands move over the body however, the goal is the same – a profound relaxation and sense of overall wellbeing, while dissolving every day worries and stress.

