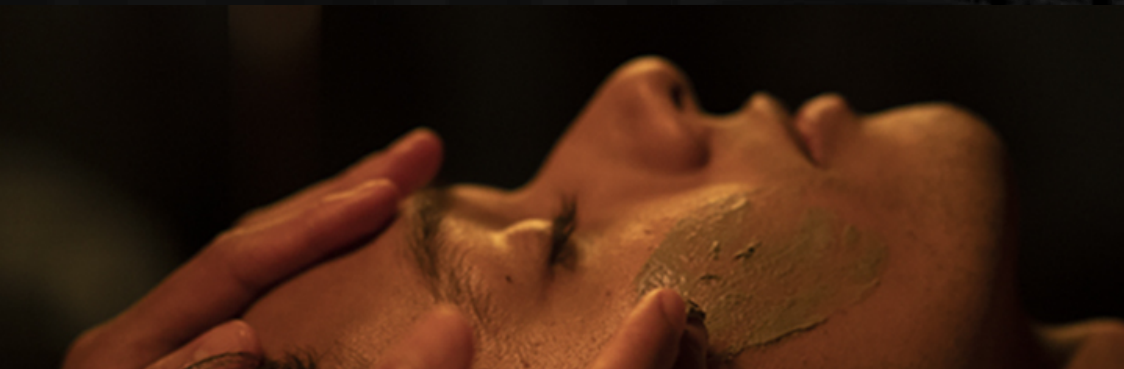


PAUSE | TREATMENTS



## TOUCH | ATTUNE

A truly relaxing therapy during which marma points are stimulated to clear energetic blockages, and thus rebalancing the flow of life-force energy, also known as Prana. Stemming from an ancient Ayurvedic science, marma therapy has been used for thousands of years to reduce fatigue and aid in restoration, for a more radiant, balanced energy within the body.

### CHOOSE BETWEEN:

OPTION 01 | VITALITY: For those feeling low, depleted and in need of a boost.

OPTION 02 | RELAX: For those whose nervous system can benefit from some restoration, by activating the PNS.

### KEY BENEFITS:

Enhances positive mood | Improves blood circulation | Promotes relaxation | Reduces pain, muscle soreness and fatigue.

## TOUCH | NURTURE

A therapeutic treatment that supports both the emotional and physiological wellbeing for all our "mommies to be".

Studies have continuously shown that massage and movement are a vital part of the childbearing experience in many cultures.

### KEY BENEFITS

Reduces anxiety and depression | Decreases back and legs pain | Reduces labor pain and prematurity

## TOUCH | HARMONIZE

This treatment combines the power of sound vibrations with marma points to release any stagnant energy within the body.

Traditional Artisan 7-metal Tibetan bowls are used and placed against specific points on the body. The sound vibrations reach deep into your body tissues which aids to reset the nervous system, reduce stress, and alleviate pain.

### KEY BENEFITS

Enhances mental clarity | Calms tension, stress, and anxiety | Relieves insomnia | Promotes general wellbeing | Induces physiological relaxation | Promotes recovery

The effect of the Sound vibrations is 10 times more effective than regular massage as it reaches deep into your body tissues, muscles, organs, and even cells.

## TOUCH | ALLEVIATE

A deep-tissue massage designed to warm and soothe muscular aches by releasing acutely held tension.

Shiatsu pressure point therapy, therapeutic and corrective techniques, and stretches are all incorporated along with warming body oils, containing organic juniper berry and black pepper, to aid in removing lactic acid build-up.

### KEY BENEFITS

Decreases stress and anxiety | Regulates blood flow | Improves immune response | Reduces muscle soreness, tension and pain.

## TOUCH | IMMERSE

Deeply relaxing massage treatment involving the Quartz sand bed, with the immersion of the bed, this treatment promotes better blood circulation, while stretching the spine. Incorporating Psammo therapy, which means sand therapy, dating back to 1800 bc in ancient Egypt, using the cocooning effect of the heated volcanic sand, which is both healing and stimulating. The wave massage function is working while the bed is immersed and gives you the feeling of a four hands massage. Heated Quartz Poultices and Singing Bowls are the perfect way of making this treatment a total wellbeing and rebalancing experience.

### KEY BENEFITS

Deeply relaxing | Promotes better sleep | Increases blood circulation | Treats scoliosis | Removes stress and anxiety | Increases energy | Re-balances the ANS

## TOUCH | REVIVE

Aimed to accelerate recovery, prevent injuries and soothe sore muscles, this treatment is more focused and intense in comparison to regular massages. The deeper pressure techniques will benefit fitness newcomers, amateur gym goers and professional athletes alike. During the massage, endorphins are released from the pituitary gland, these “pain killing” and “happy” hormones are known to help with anxiety and depression symptoms as well as pain relief.

### KEY BENEFITS

Increases vitality | Improves blood circulation | Increases supply of oxygen and nutrients | Reduces muscle pain, soreness, and tension | Enhances performance and recovery.

## TOUCH | EXTEND

Stretching is crucial in preventing injuries and reduces the development of future health risks. We offer a new approach to assisted stretching - a form of static stretching, whereby the therapists exert a gentle force to decrease tension build-up in the muscles and joints.

Stretching the fibres and tissues activates the deep postural muscles, correcting muscle imbalances. This preventative process improves the overall fitness level and reduces the risk of strain and injury while exercising or playing sports. A session of deep stretches with the therapist will leave the guest feeling more mobile and agile during everyday life activities.

### KEY BENEFITS

Reduces lower back pain | Relieves pain | Improves sleep patterns | Relieves headaches | Decreases anxiety.

## RECOVER | ENHANCE

The AirPod is a safe, non-medical wellness device that delivers a 35% increase in oxygen delivered under three pressure settings. Under increased pressure, oxygen is dissolved into the blood plasma leading to higher amounts of oxygen being delivered to the body's tissues, organs and brain to aid repair, regeneration and relaxation.

Although it is a fairly modern recognised solution, oxygen therapy has become a widely popular performance enhancing strategy among professional athletes and is constantly used in sports preparation, recovery and overall wellness.

It may also assist with some neurological conditions and cognitive improvement. It is a safe form of therapy and side effects are very rare.

### KEY BENEFITS

Decreases inflammation and swelling | Boosts the immune system | Boosts oxygen rich cells | Accelerates wound healing and injury recovery | Improves alertness and mental acuity | Accelerates sports injury recovery | Reduces chronic pain

## RECOVER | FREEZE

Cryotherapy is a therapeutic treatment where cold air is used to alleviate inflammation and pain as the body undergoes a physiological reaction to dramatic cooling at temperatures below -80C.

This treatment is widely used in sports medicine and rehabilitation among athletes for its performance enhancing attributes. Physiotherapist, orthopedics, physicians and therapists all rely on cryo chambers.

### KEY BENEFITS

Reduces the production of stress hormone cortisol | Improves metabolic response | Reduces muscle pain | Alleviates inflammation | Aids immunological activities

## RECOVER | EMIT

Since the Nobel Prize-winning scientific work of Niels Finsen in 1903, the effects of red light therapy have been well documented in thousands of peer-reviewed studies.

NASA developed the technology to expedite healing in astronauts, while olympic athletes use it to improve their performance.

FlexBeam is the world's first targeted, wearable red light therapy device - a bright new way to relieve, repair and recover. It speeds up wound healing, repairs muscle injury, detoxifies and reduces pain and inflammation

### KEY BENEFITS

Reduces the risk of cardiovascular diseases | Speeds up wound healing | Relaxes muscle tension | Revives circulation | Helps ease pain | Relieves stiff, sore or tight muscles

## RECOVER | RECTIFY

InterX is a medical-grade device that uses electrical stimulation for the relief of acute and chronic pain. It incorporates a feedback system that modulates the electrical stimulus in response to the impedance of the guest's skin.

Research shows that the broad range of pulsation present in the InterX ensures that all types of endorphins are released.

### KEY BENEFITS

Relieves pain | Increases range of motion | Reduces swelling in acute injuries

## RECOVER | RADIATE

The infrared sauna allows for a more relaxed and integrated experience, using a more efficient approach than regular saunas, by emitting infrared light that is absorbed by the skin. IRS saunas use infrared panels instead of conventional heat to easily penetrate human tissue, heating up your body before heating up the air.

### KEY BENEFITS

Provides better sleep and relaxation | Detoxifies the body | Aids with weight loss | Relieves stiff, tight or sore muscles | Relaxes muscle tension | Speeds up wound healing | Promotes faster cell regeneration and tissue growth | Reduces the risk of cardiovascular diseases | Increases blood circulation.

## **ELEVATE | GLOW**

This indulging therapy begins with a gentle cleanse, followed by a hydrating exfoliation session. The therapy continues with a marma point massage to stimulate skin cells renewal and restore natural luminance.

Using the healing vibrations of crystals, this facial treatment has a calming yet uplifting effect. Warmed rose quartz roller is used to massage and relax the delicate facial muscles to dissolve stress lines. Special massage techniques used during nerve point therapy target the trigeminal nerve and calm parasympathetic nervous system.

### **KEY BENEFITS**

Restorative | Anti-Oxidant Boosting | Calming | PNS activation

---

## **ELEVATE | REVERSE**

A restorative facial therapy that combines vastly different elements into one therapeutic process, inviting positive change and results.

Organic ingredients with anti-aging and calming properties are used along with lymphatic drainage and lifting techniques to restore energy and vitality to the cells. A targeted massage induces exceptionally calming effect, thus the parasympathetic nervous system (PNS) is activated.

The InterX device is introduced to further enhance results. The device's electrical pathways allow active ingredients to penetrate into the deeper layers of the skin tissues, thereby stimulating optimum cell function.

### **KEY BENEFITS**

Anti-aging | Anti-inflammatory | Restorative | Anti-oxidant | Calming | Tension release | PNS activation

