

# SENSORORA

Magical lights, intriguing colors and soothing vibrations combined to stimulate the senses.

The perfect solution to:

- Achieve both deeper relaxation and enhanced alertness
- Peak performance
- Treat anxiety and stress
- Reduce chronic pain, fibromyalgia, arthritis
- Improve depression and burnout, chronic fatigue
- Fight insomnia
- Balance physical and mental health

Clinically proven to both refresh the attention and help bring the mind at rest, the Sensora uses one of the most advanced colored-light system in the world, recharging the brain's electrical field and positively interacting with various bio-rhythms such as brainwaves, breath and heartbeat.

Choose your experience between RELAX, ENERGY, BALANCE and MEDITATION and select the session that suits you best.

Shorter sessions can be combined.

**5mins | \$15++**

**10mins | \$30++**

**15mins | \$45++**

**20mins | \$60++**

**25mins | \$75++**



## RELAX

25mins

Soft exquisite experiences suitable for all, for a gradual deep relaxation.

Choice of:

- **Aqualight:** Water element, 2<sup>nd</sup> Chakra.
- **Wind of Light:** Air element, 4<sup>th</sup> Chakra.
- **Quiet Light:** Very soft, 5<sup>th</sup> and 6<sup>th</sup> Chakra.
- **Night Light:** For insomnia, trauma, sleep-inducing.
- **Heart Light:** For heart related issues, 4<sup>th</sup> Chakra - choose the type of session: Dynamic, Soothing or Mantric.

## ENERGY

25mins

Suitable for centering, gathering new energies and firing-up your creativity and inspiration. Sessions may be very intense.

Choice of:

- **Chakra Journey:** Harmonic stimulation of the 7 energy centers.
- **The Fire Within:** Reduction of chronic pain and arthritis, 3<sup>rd</sup> Chakra, extremely energizing – INTENSE.
- **Fibonacci:** Jet lag, brings order in the body.
- **Rainbow Body:** Intense journey of transformation, energetic detox - INTENSE.
- **Cabaret Mystique:** Quick 5 mins pick-me-up session to sharpen and re-center the body, spectacular color fantasy.

## BALANCE

5 to 25mins

Harmonizing for the nervous system, good when feeling unstable to rebalance one's energy. A true feast of colors!

Choice of:

- **Rainbows:** Color bath sweeping through the full spectrum of colors 5/10/15/20mins.
- **Quantic Dream:** Brain reset 10mins.
- **Light Waves:** For ocean lovers, invites peak performance 25mins.

## MEDITATION

25mins

Extraordinary introduction to meditation. For the experienced meditator, a chance to explore deeper. This guided sessions are based on a technique given by Osho, a contemporary Master.

Choice of:

- **The Inner Smile:** Contact the timeless smile which is always present in your innermost core.
- **Hands Of Freedom:** Discover the art of dancing with your hands and its deep connection with the brain.

### Gamma series (10mins)

To access higher consciousness and intelligence, self-control, spiritual alertness, happiness, boost your memory and cognitive system. These exceptional brainwaves are still much of a mystery to scientists, but are proven to be linked to the highest performance both mentally and physically.

### Lateral Lights Therapy (10mins)

With a deeper therapeutic approach, these sessions are based on the powerful form of light therapy developed in Russia by Dr. A.P. Chuprikov and work on individually rebalancing the two hemispheres of the brain, either with a relaxing or stimulating approach.

Joyu Spa  
