

# Vandana



15<sup>th</sup> February 2022 to 15<sup>th</sup> March 2022

Strongly believing in the body's incredible ability to heal itself, Vandana supports her client's transformation through various healing modalities – holistic therapies that acknowledge the delicate balance between mind, body and spirit and energy therapies performed under the divine guidance of the angelic realm. She is an amazing facilitator in connecting with the angels.

## HEALING

### Oracle Card Reading

The reading offers a life perspective from the Higher Realms in concurrence with our own personal vibration, encouraging and showing the way for positive change. Insights from the past guide us towards an understanding of self and events to connecting the dots for clarity of purpose, self-empowerment and a positive shift in energy. It can be an independent session as well as an ideal complement to various energy therapies.

*60mins 250++*

### Ascension Reiki / Angelic Reiki

Angelic Reiki is a wonderful 'higher life force energy' channeled under divine guidance for positive change. Acceptance of universal gifts that flow through Angelic Reiki extend to much more than elevated consciousness, inspiration, intuition, love, peace, understanding, or health. Angelic Reiki teaches us to open our hearts to, and actively communicate with our inner guidance.

*60mins 250++*

*Add Oracle Card Reading 30mins 40++ - The reading complements Reiki in a coming together of our personal vibration and the higher energies offering a visual perspective and guidance for practical application in 'life as we know it'.*

### Graceful Reflections Meditation

"Finding Spirituality In Everyday Experiences" – this meditation is about entering into a convergence of our higher consciousness and our earthly journey. It is where rush hour and the sound of silence coexist in perfect harmony and become one with each other. It is here that the emotional, the intellectual, the physical and the spiritual reaches out, intertwines and rises to a level of blissful awareness.

*60mins 250++*

Prices are in USD and are subject to 23.2% government taxes and service.  
Please book with your Katheeb/a or contact Javvu Spa reception.

## THERAPIES

### **Foot Reflexology**

A non-invasive and de-stressing holistic therapy that helps tap into the natural ability of the body to reach a state of perfect balance, restoring the flow of life force energy. An 'internal massage for the body' that helps alleviate various conditions, such as body pains, headaches, sinus congestion, digestive issues, hormonal imbalances, compromised immunity and more.

*60 mins 250++*

### **Facial Reflexology**

A unique holistic therapy combining ancient Oriental and South American traditional healing techniques with the modern neurology science, this treatment enjoys an efficient and quick access to the central nervous system to address imbalances and contributes to a glowing complexion and release of tension in the facial muscles. Also effective in treating anxiety, stress, migraine, insomnia, fertility issues, hormonal imbalances and more.

*60 mins 250++*

### **Foot & Face Reflexology**

A wonderful combination of therapies that contributes towards restoration of the flow of Qi, or Life Force Energy, encouraging a blissful sense of balance and relaxation.

*80 mins 290++*

### **Natural Facelift & Facial Reflexology**

All the benefits of the facial reflexology are enhanced by specialized non-invasive natural lifting techniques that manipulate specific pressure points to uplift and tone facial muscles, to visibly improve skin texture, stimulate elastin and collagen production and eliminate toxins.

*70 mins 275++*

### **Japanese Cosmolifting Facial**

The secrets to a smooth revitalized complexion: this result-driven facial uses aromatic plant-based products, warm compresses and face pack in combination with facial pressure points to instantly lift and tone the skin. Cell regeneration, reducing of wrinkles and puffiness and enhanced natural radiance are just a few of the wonderful benefits, visible after the first session.

*90 mins 290++*

### **Gua Sha Lymphatic Facial Massage**

Using a uniquely shaped tool made from special healing crystals, the treatment eases tension in facial muscles, improve lymphatic drainage, cell regeneration and boost blood circulation, helping with skin tone, blemishes and acne scars, fine lines and wrinkles, dark circles and puffiness.

*45 mins 225++*

## WORKSHOPS

### **Learn to communicate with your Angels**

Angels are eternal beings of pure consciousness and messengers of unconditional love. This interactive workshop is to encourage the individual to become comfortable with, to understand their intuitive strengths and how it can be used to communicate with Angels.

*60mins 150++*

### **Self-Help Reflexology: easing stress, anxiety and insomnia**

Knowledgeable self-care in reflexology is a gift that can benefit ourselves as well as our loved ones. Learn simple and effective self-help reflexology techniques to activate the body's innate self-healing ability and ease stress, anxiety, insomnia and feel empowered with your own good health.

*60mins 150++*

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