

Balinese flower bath

BALINESE RITUAL SPA TREATMENTS

JAVANESE LULUR

This indulgent Indonesian treatment begins with an Holistic Ritual Massage. The traditional beauty ritual from the Royal palaces of Java follows the massage; a treatment which is traditionally prepared for a bride-to-be to daily, 40 days prior to the marriage. The product is famous for beautifying and softening the skin and is extremely de-toxifying. Today, this is the most popular monthly skin care and pampering treatment in Indonesia, you do not have to be a bride-to-be or even a woman to experience the incredible benefits!

Lulur is a traditional blend of natural spices and grains, such as turmeric which is a fantastic anti-oxidant, and Fenugreek which provides an abundance of Vitamin A



to nourish the skin and lymphatic drainage. Soda draws out impurities, and Jasmine, Cempaka and Ylang Ylang assist in the sensual, calming and glorifying aspect. The peeling effect of the product exfoliates, removing dead skin cells and is followed by the application of Yogurt which soothes and neutralises the skin, adding enzymes and oils to act as a natural moisturiser. The traditional bathing of a 'Mandi' splash is taken before relaxing in the fragrant flower or milk bath. A 'Jamu' Herbal elixir drink is then prepared to notify and warm the body on the inside. Overall, this ritual nourishes, rejuvenates, stimulates, refines, cleanses, exfoliates, replenishes, increases blood circulation & lymphatic flow and evens the texture of the skin. A blissful pampering experience!!

2.5 HOURS FULL BODY £85

BALINESE BOREH

'Boreh' is a village remedy from the rice farmers in Bali. Handed down through generations, it is recognised as a traditional medicine. It helps warm the body, and relieves aching joints and sore muscles. It strengthens and revitalises the body for general health and well-being. Fantastic if you have been ill, run down or stressed. The healing pack includes a

wide spectrum of spice powders such as cloves, ginger root, galangal, and Massoi bark. Together, they draw out impurities, improve circulation and muscle tone, aid digestion, exfoliate, stimulate, and are antiseptic, warming, anti-rheumatic, and antispasmodic. This treatment is deeply cleansing and hydrating.



Thai Massage incorporates stretching and acupressure

It gives an emotional boost, and strengthens the immune system. A Reiki or Foot Massage is enjoyed whilst the spices gently take effect. Like the Lulur, the 'Mandi' splash is experienced before relaxing in a flower or milk bath and sipping the 'Jamu' herbal elixir.

Deeply cleansing and hydrating, can be deepened with application of LaStone placement or the Heated Herbal Compress if required

2.5 HOURS FULL BODY £85

BODY SCRUB

A 'scrub' is a modern term to describe cleansing, or exfoliating the skin. In Asian traditions, scrubbing the skin is common, to soften, stimulate and clean the skin which of course assists the ageing process and revitalises the spirit.

Either the Coconut scrub or the Coffee scrub can be experienced before a massage or on its own.

COCONUT SCRUB

Made of a combination of mung bean powder, dried coconut, mixed spices and lavender essential oil which is applied to the skin to remove dead skin cells. A light film of coconut oil is then applied, before rinsing off in the shower. A fabulous exfoliating treatment with anti-oxidant benefits that improves blood and lymph circulation and leaves the skin feeling soft, with a warm, luminous glow.

COFFEE SCRUB

This is a slightly more stimulating and warming scrub, resulting in more of a detox, and an uplifting after-affect. It also assists as an anti-cellulite treatment.

E'SPA RELAXING SALT GLOW

This warming body scrub is a rich combination of nourishing body oils, mineral sea salts and essential oils of rosemary, clove, cinnamon and bay designed to leave the skin feeling incredibly smooth and glowing.

ALL 30 MINUTES FULL BODY £25



SPECIAL PROMOTION!

Book any 5 x 1-hour treatments and receive a complimentary 1 hour Holistic Massage for free!

For more information, or to book a treatment - Call Sevanti on

01273 778400

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Sevanti is the Director of Unity (BA Hons, Dip, ITEC, GPP)

Sevanti organises Yoga retreats in the UK, Turkey and Thailand. These retreats vary from 2 nights to 1 week, during which she teaches Unity Hatha Yoga, Pranayama, Energy Enhancement Meditation, Meditational Movement and Dance; Massage workshops, Reiki training and a wide range of Holistic Treatments.

Sevanti also Directs and Facilitates for the leading Holistic Holiday company, 'Skyros' in Greece.

Based in Brighton, Sevanti runs the 'Unity School of Yoga, Dance and Bodywork', offering a Diploma in 'Holistic Massage and personal development' (MTI), and 'Unity Yoga Teacher Training' (IYN).

She also teaches all 3 levels of Traditional Usui Reiki. Training as a Professional Contemporary Dancer at the Laban Centre for Movement and Dance, Sevanti choreographs

& performs, combining live Music, Dance / Yoga Tai Chi movement & video installations.

Sevanti is currently writing a book & DVD on 'Partner Yoga'.

Sevanti practices Holistic Massage (ITEC) • Seated Acupressure massage (Touch-Pro) • LaStone Therapy • Thai Massage • Thai Foot Massage • Reiki / Crystal Healing • Heated Herbal - Compress & Balinese Ritual Massage. She is also developing a new Holistic Massage System - 'Earth Essence Therapy'.

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Unity

School of Yoga, Dance & Bodywork

HOLISTIC TREATMENTS

- Swedish Massage Treatments
- Thai Massage Reiki Healing
- Holistic Ritual Massage Thai Foot Massage
- Healing & Crystal Therapy Thai Herbal Heat Massage
- Acupressure Chair Massage Earth Essence Therapy
- LaStone Therapy Rejuvenating Body Scrubs
- Balinese Ritual Spa

relax release revive

All of Sevanti's Holistic Treatments are delivered in a complete, respectful and sacred manner, honouring the needs of the individual with privacy and confidentiality. A full consultation is taken, and specific problem areas can be focussed on.

Home visits are available for most treatments. To experience one of the following blissful experiences in the comfort of your own home, please add £5 extra to the cost. All treatments are preceded by a welcome foot soak and consultation.

The Unity Studio is relocating to its beautiful premises in central Brighton. Please call Sevanti on 01273 774800 for details.

relax release revive

HOLISTIC MASSAGE

Treats the entire being on every level. Energy work is integral to the session to supplement the holistic approach - treating the body, mind, emotions and spirit. A complete body un-winder. Deep holistic oil-massage techniques ease muscular aches and pains, detoxify and stimulate all the bodies systems. Kneading, pumping, twisting, rolling the muscle, stimulating specific pressure points, stretching the ligaments, supporting and healing the body as a whole.

75 MINUTES FULL BODY TREATMENT £40 2 HOURS FULL BODY TREATMENT £60

UNITY HOLISTIC RITUAL MASSAGE

Holistic Massage techniques combined with Deep tissue Indonesian methods and Thai-like stretches and acupressure application. Appropriate essential oils are applied with a scattering of rose petals and the use of Healing and Crystal placement. Sound therapy in the form of Tibetan bowls, quartz crystal bowls and cymbals combined with the burning of sage and the use of aura soma to fully cleanse and soothe the body's energies. An awakening of the senses and respect for all levels of ones energy system.

1.5 HOURS FULL BODY TREATMENT £45

THAI MASSAGE

Comfortable pressure is applied along the Sen lines of the body to release trapped, stagnant energy and ease muscular tension. What follows feels to some like a passive yoga session; the receiver is supported through a range of thorough stretches to enhance flexibility and access an incredibly deep sense of relaxation. Suitable for all ranges of flexibility, the body is respected and worked according to its unique capacities. Including Advanced Thai Medical Acupressure Therapy for specific ailments.

75 MINUTES FULL BODY £40

THAI FOOT MASSAGE

Originally dating back 3000 years to china, foot massage is incredibly effective for prevention and relief of diseases throughout the body. The main sensory nerves and energy lines of the body are mainly rooted in the sole of the foot, therefore foot massage can stimulate all systems including blood and lymph flow whilst boosting and cleansing all the internal organs. Using the thumbs, hands and a wooden stick, massage is applied to the feet and lower legs. The 4 elements are balanced and a pleasant feeling of harmony and inner stillness are experienced.

60 MINUTES FOOT & LEG MASSAGE £35

THAI HERBAL HEAT MASSAGE

A Herbal Compress containing 10 types of Thai healing herbs is heated up to a wonderfully warm temperature and applied to the body. The sen lines (energy lines / meridians) are worked throughout the torso and limbs through a rocking and circular action. The temperature and healing benefits from the herbs (such as prai, ginger, lemongrass, kaffir lime, tamarine leaf etc) penetrate deep into the muscular system to soothe and relax aching muscles. The herbs also have a cleansing effect on the entire system. Acupressure Massage and Thai stretches are also applied in this unique treatment to completely soothe and revitalise.

60 MINUTES FULL BODY £35

ACUPRESSURE CHAIR MASSAGE

Shiatsu-like acupressure is applied to specific points of the body whilst fully supported on a specific massage chair. Applying body weight through the thumbs/ palms/elbows allows the massage to be incredibly specific in stimulating vital



pressure points across the head, neck, shoulders, arms, hands, back, hips and calves. Muscular tension is released and the result is usually to feel revitalised and centred.

60 MINUTES FULL BODY £35

REIKI NATURAL HEALING

The most pure and highest vibration of natural energy is accessed to enhance all systems of the body, whereby each cell is cleansed and revitalised promoting internal balance. The recipient will feel a pleasant sensation of warmth and sometimes gentle tingling or pulsing. The breath will slow down and usually the receiver drifts off into a light sleep. The overall feeling is of deep relaxation and lightness. There is a strong sense of support, protection and trust.

60 MINUTES £35

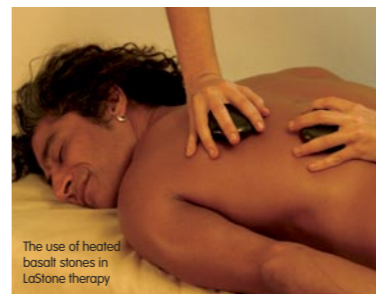
HEALING & CRYSTAL THERAPY

A fusion of Reiki, Sekhem (ancient Egyptian healing) and Crystal / Gemstone application to bring individual energy centres into balance. The crystals and gemstones are chosen according to the consultation, and what is needed physically, emotionally, mentally and spiritually. They are placed onto the appropriate chakras (front & back), while other crystals are used in specific layouts surrounding the body, and to extract energy blockages and channel Reiki and Sekhem energies. The experience can be felt on many levels, from a peaceful sense of relaxation to a magical, insightful journey.

75 MINUTES £35

LA STONE THERAPY

The ultimate in Holistic body treatments. Smooth, ancient volcanic basalt stones from Arizona are heated and applied to the body with the essential coolness of moulded marble stones. This blend of opposing temperatures has been used for centuries - e.g from hot steam rooms to cold plunge pools. The correct balance of application depends on the receiver's needs; the aim is to balance



The use of heated basalt stones in LaStone therapy

Unity also offers **Personal Yoga Tuition** which can be done in your own home or at the Unity Studio. The cost is £40 per 1¼ hours, or 6 sessions for the price of 5. Programmes are written for specific individual needs.



the yin/yang aspects, de-toxify (by stimulating the push/pull of the vascular and lymphatic systems), relax and tone the muscles, awaken the nerve endings and senses, release energy blockages... but overall to re-connect with our sacred earth energies. Stones envelop our whole body throughout the treatment, e.g. beneath the back, their energies and temperatures loosen the muscles and reduce inflammation. As the receiver rolls over for the final back massage, this pre-work of the stones has allowed the massage to penetrate so much deeper than in a normal treatment. Warm essential oils accompany the stones in a blend of Swedish / Balinese / Acupressure techniques, and the ceremony completes with the application of specific crystals and the use of Tibetan bowls, quartz crystal bowls and cymbals. As in the Holistic Massage Ritual, sage is burned and Aura Soma is used to cleanse and protect. The feel of this experience is connected with Native American practice, and is a very powerful and sacred journey.

2 HOURS FULL BODY £65

Due to the amount of equipment needed for this treatment, a LaStone cannot be offered as a home visit.

1.5 HOURS FULL BODY £55

