



KAYUMAMA

RESORT & SPA

KAYU MAMA

wellness and holistic therapy menu
to book a session contact reception
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HOLISTIC THERAPY AND WOMEN'S HEALTH *with Laura*

OVERALL HEALTH DIAGNOSIS + EAR ACUPUNCTURE TREATMENT - 2H - 2.2 MIL

You can become informed and empowered to self-heal. The overall health diagnosis will give you a complete overview of your physical, mental, and emotional health. A TCM diagnosis includes a medical history initial interview, a symptoms questionnaire, general observation, tongue and pulse examination. Based on the TCM diagnosis, a personalized treatment plan will be designed for your unique and perfect body. Ear acupuncture treatment (with organic seeds or Korean needles) is included.

TCM TREATMENT - FOLLOW UP - 1H - 1 MIL

You can choose between the different Traditional Chinese Medicine (TCM) modalities: body + ear acupuncture or cupping + ear acupuncture or moxibustion + ear acupuncture or nutritional recommendation + ear acupuncture.

TCM TREATMENT - 4 SESSIONS PACKAGE - 4 MIL

4 treatments (paid upfront, unlimited validity) ONLINE OPTION

HUMANISTIC ASTROLOGY READING: BIRTH CHART - 2H - 2.2 MIL

Including written feedback and a prescription of a personalized Bach flowers formula and/or a medicinal herbal tea to support your current life process.

HUMANISTIC ASTROLOGY READING - FOLLOW UP - 1H - 1.1 MIL

Including Oracle reading.

HUMANISTIC ASTROLOGY READING - 4 SESSIONS PACKAGE - 4 MIL

4 sessions - (paid upfront, unlimited validity) ONLINE OPTION

ABOUT LAURA

Laura is a holistic therapist; Psychologist, Chinese Medicine Doctor, Naturopath & Humanistic Astrologer.

Laura specializes in Women's Health; natural gynecology, menopause, period issues, fertility, pregnancy, labor, birth, and the postpartum period including breastfeeding.

yinyangconcepts.com





PRIVATE ENERGY HEALING SESSIONS *with Sabine*

Energy healing is a powerful and effective holistic tool for both personal and spiritual growth. Combining hands-on and hands-off energy work techniques, an energy healing session helps you find more balance and enhances your well-being across the physical, emotional, mental, and spiritual dimensions.

Each session is tailored to your needs and intentions, curating a unique experience.

PRICES

60min 1.5mil

90min 2mil

ABOUT SABINE

Sabine is a holistic therapist specializing in energy healing to enhance physical, mental, emotional and spiritual well-being.

SOUND HEALING & NATUROPATHY

with Eleonore

1:1 SOUND HEALING AND YOGA NIDRA - 60min

A one-on-one session of Yoga Nidra and Sound Healing offers a deeply immersive experience of relaxation and rejuvenation.

As you lie down in a comfortable position, the instructor will lead you through a guided meditation playing simultaneously, soothing soundscapes or healing instruments, such as Tibetan singing bowls or crystal bowls, to enhance your experience.

The combined practice of Yoga Nidra and Sound Healing promotes mental and emotional calmness, reduces anxiety, and induces a state of deep inner peace. It can also facilitate inner healing and self-discovery. The session is personalized to your needs, making it a unique and transformative journey toward holistic well-being.

1:1 BREATHWORK MEDITATION AND SOUND - 75min

The ultimate combination for transformation! A one-on-one session of breathwork, meditation, and sound is a tailored experience designed to nurture your mind, body, and spirit adapted to your needs. In this personalized session: Possible to add yoga moves!

Breathwork: You'll be guided through various breathing techniques to enhance your awareness, release tension, and promote relaxation. Breathwork can have a profound impact on your emotional and physical well-being, helping you find balance and inner calm.

Meditation: Meditation cultivates mindfulness, reduces stress, and fosters mental clarity. It can also promote self-awareness and personal growth.

Sound: Sound vibrations can help harmonize your energy and promote a sense of inner peace.

1:1 PRIVATE YOGA BREATH MEDITATION & SOUND - 90min

A private Yoga, Breath, Meditation, and Sound class offers a personalized wellness experience. During this session, you'll receive tailored instruction in yoga postures and breathing techniques to enhance your physical and mental well-being. Meditation practices will promote mindfulness and inner peace.

The session will also feature the soothing and therapeutic sounds of instruments like Tibetan singing bowls, gongs, or other healing tools to deepen relaxation and healing. This one-on-one class aims to align your mind, body, and spirit, fostering holistic health and rejuvenation.

1:1 NATUROPATHY - 60mins

A personalized Naturopathy session provides tailored advice for natural health and well-being. Thorough evaluation of your health history and concerns you will get:

- Nutritional Guidance: Customized dietary recommendations.
- Lifestyle Tips: Exercise advice, stress management, and sleep.
- Herbal Support: Recommendations for natural remedies if needed.
- Holistic Approach: Addresses physical, mental, and emotional aspects.
- Education: Empowers you with knowledge for lasting wellness.

ABOUT ELEONORE

Eleonore specialises in Holistic Wellness retreats, Yoga and breathwork, meditation teacher, Barre Attack & pilates , Sound Healing, Naturopathy & cuisine.

PRICE 650K per session.