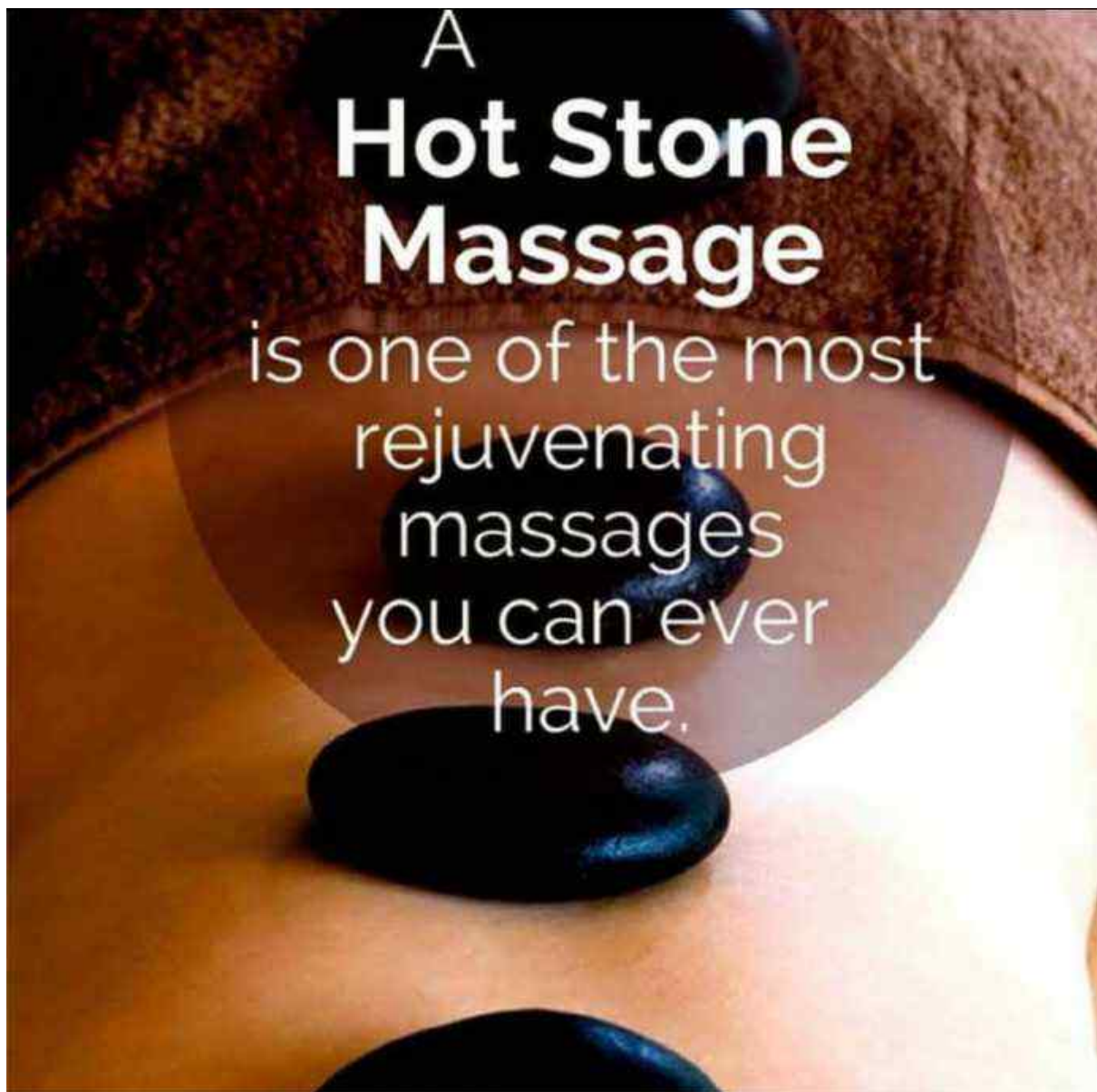


Bali's Colonic Hydrotherapy & Smooth Skin Experts

Get a holistic approach to your health and beauty in Ubud, Bali.
We have selected the best services for your wellbeing, inside-out, to make
your body feel & look healthier.





Hot Stone Massage ~ is a speciality massage where smooth, heated stones are used by the therapist by placing them or rubbing them on the body. The heat from the stones leads to deep relaxation and to warming up of the tight muscles enabling the therapist to work more deeply and more quickly.
Duration & Price: 60/90 min for 250K/335K Rp. //
Email for bookings with 1 day notice:
gaiaretreatbali@gmail.com



A Head, Neck & Shoulder Massage ~ feels fabulous!
In addition to the sensory pleasure it offers, the improved circulation may ease symptoms of headache, reduce stress, and possibly boost hair growth too as your scalp receives a delicious stimulation! Duration: 60min for 200k.

Email for bookings with 1 day notice:
gaiaretreatbali@gmail.com

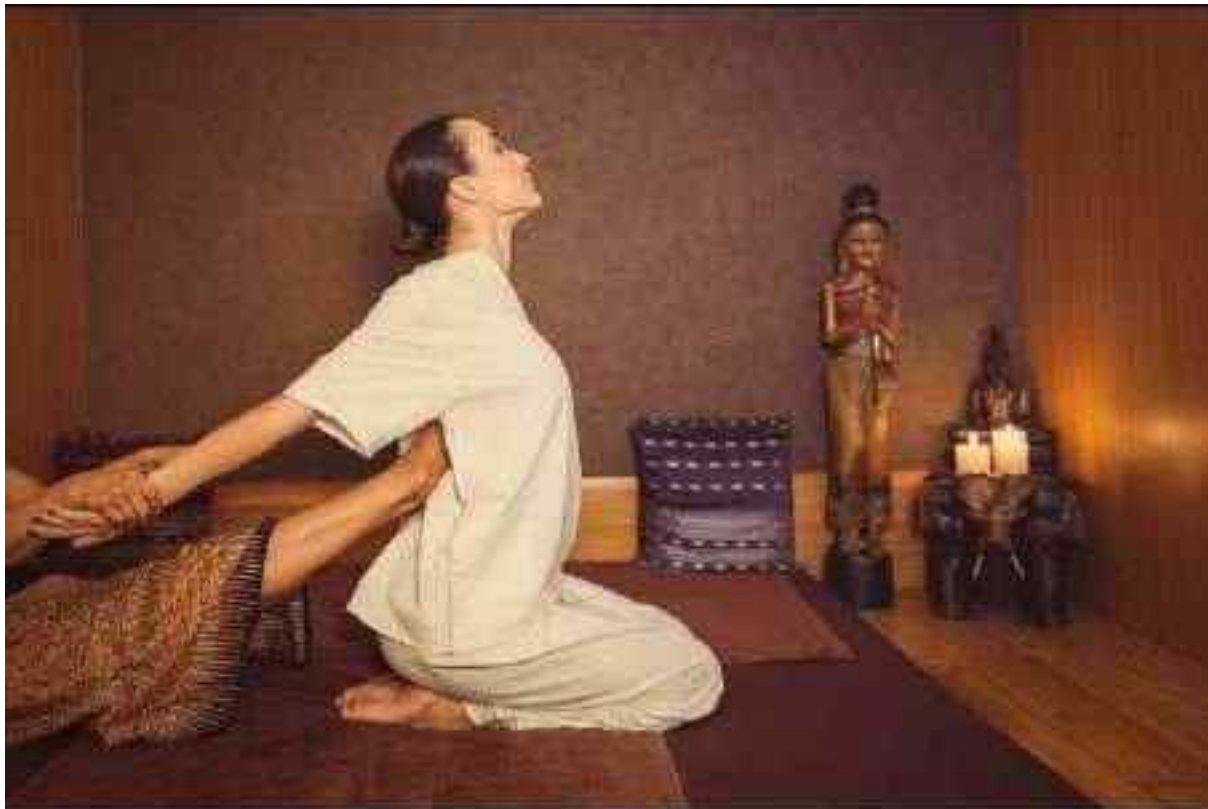


Lomi Lomi Hawaiian MASSAGE ~ is an integrative massage practice that began in ancient Hawaii. The word "lomi" means to knead or rub in a gentle manner. Focusing on long, seamless strokes that glide from one part of the body to another, Lomi Lomi massage can soothe the mind while easing tension in the muscles. These rhythmic, repetitive movements allow the client to fully relax during the session.

Duration & Price: 60/90 min 250K/335K // Email for bookings with 1 day notice:
gaiaretreatbali@gmail.com



Balinese Massage ~ uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.
Duration & Price: 60 min for 200k and 90 min for 270k // Email to book with 1 day notice:
gaiaretreatbali@gmail.com



Thai Massage ~ focuses on circulation & pressure points, which help promote internal health and heal symptoms caused from cramped muscles. The guest will be placed on a floor mattress and the practitioner will use his whole body from hands, knees, legs to feet to stretch the muscles and release pressure from the body which feels like yoga. The guest will need to be fully dressed with comfortable, loose clothing as no oil or any massage products are used during the session.

Duration & Price: 60min for 350k // Email for bookings with 1 day notice:
gaiaretreatbali@gmail.com



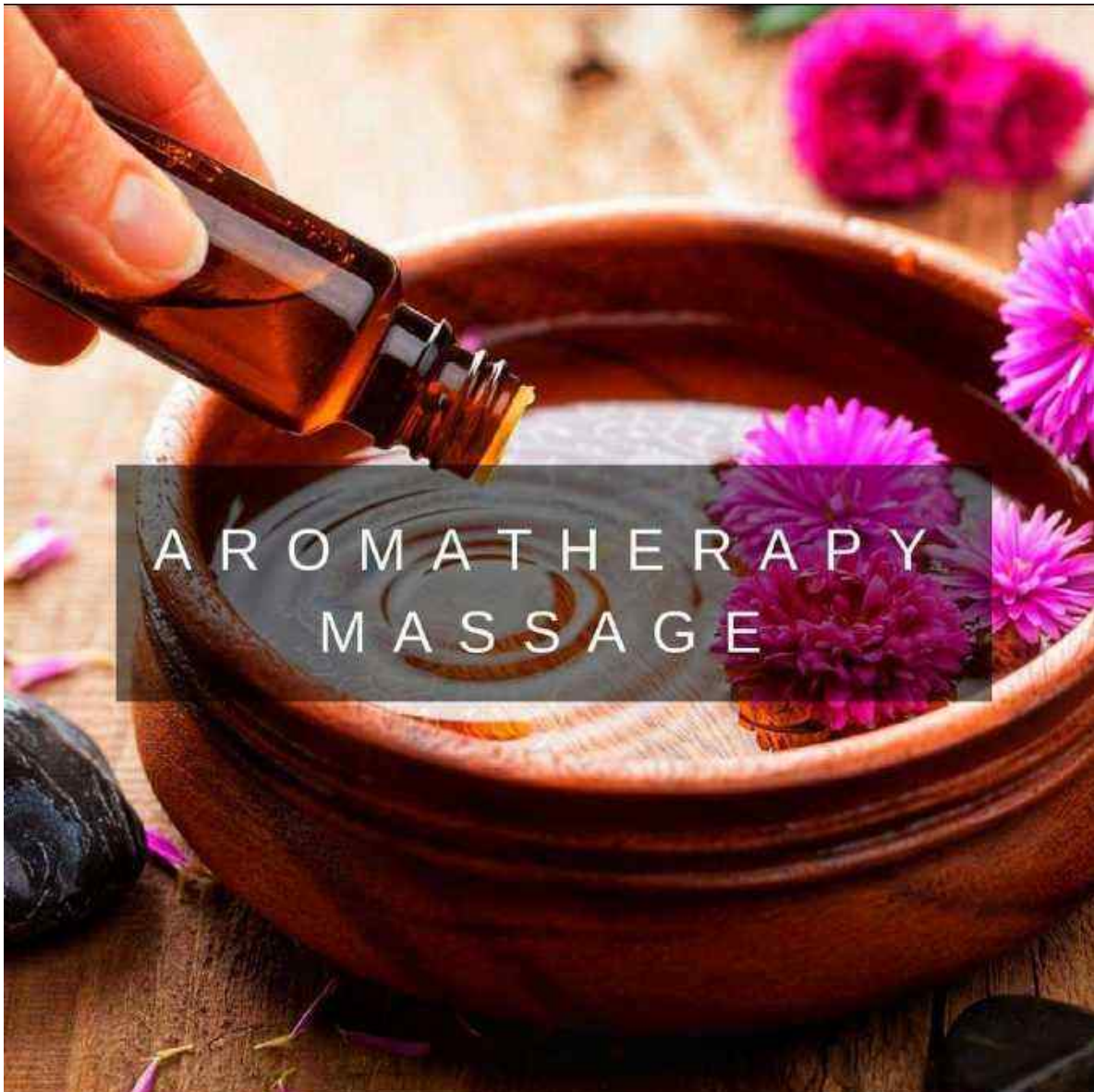
Deep Tissue Massage ~ works on the deeper layers of muscles, fascia and soft tissues of the body. It is one of the most popular types of massage techniques as it brings a lot of benefits to the body. As the name suggests, a deep tissue massage is “deep” and done using strokes with deep finger pressure.

Duration & Price: 60min for 220k // Email for bookings with 1 day notice:
gaiaretreatbali@gmail.com



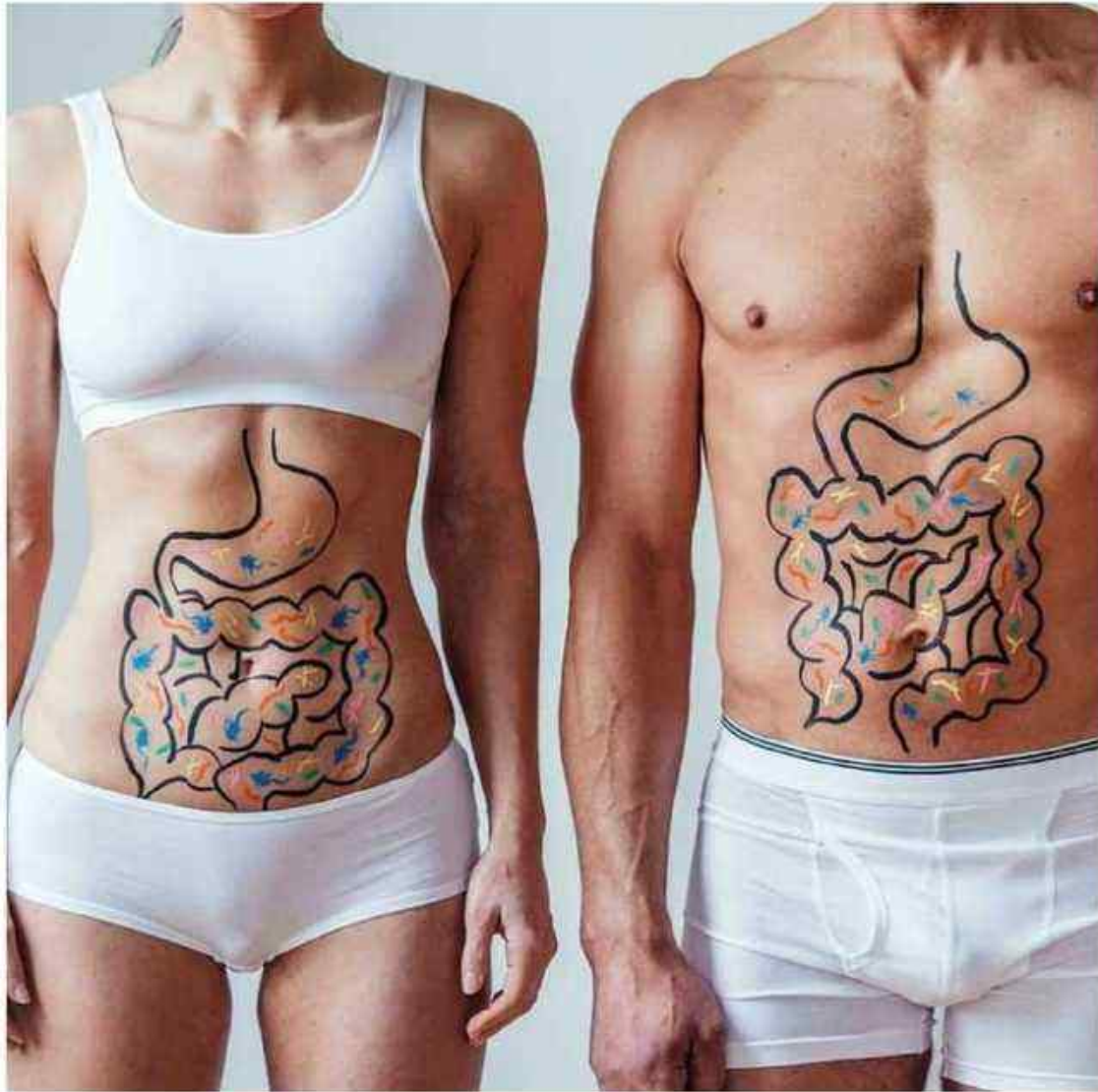
Foot Reflexology ~ is an extremely effective form of massage, relating to the 'reflex points' on the sole of the foot. These points correspond to the organs and systems in the body, and are linked to those organs through 'energy channels' or 'meridians'. When illness or imbalance occurs, the corresponding energy channels become blocked. Reflexology Massage aims to remove these blocks, thus allowing the energy to flow freely again.

Duration & Price: 60/90 min 200K/270K. // Email for bookings with 1 day notice:
gaiaretreatbali@gmail.com



Aromatherapy Massage ~ uses essential oils. During an aromatherapy massage, you will inhale our organic essential oil and absorb them through your skin, to promote beneficial changes in your mind and body by affecting the limbic system, a region of the brain known to be involved in emotions which calms the nervous system down.

Duration & Price: 60/90 min 250K/335K // Email for bookings with 1 day notice:
gaiaretreatbali@gmail.com



Colonic Hydrotherapy - handled by our 2 registered professional nurses (Cindy & Mariani) is a safe, effective method of removing bodily waste and detoxifying the body in a natural manner using a closed system with pressure. Our colonic machine uses gentle, filtered, temperature controlled water for inner cleansing of the entire colon.

Duration & Price: 45-60min, discounted from 920k to 800k // Email for bookings with 1 day notice: gaiaretreatbali@gmail.com



Far Infrared Sauna ~There's nothing quite like sweating out toxins in a sauna. You feel more relaxed and rested after you're done, and the heat helps relieve sore muscles, sweating away tension and the skin is cleansed of unnecessary subcutaneous fat. In our far-infrared sauna, the lymphatic flow increases, which also supports your skin's elasticity.

Duration & Price: 15min discounted from 100k to 80k // 30min discounted from 180k to 130K. // Email for bookings with 1 day notice: gaiaretreatbali@gmail.com



LYMPHATIC DRAINAGE VACCUM MACHINE - is a form of gentle massage that encourages the movement of lymph fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues. We use a vibro-vacuum massager called "Nolar". It is a successful combination of two beneficial effects - vacuum and bio-mechanical stimulation. It makes the skin tighter and smoothes the contour from first procedure.

Duration & Price: 60min for 300k // Email for bookings with 1 day notice:
gaiaretreatbali@gmail.com



Anti-Cellulite Body Wrap - helps reduce the appearance of cellulite, get rid of the upper layers of fat, prevent the formation of stretch marks that appear as a result of weight loss, tone the skin and improve its relief. We use all natural anti-cellulite body lotions based on hydrogen water. Hydrogen water helps the deep penetration of active components into the cell, the removal of toxins from the deeper layers of the skin, tissue regeneration and the suppression of the growth of pathogenic microorganisms.

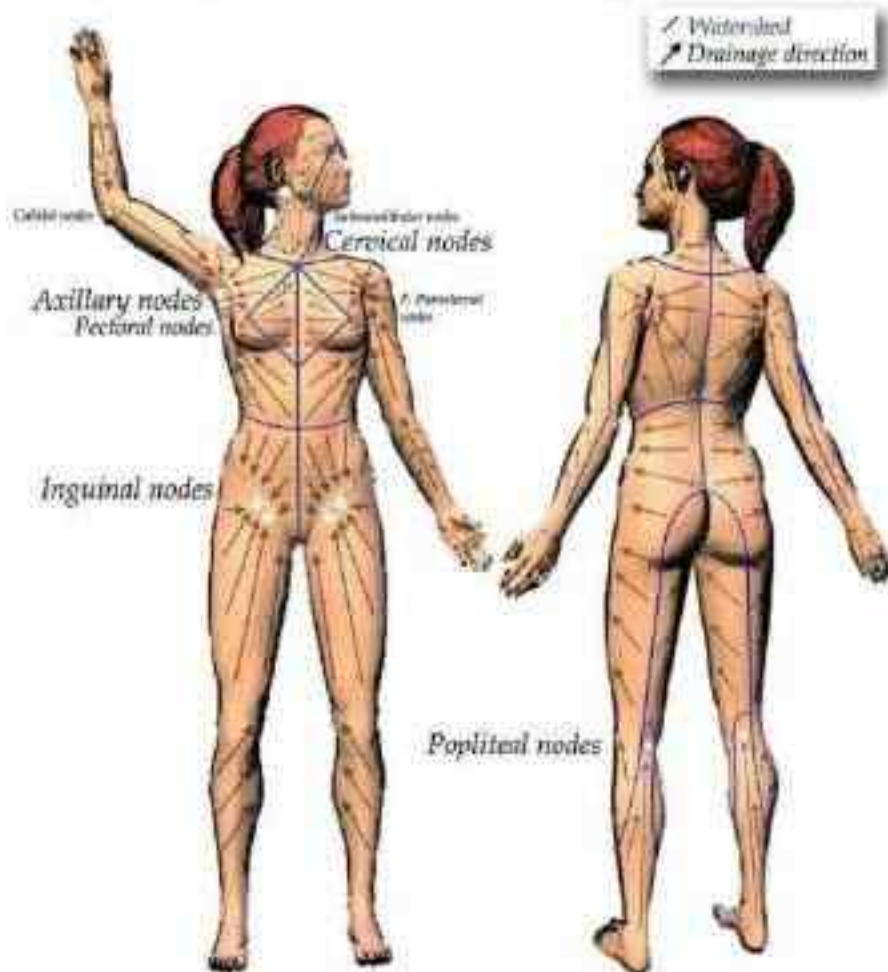
Duration & Price: 1.5hr for 850K // Email for bookings with 1 day notice:
gaiaretreatbali@gmail.com



CORRECTION VIBRO-VACUUM MASSAGE, accelerates the metabolism of all layers of the skin (metabolism), as well as increase its turgor and elasticity. This procedure activates lipolysis, which accordingly reduces the volume of fat folds and increases muscle tone.

Duration & Price: 90min for 400k.// Email for bookings with 1 day notice: gaiaretreatbali@gmail.com

Lymph Drainage Map



Lymphatic Drainage Manual Massage ~ is a form of hands-on massage using light pressure and long, gentle, rhythmic strokes to increase the flow of lymph to release toxins in your body, help reduce bloat and aid the body's natural detox process. It consists of specialized strokes and pressure, following the anatomy and physiology of the lymphatic system, that are performed in a certain sequence to increase movement.

Duration & Price: 1hr for 400k // Email for bookings



Vibro-vacuum Facial Machine Massage ~ Reducing the severity of deep and complete removal of fine wrinkles and skin folds. Elimination of edema, good skin tone due to high-quality lymphatic drainage. The skin becomes more toned, the contour is leveled. Disposal of a double chin.

Duration: 60 min for 350K // Email for bookings with 1 day notice: gaiaretreatbali@gmail.com



Meet our professional therapist Komang who has worked at major hotels in Bali and abroad since 2007, before returning home to Gaia. His intuitive hands-on techniques and deep compassion are dedicated to melting stress, muscular tension and stagnation to leaving you feeling realigned and anew!



All our services are held at Gaia Holistic Center, located on Jl Sanggingan, Ubud, Bali (close to Penestanan on the way to Bintang Supermarket from Jl Raya) with plenty of parking space.

You can now pre-book your treatments (with 1 day notice) between 9am-5pm.

Payment is made by cash on arrival only. Please note that we do not accept credit cards.

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FOR ADVANCED BOOKINGS:

Email: gaiaretreatbali@gmail.com

Whatsapp message only: +6282340926912

Here are some of the tips you need to consider before and after your treatment:

Tips to Prepare Before your treatment(s):

- *Dress in light clothing to feel comfortable during every treatment.
- *Arrive at Gaia Holistic Center with an empty stomach to feel comfortable.
- *Avoid applying any lotion to your skin. Dry skin is considered to be more effective especially when it comes to stimulating stretch response correctly for the lymph vessels.
- *Don't drink any alcoholic beverages a day before your massage session. The liver will be responsible in detoxifying your lymphatic system – one of your most important organ in detoxification, is your liver.

Tips to Prepare After your treatment(s):

- *Plan for light, gentle movements right after your treatment for eliminating toxins such as, 10-15 minutes of breathing and movement.
- *Hydrate by drinking water and / or coconut water for electrolytes to replenish your body.

Prior Booking is Required (1 Day Notice)
Open from 9:00AM - 5:00 PM by Appointment Only
Payment is made by cash-only in IDR / USD currency on arrival.
Please note that we do accept credit cards.

Book by email: gaiaretreatbali@gmail.com
Or send us a message (no calls) to Whatsapp: 0062 823 409 26912

Location: Jalan Sanggingan, Ubud, Bali
Click – [here](#) – for location map.

Thank you for supporting us and allowing us to take care of your wellbeing!
Main website: <https://gaia-holistic-clinic.business.site/>