

# THE POWER OF SOUND

*Leave the stresses of the modern world behind and bring a sense of complete relaxation to your whole being through the vibration of sound. The sounds of the Gong and Himalayan singing bowls will take you on a journey into a deeply peaceful state.*

## SOUND BATH

Sink into the powerful healing frequencies of Himalayan singing bowls, gongs, soothing sea and rain sounds and other instruments. This therapeutic session creates an opportunity to unplug and relax. Surrender to the vibrations while the sound will take you wherever your mind, body and soul desires.

*\$220 per person  
60 minutes  
Up to two guests*

## SOUND MEDITATION

Rest comfortably in the deeply resonant, multi-waved space as variety of sacred sound instruments take you on a profound journey to alleviate stress, relax muscles and rejuvenate energy whilst clearing the mind of unnecessary clutter.

Meditating on sound, with a complex range of vibrations and rhythms create a transformative soundscape which allows you to harmonise and rebalance dissonances in your mind and body. Healing crystals are also used to increase the flow of energy and bring more clarity.

*\$350 per person  
90 minutes  
Up to two guests*

## FLOATING SOUND BATH

Float effortlessly in the privacy of your villa pool of y while you bathe in transformational sound of meditation gongs and singing bowls. Feel the sound waves pass right through you, stimulating every molecule in your body to dance while eliminating stress and creating a state of ease and complete bliss.

*\$500 per person  
60 minutes  
Swimsuit required*

## SONIC BODY MASSAGE

The Peter Hess Sound Massage Therapy is a deep relaxation experience where smooth sound vibrations gently stimulate the body and thoughts come to rest as tension is softly relieved. This fine cell massage is a gentle treatment where healing bowls are placed on and around your body.

The resonant and harmonic vibrations from the singing bowls will deeply penetrate into the muscles and tissue, leaving you relaxed and rejuvenated. This treatment is recommended for anyone who is seeking an alternative relaxation therapy to reconnect, rebalance and enhance awareness of the mind and body connection.

*\$320 / \$400  
90 minutes / 120 minutes*

## REIKI

Reiki is a Japanese therapy, which uses gentle, non-invasive touch to promote wellbeing. This treatment gently yet effectively opens up blocked energy in the body to restore balance whilst leaving you deeply relaxed.

Healing crystals are also used to cleanse and further facilitate the flow of energy. As you begin to relax, the rich soundscape of the Old Wise Earth Gong - with its deep sounds from the womb of Mother Earth - strikes deep within the cells of your body, creating a harmonic attunement that allows you to enter a calm meditative state.

*\$320 / \$400  
90 minutes / 120 minutes*

*Outdoor and in-villa experiences are available on request.*