



BYRON BAY
Detox Retreats

Additional Treatments

Colonic Hydrotherapy

Byron Bay Detox Retreats use the state of the art FDA registered and medically approved “Libbe” colonic hydrotherapy machine and your therapist is internationally trained and certified.

With this we maintain the highest standard of hygiene and practice.

Colonic Hydrotherapy triggers a strong detox response in the liver, and a major cleansing reaction throughout the body.

Its many health benefits include increased energy, relief from bloating, constipation or digestive problems, clearer skin, eyes and complexion, relief from headaches, body aches and pains, increased immunity and reduced toxic load on the body.

Kahuna Bodywork

Kahuna Bodywork comes from sacred hula moves and is deeply nurturing. All bodywork techniques and moves are applied with Ki energy through the bodyworker’s own body movement. Stroke movements encourage cell communication, and synchronization of the heart beat and breath in the client almost immediately. Deeper work may involve specific focus, and deep point pressure using leverage to release muscles, tendons, and ligaments, and joint movement techniques.

Lymphatic Massage

Lymphatic massage or lymph drainage massage is a technique used to help increase lymph flow. Increased lymph flow removes harmful substances from the tissues and increases immune function. Lymphatic massage can be useful in cases of edema, injuries, sluggish immune system or for those needing a boost with energy and vitality.

Remedial Massage

Remedial massage focuses on treating injuries, muscular aches and pains and postural imbalances. When muscles and tendons become damaged or impaired, knotted and tense or immobile, remedial massage provides a healing treatment that can be gentle or strong, deep or shallow. Remedial massage wholistically treats the whole body and traces discomfort as far as possible back to the original cause, healing both the cause of the disorder as well as the symptoms.

Body Polish, Clay masque & Hot oil scalp massage

The depletion of minerals from the soil is a major culprit in the slowing down of body processes. Minerals act as the spark to power these processes like metabolism and cell damage repair. Sea salt is a source high in minerals. Further, salt solution is known in ancient healing traditions to absorb and disperse negative energy.

This purification treatment uses sea salt with virgin cold pressed coconut oil and lemongrass (known for its blood cleansing properties) applied to the body using special strokes to energetically balance the body. A finely ground mother of pearl facial exfoliation cleanses and regenerates the delicate areas of the face. This wonderful Purification treatment is then followed by a detoxifying green clay masque to draw impurities out of the system. This healing clay contains a high concentration of beneficial minerals with amazing cleansing properties. All treatments include a hot oil scalp massage.

Organic Skin Care Facial

This unique treatment uses the highest quality organic products available, to deeply penetrate your skin, and lymph and respiratory systems, and to restore your skin to its natural vibrancy. Both men and women find the effects of this treatment to be deeply satisfying. This treatment includes deep pore compressing, exfoliating mask and lymphatic massage.

Ear Candling

There's nothing worse than experiencing ear pain or sinus headaches where you can't work, think or sleep. For thousands of years, a form of hygiene known as Ear Candling, was used as a way of naturally cleansing the inside of the ears and head. Today, more and more are seeking alternatives to digging in the ears with Q-tips or using a hydrogen peroxide flush to clear blockages in the ear canal. Ear Candling is a natural, non-intrusive procedure that may help alleviate the painful effects of chronic headaches or sinus conditions, ear infections, allergies or vertigo, as well as minor hearing loss due to excessive earwax build up.

Buff and Shine Pedicure

You will want to run barefoot in the sand after your feet have been smoothed and put through their own cleansing ritual. Buff off the rough bits with invigorating sea salt and essential oils of rosemary, sage and peppermint.

Reiki

Reiki is a gentle yet powerful technique of natural healing for body, mind and spirit. It is applied through a series of hands on that strengthens the immune system, increasing health, harmony and wellbeing. Reiki enhances and accelerates the body's own natural healing processes helping physical conditions and restoring balance and serenity to the mind and emotions. It will start a process of clearing, cleansing and harmonization that addresses issues such as pain relief, stress, fatigue, depression, disease and much more. A Reiki treatment will leave you feel wonderful and relaxed.

Spiritual Counselling

Spiritual counselling is a form of therapy that embraces a spiritual yet grounded and accessible approach to our life's experiences and most importantly, our challenges. Jointly through the therapeutic process and using holistic interventions, we seek to let go of limiting self-beliefs, foster self-acceptance and open up our hearts to allow for self-love and love for others. While allowing for a deeper soul level understanding of the issues entangling us, spiritual counselling goes further to encourage an even more meaningful connection with the higher self which, when set in motion, works to bring great perspective and balance to our lives.

Harmonic Craniosacral

Magical Touch & Music for your Soul!

Celestial sounds, exquisite touch with heartfelt presence. "Harmonic Craniosacral" is a deeply restorative treatment that realigns your whole being. A unique blend of gentle yet powerful Craniosacral Balancing, Orion Theta Healing, Shamanic Sound Healing. With the celestial sounds of Harmonic Healing Chimes, Tibetan and Crystal bowls and sacred song. It creates a resonant sound field to support the powerful vibrational shifts as old patterns are released.

Sound Healing

Sound Healing is the conscious use of the energy of sound to promote wellness in the human system including the expansion of consciousness. Sound changes consciousness. Many ancient civilizations and modern indigenous cultures have used sound to heal and access higher levels of consciousness for thousands of years. Chanting, toning and overtone singing are some of the most powerful methods for resonating sound throughout the body. The use of nature sounds and natural instruments, such as crystal bowls and tuning forks, have specific healing frequencies and harmonics that vibrate and resonate within the body to create harmony and balance.

Hot Stone Therapy

Hot Stone Massage is a holistic treatment which uses both physical and metaphysical energies to balance the mind, body and spirit. This deeply nurturing and grounding massage combines placing and moving volcanic rocks on your body. The heat will help with the detoxification of your tissue by increasing the lymph circulation.

Traditional Chinese Medicine/Acupuncture

More and more people are discovering the physical, emotional and mental benefits associated with acupuncture - a therapy that has been practiced for thousands of years. When energy or 'chi' is stagnant, ill-health follows. By painlessly inserting special needles into specific points around the body, energy is again stimulated - freeing the body from pain and bringing about emotional release.

Kinesiology

Kinesiology integrates the principles of modern health sciences and alternative and traditional medicines. Kinesiology works with the body, mind, emotions and spirit as one unified system. It seeks to uncover and then balance the causes behind our problems and symptoms. It is a gentle and non-invasive health and wellbeing modality

Kinesiology is based on muscle monitoring. This muscle monitoring provides feedback from the body revealing valuable information. The biofeedback information is used to restore health and balance. Kinesiology allows us to access our own inner knowledge, or natural intelligence. The kinesiologist uses this information to source and defuse the causes behind emotional disturbances, mental stress, learning difficulties and a variety of health problems... in this way we re-establish the body's natural balance.

Medical Intuitive & Somatic Healing

Intuitive diagnostic tools are used to tune in to the energy of your system and read the nature of physical disease and energetic dysfunctions. Our cells hold the vibrational patterns of our childhood experiences, behavioural patterns, trauma, beliefs and all that has happened to us. Based on the information perceived recommendations are made for the condition on all levels, emotional, physical and spiritual combining emotional release work, homoeopathy and naturopathy. A session will help to reveal the cause of imbalance and give you the tools necessary to make life changes that will greatly improve your health and wellbeing.

Cancellation Policy: We require notice for cancellation before 5pm the evening prior to appointment otherwise 100% of treatment fee will be incurred. Please respect our therapists commitment to you.