



# Visiting Wellness Practitioner Yoko Kawaguchi

Originally from Japan, Yoko has over 10 years of experience in Holistic Therapy especially on Luxury Cruise Ships such as Silversea Cruise Line, Cunard's Queen Mary II, and Princess Cruise Line, treating clients from all over the world. After returning to Japan in March 2020 she has been treating people with stress, depression, anxiety, insomnia, and many other conditions caused by the Covid-19 pandemic.



Yoko specializes in Auriculotherapy, Traditional Japanese Usui Reiki and Aromatherapy using 100% pure Therapeutic Essential Oils to help people promote their won ability to heal themselves, and to offer physical, mental, and emotional well-being

## *Discover your Way*

Join Yoko for a morning meditation to start your amazing day

## **Energy Balance Meditation**

Sunday & Wednesday

Physical and emotional stress relief meditation based on the combined concept and elements of Zen-Meditation and Traditional Japanese Usui Reiki energy healing.

Receive the powerful energy from this beautiful island and elevate your vibration!

**Time: 07:00 -07:45 a.m.**

**Venue: Yoga Champa**



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## **Aroma Reiki healing Touch**

Aroma Reiki Healing Touch is a wonderful holistic therapy that works at the subconscious level to invoke the body's natural healing process. Combines Aromatherapy Back & Foot Massage with 100% pure medical grade Essential Oils and Reiki Energy Healing to release physical/emotional pain, unlock your natural healing potential and maintain homeostasis. Eight pure therapeutic essential oils are applied along the spine and feet. This is a simple yet very powerful technique that reduces stress, boosts immunity, reduces inflammation, maintains homeostasis and keep the body in balance.

## **Aroma Chakra Alignment**

Essential oils can have amazing power to balance and heal your Chakras, supporting your physical, emotional, and spiritual well-being. - Full-body Massage with medical grade essential oils, specifically designed for each Chakras. This treatment is designed for someone looking for the physical touch massage to remove muscle tension and pair it with a spiritual experience.

## **Auriculotherapy**

Brain-Melting De-stress Massage. Perfect treatment for those who suffer from Stress, Insomnia, all sort of pain, Anxiety, Hormonal imbalance, Menopause, Headaches, and many more physical and emotional conditions. By stimulating the ear reflex points, the imbalanced autonomic nervous system returns to the normal state, which leads to the improvement of physical and mental conditions.

\*\*60 minutes includes Ear Reflexology, Neck/Shoulder Massage and Earseed Therapy with or without Swarovski crystal.

\*\*90 minutes includes Full-body Massage and Earseed Therapy with or without Swarovski crystal.

## **Gua Sha Facelift Therapy**

Lymph drainage, facial pressure points, and Gua Sha face massage will firm and lift your face naturally.

## **Bespoke Wellbeing**

This is a treatment totally tailored to the individual to balance and promote a sense of wellbeing. Your practitioner will combine different massage techniques.





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## **Aroma Reiki Healing Touch**

75 minutes

\$ 260

## **Aroma Chakra Alignment**

60 | 90 minutes

\$265 | \$285

## **Auriculotherapy**

60 | 90 minutes

\$ 250 | 270

## **Gua Sha Facelift Therapy**

60 minutes

\$ 160

## **Bespoke Wellbeing**

60 | 90 minutes

\$280 | \$320

\*\*\*Book 3 session of any treatments listed here and receive 10% OFF

Advance reservation is essential please contact your Friday or spa at 5457  
Price are quoted in USD dollar are subject to 27.6% service charge and goods and service tax

