

☯ Face Massage + Nasal Cleansing 脸部按摩+鼻腔清理

Prevent and manage respiratory tract diseases like mucus / sinus problems, flu, sensitivity of nostrils, to relieve muscular tension of the face

预防伤风感冒、鼻窦炎、鼻喉黏膜炎、鼻子敏感、改善呼吸系统、放松脸部肌肤

One Hour 一小时: RM65-00

FREE 免费



☯ Yogic Meridian Massage 瑜伽经络按摩

Prevent energy blocked, improve blood circulation & functions of internal organs, body toning, relieves muscular pain of the body and stress

预防气的淤滞、加强血液循环及内脏功能、紧实肌肤、缓解肌肉酸痛、减压

One Hour 一小时: RM80-00

☯ Abdomen/Back Massage + Belly Candle Treatment 腹部/背部按摩 + 脐烛

Relieves menstrual pain, help in constipation & gas problems, toning of abdomen muscle, improve urinary & re-productive system, improve functions of internal organs at lower abdomen

舒缓经痛、便秘、胀风、收紧腹部肌肤/经辰纹、排水肿、调理生殖泌尿系统的疾病、改善下腹部内脏

One Hour 一小时: RM50-00

☯ Face/Shoulder Massage + Ear Candle Treatment 脸部/肩膀按摩 + 耳烛

Relieves migraine, dizziness, hearing problems, insomnia, tension & muscular pain on shoulder/neck, improve lymph node function,

舒缓偏头痛、晕眩、耳鸣、耳痒、改善听觉、失眠、平衡情绪及压力、促进淋巴循环系统、排毒、缓解肌肉酸痛

One Hour 一小时: RM50-00

Yoga - Remedies & Therapy 治疗瑜伽

Therapy Yoga is mainly aims at improving symptoms of exercise caused injuries, high/low blood pressure, back/neck discomfort, asthma, migraine, insomnia, gastric disease, constipation and so on. Therapy Yoga is carried out in soft & slow way & consists of learning of therapeutic issues at the same time sharing of yoga & daily useful tips. Students will enjoy the interesting & creative teaching techniques of the instructor throughout the whole class.

治疗瑜伽主要是针对运动伤害、旧伤、高/底血压患者、背部/颈部不适、气喘、睡眠不足、偏头痛、失眠、胃病、便秘等所特设的瑜伽课程。治疗瑜伽课程概括瑜伽动作并以温和且缓慢方式进行、学习呼吸法，同时也将于学员分享一些瑜伽、生活小贴士..

Detox / Lymph Node Workout 排毒操/ 淋巴操

Combine stretching posture & postures which can help to release toxin from our body. Some of the postures are supported by custom made towel in order to further detoxify the body. These workout relaxes all the muscle and joints; the whole workout is active & practice in continues manner.

Especially for those who want to have toning of body shape, detoxification of body & becoming more energetic.

排毒操/ 淋巴操融合了淋巴排毒及伸展动作。进行某些动作时，需要利用排毒毛巾以达到全面的伸展及排毒。在排毒操中/ 淋巴操主要以活力的方式及持续的动作进行练习。最适合想要远离毒素、雕塑身形及让心情开朗的学员。

Belly Dance 肚皮舞

A form of dance working with body and based on the movement naturally comes from woman form. The graceful hip drops, rolls, and pivots of this dance from utilize muscle groups in the abdomen, pelvis, trunk, neck & spine.

Belly Dance helps to improve posture and muscle toning, reduce weight, preparation for childbirth and improve digestion & re-productive system

肚皮舞是一种舞动全身的舞蹈配合从头到脚的律动以锻炼全身的肌肉而不仅仅是肚皮! 肚皮舞也被喻为“东方舞蹈”; 通过肚皮舞的表演可修饰身材和维持健康的体魄。

通过一小时的肚皮舞练习可燃烧尽 400 卡路里也使各个部位的肌肉变得结实。同时, 帮助瘦身、增加柔韧度、能够疏经活血; 塑造出优雅性感柔美的舞蹈语言。

3 Slimming Program 雕塑纤体配套

In this therapy, you will get massage on acupuncture point to control your appetite for food as the source of overweight in your stomach because it is the source of food controlling. So, your stomach will be the main focus part of body in this therapy.

In spite of controlling your appetite for food, the massage with acupuncture needle/cap on stomach is also aimed to increase stomach muscle contraction, so that fat containing in stomach can be reduced. As consequence, reducing stomach will automatically reduce your waist circle and your body will look **slimmer**. It can also be applied to arms, thighs, & buttock as well.

纤体治疗运用按摩、针疗及拔罐塑身是一种安全、有效、不反弹的减肥方法。它能增强脾肾动能，调和食欲，绝对是种保健的减肥方法。拔罐可刺激肥胖者迟钝的自律神经，使功能活跃，增加能量消耗。在拔罐的同时配合燃脂精油或减肥精油可加速新陈代谢所产生的毒素和多余脂肪，有效的排出体外，使减肥效果达到极至，摆脱**凸腹、肥臀、肥腿、西洋梨或水肿身形**。



首次体验只需
RM30

8次疗程配套 RM400

- ✓ 免费赠价值 RM130 的个人瘦身药囊
- ✓ 免费咨询个人饮食管理

Appointment 预约 07 5549478



静心坊招募新生2010

经络瑜伽导师培训

瑜伽 YOGA

塑身 FITNESS

芭蕾舞 BALLET

合气道 AIKIDO

[孕妇产前瑜伽] [脊椎侧弯瑜伽]

[草药瘦身护理] [排毒清肠护理]

《1》

瑜伽 舞蹈 塑身

6个月无限次数配套

RM508

《2》

瑜伽 舞蹈 塑身

2个月10堂课

RM100

07 5549478

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[SUTERA UTAMA] [MOLEK] [GAYA] [KULAI]

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