

haKi® - THERAPEUTIC CONCEPT FROM HEAD TO TOE.

Combination treatment: haKi® PURNA

The combination of Haki® Sakral and Haki® Stretch & Relax refers to a person as an integral whole and his basic need to feel happy. Inner peace leads to a better understanding of the physical, energetic, emotional, mental and spiritual nature of life and health. Haki® Purna supports human self healing potential and binds heaven, earth and the body as one.

80 minutes duration

haKi® SACRAL- especially for the centre of the body

This massage begins with deep heat to the back. Tension is relieved in the Sacral area and buttock musculature. The Haki® Sacral Method is a very deep treatment of the buttocks and, therefore, of the rear thigh muscles. The nerves in the lumbar, sacral and buttock areas are relaxed and harmonized. Cramped muscles relax with the use of the HAKI® Sacral-Pillow and self healing energy is activated in the body.

25 minutes duration

haKi® - STRECTH & RELAX

Haki® is a special method for people with pressure headaches. This technique concentrates on the shoulder, neck and head area. Specific products (massage oil, nasal oil and foot balsam) are used for this treatment. Neck and eye pads ensure a balanced flow of energy. The pressure in the head is then massaged out through the feet.

50 minutes duration