

# George Klepas



1<sup>st</sup> August 2023 to 30<sup>th</sup> August 2023

A dedicated, multi-disciplined trauma informed Holistic Therapist, with over 11 years of experience and knowledge in the wellbeing and health industry. Highly skilled in consulting clients and establishing relations and support by creating tailor made regimes according to their needs.

My practices range from Holistic Massage to Angelic Reiki, Sound Healing, Crystal Healing, and Meditation, passionate about promoting the importance of physical and mental health, helping people reach their personal goals and become the best versions of themselves.

## Body Treatments

### Holistic Full Body Massage

Fusion of massage techniques of Swedish, deep tissue and lymphatic after this session we will talk about body awareness and mapping, the proper way to breathe, areas of attention/tension and boundaries, consent and the ways you want to be touched to make your session the best possible experience.

90mins/120mins USD 300/350++

### Lomi Lomi Massage (using a blend of massage oils)

Lomi Lomi massage experience is unique and unrepeatabe. Deep healings, revelations can take place, and transformation can happen on different levels, This massage is designed to bring the receiver to a deeper connection with themselves and an expanded understanding, a journey of discovery and transformation, which brings us back to our true Selves.

90mins/120mins USD 300/350++

### Tantric Bodywork (using a blend of Aroma massage oils)

This Treatment includes erogenous zones and uses sexual energy to clear wounds like sexual trauma/abuse, fear, guilt, shame (located in the first 3 chakras in our system), while increasing acceptance and body positivity. A tantric massage can help people to drop in and connect with their bodies, their capacity to experience pleasure and elevate their senses.

120mins USD 400++

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Prices are in USD and are subject to 27.6% government taxes and service.  
Please book with your Katheeb/a or contact Javvu Spa reception.

## Healing Treatments

### Oracle Card Reading

Oracle readings, should help you rediscover your power and alter your life. It's a way to improve your situation while also developing the confidence, oracle readings encourage a lot of reflection, as you learn about your own personality traits and deepest desires, understanding of your past, present, and future, as well as how they've all shaped your personality and life experiences.

*60mins USD 250++*

### Angelic Reiki with Crystals for each Chakra

Angelic Reiki is a safe, natural, high frequency, multidimensional system of Angelic Healing and consciousness expansion that allows connection through the Angelic Kingdom of Light to your Soul energy in order to bring through powerful healing for Mind, Body, Spirit. Can be used to open, cleanse and align Chakras, Ancestral/ Past Life healing, shift blocked energy, clear Karma and rejuvenate the recipient in an incredibly deeper way.

*60 mins USD 250++*

### Sound healing

Sound healing, alternatively known as Sound Therapy or Vibrational Medicine, is the practice of using sound and frequency for relaxation, healing and personal development. Using tuning forks, singing bowls and shamanic drum, as sound healing instruments. Sound healing can reduce your stress and anxiety, improve your sleep, create a deep sense of wellbeing, and promote healing that goes well beyond simple relaxation. Participants with conditions such as Parkinson's are benefitting, as are the elderly, and those with PTSD and other mental health difficulties.

*60 mins USD 250++*

### Pranayama (Breathwork) – Meditation

Expands life force energy through the deliberate control of respiration in order to extend and expand vital life force energy. Not only does pranayama have the potential to steady the mind, but the practice has far-reaching physiological benefits such as increased heart rate variability, improved oxygen saturation and overall re-balancing of the nervous system.

*60min USD 250++*

### Life Coaching – Spiritual Mentoring

This coaching is helpful in reducing procrastination and improving goal attainment, promise for improving self-efficacy and self-empowerment, range of positive effects, including improvements in personal insight and improve self-reflection. It may also help improve overall mental health and quality of life.

*60min USD 250++*

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