

Our Living Island



**DR. AKINA KAZAMA**  
Holistic Healing Consultant

Discover a profound sense of well-being with Dr. Akina Kazama, a renowned holistic practitioner. With a rich heritage in traditional Japanese medicine and Western expertise, she offers a unique approach to healing and balance.

18 December 2024 - 30 January 2025

**Meridian Balancing (60 / 90 minutes) \$315++ / \$472++ per session**

This treatment is particularly beneficial for those with conditions ranging from musculoskeletal problems; such as back pain, neck pain, myofascial pain syndrome, to headaches (tension and migraine), chronic fatigue, gastrointestinal disorders, circulation disorders, allergy, stress, anxiety, depression insomnia, and infertility. Various modalities are applied during the treatment to personalize it to your requirement and ensure maximum results, such as acupuncture and other Eastern medicine diagnose, and techniques. Changes in terms of physical and emotional improvement can be expected after the first session. This treatment decreases sympathetic activity in the body and increases parasympathetic activity at the same time. So, your experience will be similar to soaking in a natural hot spring and being fully relaxed during and after the treatment.

**Palm and Card Reading (40 minutes) \$262++ per session**

Are you curious about what your palm says about you and your future? By analyzing palms and hands, even your energy flow, and your ancestral and acquired personalities, you learn about the journeys of your lives from the past, present and future. Tarot cards are also utilized to give answers to any question you have in mind and clarify what's happening in your life now and future.

**Meridian Balancing with Palm Reading (110 minutes) \$577++ per session**

In addition to the Meridian Balancing treatment, Palm Reading and tarot card fortune telling are added to fully complement the treatment experience and provide you with guidelines for future. Your body, mind and energy will be totally taken cared by Akina.

**Past life regression Therapy (60 minutes) \$315++ per session**

Inside our subconscious lie our memories from past lives. Violence and trauma in a past life may show up as fear, uncontrollable anger, or low self-esteem, while positive experiences from an earlier lifetime may cause you to feel strongly drawn to certain people, places, or objects without knowing why. Past life regression therapy can offer you a unique opportunity to reconnect with these memories so you can understand them and free yourself.

**Reiki Healing (60 minutes) \$262++ per session**

Using the healer's hands and the unique energy emitted by her mantras, high frequency natural crystals and stones, you will experience a complete relax. This gentle healing techniques uses soft touch on your body to stimulate your natural self-healing system, and it awakes your innate potential energy that flows within you.

**Zen Guided Meditation (60 minutes) \$315++ per session**

This is a guided mindful meditation which involves observing and letting go of the thoughts and feeling that arises in the mind stream, as well as developing insight into the nature of body and mind. This improves reducing stress, increasing self-awareness, self-confidence and esteem.