

# Holistic Therapy

A healthy Mind, Body & Soul.

Holistic is a therapy that support being the best version of yourself, living a healthy and wellbeing lifestyle - from your heart and on the path of your soul.

In this therapy, we discover unbalance and discomfort through muscle tensions and emotional behaviour patterns and dive into the underlying cause. We look deep into the subconscious mind, where we store experiences from throughout our life. These past experiences can still impact us in the present moment, in a way that is not serving us. They hold us back from living the best version of ourselves, and can create disease in the mind and body. The Holistic therapy gives you a clear picture of what is going on for you, and supports you to let go of those parts that are not serving you. We do this within the therapy with a diverse range of massage techniques, meditative and active life & health coaching, energy work, diet & nutrition advice and health & wellbeing tools to access in your day to day life. This therapy will support you with simply getting to know yourself better, to live a purposeful uplifting and healthy life, from your heart walking the path of your soul mission. This therapy is a 2-4 hour experience in one session.

## Benefits of Holistic therapy

The Holistic therapy is able to focus on the root cause of many conditions by discovering them on mind, body and soul level and then treat them so they are not impacting you anymore. This therapy is great to apply for everyone, with the purpose to get to know yourself better and transform to a better version of yourself. It provides benefits for everyone and is particularly useful when experiencing conditions such as emotional stress, anxiety, depression, burnout and physical disease. It is also suitable for people that experience severe mental or physical health disease. We have had many successes over the last 50 years applying this therapy globally, ranging from those that experience acute disease to those wishing to live a more radiant life. During the therapy, the therapist helps you re-align the energy and physical structure patterns in your mind, body, meridians, emotional body, chakras and energy field. This brings a renewed positivity, a higher vibration and physical and mental strength. With your being in balance you will sleep better, have more energy in your day and perform better in daily activities.



## What to expect during your session

First, we take the time to get to know you, and settle in to a relaxing place inside of yourself with a cup of tea and 15 min intake. You will then be invited into a private therapy room to start the 1 hour back massage therapy, where your therapist will treat your body with relaxation, deep tissue, reflexology, emotional clearing & discovery massage techniques as well as meditative health and life coaching. After this journey, the therapist will go to your feet, for a 15 min foot reflexology massage, to support the energy flow and discover stuck energy within your organs. Following this, you will receive a 15 min

energy healing, to realign, detox and restore the chakras and energy body. The last stage of this session is to discuss the journey with your therapist over a glass of water or tea, and take away the supportive personal home care tools to stay in balance and live the best version of yourself, on the path of your soul mission. This combination is very powerful, and creates instant wisdom & balance in your whole being.

## What to expect after your session

### Effect & support:

You will be in active healing mode for 2 days, so we suggest to take it easy and surrender to what you need for best results and integration.

Drink lots of filtered water, min 2 litres a day to support the healing flow and detox.

Most people feel a great release and clarity, they feel uplifted and free.

Some experience muscle pain and need more rest over the 2 days within a beautiful healing flow and in this case, we suggest to have some magnesium to support your being from the great releasing work.

### Results:

Moving forward, you will feel a lot lighter and better although the length of this varies for every person: most for a few months, some for a few weeks and some for a few days.

This depends from person to person on how many layers there are to work through to support you to be fully pure, healthy and well.

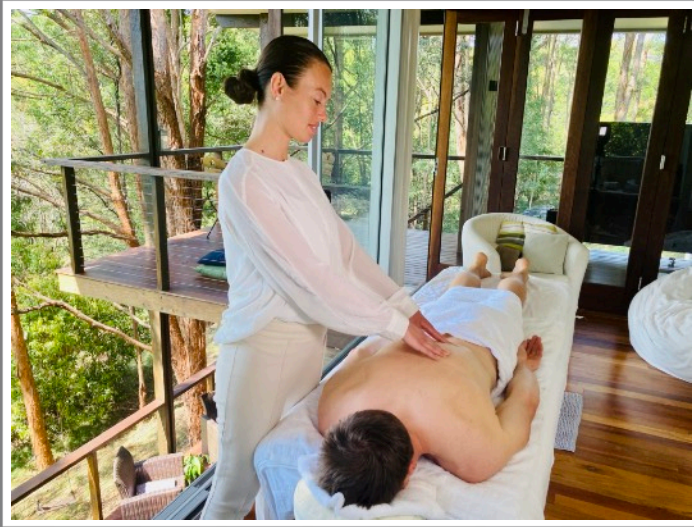
### Therapy plan:

We often suggest at least 3 session to work through the biggest points that are in the way of your success in life, over a period of 3 months for life changing results. After this, we review if there is more work needed, and if so, recommend additional therapy packages to get you back into balance, working as one with other partitioners that are experts in certain fields.

### After care:

Often, people experience out of self love that it is also supportive to have regular relaxing and restorative massage sessions, in addition to the Holistic therapy, although this is not necessary.

## Founder: Gigi Indigo



My name is Gigi Indigo, I was born in the Netherlands and since 2014 I have been fortunate enough to travel and learn worldwide about natural healing modalities. My journey started out of necessity, to heal myself from unhealthy cells, one stage before cancer was diagnosed. Through nature's wisdom, I managed to find the cause of the problem and healed unbalanced organs, hyperthyroidism, a burned out mind & the unhealthy cells in my body. By healing myself, I

found my mission in life, **“Create a**

**positive evolution by healing thy heart”** and ever since

have have been in service living and sharing a lifestyle in harmony with nature. I love to share nature's wisdom in natural health therapies, treatments, sessions, workshops, lifestyle, medicine, food & drinks (AumiTao). Being in service as a holistic healer is a great way to follow my mission in life. My passion is to correct unbalance holistically, like a puzzle, focusing and healing the course of the root problem.

Holistic Therapy Techniques : Massage - Intuitive, Remedial, Emotional, Pressure points, Reflexology, Deep tissue, Organ/ glad balance & Relaxation. Coaching - Meditative coaching & breath work, health & life coaching, self-help tools. Energy Healing - I am an instrument of the divine. Tuning in, I connect as a channel for the highest healing to to take place.