



KALIANDRA  
WELLNESS CENTER





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## ABOUT US

Located at the heart of the 40 hectare estate of the Kaliandra Sejati Foundation, on the cool and scenic slopes of Mount Arjuna, the Kaliandra Wellness Center offers a tranquil and peaceful environment for your body and mind.

We are seeking to improve health and wellbeing, through a holistic approach.

All profits from the Kaliandra Wellness Center are used to fund the charitable activities of the Kaliandra Sejati Foundation, thereby strengthening the local communities and culture, protecting the natural resources of Mount Arjuna and improving the livelihoods of local people.

## ENZYME DETOX THERAPY

In a partnership with Ohtaka Enzyme Company Ltd., Japan, the Kaliandra Wellness Center offers the unique Enzyme Detox Therapy, a natural therapeutic healing process, which has been practiced in Japan for more than 80 years with proven health benefits.

The Enzyme Detox Therapy is the secret of the people living in Hokkaido, the northern island of Japan. The Enzyme Bath and intake of the Enzyme Drink in combination with a healthy diet from our Organic Farm is a powerful detox process that strengthens the immune system and maintains health, youthfulness and longevity.



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## ENZYME BATH

The detoxing Enzyme Bath consists of sawdust, rice bran, and enzyme extract containing more than 50 fermented vegetables, fruits, mushrooms, seaweed and herbs. The bath naturally maintains a temperature of about 70° C. For optimal results, it is recommended to take the Enzyme Bath twice a day for 10-20 minutes, with an interval of 4-5 hours, for a period of 3-4 days.

Benefits:

- Toxins and sub-cutaneous fats are released
- Exfoliates the skin, making it smoother and softer
- Improves blood circulation, which helps to remove particles that may be logged in joints
- The temperature of the bath helps the excretion organs (liver, kidney, pancreas) to work more optimally

## ENZYME FASTING

In combination with the Enzyme Bath and the intake of the Enzyme Drink, there are 3 diet regimes from our Organic Farm to choose from whilst undergoing the Enzyme Detox Therapy:

- For optimal results, we recommend, Enzyme Fasting, which is the intake of Enzyme Drink and Fruit & Vegetable Juices
- A selection of Raw Food Diet as alternative to Enzyme Fasting
- A selection of Healthy Gourmet Dishes (excludes red meat, fried and oily foods)



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# ENZYME DRINK

A long established natural Japanese health drink from the extract of more than 50 fermented vegetables, fruits, mushrooms, seaweed and herbs.

## Benefits:

- Helps improve digestion and nutrient absorption
- Supports the detoxification process in the body
- Aids in removing unwanted substances from the blood, thus improving bodily functions and providing additional health benefits such as smooth, supple and beautiful skin
- Boosts the effectiveness of leukocytes (white blood cells) that help fortify the immune system against infections
- Helps buffer the body's pH balance, maintaining a mild alkaline level
- Increases metabolism energy, which helps all body functions

## Recommended Consumption:

### **How much to drink?**

For maintaining health, 30-60cc at a time.

In case of drinking it as a substitute of breakfast and or lunch, 60-180cc at mealtime.

### **When to drink?**

One to two times a day:

*Morning* - to increase vitality when starting activity.

*Night* - recover from day's fatigue.

### **How to drink?**

*Drink it neat* - without dilution.

*Diluted* - It can be diluted with water, vegetable and fruit juices, green tea, barley tea, etc. It can also be mixed with yoghurt and cereals to add to the taste.



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# JAVANESE MASSAGE TREATMENT

In addition to the Enzyme Therapy, the Kaliandra Wellness Center offers a variety of traditional massage treatments:

## **Deep Tissue Massage**

A typical Javanese massage focusing on tissue muscle using shiatsu techniques, thumb pressure and petrissage strokes, which helps dissolve toxins and promote blood circulation and increase body fitness. It is good to relieve tiredness and stiff/body ache.

## **Relaxation Massage**

Soft and slow massage using Balinese techniques, palm pressure and effleurage strokes to promote blood circulation and increase body relaxation and reduce insomnia problems.

## **Healing Massage**

Adjusted massage according to body condition and guest needs, using a combination of techniques and strokes including Prana method depending on muscle conditions. This type of massage is good for healing the body, for muscle stiffness and other problems.

## **Aromatherapy Massage**

Soft and relaxing massage using selected essential oil to promote blood circulation and body fitness, the power of the essential oil itself is nutritive to the skin and internal organs.

## **Reflexology Massage**

A foot massage focusing on the reflex points of the sole of the feet to increase body organs function using only thumb pressure. This type of massage can be quite intense. However, it is good for increasing the body's immune system and fitness.

## **Hot Stone Massage**

Melts away tension, eases muscle stiffness, increases circulation and metabolism.



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## SLEEP IN COMFORT

### **Villa Leduk Royal Rooms**

Located in the West Wing of the Villa Leduk, adjacent to the Kaliandra Wellness Center, three Royal Rooms offer luxurious elegance for the most discerning guests.

The West Wing has its own private seating and dining area and direct access to the Villa Leduk gardens.

Each suite can be booked individually or for utmost privacy, the entire West Wing can be occupied.

### **Spa Rooms**

Situated in the Kaliandra Wellness Center. Individual, elegant and refined, our signature Superior, Deluxe and Executive Spa Rooms offer modern comfort and luxury.

Each of our eight Spa Rooms is beautifully furnished with a luxury en-suite marble bathroom.

The Kaliandra Wellness Center has its own private seating and dining area and direct access to the Villa Leduk gardens.



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## NURTURE YOUR BODY AND MIND

A stay with us is a great opportunity to wind down and focus on your health. Simply relax at our swimming pool, take a leisurely walk around our 40 hectare estate and learn about our Organic Farm, read a book in the Villa Leduk gardens adjacent to the Kaliandra Wellness Center or exercise in our state of the art gym.

As part of the Enzyme Detox Therapy, our guest can choose from a range of bespoke activities such as:

- Yoga classes
- Meditation seminars
- Personal training sessions
- Introduction to herbal tea, local cuisine or Javanese culture
- Guided nature walks and bird watching
- Guided visits to local temples and culinary excursions
- Guided tours of local tea and coffee plantations or bee farm

Our guests are also invited to learn more about the charitable activities of the Kaliandra Sejati Foundation in the field of community development, conservation of natural resources and preservation of Javanese culture.

## THE GREAT OUTDOORS

We encourage our guests to explore the unspoiled nature that surrounds the estate of the Foundation.

We are located at 850m above sea level on the cool and scenic slopes of Mount Arjuna (3,339m).

Our experienced guides can provide tailor-made excursions by foot, mountain bike or car, ranging from leisurely half day walks to multi day trekking adventures on Mount Arjuna and the nearby Mount Bromo.



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# KALIANDRA SEJATI FOUNDATION

Kaliandra Sejati Foundation is an established foundation and social enterprise set up in 1997 in East Java. Kaliandra is working with local communities to improve their standard of living.

It carries out various community development programs and supports the conservation of natural and cultural resources.

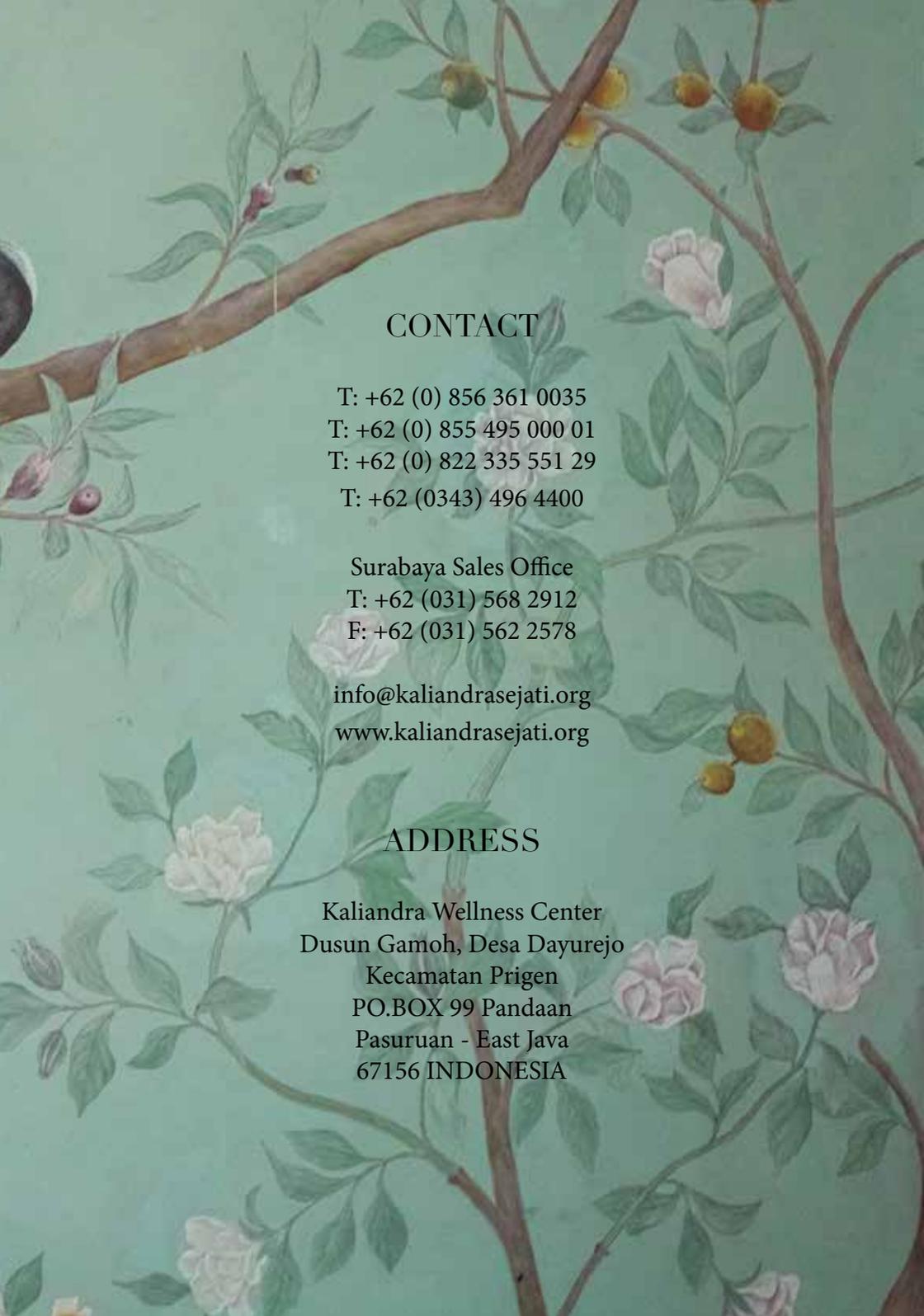
The Foundation is located in a 40 hectare estate on the cool and scenic slopes of Mount Arjuna less than two hours south of Surabaya and an hour from Malang.

Kaliandra manages part of the estate as a certificated organic farm, selling the fruit and vegetables in the cities to support the Foundation's activities.

The Foundation also works with local farmers to grow organic produce (also certified) and markets the produce for them on a fair-trade basis.

Over the years, the Foundation has developed a strong reputation. Kaliandra demonstrates its social responsibility by actively organising community development projects, and by direct involvement in environmental conservation activities to preserve the local ecosystem.

The Kaliandra Wellness Center was established in 2013 to support the Foundation's activities. All profits from the Kaliandra Wellness Center are used to fund the charitable activities of the Kaliandra Sejati Foundation, thereby strengthening the local communities and culture, protecting the natural resources of Mount Arjuna and improving the livelihoods of local people.



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