

# selfology

an evolving self

SUMMER 2017

## ecological self

Ecological self is central to the school of Experiential Deep Ecology, which, based on the work of Norwegian philosopher Arne Næss, argues that through the process of self-actualisation, one transcends the notions of the individuated "egoic" self and arrives at a position of an ecological self. So long as one is working within the narrower concept of self, Næss argues, environmentally responsible behaviour is a form of altruism, a "doing good for the other", which historically has been a precarious ethical basis, usually involved in exhorting others to "be good". Næss argues that in his Ecosophy, the enlargement of the ego-self to the eco-self results in environmentally responsible behaviour as a form of self-interest.

earth

body

mind

beauty

# one love coloured hair & foot soak

haircut  
& full highlights  
& scalp & hair treatment  
& organic seaweed foot soak

NOURISHING SCALP AND HAIR TREATMENT BY SOOTHING MASSAGES. GREAT FOR SCALP CIRCULATION, TENSION RELIEVING, AND HAIR GROWTH. COMPLETE WITH ORGANIC PACIFIC SEAWEED FOOT SOAK AND MOROCCAN OIL SCALP TREATMENT. GOING NATURAL IS OUR RECOMMENDATION, HOWEVER A SHADE OF COLOUR CAN BE A PERFECT IMAGERY FOR A GREATER SELF.

- + EXPERIENCE THE ELEMENTS +
- . FULL HIGHLIGHTS COLOURING
- . SCALP DETOX MASSAGE TREATMENT BY **MOROCCAN OIL**
- . HAIR ENRICHMENT BY **MOROCCAN OIL HAIR MASK**
- . SHAMPOO BY **KEUNE ORGANIC So PURE OF YOUR CHOICE**
- . FOOT SOAK BY **ORGANIC SEAFLORA SOOTHING PACIFIC SEA KELP**
- . STEAM TOWEL
- . HAIRCUT
- . STYLE
- . LOVE

FIRST EXPERIENCE 96 | RE EXPERIENCE 111  
180 PLUS MINS | 30 FOILS | FULL CONSULTATION ON ADDITIONAL  
EYEBROW TINT ADD 15 | CUT ONLY 28 FOR FIRST EXPERIENCE  
EXPLORE [selfology.com/onelovehair](https://selfology.com/onelovehair)

oneness experience @  
[selfology.com/booklet](https://selfology.com/booklet)

# headspa & haircut

## headspa headspace selfology®

discover your undiscovered self  
[selfology.com/headspa](https://selfology.com/headspa)

ESSENTIAL SERUMS REGENERATE THE SCALP, AND STRENGTHENS HAIR GROWTH BY ACTIVATING MICRO-CIRCULATION IN ROOTS TO OPTIMIZE THE ABSORPTION OF INVIGORATING ELEMENTS INTO THE SCALP, WHERE HAIR REGAINS ENERGY, BODY, AND SHINE. EXCELLENT POST-COLOURING DETOX TREATMENT.

SELFOLGY® HEADSPA TREATMENT IS ESSENTIAL FOR ONE WHO CARES DEEPLY FOR THEIR OVERALL SCALP AND HAIR WELLNESS. GREAT REMEDY FOR DANDRUFF, THINNING HAIR, ROUGH OR DULL HAIR.

+ EXPERIENCING THE ELEMENTS +

- . ESSENTIAL SERUMS ON SCALP (+RENÉ FURTERER COMPLEXE 5)
- . DETOX MASSAGE ON SCALP, NECK, AND SHOULDERS
- . SHAMPOOING
- . DEEP HAIR CONDITIONING (+KEUNE MOISTURIZING TREATMENT)
- . HOT TOWEL
- . HAIRCUT
- . STYLE

FIRST EXPERIENCE 68  
90 MINS | ORIGINAL 140  
EXPLORE [SELFOLGY.COM/HEADSPA](https://selfology.com/headspa)

EXPLORE [selfology.com/experience](https://selfology.com/experience)

oneness experience @  
[selfology.com/booklet](https://selfology.com/booklet)

# ocean ninety

oceanic full body massage  
& seaflora facial

& seaweed mask for eye and lip or foot mask

FOR YOUR WHOLE SELF – CHOOSE YOUR FAVORITE SHAKTI AYURVEDA ESSENTIAL MASSAGE OILS TO GO WITH YOUR CHOICE OF DEEP TISSUE, LYMPHATIC, OR SWEDISH MASSAGE TECHNIQUES FOR A FULL HOUR, FOLLOWED BY A HALF-HOUR ORGANIC SEAFLORA THALASSOTHERAPY FACIAL WITH SEAFLORA WILD SEAWEED CHAMOIS MASK FOR EYE AND LIPS OR FOOT MASSAGE WITH FOOT MASK.

BRING YOUR SIGNIFICANT-OTHER TO EXPERIENCE WHOLESOMENESS TOGETHER IN THE COUPLES ROOM, OR FOR YOUR SINGLE SELF.

FIRST EXPERIENCE 69

RE EXPERIENCE 89 | FOUR EXPERIENCES 276

90 MINS | COUPLES AND SINGLES ROOM

“ebmb earth body mind beauty

## one facial

one of seven to match you  
& your microbiome

CHOOSE ONE OF THE SEVEN FACIALS,

ESSENTIAL FACIAL  
OCEANIC FACIAL  
HYDRAFILL FACIAL  
SOOTHING FACIAL  
PURIFY FACIAL  
BRIGHTENING FACIAL  
TIMELESS FACIAL (MESOTHERAPY)  
(demo video at [selfology.com/meso](https://selfology.com/meso))

FIRST EXPERIENCE 59  
75 MINS | COUPLE AND SINGLE ROOM

EXPLORE [selfology.com/facial](https://selfology.com/facial)  
FOR OPTIONS INCLUDING  
LIP AND EYE SEAWEED CHAMOIS MASK  
& FULL-BODY EXFOLIATION

oneness experience @  
[selfology.com/booklet](https://selfology.com/booklet)

# IPL & seaweed facial

## AFT IPL facial rejuvenation & organic seaflora facial, selfology®

AFT (ADVANCED FLUORESCENCE TECHNOLOGY) IS AN ADVANCED INTENSE PULSED LIGHT. IT TAKES FORMERLY UNUSED SHORT-WAVELENGTH LIGHT AND CONVERTS IT INTO PART OF THE USABLE SPECTRUM THROUGH A SPECIAL FILTERING SYSTEM. IT INCREASES EMISSION AND PENETRATION, MAKING THEM EFFECTIVE TREATMENTS FOR PROMOTING THE REGNERATION OF YOUR SKIN.

AFT PAIN-FREE IPL (INTENSE PULSE LIGHT) TECHNOLOGY SHOWERS THE SKIN WITH PULSES OF FOCUSED LIGHT. THE TREATMENT IS DESIGNED TO DIMINISH SUN DAMAGE, FINE LINES, ACNE SCARRING, AND UNEVEN PIGMENTATION.

FOLLOWING THE LIGHTS, WILL BE AN ORGANIC THALASSOTHERAPY FACIAL (SEAFLORA) INCLUDING EXFOLIATION, DÉCOLLETÉ, FACE CALMING MASSAGE AND HYDRATING IRIDAEA MASK. CUSTOMIZED OCEANIC FACIAL TREATMENTS ARE BENEFICIAL FOR SKIN CALMING, HYDRATION, AND DETOXIFICATION. WE WOULD LOVE TO SHARE OUR THOUGHTS AND EXPERIENCES WITH YOU.

FIRST EXPERIENCE 79  
60 MINS | ONESELF

# anti-aging firming radio frequency body sculpting

SKIN TIGHTENING TREATMENT AND BODY SCULPTING BY RADIO FREQUENCY (RF) ENERGY WHICH IS AN ESTABLISHED, SAFE, AND EFFECTIVE AESTHETIC TECHNOLOGY FOR SKIN TIGHTENING AND CELLULITE REDUCTION TO ACHIEVE BODY SCULPTING GOALS, THE THIRD GENERATION RF TECHNOLOGY CONSISTS OF THREE POLAR PULSES (INSTEAD OF MONO OR BI POLAR PULSES), EFFECTIVELY TREATING DEEP SKIN LAYERS AND KEEPING THE EPIDERMIS HEALTHY, BENEFITS YOUR WHOLE SELF, THE BODY AND THE FACE.

FIRST EXPERIENCE 62  
30 MINS | COUPLES AND SINGLES ROOM

oneness experience @  
[selfology.com/booklet](https://selfology.com/booklet)