

selfology

Love evolves self into an
evolving self.
AUTUMN 2018

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

selfology.com 604.733.7776 love@selfology.com [@selfology](https://www.instagram.com/selfology)

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One Love Coloured Hair + Haircut + 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 30 FOR FIRST EXPERIENCE

oneness experience
store.selfology.com

Headspa & Haircut headspa headspace selfology®

discover your undiscovered self
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.

selfology® 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 selfology.com/headspa

oneness experience @
store.selfology.com



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 72
RE EXPERIENCE 89 | FOUR EXPERIENCES 288
90 MINS | COUPLES AND SINGLES ROOM

“ebmb earth body mind beauty

One Love 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)

first experience 59
75 mins | couple and single room

explore selfology.com/facial
all one love facial includes
eye & lip seaweed chamois mask
see our e-store for option with
full-body exfoliation

oneness experience @
store.selfology.com

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 regeneration 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

Anti-aging, firming and rejuvenation by Radio Frequency (RF) followed by organic seaweed firming facial including exfoliation, décolleté, face firming massage, and hydrating Iridaea mask, benefiting your whole self with sculptured and lifted face.

first experience 79
60 mins | original 180 | packages available

oneness experience @
one.selfology.com

Award-Winning Treatments

Spa Packages for Hair, Body, Face.

Spa/Facial/Nail/Medi-Hand/Medi-Facial/Couple Massages Packages for the Love of Hair, Nail Body, and Face.

by selfology®, 自我生態®

Private Spa of the Year 2017 by the Luxury Travel Guide Awards

Luxury Spa of the Year 2018 by the Luxury Travel Guide Awards



ones experience

ones.selfology.com



Spa/Facial/Medi-Facial/Couple Massages Packages for the Love of Hair, Body, and Face.

Ocean Ninety Full Body Massage & Seaflora Facial or Foot Massage

Ocean Ninety Full Body Massage & Head Spa Massage

Ocean Ninety Full Body Massage & Body Exfoliate

Ocean Ninety Full Body Massage & Waxing

Ocean Ninety Full Body Massage & Body Wrap

Ocean Ninety Full Body Massage & Eyelashes & Eyebrow Tint

Oceanic Facial & Foot Massage or Head Spa Massage

Oceanic Facial & Body Exfoliate

Oceanic Facial & Waxing

Oceanic Facial & Ocean Ninety Full Body Massage (45/45)

Oceanic Facial & Eyelashes Plus + Eyebrow Tint

One Love Hair Cut & Eyebrow Threading + Eyebrow Tint

One Love Hair Cut & Gloss Treatment

Shampoo + Blow Dry & Day or Event Make Up

72 First Experience

“Enjoy a symphony of Ocean Ninety!”