

(BA & KA)

Ancient Longevity Retreat

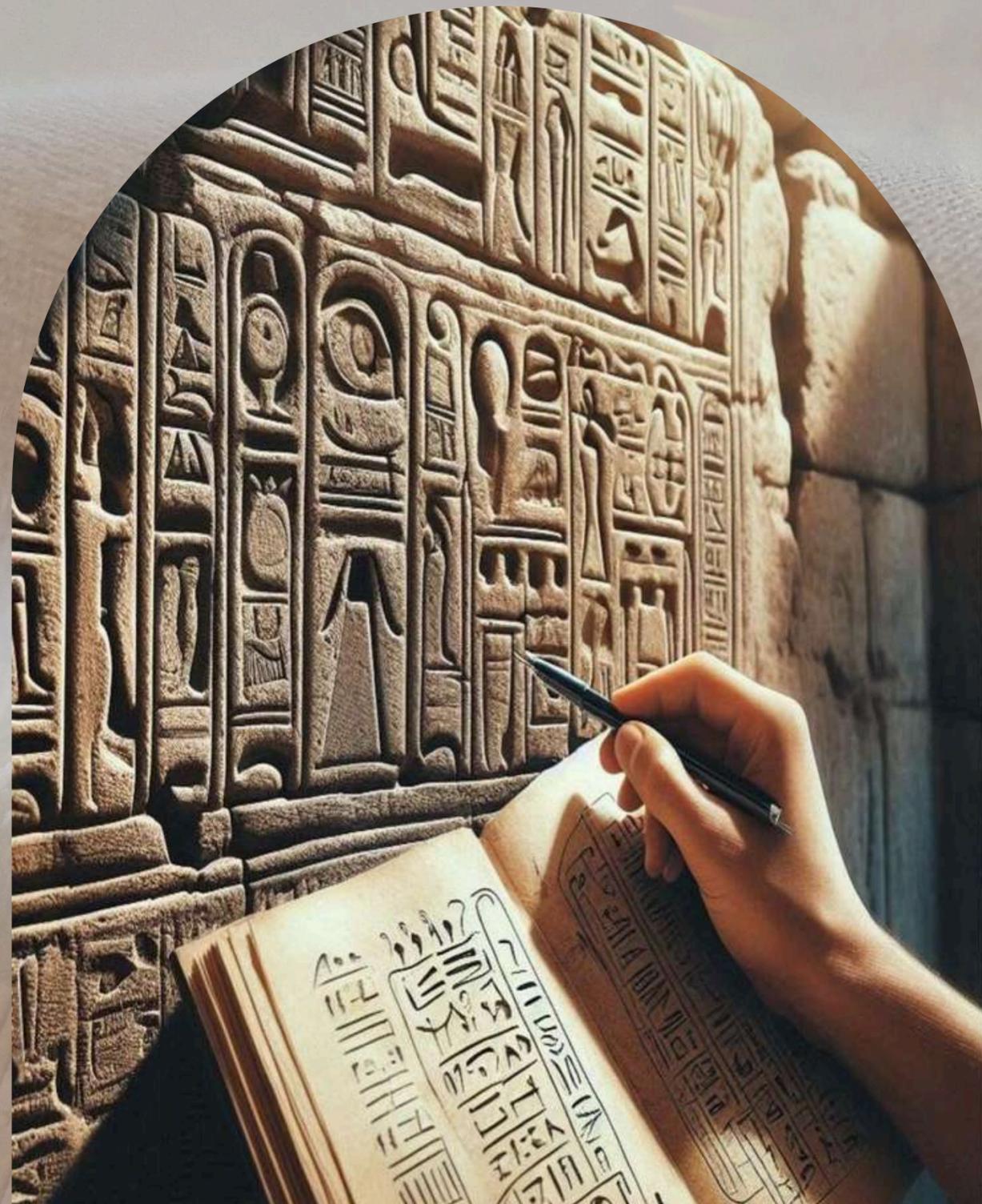
We are the only registered Ancient Wellness Dahabiya
Retreat on the Nile River.



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ANCIENT LONGEVITY WELLNESS





Welcome

Immerse yourself in a transformative journey inspired by time-honored healing traditions. This exclusive retreat in a luxurious Private Dahabiya Nile Cruise starts with amazing visits to the Pyramids and the Grand Museum, then starts your rebirth journey on the Dahabiya Retreat Nile Cruise.

Uncover Ancient Egyptian wellness secrets!

Our Story:



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Dr. Hedy Adel's journey began with loss and resilience, then blossomed into a lifelong search for healing.

After losing her father as an infant, she found hope when her stepfather, Dr. Tharwat Khalil Hamid—a brilliant neurologist—entered her life.

When he later developed Alzheimer's, she witnessed the limits of modern medicine and turned her grief into purpose.

Drawing on her background as an Egyptologist, Dr. Hedy explored the hidden wisdom of Ancient Egypt, where mind, emotion, and body were one.

She uncovered the Ba-Ka philosophy—the balance of soul and body—and its healing practices through meditation, aroma, movement, and sound.

Merging that ancient science with modern medicine, she founded Ba & Ka Wellness, a holistic retreat devoted to restoring harmony and emotional balance.

Her mission is to help people reconnect with themselves, heal through love and awareness, and rediscover the timeless bond between science and spirit.

At Ba & Ka Wellness, every journey begins with love and ends with understanding

Our Vision

To create Ba-Ka Experiences around the world—sanctuaries where people rediscover balance, awaken inner harmony, and reconnect with ancient healing energy.

Our Mission :

To revive and share the timeless wisdom of Ancient Egyptian healing—spreading awareness of the deep connection between mind, body, and soul through holistic well-being.

Slogan / Message

A message of love, harmony, and holistic wellness to the world.



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Ba-Ka ancient Retreat, seven healing chambers for holistic follow the ancient secret commandment.

Discover the transformative power of our integrated healing program. Our comprehensive approach begins with an in-depth consultation, followed by a non-invasive personalized program based on the bio-individuality of everyone, revealing a complete assessment. From this evaluation, we craft a personalized, holistic care program tailored to your unique needs, addressing the mental, spiritual, emotional, and physical dimensions of well-being.

Your Journey to Restoration Includes:

1-Healing Dance & Star alignment rituals

Practice the Ancient Dancing Rituals that stabilize body energy and functionality under the healing power of the stars. Unlock the ancient mystic wisdom of star alignment in a transformative, one-of-a-kind celestial journey. Discover your guiding star, learn to realign and recharge your energy with the Divine universe, and receive a personalized cosmic reading after your exclusive stargazing experience.



2- Stone Healing.

Discover the power of Ancient Stone Healing, with pyramidal shapes and its effects on body rejuvenation and healing.



3- Sound Healing.

Lie out on a floating mattress on the Nile River, experience the feeling of the metal sounds mixed with the water sounds, and penetrate into every cell of your body, stabilizing and illuminating your dark areas



4 -“Faeila”, Our Specialty Grapes

Master Ancient techniques of fermentation and forming anti-aging remedies from grapes.





5- Cleopatra Milk & Flower Bath

Treat yourself in our Milk & Flower Bath ritual, a calming, luxurious soak that softens your skin and soothes your soul. Inspired by ancient beauty traditions, this experience blends warm milk and fresh flower petals to create a peaceful moment of self-care. As the gentle scents surround you and your body relaxes, you'll feel deeply connected to nature, beauty, and balance. It's a simple yet powerful way to unwind and restore your inner peace.



6-Ancient (Sima Tawi)

Awaken your senses with sunrise and sunset yoga sessions in a peaceful, open-air setting. Guided by expert instructors, each session helps restore your energy, improve flexibility, and bring calm to your mind.

Surrounded by fresh air and gentle light, this is yoga like you've never experienced before, a quiet escape to reconnect with your body, breath, and inner peace.



7-Aroma Healing

Awaken your spirit and restore balance through the ancient art of aroma healing. Rooted in Egyptian wisdom, this practice harnesses the power of essential oils and aromatic resins to purify, heal, and elevate your energy. Experience deep relaxation, enhance your vitality, and connect with the divine flow of nature.

Suites everyone bio-individually.

9- Mixology of Ancient Medicinal Oils and Herbal Massage

Soothe your body, calm your mind, and let go of tension with our Total Body Massage, enhanced with ancient oils and healing herbs. This full-body treatment uses gentle, flowing movements to relax your muscles, improve circulation, and ease stress. The natural oils and herbs, rooted in traditional healing practices, bring deeper relaxation and nourishment to your skin. From head to toe, you'll feel lighter, more balanced, and deeply refreshed, a peaceful way to reconnect with yourself and nature.



8- 7 Senses Healing with THE chakra

Awaken your body, balance your energy, and expand your awareness through our immersive 7 Senses Healing ritual, a multisensory experience harmonized with the 7 chakras. Rooted in ancient wisdom and inspired by the ancients.





10- Personalized Alabaster Tubs for Rejuvenation

5 Sacred Hot Tub Rituals

Immerse yourself in an alabaster tub infused with mineral-rich salts and sacred essential oils. Choose from 5 therapeutic soaks:

Healing Mud Soak: Detoxifies and nourishes the body

Siwa Desert Sand: Warm sand stimulates circulation and promotes profound calm

Mint & Eucalyptus Cold Plunge: Invigorates the senses and reduces inflammation

Hot water with customized medicinal herbs with essential oils

“Faeila”, Our Specialty Grapes



11- Rejuvenate with oxgyn therapy room

Rejuvenate with oxgyn therapy Room

A unique combination of the past and present that has an amazing effect on body acceleration and rejuvenation



12- 1 pyramid chamber

Restore your body energy with Électron ,Cooper and pyramidal energy ,discover the hidden power of the pyramids deep inside your body and uncover the secret

13- Blue Lotus Rituals

- **Heart Expansion**

Blue Lotus opens the heart, softens tension, and creates a safe, warm emotional space.

- **Intuition Activation**

Enhances inner vision, symbolic dreams, and higher knowing.

- **Nervous System Calm**

Induces a gentle floating state and quiets the mind.

- **Feminine Energy**

Boosts receptivity, sensuality, creativity, and embodiment.

- **Trauma Softening**

Releases emotional layers softly without force.

- **Aura Elevation**

Raises your vibration with a calm, regal presence.

- **Connection to Ancient Egyptian Lineage**

Opens access to inner sovereignty and deep self-worth.

14- SHAMANIC BREATH Healing

- **Physical**

Resets the nervous system, lowers stress, and creates sensations like tingling, warmth, and lightness.

- **Emotional**

Brings up repressed or forgotten memories and helps break trauma bonds and old attachments.

- **Spiritual**

Activates intuition, inner vision, and the pineal gland.

Softens the ego and expands awareness.

- **Subconscious**

Reveals core wounds and patterns for deep healing.



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IN EGYPT:

KATAMIA HIGHTS PALM HILLS



IN ZANZIBAR:

NUNGWI



SAUDI ARABIA

NAOM



Coniact Us



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Thank you!