



# Holistic Healing

HYPNOSIS · REIKI · MASSAGE

## PRICELIST

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\*\* Snapscan or EFT – Cash Discount \*\*

\*\* Gift Vouchers Available \*\*

\*\*24hr Cancellation required\*\*

\*\*Prices subject to change\*\*

## HEALTH CHECKS

### - Body Sonic MRA Health Scan:

Treatment includes:

- A state of the art, non-invasive, full body scan identifying any viruses, bacteria, parasites, allergies, inflammation, hormonal imbalances and health of all the organs  
-Meta therapy to help balance and energise any bio field imbalances detected during the scan.

Initial Consult, Treatment + Verbal report is R1100 (2hrs)  
Follow up Scan + Treatment R550 (1hr)  
Meta Therapy Treatment R330 (30mins))

\*\*(Safe and effective for children and the elderly.  
Not recommended for pregnant ladies or individuals with pacemakers)

## HYPNOSIS & COACHING:

### - Hypnotherapy:

Hypnosis uses guided relaxation and creates a state of focused attention and increased suggestibility, during which positive suggestions are used to help individuals deal with a variety of concerns and issues.  
Provides amazingly quick results.

- ✓ Lose Weight
- ✓ Manage Anxiety and Depression
- ✓ Reduce Stress and aid Relaxation
- ✓ Build Confidence & Be more Positive
- ✓ Sleep Peacefully
- ✓ Inner Child Healing and more.

R650 per session

### - Coaching/Counselling:

Assisting you to get from where you are to where you want to be! Providing you tools and techniques to help you become clear about your values, beliefs, strengths and areas of improvement. A safe space to feel heard.

R550 per session

## REIKI:

### - Inner Healing and Chakra Balance

A deeply soothing and relaxing treatment geared towards channelling life-force energy back into your body to restore your sense of well-being and to assist in any self-healing that may be needed. Chakra oils used to deepen the experience.

R550 per session

## MASSAGE:

### - Aromatherapy:

This Swedish full body massage releases tension held in every part of the body, leaving you feeling de-stressed and re-charged. Carefully applied pressure stimulates the nervous system with the added benefit of aromatherapy essential oils.

R550

Add On: Apricot Scrub +R50

### - Hot Stone:

This luxurious full body massage uses heated Basalt stones combined with healing oils. The embodied heat of the stones relaxes and seeps deep into the muscle tissue.

R550

### - Lymphatic Drainage:

A light pressure, therapeutic massage applied to whole body (incl. the stomach). Increases the flow of lymph and reduces toxins in your body. Reduce cellulite; remove stubborn fat and assists with detoxification.

R550

Add On: Ultrasonic Cavitation/RF Machine +R50

“An Integrated Holistic Approach to  
Health and Healing”