



## massage pricelist 2018

### Tina Lokker (ITEC) International Therapy Examination Council

*By working with the integrated WHOLE that the body represents, the following treatments are approached with the HOLISTIC PRINCIPLES that by working with the body's innate, it has the ability to heal itself.*

Aromatherapy: Lymph Drainage / Stress Release 60min: R 600.00 | 90min: R900  
*Using Essential Oils, the circulatory and lymphatic systems are stimulated to release toxins and muscle stress.*

Back Massage 45min: R450 | 60min: R600  
*Releases tension and stress in back, neck and shoulders.*

Acupressure, non-surgical Facelift 45min: R450.00  
*This is a natural and nurturing treatment. By applying pressure on specific points on the face, blood flow is stimulated leaving the skin to feel tight and replenished. This energy flow is also transmitted throughout the body's various organs leaving it totally relaxed.*

Body Talk: 60min: R600.00  
*A new healing paradigm in health-care. By using bio-feedback the body PRIORATISES various aspects which are poorly linked. By means of neuro-muscular feedback, LINKING re-establishes this communication and enhances the healing process.*

### Holistic, therapeutic Massages by Shane *\*Saturdays : Full day ; Other days : only after 6 pm*

*With over thirty years of experience, Shane Petzer tailors each massage session to your body's individual requirements. He uses ethically-sourced natural oils, including grape seed, coconut and olive oil to rejuvenate and refresh your body.*

Customised holistic, therapeutic massage - 60 min. R 600.00

### Full Body Massage by Kaeren

*A holistic massage incorporating elements of Swedish massage, aromatherapy and reflexology.*

Full Body Massage - 60 min. R 600.00

### Special Cyclist Massages

*Special relaxing massages for cyclists.*

Both legs - 30min. R 300.00

Back - 30min. R 300.00

Neck - 15min. R 150.00

Arms - 15min. R 150.00

\*\*\*Any additional massage work will be charged at R 150.00 per additional 15mins.\*\*\*

*These massages can be enjoyed in our massage / treatment room, in the garden or in the privacy of your own room.*

*Massages **ONLY** available by prior appointment. Subject to availability.*

*Once booked, full fee liability arises unless cancelled by e-mail at least 24 hours before appointment.*