

## RESTORE

**Access Bars Facelift | 60 minutes**

A wonderful way to rejuvenate the face and reverse the signs of aging on the face and throughout the entire body. The gentle soothing touch applied to your face and neck works with your body's cells to restore, enliven and rejuvenate.

**Angelic Reiki | 60 minutes**

Energy detox on multi-dimensional level through channeling the divine energy of the Angels, Archangels, Ascended Masters, Galactic Beings and other beings of light.

**Bach Flowers | 60 minutes**

A therapy utilises the vibrating energy of wild flowers and trees to flood our bodies with beautiful soft vibrations to bring us closer to our soul.

**Chakra Healing | 60 minutes**

The 7 main chakras in our body are connected to various body parts and emotions. When we clear the energy from the chakras and balance them, we feel more connected, at peace, creative and happy.

**Chi Nei Tsang | 45 minutes**

A taoist technique for unlocking ingrained emotions in every organ of the human body. This is an abdomen massage, the digestive system is believed to be an emotional regulator.

**Healing Relationships and Inner Conflict | 60 minutes**

(Not available Tuesdays & Thursdays)  
This compassionate deep healing process will help you resolve issues causing you confusion, pain, and unease. You will be able to work on specific issues- emotional, relational, or imbalance in the body; gently guiding you to wholeness and balance again.

**Kinesiology | 60 minutes**

Kinesiology is an incredible modality, which we help bring the mind and body back to alignment. By addressing the root cause of an issue and eliminating those obstacles, restoring the body back to balance.

**Lymphatic Flow Therapy | 60 minutes**

Mindful movement and guided self-massage practice to detoxify and energise the body.

**Myofascial Release Therapy | 45 minutes**

A safe, low load therapy to release muscle tension and relieve pain.

**Qi Gong | 60 minutes**

An ancient practice for health and longevity, where we work with our personal energy, building this energy by combining movement, breath and intention to break through any stagnation and blockages, release negative emotions and promote a peace of mind.

**Reformer Pilates I 60 minutes**

Reformer Pilates provides a challenging resistance based workout that works the muscles in a balanced way and will help strengthen your core, increase flexibility, improve your posture in a fun but low impact way.

**Reiki | 60 minutes**

A hands-on technique, that opens the chakras, for the energy to flow through the meridians, focusing mainly on the areas with blockages, the spiritual energy. Promotes relaxation, stress reduction and healing energy imbalances or blockages.

**Reiki with Bach Flowers | 110 minutes**

With hands on healing of Reiki and the energy of Bach Flowers the combined treatment can heal all levels; physical, emotional and spiritual. The combination maintains, strengthens, heals and balances the chakra energy centers in the body.

**Tai Chi | 60 minutes**

An ancient art to connect the natural for better energy flow, balance Yin and Yang and improve self wellness through the gentle movements.

**ThetaHealing® | 60 minutes**

A meditation technique and spiritual philosophy that will help to improve your mind, body, and spirit by connecting with the Creator Of All That is. It empowers you to shed negative beliefs and embrace gratitude, release stress, physical illnesses, and anxieties and replace them with healthy habits and positive emotions, by reprogramming your subconscious thoughts and emotions for success and lasting happiness.

**Vibro Acoustic Massage | 60 minutes**

This vibrational massage with singing bowls provides good lymphatic drainage, improves blood flow, the propagation of neural impulses, and the regeneration of organs functions. It also helps to relieve stress and harmonise the neural system.

**Well Woman Coaching | 60 minutes**

A science based approach to manage menopause symptoms with exercise, meditation, nutrition & herbal medicine.

**Wellness Assessment | 60 minutes**

A brief assessment to examine your mind, body and spirit, including your wellness and energy levels, to determine the best approach to increase your overall health and wellness.

**Wellness Coaching | 60 minutes**

Coaching that addresses areas within your mind, body and spirit, energy levels and overall wellness, that require improvement, using a variety of holistic modalities.

## MENTAL WELLNESS

**Access Bars | 60 minutes**

A non-invasive energy healing modality that uses a set of 32 points on the head that release mental and emotional blocks, judgments, beliefs, and emotions when lightly touched, whilst stimulating positive changes in the brain.

**Art Therapy | 60 minutes**

A drawing / painting session with gouache, crayons and/or watercolour to relieve stress and better understand yourself. Art therapy is fun, uplifting and relaxing.

**Aura Reading | 60 minutes**

A technique of tapping into your energy wheels (chakras) and energy field to pick up your emotions, thoughts and personality, help you to design a better future.

**Breatheology | 60 minutes**

A transformative approach to conscious breathing, optimising wellbeing through techniques that reduce stress, enhance performance, and cultivate a deeper connection with the breath.

**Breathwork Coaching | 60 minutes**

Scientifically proven breathing practice to revolutionise your health and fitness.

**Crystal Healing | 60 minutes**

An energy healing modality connecting with the subconscious mind using muscle testing to identify and release any emotions and other physical and mental imbalances that are creating any challenges.

**EFT, Anxiety & Stress Release | 60 minutes**

Energy medicine at your fingertips! Acupuncture without the use of needles to release, stress, anxiety and reset your energy to resolve physical and emotional issues, to promote emotional wellbeing.

**Emotion Code / Body Code | 60 minutes**

An energy healing modality where we connect with your subconscious mind using muscle testing to identify and release any emotions and other physical and mental imbalances that are creating any challenges for you.

**Emotional Intelligence Coaching | 60 minutes**

Using EFT, NLP and CBT you will be guided to understand your deepest emotional skills in order to improve your self confidence, to increase your communication and become the best version of yourself.

**Emotional, Life Coaching & Worklife balance | 60 minutes**

Life coaching that will provide you with the support and strategies needed to thrive personally and professionally. Using different modalities you will be able to manage emotions and have a clearer vision towards your objectives.

**Family Constellations Workshop | 60 minutes**

We look into mindset and beliefs you are operating under and work towards changing them to align and achieve your goals and desires.

**Hypnotherapy | 60 minutes**

A heightened state of concentration and focused attention to expand your awareness, that allows you to be more open to suggestions to making healthful changes in your perceptions, sensations, emotions, memories, thoughts or behaviors and to live a fulfilled life.

**Intuitive Energy Healing | 45 minutes**

Full body, mind and soul energy cleansing from stagnant, negative energies and debris, that provides total alignment.

**Intuitive Reading | 45 minutes**

A technique of tapping into your energy field to shed light on your past, and illuminate the present to help you to make empowered decisions in the future.

**Law of Attraction & Abundance Coaching | 60 minutes**

We look into what mindset and beliefs are you operating under and work towards changing them to achieve your goals and desires.

**Life Coaching with NLP | 60 minutes**

Life coaching gives you the support and strategies needed to thrive personally and professionally. Using NLP you will be able to manage emotions, language and behavior to have a clearer vision towards your objectives.

**Mindfulness (to detox the mind) | 60 minutes**

A technique to self-regulate and facilitate recovery of the mind, body, and soul while being at the present moment.

**Mindset Reset | 75 minutes**

An intuitive breakthrough session to release old patterns and re-invent oneself through anchoring, reframing and objective observation using NLP.

**NLP Coaching | 60 minutes**

A coaching approach to consciously change the way we perceive thoughts and process feelings that focuses on the connection between language behavior and thoughts for effective communication to achieve personal change and success.

**PSYCH-K® | 60 minutes**

A technique that brings together neuroscience and ancient mind/body wisdom to efficiently reprogram the subconscious with new empowering beliefs, to help you to achieve your desires in relationships, success, abundance, self-worth, and breaking old patterns/behaviors.

**Transformational Breathwork Coaching | 60 minutes**

Active breathing practice to promote healing on a cellular level.

## MINDFUL MOVEMENT

**Aqua-Vibro Acoustic Massage (Sound Healing in Water) 60 minutes**

In water sound travels differently so we are able to feel the vibrations in a more powerful way. Float in a relaxed state, as the singing bowl is played around you and feel the sound waves passing right through your body.

**Emotional Release Meditation Therapy**

(Not available Tuesdays & Thursdays)

**60 minutes**

This personalised session will help you recognise the negative emotions, hangovers, deep-rooted conflicts, suppressed desires and transform them through self-awareness.

**Meditation Session | 60 minutes**

A practice that will take you beyond the body to enter a state of inner peace and tranquility.

**Mindfulness Meta-Cognitive Therapy**

(Not available Tuesdays & Thursdays)

**60 minutes**

Experience inner harmony and peace through this therapeutic process. It will help you release the emotional baggage and heal the pain patterns, wounds and negative emotions that drain your life energy and hurt your spirit.

**Sound Healing Meditation & Cacao Ceremony (Up to 10 persons) 60 minutes**

A full body listening experience, using vibration therapeutically to release unwanted tension and restore mind and body to a healing state. A Cacao (healing) Ceremony on a spiritual level is conducted first for heart opening, allowing deep reflection and self discovery during the sound bath.

**Sound Healing Therapy | 60 minutes**

A full body listening experience. It uses vibration therapeutically to release unwanted tension and restore mind and body to a healing state.

**Yoga (All Types) | 60 minutes**

Different level and types of yoga classes are available. Hatha Yoga, Ashtanga Yoga, Yoga Nidra, Pranayama, Maternity Yoga, Yin Yoga, Detox Yoga, Sivananda Yoga, Core Yoga, Kundalini Yoga.

## INTERNAL WELLBEING

**Detox & Healthy Lifestyle with Plant-based Diet | 60 minutes**

Definition of a plant-based diet, pros and cons of this diet, adjustments and supplementations to provide everything the body needs, training and plant-based diet.

**Family Nutrition Workshop (Up to 5 persons) | 60 minutes**

Tips and tricks to get the whole family to eat the same meals, importance of family support to help a family member facing nutrition challenges, importance of a balanced nutrition at a young and teenage age.

**Holistic Health Consultation | 60 minutes**

A unique, comprehensive approach to whole body wellness, which incorporates physical, mental, emotional, genetic and environmental factors into tailor-made treatments. Therapies are aimed at invoking the inherent healing response to restore vitality and function.

**Holistic Lifestyle Consultation | 30 minutes**

A mind, body and soul evaluation aiming to advise remedies which include diet, exercises and therapies, customised according to the individual's needs to help them live a healthy and balanced life in this digitally fast-paced world.

**Integrative Holistic Assessment & Consultation****(Coaching) 90 minutes**

The root cause of your physical imbalance will be identified, through mapping of the iris you, after which you will receive a tailored programme to take back your health and energy levels.

**Integrative Nutrition Health Coaching | 60 minutes**

You will be assessed and coached not only on your nutritional and physical needs, but also holistically, on your emotional, mental and spiritual level, as all of these areas contribute to your overall wellness and well-being.

**Mother & Baby Nutrition | 60 minutes**

For Mother: nutrition needs of a pregnant woman due to physiological changes, diet modification for a pregnant woman, guidance between breastfeeding and powdered maternity milk.

For Baby: transition from liquid to solid diet and importance of diversification.

**Nutrition Assessment | 60 minutes**

Assessment of nutrition habits, weight history, lifestyle, training habits (if any), personal and family healthy history, relationship with food and nutrition, with goals discussed and set together to plan the next consultation.

**Nutrition Coaching - Energising Diet (Coaching) | 60 minutes**

Foods to avoid and to improve energy levels, with food timings to avoid energy crashes and maintain energy levels while waking up, including tips and tricks to improve energy levels with nutrition habits.

**Self-Love Diet | 60 minutes**

Tips and tricks to take care of yourself and improve self-love by creating a healthier version of yourself.