



TREATMENTS

Energy Healing

	Duration	Price
Access Bars & Crystal healing	60 mins	R450
Access Bars & Crystal healing	90 mins	R650
Access Energetic Facelift & Crystal healing	60 mins	R450
Access Energetic Facelift & Crystal healing	90 mins	R650



Flow Chi
MASSAGE

Massage treatment

	Duration	Price
Flow Chi Massage	30 mins	R250
Flow Chi Massage	45 mins	R350
Flow Chi Massage	60 mins	R450
Flow Chi Massage	90 mins	R600
Flow Chi Move Classes	60 mins	R100

What is Access Bars?

Access Bars® are 32 points on your head that, when gently touched, effortlessly and efficiently release anything that stops you from feeling joy and ease in your life.

These points contain all the thoughts, ideas, beliefs, emotions, and considerations you have stored. This is an opportunity for you to let go of everything! Hundreds of thousands of people have used Access Bars to change many aspects of their bodies and life, including sleep, health and weight, money, sex and relationships, anxiety, stress, and so much more. Access Bars® can feel like hitting the delete button on your computer's cluttered hard drive – only this time, you're creating space in your brain. Things like negative thought patterns, or that endless mental chatter keeping you awake at night, can be released and make space for the calm you've been seeking. Having your 'Bars run' (receiving a session) is relaxing and peaceful; imagine the after-effects of a great massage or walk in nature. At worst, that's all you'll feel!

At best, unlike anything else, you can feel a sense of total ease that starts to change your whole life.

What is an Access Energetic Facelift?

The Access Energetic Facelift™ gives the body a chance to move and transform a lot of the limiting energies and judgments locked in our face, head, chest, and body.

The facelift can deepen and quicken the body's natural healing capacities as a dynamic yet gentle hands-on body process. The Access Energetic Facelift is an excellent way to rejuvenate the face and reverse the signs of ageing on the front 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.

While receiving an Access Facelift, many different energies are applied to the body and face, and there are many possibilities to discover what can be released. What if you could dissipate everything you have judged about your face? What if age is a point of view you lock into you?

What is Flow Chi?

Flow chi is a holistic treatment and movement therapy that extends has two main treatment offerings:

1) Holistic Chi Massage - to heal aches, pains and niggles whilst also opening up energy pathways and unlocking energy centers for youth, longevity and freedom of movement with reduced pain. The treatment implements aspects of Chinese massage, ancient Chinese medicine, knowledge of physiotherapy, sports massage and energetic chi healing practices. The specialized Flow Chi face massage may also help to reduce wrinkles and signs of aging - the treatment also involves all natural herbal massage oils and remedies to enhance the healing. Other special herbs and remedies come at an extra cost

Treatment types:

- Chronic pain focal treatment
- Medium issue focal treatment
- General massage treatment
- Rejuvenating Face Massage - based on buccal
- Therapeutic Foot massage - based on reflexology

2) Chi Movement Classes - for a healthy resilient body that induces energy activation and longevity through unique aerobic and holistic exercises. These exercises open up the energy centers in the body while also increasing joint, muscle and ligament flexibility as well as strength.

What is Flow Chi Massage?

Flow Chi Massage® is a healing massage for short to medium term ailments of the body. Using amalgamation of techniques consisting of Chi Gong, Physiotherapy methods, Chinese massage and sports massage. Each session is tailored toward providing immediate to long term relief from the aches, pains and strains of your body. The therapy is intended to increase blood flow, mobility while also clearing energy pathways in the body for greater harmony and balance. Each session will consist of a consultation, a body scan and a focal treatment to alleviate any existing ailments allowing your body to regain balance and recover from the root cause of discomfort. Some exercises may also be recommended to further aid the healing process for extended periods after the treatment.

What is an Flow Chi Move?

Flow Chi Move is a new style of workout for balance and longevity incorporating the ancient art of Tai Chi, various forms of dance including breakdancing, primal yoga, calisthenics as well as capoeira and kung fu. In this class you will learn to increase your mastery of hand-eye coordination in a rhythmic and practical sense while balancing your energy systems through ecstatic and joyful movement. Exercise can range from light and calm to energetic and explosive. Each movement will have 3 difficulty level options (beginner, intermediate and advanced) so that all who participate can enjoy and find their edges. This modality is designed to keep you young and happy!