



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
Home to your Body with Sarah Lee Beckett	Duration	Price
Kahuna Massage	60 mins	R660
Chi Nei Tsang Abdominal/ organ massage Treatment	60 mins	R880
Women's Wellness Treatment – womb massage, sacred yoni steam	60 mins	R880
Call out fee R100		
Kahuna Massage with Lotta	90 mins	R880
Call out fee R100		

TREATMENT INFORMATION

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. It feels like the clutter (darkness) lifts and allows more light into your energy field, your mind, and your heart.

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?

muscle and ligament flexibility as well as strength.

HOME TO YOUR BODY WITH SARAH LEE BECKETT

Trained in the Taoist modality of Chi Nei Tsang Abdominal Massage, certified Yoni Steam Practitioner and devotee to the Kahuna/Lomi Lomi Massage and Red Tent lineages Sarah Beckett weaves her medicine through various connection points with the body. Working with deep reverence of the body wisdom that lives in all of us she creates moments of spaciousness to deeply reconnect with our inner knowing and beingness. Though her training and devotion to the Red Tent she works with women to honour and celebrate their wombs and guiding them in softness to deeply listen.

What is Kahuna Massage?

A full body massage therapy that uses broad sweeping strokes to stimulate and nourish the fascia and vascular systems, regulate and nurture the nervous system and bring deep healing. The Kahuna Massage is unlike any other massage as takes the receiver on a journey of deep awareness and healing as they release and relax deeply into the flow of the movements.

What is Chi Nei Tsang?

A deeply detoxing and nourishing abdominal and womb massage assisting in releasing blockages and stuck energy (Chi) from the body and directly massages the internal organs. It is the most comprehensive approach to energizing, strengthening and detoxifying the internal system. It clears out negative influences and is particularly useful in relieving intestinal blockages, cramps, knots, lumps, scar tissue, headaches, menstrual cramps, poor blood circulation, back pain, infertility, impotence and many other problems.