

Retreat healing modalities and extras

Massages and Beauty

Back, Neck and Shoulder (45 min)	R800
Indian Head Massage	R800
Full Body Swedish (60 min)	R950
Full Body Swedish (90 min)	R1200
Full Body Massage (60 min)	R950
Full Body Massage (90 min)	R1200
Hot Stone Full Body (90 min)	R1200
Reflexology	R950
Facial	R800
Manicure or Pedicure	R380
Eyelash and brow tint	R260
Waxing	On request

Healing

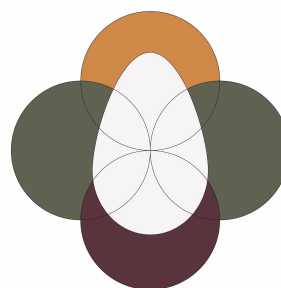
Reiki	R950
Coaching (60 min)	R950
Emotional Freedom Technique	R950
Energy Healing Visualisation	R950
Chakra Balancing	R950
Core Regeneration Therapy	R1200
Art Sessions	R450
Poetry Therapy	R450
Inspirational Breathwork	R450
One-on-one yoga class (60min)	R750
Trauma Release Exercises (TRE)	R800
Monochord Sound & Resonance Therapy	R950

Medical

Holistic Consultation with GP	
Consultations include diagnostics, health advice, pathology and imaging	R950
requests, referrals, sick certificates, minor procedures.	R1400
IV Nutrient Therapy	
Multivitamin/immune/energy support drip	
Osho Rebalancing	R1300
Bodywork/integrative Massage	

Outdoor

Forest Bathing	R750
Jubilee Creek Picnic	R250
Drupkelders	On request
Horse riding	R750
Canoeing and hiking	R480
Robberg Hike	R200
Paragliding	R1600
Ziplining	R950
Birds of Eden	R480
Monkeyland	R480
Jukani Wildlife Sanctuary	R480
Marine Eco Tour	On request
Elephant Encounter	On request
Featherbed Eco Experience	On request
Cooking Classes	On request
Airport Transfer	R750



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centre for wellbeing and creativity

