



CLAIRE COETZEE

reflexology • yoga • massage

THERAPY PRICELIST

REFLEXOLOGY / YOGA / THAI YOGA MASSAGE

🌿 THERAPEUTIC REFLEXOLOGY + MERIDIAN THERAPY

30 MINS R350 / 45 MINS R500 / 60 MIN R600 / 70 MINS R700

Reflexology is a modern western therapy in which pressure is applied to distinct areas of the feet.

It is a gentle art, a fascinating science and an extremely effective form of therapeutic foot massage that has carved an impressive niche in the field of alternative complementary medicine. It is a science because it is based on physiological and neurological study, but is an art because much depends on how skilfully the practitioner applies their knowledge.

70 minute session includes an assessment, Vacuflex concepts boots and full reflexology treatment. This is recommended for the first session.

🌿 COMBINATION REFLEXOLOGY TREATMENT / 70 MINS R700 / 90 MINS R875

Face, hands and foot reflexology

🌿 VACUFLEX CONCEPTS / 30 MINS / R350

This dynamic therapy offers the combined benefit of a full reflexology treatment, plus the stimulation of all the major meridians in one half-hour session.

The concept uses a vacuum boot foot reflexology treatment together with a vacuum cupping treatment sequence along the acupuncture meridians.

🌿 MERIDIAN THERAPY / 30 MINS / R350

There are six main Meridians found in the feet, specifically the toes and they penetrate the main organs; liver, spleen/pancreas, stomach, gall bladder, bladder and kidneys. This treatment will stimulate and clear congestions along all these Meridians, allowing energy to flow freely and return the body to a state of balance.

🌿 FACIAL REFLEXOLOGY / 30 MINS / R350

This Vietnamese Practice aims to relax and help remove stress by assisting the body to heal and rebalance itself. During facial reflexology pressure is applied to the different reflex zones and reflexology points on the face using Yin and Yang tools designed to release congestions. The session is ended with a relaxing face massage using the Gua sha as well as finger techniques.

🌿 MASSAGE / 1 HOUR R600 / 1.5 HOURS R875 / 2 HOURS R1150

Thai Yoga Massage uses gentle pressure and stretching techniques to relax the whole body.

This is an ancient healing practice combined with some basic reflexology is a beautifully relaxing treatment.

🌿 YOGA / 1 HOUR R600 / 70 MINS R700 / 90 MINS R875

Tailor-made private yoga

Yoga can help to ground you and facilitate embracing your inner wisdom. It is a self nurturing and healing practice and when incorporated into your day, can bring about paradigm shifts.

* All private yoga sessions include some Thai Yoga Massage

* 1.5 hours recommended for first session to include assessment

* Tasty drink and treat with all sessions

🌿🌿🌿 COMBINATION THERAPIES / 1.5 HOURS R825 / 2 HOURS R1100

Pranayama, Asana, Meditation & Thai Yoga Massage

Thai Yoga Massage and Reflexology

Thai Yoga Massage and Yoga

Yoga and Reflexology

🌿🌿🌿 MINI RETREAT / R1700

1 hour Thai Yoga Massage

1 hour Reflexology

1 hour Yoga

Tea and vegan treat

For details and more information on therapy sessions, please visit my website www.clairecoetzee.com