

COMPLEMENTARY THERAPIES

In Addition to the Detox programme, we have a team of world leading professional therapists on hand throughout the week to assist you on all levels. Please note that the complementary therapies are optional and are *not included* in the price of the Detox week.

YAIR SAGY

ACUPUNCTURE, SHIATSU, YOGA

Yair's system of Acupuncture is unique in its diagnosis and application.

In order to diagnose, Yair examines the electromagnetic field around the client (Aura) as well as the energetic state of the main 7 energy centres (Chakras). After concluding the diagnostic process we will try to discuss and understand the mental emotional patterns which contribute to one's physical and emotional symptoms. The acupuncture needles are inserted on related points in order to harmonize the body and free up blocked areas. Detoxifying old emotional patterns will greatly improve the physical Detox. When working on the physical level Acupuncture can help to reduce pain and enhance internal organ function.

Acupuncture - 1 hour – 70 Euros for the first appointment, 60 Euros for follow up appointments Shiatsu - 60 Euros for 1 hr consultation
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ZIZA FERNANDES SAGY

FOOT READING, REFLEXOLOGY AND MASSAGE (WITH TIBETAN SINGING BOWLS)

Foot Reading - by examining the foot we can “read” and understand one's life history and current state the effects on one's physical, emotional, mental and spiritual aspects. Our feet are extremely sensitive and register every change in the different aspects of our existence.

Foot reading will deepen your understanding into the major emotional, physical and mental patterns that are taking place in your life.

This fresh look and new angle on one's life can serve as a stepping stone for creating required life changes.

Reflexology is a healing art based on the principle that there are reflexes in the feet which correspond to all the glands, organs and other parts of the body. It is a natural, non-invasive way of stimulating the internal organs, thereby increasing circulation and restoring bodily functions to normal. **What are the benefits of reflexology?** Reflexology can reduce stress, relieve headaches, treat digestive disorders, allergies, increase energy levels, improve circulation, cleanse the body of toxins and strengthen the immune system.

The traditional Tibetan singing bowl with its powerful overtones can cause the individual to achieve the "relaxation response" effortlessly. The combination between sound, vibration and physical contact create an effect which travels through the body, generating a feeling of expansion and well-being. The sound waves affect each cell in the human body and remind the body of its natural harmony. You start to drift and daydream as the sound waves wash through your cells with their rejuvenating and strengthening power.

Massage with Tibetan singing bowls creates a state of deep relaxation, activates self-healing processes and releases creative energy.



Foot reading – 30 mins – 30 Euros
Reflexology – 1 hour – 60 Euros
Combination of foot reading and reflexology – 1.5 hours – 80 Euros
Massage with Tibetan bowls – 1 hour - 55 Euros

HEATH WILSON

ROLFING

Heath Wilson has extensive background in anatomy, physiology and holds a degree of psychology from the University of Colorado. He has been working as a professional Rolf Practitioner since 1996. Heath received his certification at the Guild for Structural Integration in Colorado, USA.

The Rolf Method is a system of body work based on structural integration. It is a process of re-educating the body through movement and touch. Injuries, poor body mechanics and diseases can cause the body to lose its natural balance, leading to pain, discomfort and lack of energy. Rolf sessions use an intelligent, systematic approach to bring the body back into balance. Rolf Sessions involve deep pressure and gentle movements to release and realign the body. They go beyond the therapeutic limits of massage and localized treatment therapies.

ROLFING DURING DETOX. Rolf sessions facilitate the release of toxins trapped deep within the layers of connective tissue. A detox is an ideal time to receive Rolf sessions as your body will eliminate these unblocked toxins more efficiently.

Rolfing - 1 hour - 75 Euros per session
(200 Euros for 3 sessions)



CORA O'MAHONY

MANUAL LYMPHATIC DRAINAGE (MLD), COLON PLAQUE MASSAGE, NO HANDS MASSAGE®, THERAPEUTIC MASSAGE

Cora attained her qualifications from Worcester and Kidderminster Colleges. She initially qualified as a masseuse in 1993. In 1999 she followed this up with an advanced award in Sport/Remedial Massage. She added Manual Lymphatic Drainage in 2007 and more recently 'No Hands®' Massage which is a new approach to bodywork. Cora has extensive experience and has a knowledgeable as well as an intuitive approach to her work.

Manual Lymphatic Drainage also known as MLD helps to move stagnant lymph. Stagnant lymph may contain old deposits of dead bacteria and toxins; therefore stimulating the lymph system helps to speed up the detoxification process. It also helps to reduce water retention and swellings in legs and ankles, improves immunity, sinus conditions, puffy eyes, skin conditions and cellulite.

Colon Plaque Massage will stimulate peristalsis (wavelike muscular movements) which help to pass colon plaque and digested food along the colon for elimination. It also stimulates any sluggish lymphatic vessels in the abdominal area.

Massage is one of the oldest, simplest forms of therapy. **No Hands® Massage** is a totally new approach to body work; it will enable you to experience the transformational healing power inherent in touch because it is deeply powerful. There are several treatments available with the No Hands touch.

Therapeutic Massage is also available; this improves circulation without increasing heart load and helps to induce a relaxed state.

1 Hour Treatments - 50 Euros

½ Hour Treatments - 30 Euros

I am happy to accept £ Sterling