

THE SANCTUARY

TREATMENT MENU

● EARLY PREGNANCY MASSAGE

This treatment can be modified accordingly throughout the duration of the pregnancy.

● PRE-MENSTRUAL SYNDROME MASSAGE

Aids and alleviates all symptoms associated with PMS.



● MENOPAUSE SUPPORT MASSAGE

Helps to ease menopausal symptoms such as hot flushes, irritability etc.

● RELAXATION MASSAGE

Gives a feeling of calmness on a deep level as well as combats any feelings of anxiety.

● LYMPH DRAINAGE MASSAGE

Enables the body to detoxify and gets the lymph system flowing optimally.

● NOURISHING TISSUE BODY MASSAGE

For the treatment, as well as the prevention of stretch marks.

● REFLEXOLOGY TREATMENTS

The reflex points in the feet, corresponding to different organs in the body are worked on improving one's health and wellbeing.



For optimum results, treatments should be once a week for a minimum of eight weeks.

This enables the oils and products used, to heal and regenerate the body and decrease symptoms.

ALL TREATMENTS ONE HOUR DURATION
COST OF EACH TREATMENT: R570.00



ALL PRODUCTS
FREE OF
PARABENS AND
PRESERVATIVES.

BOOKINGS:
CINDY 082 885 6976