

## LIST OF THERAPIES AVAILABLE AT TEMENOS

Please contact the Temenos office on 023 625 1871 for bookings. Book sooner rather than later. Email:temenos@lando.co.za

The following therapists work on site: [Lizelle](#), [Annemarie](#), [Barbara](#), [Trish](#), [Debbie](#), [Deirdre](#) (except the detox scrubs and mud wrap). Ann and Jean work at home in the village, but will pick you up from Temenos.

### Lizelle

Jin Shin Jyutsu (working on the energy pathways in the body to release blockages and harmonize the flow of energy)	1 hr	R 240
Ultimate Feet Treat (Foot spa bath, scrub and relaxing massage)	1 hr	R 240
Ultimate Feet Treat followed by 1/2 hr Jin Shin Jyutsu	1,5 hr	R 340
Hands & Feet massage followed by Fingers & Toes Jin Shin Jyutsu	1 hr	R 240
	1,5 hr	R 340
Relaxing <u>Back</u> <u>or</u> <u>Feet</u> <u>or</u> <u>Head</u> massage followed by 1/2 hr Jin Shin Jyutsu	1 hr	R 240
Relaxing <u>Back</u> <u>or</u> <u>Feet</u> <u>or</u> <u>Head</u> massage followed by 1 hr Jin Shin Jyutsu	1,5 hr	R 340
Relaxing massage combinations followed by 1/2 hr Jin Shin Jyutsu		
Back & Head <u>or</u> Back & Feet <u>or</u> Head & Feet	1,5 hr	R340

### Deidre

Muscle activation	1 hr	R 250.00
Detox/exfoliating salt body scrub	2 hrs	R 385.00
Mud wrap	2 hrs	R 385.00
Full Body Massage	1 hr	R 250.00
Full Body Massage	1,5 hr	R 320.00
Crystal healing massage	1 hr	R 250.00
Deep Tissue / Sports massage	1 hr	R 290.00
Deep Tissue / Sports massage	1,5 hr	R 380.00
Shoulder, Facial & Scalp Massage	40 min	R 170.00

Hands feet and scalp massage	1 hr	R 250.00
Reiki	1 hr	R 250.00
1/2 Leg wax + Leg & Foot Massage	40 min	R 85.00
<b>Tudor Queens and Victorian Garden Collection</b>		
Mini organic facial	30 min	R 170.00
Facial with masque/facial scrub and hand massage	1 hr	R 250.00
A right royal treatment: Salt body scrub, facial scrub, hair treatment, full body moisturizing with body milk	2 hrs	R 425.00
<b><u>Ann</u></b>		
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Gentle Aromatherapy (Women only)	1hr	R 250.00
Counselling	per hour	R 150.00
<b><u>Iona</u></b>		
Reflexology - the ultimate foot therapy!	1hr	R 320.00
<b><u>Trish</u></b>		
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South African Flower Essence reading (incl. bottle)	45 min - 1 hr	R 250.00
Animal and Bird Card reading (Medicine & African Inspiration	1 hr	R 230.00
Double reading (Both of the above)	1,5 - 2 hrs	R 360.00
<b><u>Jean</u></b>		
Runes and card readings	per hour	R 200.00
<b><u>Annemarie</u></b>		
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Yoga - residents at Temenos	1 hr 15min	R 60.00
Yoga - non-residents	1 hr 15min	R 70.00

## Barbara

Barbara will use a combination of any of the following methods in her sessions. When you set yourself free from negative thoughts and emotions, the way you experience the present and see the future might be very different.

ET - Emotional transformation. You locate the emotional pain or tension in the energy field of your body, and together we find pathways to release these feelings. 1 - 2 hrs R 300.00

Inner World Journeys. Through active engaged visualisation you are able to transform and release the past. 1 - 2 hrs R 300.00

EFT - Emotional Freedom technique. Accessing emotions and related memories and finding release through affirmations and meridian acupressure points. We also use visualisation to help you re-write the script. 1 - 2 hrs R 300.00

## Taya

Transformation game: A game played by 1 to 4 players, helping one to shift old patterns and beliefs. The game is gently guided by accredited facilitator Taya Cundill. Between 3 - 8 hours depending on the number of players. R300 - R500

## Debbie

Metaphysical Mentoring: for personal issues that manifest into repetitive patterns, such as relationship and financial challenges. Typically 3 sessions are required. 1 - 2 hrs R 300.00  
Consultation hours 10am - 4pm

First session 2 hrs R 440.00

Second session 1 hr R 220.00

Third session 1 hr R 220.00