



Relaxing treatments with Lizelle Erasmus

JIN SHIN JYUTSU® Physio-Philosophy

1hr

R250

“Jin Shin Jyutsu is not a healing modality but a harmonising art. Healing is the only known side-effect”

Jin Shin Jyutsu is the art of releasing tensions which are the causes for various symptoms in the body. Our bodies contain several energy pathways that feed life into all of our cells. When one or more of these paths becomes blocked, this damming effect may lead to discomfort or even pain. This blockage or stagnation will not only disrupt the local area but will continue and eventually disharmonize the complete path or paths of the energy flow. Jin Shin Jyutsu restores unobstructed flow and harmonious rhythm to the energy pathways of the body.

It can help to eliminate stress in the body, create emotional equilibrium, relieve pain, boost vitality, and alleviate acute or chronic conditions. It assists on all levels: physical, mental, emotional, and spiritual and can help with specific conditions such as neck & shoulder tension, back pain, hormonal imbalances, digestive problems, blood pressure, memory problems, fatigue, fear, anger, grief, migraines, anxiety, depression, insomnia, addictions, immunity, asthma, skin problems, detoxifying, reproductive difficulties, and osteoporosis, to name just a few...!

As the treatment generally brings very deep relaxation, it is of great benefit in stressful times.

During the session, the client remains fully clothed and lies on a massage table. The therapist listens to the pulses to determine where the body needs harmonizing most in that moment and then places her hands in a sequence of positions on the body, to release blockages and restore harmony. No massage or deep pressure is applied.

Jin Shin Jyutsu can also be done on oneself very easily and simple self-help techniques for specific conditions or for general well-being and harmonizing can be given, which can be practiced at home on a daily basis for even greater benefits. (Allow an additional 10-15 minutes on the treatment time – no extra cost)

Treatments can be given daily (or, in acute cases, twice daily 8 hours apart) and the benefits of multiple sessions are cumulative, therefore ***discounts are offered for multiple sessions.***

My treatment room, Prana, is up the steps to the left of the library, Caritas, at Temenos.

For more information or to book a treatment please feel free to contact me

between 8am-8pm on **082 872 0400**

I am generally available 7 days a week (including public holidays)



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THE ULTIMATE FEET-TREAT!

1 hr

R260

Using only natural or organic products, this deeply relaxing and rejuvenating treatment begins with a **detoxifying salt soak** in a foot spa bath (while you receive a short **head- or neck & shoulder massage**), followed by a gently **exfoliating salt scrub**, and finally a **firm & soothing massage** of the feet with a silky blend of grapeseed oil and a Peppermint & Lemongrass Foot Balm or an English Lavender & Shea Butter Cream.

COMBINATION TREATMENTS:

*Experience the **deeply relaxing** combination of **firm, slow & soothing massage** (using selected essential oils in a grapeseed oil base) followed by **Jin Shin Jyutsu**...*

(A)	The Ultimate Feet-Treat followed by ½ hr Jin Shin Jyutsu	1 ½ hr	R350
(B)	Massage of Hands and Feet followed by Fingers & Toes Jin Shin Jyutsu	1 hr 1 ½ hr	R260 R350
(C)	½ hr Foot Massage - followed by ½ hr Jin Shin Jyutsu - followed by 1 hr Jin Shin Jyutsu	1 hr 1 ½ hr	R260 R350
(D)	½ hr Head Massage - followed by ½ hr Jin Shin Jyutsu (No oil used) - followed by 1 hr Jin Shin Jyutsu	1 hr 1 ½ hr	R260 R350
(E)	½ hr Back, Neck & Shoulder Massage - followed by ½ hr Jin Shin Jyutsu - followed by 1 hr Jin Shin Jyutsu	1 hr 1 ½ hr	R260 R350
(F)	1 hour Massage (Feet & Back or Feet & Head or Back & Head) followed by ½ hr Jin Shin Jyutsu	1 ½ hr	R350

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