



Treatment
and
Product Listing
2010

www.healing-essentials.com



Treatment Listing

- for new clients please allow an additional 15 minutes for consultation

healing essentials

Full Body Holistic Massage

This customised therapeutic treatment takes into account individual concerns and expectations: perfect for stress, tension and tired muscles.

60 mins 220
90 mins 270

Full Body Holistic Aromatherapy Massage

A customised aromatherapy treatment using specific essential oils to treat individual clients, both therapeutically and naturally; designed for :

- relaxation
- stress
- depression
- sinusitis
- skin disorders
- blood pressure issues
- poor circulation
- diabetes
- migraines/headaches
- and many more

60 mins 250
90 mins 300

Lymphatic drainage massage

stimulating, detoxifying treatment using specific essential oils and massage techniques to drain harmful toxins from the body and encourage the body to heal and re-balance itself. Very helpful for treating cellulitis, fluid retention and to boost the immune system.

60 mins 250

Exclusive therapeutic back treatment

including exfoliation using natural products, customised clay mask and full back massage using specific essential oils to treat each client.

60 mins 220

Back, neck and shoulders massage - (including essential oils)

A relaxing, de-stressing treatment using individually selected essential oils to treat specific ailments and issues; designed for :

- lactic acid removal
- toning tense muscles
- muscular pain
- migraines/headaches
- relaxation
- and many more

30 mins 150
45 mins 180

Full body clay wrap and feet mapping - (including essential oils)

In this treatment each clay is individually chosen to treat each client's specific needs and expectations; these include :

- detox
- general congestion
- revitalising & energising
- congenital disorders (eczema & psoriasis)
- tissue firming

60 mins 180

Products

Hydration / Moisturising

FLAXEN - Day Cream - Light & Hydrating

A refreshing cream that is both nourishing and stimulating to the skin. Perfect for daily use during the day, with rapid absorption and no oily residue.

100 ml R120

ASTRAL - Night Cream - Rich & Nourishing

An ideal cream for dehydrated skin. This blend has beneficial properties that suit prematurely aged skin with a mature complex. It contains a unique blend of oils that will stimulate the regeneration and rejuvenation of skin cells while you sleep.

100 ml R150

EMBODY - Body Lotion

An ideal body cream for all skin types. This blend has beneficial properties that invigorates and refreshes your skin. It contains a unique blend of oils that will stimulate the regeneration and rejuvenation of skin cells.

250 ml R70



Ailment / Treatment

IMPETUS - Hormone Balancing

A perfect blend to help with hot flushes, PMT, anxiety and menstrual related issues such as migraines and Cramping. Formulated and blended to help balance the female hormones .

100 ml R120

MEGRIM - Migraines

This blend is ideal for acute headaches and migraines, along with counteracting the effects of associated nausea. It also treats anxiety, panic and aids sleep.

100 ml R120

VENA - Thread / Spider Veins

By strengthening vascular & connective tissue and being a diuretic, this blend helps to remove excess fluid from tissues. It also softens hardened artery walls thus combating the causes of thread/spider veins.

100 ml R120

CANTHUS - Puffy Eyes

A great remedy for sufferers of puffy eyes and/or dark shadows around the eyes. Great for new moms looking to reduce that puffy swelling around the eyes.

10 ml R20

STEME - Sinusitis (Steam Inhalation)

Blended for the relief of pain from acute sinusitis. By placing 6 drops of this product in a facial steamer, and inhaling the infused steam for approximately 3 to 4 minutes* will aid in the relief of pain associated with acute sinusitis. Use our SINPOENA product after this for added relief. * - For children use 3 drops and inhale infused steam for 30 sec to 1 minute.

20 ml R20

SINPOENA - Sinusitis

This blend is perfectly matched with our STEME product. Massaging this blend around your nose, in front and behind your ears, on your forehead, on your cheekbones and on your neck will aid in the relief of pain associated with acute sinusitis. Use SINPOENA after steam inhalation with STEME.

10 ml R20



Ailment / Treatment

CUHNG - Athletes Foot & Ring Worm

This blend is an alcohol based essential oil blend which treats athletes foot and ringworm through its unique anti-fungal properties.

10 ml Roller Ball Applicator R20

CULEX - Mosquito Lotion

A natural alternative to commercial chemical based insect repellent. The uniqueness of our lotion is that its base formula also serves as an anti-bacterial, anti fungal, anti viral, anti-inflammatory and antiseptic. And lets not forget it is a moisturiser.

250 ml R70

CETERA - General Salve

This salve is formulated to help with scrapes, bruises, cuts, insect bites and a whole range of minor household ailments. Most essential in households with children, where those bumps, bites and scrapes are a certainty.

25 ml R30

AKUN - Skin Congestion & Acne

An anti-bacterial, soothing infusion that combats the symptoms of acne & skin congestion. It balances the hormones which is predominantly at the root cause of this ailment.

100 ml R120



Adele Robert
Therapeutic practitioner
P.O. Box 2567, Country Club, 4301
Cell : 0741 447399
E-mail : adele@healing-essentials.com
Website : www.healing-essentials.com

