



WESTCOAST

# HOLISTIC PACKAGES

**Holistic treatments combining massage and Reiki, designed to leave you feeling balanced, relaxed, and revitalized.** Each treatment is offered one after the other in peaceful private rooms under one roof, creating a harmonious, restorative experience.

Massage works on the physical body, easing muscle tension, improving circulation, and lowering stress hormones like cortisol, while also increasing the release of endorphins, your body's natural feel-good chemicals.

Reiki, on the other hand, works on an energetic level, restoring balance in the body's energy flow and supporting emotional healing. It activates the parasympathetic nervous system, helping your body shift from a state of stress into deep relaxation, where true healing can begin.

**Combined, massage and Reiki offer a holistic approach to wellness, releasing physical tension, calming the mind, and supporting emotional harmony so you can feel revitalized, grounded, and embraced by inner peace.**



“Pure bliss! The massage released all my tension, while Reiki left me calm, balanced, and at peace. the perfect mix of physical relief and emotional healing!”

  
BALANCE CO.  
HEALTH AND SKIN

  
seii  
REIKI PRACTITIONER

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MYBURGH PARK  
LANGEBAAN

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**Each package includes both a massage treatment & a Reiki session, done separately in one appointment.**

- Express (60 min) = 30 min massage + 30 min Reiki – R780
- Full (90 min) = 45 massage + 45 Full Reiki – R980



### STRESS RELIEF AND DEEP CALM

Melt away tension with a soothing massage that eases knots in your back, shoulders and neck. Followed by a deeply calming Reiki session to release emotional stress, restore inner harmony, and leave you feeling peaceful, clear, and balanced.

**Massage:** Lower Back, Shoulders and Neck Massage

**Reiki:** Calming Reiki balance for the Heart & Mind

**Take Home:** Solar Plexus Guided Meditation



### RESTFUL SLEEP RESET

Drift into tranquility as aromatic oils calm your senses and gentle scalp massage releases tension. Reiki then works to quiet the mind, soothe the nervous system, and prepare your body for restorative, uninterrupted sleep.

**Massage:** Aromatherapy Scalp Massage (e.g., Lavender)

**Reiki:** Focused Reiki for deep relaxation & peaceful sleep

**Take Home:** A guided sleep meditation for blissful nights ahead



### GROUNDED ENERGY BALANCE

Feel your energy settle as a revitalizing foot and leg massage releases heaviness and fatigue. Grounding Reiki then reconnects you to the earth, helping you feel centred, calm, and emotionally steady. Perfect after times of stress or change.

**Massage:** Foot & Leg Massage

**Reiki:** Grounding Reiki for Stability & Centering

**Take Home:** Grounding Crystal used in Reiki Session



### VITALITY GLOW REVIVAL

Experience radiance inside and out. Gentle facial pressure-point massage relaxes and tones, while lymphatic Reiki clears energy blocks, boosts circulation, and leaves your skin and spirit glowing with vitality and freshness.

**Massage:** Pressure Point Facial Massage

**Reiki:** Lymphatic Focus Reiki for Skin & Energy Brightness

**Take Home:** Mint Organic Essential Oil



### LIGHTNESS & DIGESTIVE EASE

Free your body from sluggishness with a flowing stomach massage that stimulates digestion and releases trapped tension. Reiki then harmonizes and calms the digestive system, bringing lightness, emotional release, and renewed energy flow.

**Massage:** Flowing Stomach Massage to Detox the Large Intestine

**Reiki:** Solar Plexus & Sacral Chakra Energy Balance

**Take Home:** Castor Oil Sample to Ease Bloating

GIVE YOURSELF THE GIFT OF BALANCE AND PEACE

book your session today and step into a calmer, healthier, more radiant you

**YOU KNOW YOU DESERVE THIS**