

WELLNESS MESSAGES

As you age your body decides to obey its own rules, leaving you with unpleasant pains, stiffness and discomfort.

Massage is a technique of well-being practiced for millennia, and if your ancestors knew the benefits, why not take advantage of it too.

Don't wait to book your wellness moment at home !



Benefits of hand massage

- reduced hand pain
- Less anxiety
- Better mood
- Improved sleep
- Greater grip strength
- Relaxation with the removal of stress
- Enhanced circulation

Benefits of foot massage

- Improves circulation
- Stimulates muscles
- Reduces tension
- Eases pain

Benefits of Indian head & shoulder massage

- Aids in the relief of migraines
- Stimulates Lymphatic Drainage
- Promotes Hair Growth
- Relieves insomnia and fatigue
- Relieves symptoms of anxiety and depression
- Renews energy levels
- Boost memory capabilities

Price list	30 min	45 min	60 min
♦ Hand massage	R 150	R 200	
♦ Foot massage	R 150	R 200	
♦ Indian Head & Shoulders	R 250	R 320	R 400
♦ Reflexology Hand or Feet	R 180	R 280	

Cecile Lapierre

Tel/Whatsapp: 083 886 6693

Email: cpnlapierre@gmail.com