

## RATES

All the below can also be purchased in the shopping cart section.  
Prices are quoted for treatments in my therapy room\*.

### MASSAGES

**R600** for 60min  
**R750** for 90min

### REFLEXOLOGY & REIKI

**R500** for 60 min  
**R700** for 60 min

## PACKAGES

### QUICK PACKAGE

**R850**

#### 2 hour sessions

60min of massage + 60min of another  
**OR** 90min massage + 30min of another

*(Must be paid for on the same day, and the 120min cannot be split between 2 people)*

### PACKAGE 15

**from R1530**

Purchase a package of 3 sessions and receive a 15% discount.

e.g R1530 for 3x60min massage sessions

*(To be used within 6 weeks, and must be paid upfront, based on sessions at mine, add a travel fee if needs be)*

### OR

### PACKAGE 10

**from R1620**

Purchase a package of 3 sessions and receive a 10% discount.

e.g R1620 for 3x60min massage sessions

*(To be used within 4 months, and must be paid upfront, based on sessions at mine, add a travel fee if needs be)*

### OR

### FAMILY PACKAGE

**from R1960**

Purchase a package of 2x60min sessions, and 2x30min sessions and receive a 20% discount. e.g R1960

*(To be used all on the same day, and must be paid upfront, based on sessions at mine, add a travel fee if needs be). T&C's might apply.*

\* Therapy room address available on request



**YOGA LOFT** available for hire at  
**R70** per hour. T&C's apply. Suitable for  
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CATE ERLANK

Reiki Master ~ Massage Therapist ~ Reflexologist

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Travel <50km of my residence + R100 to the session rate  
Travel >50km of my residence + R200 to the session rate

Find me on



## ONCE-OFF SESSIONS



### THE ATHLETE/ THE COUCH POTATO

This massage removes deep tension, and also helps those who are sedentary! A comprehensive mix of deep tissue, Swedish and lymph drainage techniques.



### THE WEARY TRAVELER/ IMMUNE BOOSTER

Targets that 'below par' feeling. Puts you back in the seat of vitality. A combo of mostly deep tissue massage with a finish of foot reflexology.



### THE DETOXIFIER/ ENERGISER

This treatment works to energise those who are healthy, but could cause nausea or a slight headache if you are detoxing. Lymph drainage techniques coupled with foot reflexology.



### THE ANTI-INFLAMMATORY/ OFFICE RELIEF

Swellings will be visibly reduced and computer knots will be much relieved. Massage techniques, mobilisations, and drainage.



### YEARS YOUNGER/ MIGRAINE BUSTER

Will leave you feeling as if you are on Cloud 9. Refreshes the features of the face, relieves head pressure, conditions hair. It's a scalp, face, neck & shoulders massage.



### THE MOM-TO-BE/ CAN'T LIE ON MY TUMMY

For all pregnancy and pre-pregnancy treatments. Also for those who cannot lie on their tummy after surgery. Choose a side-lying massage with back, neck and shoulder work, a foot reflexology, or even a Reiki.



### THE COMA/ THE HEALER

This Reiki treatment is balm for insomniacs. Alternatively, receive a palpable 'battery boost' and a feeling of oxytocin if you're needing to recover from anything in any way.



### THE WINTER WARMER

This Heated Pebbles Massage is good when you have the blues, or a cold/ flu. It's also good for Rynaud's sufferers. **Only available at my therapy room.**



## MICRO-TREATMENT ADD-ONS



Add up to 3 types of aromatherapy oil drops to the grapeseed or almond oil that I massage you with – **R10**



Receive self-care advice to take with you – **R5**



Receive diagnosis – **R5**



5min of extra treatment time (add on more massage, or reflexology, or Reiki) – **R25**



10min of extra treatment time – **R50**



Magnesium Spray (as you are leaving) – **R5**



Waterless treatments. Choose The Healer or any seated massage through the clothing e.g. head, neck and face massage, or a reflexology without the footwash. It's possible!



## PROCESS WORK

Come once a week for a period of time in order to achieve a greater quality of life. I have experience with many issues, as well as three areas of specialty, namely:

**PREGNANCY** Assisting expectant Mothers to have easy pregnancies and smooth labours

**FERTILITY** Promoting womb health through natural methods

**CANCER** both on-the-spot pain relief, and long term improvements

**WELLNESS SABBATICALS** Facilitating overseas visitors, and their wishes to work on their health

### ALSO AVAILABLE FOR

- **Corporate wellness** (office massage)
- **Sports events** Cycle Tours, Cape epic, Two Oceans, Paddling, etc
- **Pamper Parties** (hen parties, kitchen tea's etc)
- **Festivals** (massaging at Retreat Yourself, Bazique, Origin, etc)
- **Retreats** (massaging at yoga and wellness retreats)
- **Training shampoo'ists** in scalp massage
- **Providing a group of therapists** when more than one is required

“Your body's ability to heal is greater than you have been permitted to believe.”