

Treatments Available

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|--|--------|------|
| Lymph Drainage Massage | 60 min | R300 |
| | 90 min | R370 |
| Body Wrap To Go | | R230 |
| (Aids in toning and reduces appearance of cellulite) | | |
| Body Wrap To Stay | 60 min | R300 |
| (Includes Thai foot massage) | | |
| De Stress Massage | 50 min | R270 |
| (Alleviation of stress and tension through deep tissue manipulation) | | |
| Thai Full Body | 60 min | R320 |
| | 90 min | R420 |
| Thai Reflex Foot Massage | 45 min | R180 |
| Thai Head and Face Massage | 40 min | R150 |
| Back De-Stress with Reiki | 60 min | R295 |
| Sports Massage | 60 min | R300 |
| | 30 min | R150 |
| Age Away Non-Surgical Face Lift | 90 min | R250 |

Packages available: Buy 4 upfront get the 5th one free!!!



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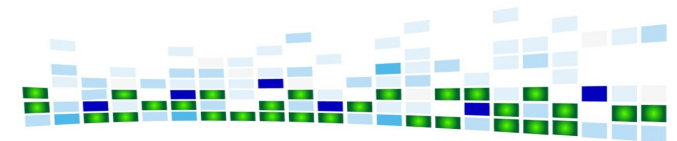
Website: www.eq-advantagedge.co.za



eq-advantagedge Massage Therapy



Massage treatments are often considered a luxury, however, many people underestimate the therapeutic benefits they offer. Effective massage therapy can offer relief from stress, insomnia, and the reduction of muscle and ligament pain. Massage therapy can also eliminate headaches, assist in the recovery from injuries, as well as improve circulation and cleanse the system of toxins that have built up over time



Lymph Drainage Massage

De-Stress Massage

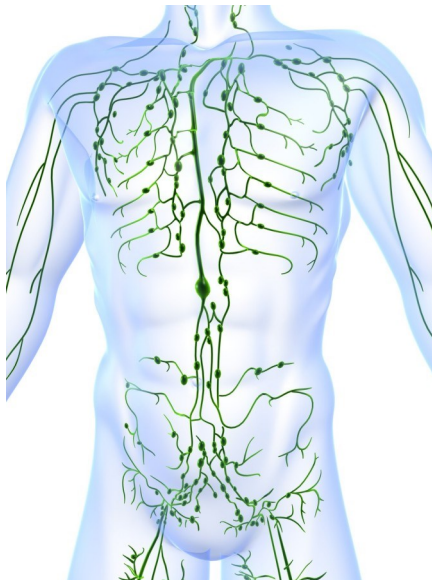
Thai Massage

What is it?

The Lymph Drainage Massage involves manually stimulating the lymphatic system with gentle massaging strokes.

What are the Benefits?

The lymphatic system plays a vital role in the body's health and well-being as it regulates the immune system thereby protecting the body against infections. It transports nutrients to cells and eliminates metabolic wastes, toxins and excess fluids from the body.



What is it?

De-Stress massage is typically done Swedish style, where gentle, rhythmic massage is administered to relax soft body tissue and facilitate healing.

What are the Benefits?

The long flowing strokes work on superficial layers of muscles. It can loosen stiff joints, reduce muscle tension, and help clear nasal or chest congestion. Swedish massage contributes to overall well-being and is widely prescribed by physicians to enhance treatments for insomnia, anxiety and depression.



What is it?

Thai massage is a system of massage and assisted stretching techniques developed in Thailand and influenced by the traditional medicine systems of China, India and South East Asia.

This form of body work is often performed on the floor, and the client wears comfortable clothes that allow for much movement. No oils are used in Thai Massage.

What are the Benefits?

Helps with:

- Detoxification of the body
- Boosts the Immune System
- Improves Posture, balance and back pain
- Prevents Illness
- Alleviates degenerative diseases
- Slows the aging process

And much more!

